

Fruit Salad

Ingredients

4 bananas
4 red apples
4 oranges
4 kiwi fruit
 $\frac{1}{4}$ watermelon or $\frac{1}{2}$ rockmelon
1 punnet strawberries
1 bunch purple grapes

Hawaiian Muffin

Ingredients

(Serves 1)

1 wholemeal or multigrain muffin
1 thin pineapple ring
1 teaspoon margarine or butter
1 slice ham
1 slice tomato
1 slice cheese
parsley

Bacon and Vegetable Slice

Ingredients

400g zucchinis
1 onion
4 bacon rashers - diced
1 cup grated cheese
4 eggs
 $\frac{1}{2}$ carrot - grated (optional)
1 cup self-raising flour
 $\frac{1}{4}$ cup oil
Salt, pepper (optional)

Scones - Quick Method 1

Ingredients

2 cups self raising flour
2 tablespoons butter
Extra flour for rolling
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ - 1 cup milk

Scones - Quick Method 2

Ingredients

4 cups self raising flour
1 cold 375ml tin of lemonade
cream
Extra flour for rolling
pinch salt
1 cold 250ml bottle of

Apple Crumble

Fruit

4-6 cooking apples

$\frac{1}{2}$ cup sugar

$\frac{1}{3}$ cup water

Crumble

1 cup plain flour

3 tablespoons sugar

3 tablespoons coconut

3 tablespoons butter

Wholemeal Patty Cakes (makes approximately 12)

Ingredients

1 cup wholemeal flour

1 teaspoon mixed spice

$2 \frac{1}{4}$ teaspoons baking powder

2 tablespoons sultanas

60g butter

$\frac{1}{3}$ cup castor sugar

1 egg, beaten

$\frac{1}{3}$ cup (80ml) milk

Bread Cases

Basic White sauce

80g butter or margarine

4 tablespoons flour

2 cups milk

salt to taste

Variations:

Parsley Sauce

Add 2 tablespoons finely chopped parsley.

Serve with fish and vegetables.

Onion Sauce

Add 2 boiled and chopped white onions.

Serve with hot corned beef.

Cheese Sauce

Add 2 tablespoons finely grated cheese and a pinch of cayenne.

Serve with vegetables and fish.

Egg Sauce

Chop the whites of 2 hard boiled eggs finely and add to the white sauce. Pour over steamed fish. Rub yolks of egg through a sieve and use a garnish.

Anchovy Sauce

Add 2 teaspoons anchovy sauce or paste and 1 teaspoon lemon juice.

Serve with fish.

Macaroni Cheese (Serves 1)

Ingredients

$\frac{3}{4}$ cup macaroni
1 cup (250ml) boiling water
pinch salt
1 tablespoon milk
 $\frac{1}{4}$ teaspoon mustard
 $\frac{1}{4}$ cup tasty cheese, grated
1 tablespoon breadcrumbs
parsley

White Sauce

1 teaspoon butter
2 teaspoons flour
 $\frac{1}{4}$ cup (60ml) milk
pinch salt
2 shakes pepper

Macaroni Cheese

1 cup macaroni
300ml milk
1 cup grated cheese
Cayenne pepper
Salt
2 teaspoons butter
1 teaspoon mixed mustard
2 teaspoons flour
2 tablespoons dry breadcrumbs
 $\frac{1}{2}$ cup soft breadcrumbs

Beef Hamburgers (Serves 1)

Ingredients

- 100g mince
- $\frac{1}{2}$ egg, beaten,
- $\frac{1}{4}$ onion, chopped
- pinch mixed herbs
- pinch pepper
- 2 teaspoons dried
breadcrumbs or crushed

Wheatbix

- 1 wholemeal roll
- 1 cheese slice
- 1 lettuce leaf
- 2 slices tomato
- $\frac{1}{2}$ pineapple ring

Fruity Oat Slice

Ingredients

125g butter

$\frac{1}{2}$ cup dates, chopped

$\frac{1}{2}$ cup raisins, chopped

$\frac{1}{2}$ cup raw sugar

1 tablespoon honey

1 egg, beaten

1 cup rolled oats

$\frac{1}{2}$ cup wholemeal flour

2 tablespoons desiccated coconuts