



French Toast Surprise Pockets

SERVES 20

40 slices raisin or multigrain bread

24 extra large eggs

1 litre low fat milk

4 teaspoons ground cinnamon

4 teaspoons ground nutmeg

150ml vegetable oil

1kg mixed frozen berries

10 teaspoons raw sugar

fresh fruit or defrosted frozen berries to serve

In a large bowl, whisk the eggs, milk, cinnamon and nutmeg

In a nonstick pan heat some of the vegetable oil as you will be cooking these in batches

Dip two of the bread slices into the egg mix, making sure the bread is covered with the mix. Quickly add the bread to the pan

Combine the sugar and defrosted berries, then add a spoonful to the centre of each slice of bread in the pan

Dip two more slices of bread in the egg mix and place one on top of each slice which are cooking, to make a sandwich. Pour a little of the egg mixture over the top to act as a glue for the pockets

Check the underside of the bread and when it's golden, turn the sandwich over. Once again, cook until the underside is golden brown and a little crisp

Repeat until all pockets are cooked

Tip: Serve with a spoonful of yoghurt, drizzle with maple syrup or honey or fresh fruit



Broccoli, Corn & Feta Muffins

MAKES 48 MINI OR 24 REGULAR MUFFINS

- 250g cooked broccoli
- 1 cup cooked corn
- 550g self raising brown or white flour
- ½ teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon turmeric
- 250g feta cheese, crumbled
- 350ml low fat milk
- 4 extra large eggs
- 4 teaspoons french mustard
- 2 tablespoons chopped dill, chives or parsley
- 100ml olive oil
- 150g tasty cheese, grated
- handful pepita seeds

Preheat the oven to 190°C and place 20 large patty cases or muffin papers into 2x 12 hole muffin tins

Blend the cooked broccoli to a pulp in a food processor

In a large mixing bowl, combine the flour, baking powder, broccoli, corn, turmeric, seasoning and feta cheese

In a separate bowl, whisk together the milk, egg, mustard, herbs and oil and gradually add this to the broccoli mixture. Mix gently and expect there to be some lumps

Half fill each one muffin case with the mixture and sprinkle with the cheese and pepita seeds on top

Bake for 20–25 minutes or until each muffin has a puffed up and is cooked through when tested with a skewer. Remove and place on a cooling rack

Tip: You can use any cooked green vegetable in place of broccoli. These are great served at any time of day



Ham, Cheese & Corn Frittatas

MAKES 20

30 extra large eggs

400g ham, cut into 1cm dice

15 shallots, finely sliced

200g corn kernels, canned or frozen

400g tasty cheese, grated

salt and freshly ground black pepper

dried herbs or dried chives

Preheat oven to 180°C. Place 20 large patty cases or muffin papers into 2x 12 hole muffin tins

Crack all the eggs into a bowl, add plenty of seasoning and whisk well

Carefully fold in the ham, shallots, corn and three quarters of the cheese to the egg mixture

Pour the egg mixture into the muffin tins, making sure the ingredients are spread evenly if they have settled in one area

Sprinkle the remainder of the cheese and dried herbs to the top

Bake in the oven for 15–20 minutes or until the eggs are set and a nice golden colour

Remove and allow to cool and settle for a couple of minutes

Tip: You can add any sort of cooked vegetables to this mix such as pumpkin, sweet potato, broccoli or carrots as long as they are cut into small dice



Cream of Chicken Soup

SERVES 20 (250ML PER PERSON)

- 400g butter
- 400g flour
- 3 litres chicken stock, hot
- 6 cooked chicken breasts or 800g diced or pulled cooked chicken
- 450ml milk
- salt and white pepper

Melt butter in a large saucepan and add flour and mix well with a wooden spoon

Cook gently over a low heat for about 5 minutes taking care not to burn. This is making a roux

Gradually add chicken stock a few ladles at a time, stirring well each time and taking care not to allow lumps to form

Bring the sauce back to the boil each time before adding the next amount of stock

When all the stock has been added, add the chicken and cook lightly for about 15 minutes taking care not to burn the base of the sauce. You can place a lid on and put the pan in the oven on 180°C for about 20 minutes

If the soup becomes super thick, add more chicken stock if required

Taste the soup, and when you can no longer taste flour and it tastes of chicken, add the milk and seasoning



Potato & Salmon Cakes

SERVES 20

- 2 x 415g cans pink salmon or tuna, drained and bones removed
- 10 large potatoes cooked, mashed
- 12 shallots, cut into small pieces
- 1 large bunch parsley, finely chopped
- ½ cup plain flour
- salt and pepper
- 200ml oil (to fry with)

- Mix the salmon, potato, shallots and parsley together and season well
- Form 20 round, flat cakes (about 6 cm round) and coat with flour on each side
- Fry in hot oil for approximately 5 minutes on each side until lightly golden in colour
- Tip: Serve with scrambled eggs for a breakfast option



Easy Peasy Cup Cakes

SERVES 20

2 cups self raising flour, sifted
¾ cup caster sugar
¾ cup low fat milk
125g butter, melted and cooled
2 eggs, well beaten
1 teaspoon vanilla essence

Preheat oven to 190°C and line 2x 12 hole muffin tins with cases

Combine flour and caster sugar in a bowl. Make a well in the centre

Whisk milk, butter, eggs and vanilla together well

Add milk mixture to the flour mixture. Using a large metal spoon, stir gently to combine

Spoon mixture carefully into cases to three quarters full

Bake for 12–15 minutes, or until cooked when tested with a skewer. Stand in muffin tins for 5 minutes before transferring to a wire rack to cool