



# MICROWAVE COOKBOOK

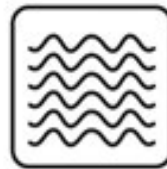
21 DELICIOUS RECIPES FOR YOUR MICROWAVE





## Microwave-safe dishes

Only use containers designed for microwave use (look for “microwave safe” signs)



## Not everything can go into the microwave – do not put:

- Aluminium foil
- Metal – watch out for plates, bowls and cutlery with metallic rims
- Foam-insulated cups, bowls, trays
- Single use plastic containers (eg. Margarine and ice cream containers)



## When covering food with plastic wrap, make sure it is microwave and food safe.

- Do not allow the plastic to directly touch the food

## Microwave settings

- Each microwave is slightly different, and may have pre-set options
- Refer to the instruction manual of your microwave for specific usage instructions.



Healthy eating includes a variety of foods from the 5 food groups in the Australian Guide to Healthy Eating, shown in the picture below.

Australian Government  
National Health and Medical Research Council  
Department of Health and Ageing

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



**Use small amounts**



**Only sometimes and in small amounts**



# Balanced plate



The best way to make sure you are eating everything in the right balance is to follow the "balanced plate" model which is pictured below.

Fill half your plate with vegetables or salad, followed by lean protein and then lower-GI carbohydrate.

Low-GI carbohydrate (1/4 plate)

Portion = Fist size



Healthy fat  
Extra virgin  
olive oil,  
avocado



Lean protein  
(1/4 plate)

Portion = Palm size

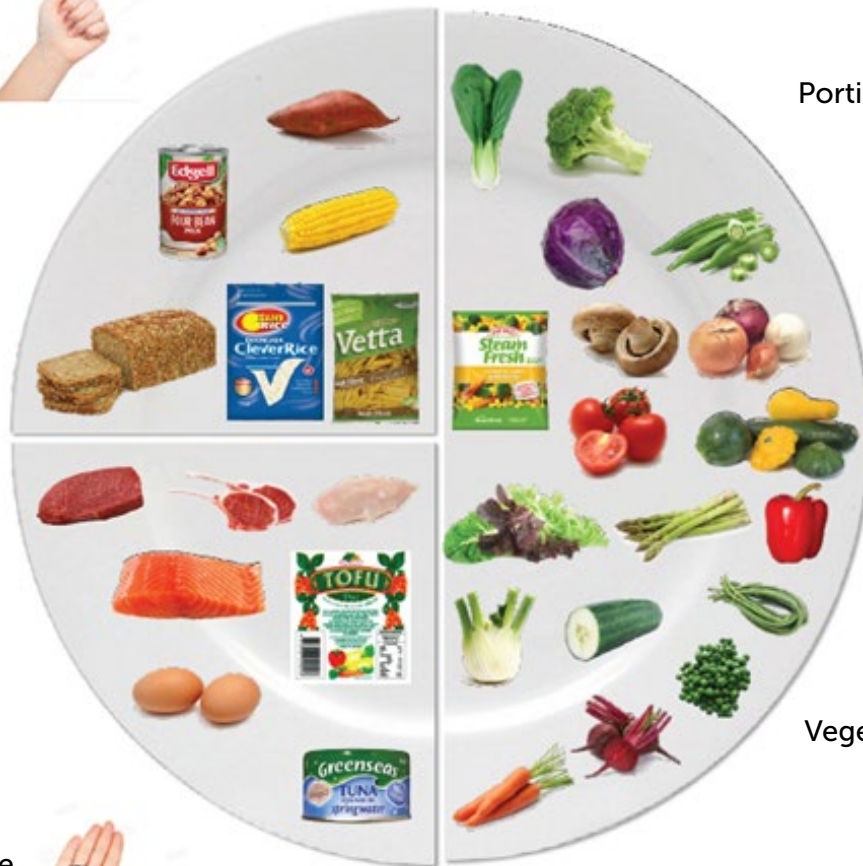


Portion = 2 open hands

Water



Vegetables (1/2 plate)





# MICROWAVE RECIPES



# Porridge



Prep. time: 1.5 min



Total time: 1.5 min



Servings: 1

*Recipe from [nomoneynotime.com](http://nomoneynotime.com)*

## INGREDIENTS

- ½ cup rolled oats
- 1 cup lite milk
- 1 banana
- 1 tsp maple syrup
- 1 tsp chia seeds



## DIRECTIONS

1. Place rolled oats and milk into a microwave safe bowl and mix with a spoon.
2. Microwave on high for 1 and a half minutes.
3. While the porridge is in the microwave, slice the banana.
4. Take out the porridge and stir.
5. Put sliced banana and chia seeds on top of porridge and pour on the maple syrup.

# Omelette



Prep. time: 1.5 min



Total time: 3 min



Servings: 1

*Adapted from recipe by Tasty.com*

## INGREDIENTS

- 2 eggs
- ½ red capsicum, diced
- ¼ cup fresh spinach, chopped
- Pinch of pepper
- Optional: pinch of dried herbs or chilli



## DIRECTIONS

1. Combine all ingredients in a microwaveable mug.
2. Cook for 1 minute.
3. Stir mixture and then put it back in the microwave.
4. Cook for another 2 minutes (total 3 minutes), making sure the egg doesn't bubble over.
5. Enjoy!

# Stuffed Capsicum



Prep. time: 5 min



Total time: 12 min



Servings: 1

*Adapted from recipe by All Recipes.*

## INGREDIENTS

- 1 large red capsicums (cut in half through the stem and with the seeds removed)
- ¼ can diced tomatoes
- 1 x 125g tub of microwaveable brown rice
- 1 spring onion stem, thinly sliced
- ¼ cup frozen corn kernels, thawed and drained
- (or corn and pea mix, or similar)
- ¼ can kidney beans, drained and rinsed
- ¼ cup grated cheese (mozzarella or cheddar).



## DIRECTIONS

1. Arrange capsicum halves in a glass baking or microwave-safe dish.
2. Cover dish with cling wrap and poke a few holes in the plastic wrap for vents.
  - a. Cook for 4 minutes in the microwave, or until the capsicum has softened slightly.
3. In a medium bowl, mix tomatoes (and their liquid), and the rice.
  - a. Cover with plastic, and cook in the microwave for 2 minutes.
4. Stir green onions, corn, and kidney beans into the tomato and rice mixture.
  - a. Heat in the microwave for 3 minutes, or until heated through.
5. Spoon hot tomato mixture evenly into capsicum halves, and cover with plastic wrap.
  - a. Poke a few holes in the plastic to vent steam, and heat in the microwave 4 minutes.
6. Remove plastic, sprinkle with cheese, and allow to stand 1 to 2 minutes before serving.



# Meatloaf



Prep. time: 5 min



Total time: 12 min



Servings: 4

*Adapted from recipe by Taste.com*

## INGREDIENTS

- ~400g lean beef mince
- 1 small onion, finely chopped
- 1 small carrot, grated
- 1 small zucchini, grated
- $\frac{3}{4}$  cup multigrain breadcrumbs
- 2 tbsp tomato sauce
- 2 tsp beef stock powder
- 1  $\frac{1}{2}$  tsp mixed dried herbs
- 1 egg
- BBQ glaze:
- $\frac{1}{4}$  barbecue sauce
- 1 tbsp tomato sauce
- 1 tsp honey
- Optional: sour cream and parsley, as a garnish.



## DIRECTIONS

1. Combine mince, onion, carrot, zucchini, breadcrumbs, tomato sauce, stock powder, herbs and egg in a large bowl.
2. Use clean hands to mix until well combined.
3. Divide the mixture into 4 portions and press lightly into four 300ml microwave-safe mugs.
4. Cover microwave turntable with a large plate underneath (to catch any spills) and place mugs evenly spaced on the turntable.
  - a. Microwave on 70%, turning mugs halfway through, for about 10 minutes or until cooked through.
5. Make the glaze: Mix all the ingredients in a small bowl.
6. Carefully drain any liquid from meat loaf mugs.
7. Spoon the glaze evenly over meatloaves.
  - a. Microwave on 70% for 1 minute to set.
8. Set aside for 5 minutes before serving (optional: topped with sour cream and chopped parsley).

**Tip:** While meatloaves are cooking (step 4a), wash and prepare potatoes for Mashed Potatoes (side dish).

# Chicken and rice soup



Prep. time: 10 min



Total time: 8 min



Servings: 2

*Adapted from recipe by Taste of Home*

## INGREDIENTS

- 1 diced carrot
- 1 stalk of celery, sliced
- 125g tub of microwaveable long-grain rice
- 2 cups (500mL) salt-reduced chicken stock – from liquid or made up from stock cube as per package directions
- 2 tsp dried or fresh chopped parsley
- Pinch of onion powder
- Pinch of pepper
- 1 ½ cup boiling water
- 200g cooked shredded chicken breast (from supermarket deli).



## DIRECTIONS

1. In a small bowl combine the rice, stock, and seasoning (celery and parsley flakes, onion powder).
2. Pour boiling water over mix; cover and let stand for 5 minutes.
3. In another bowl, place the mixed carrot. Add enough water to cover, and then cover the bowl with cling wrap with a hole poked through for ventilation.
4. Microwave carrots for 2 minutes or until nearly tender.
5. Add the celery to the carrot and then microwave for another 2-3 minutes.
6. Drain the water from the veggies and add them to the bowl of rice, stock, and seasoning.
7. Stir in chicken.
8. Microwave, uncovered, on high for 2-3 minutes or until heated through.
9. Split soup evenly between two bowls.

# Chicken Fajitas



Prep. time: 4 min



Total time: 7 min



Servings:  
2 Chicken Fajitas each

*Adapted from recipe by The Daily Meal*

## INGREDIENTS

- 1/2 brown onion, sliced
- 1 tsp minced garlic
- 1 small red capsicum, sliced
- 1 small green capsicum, sliced
- 200g cooked shredded chicken (e.g. from supermarket deli)
- 1 tsp chilli powder
- 1 tsp ground cumin
- 4 wholemeal or wholegrain tortillas
- 2 tbsp sour cream
- 2 tbsp salsa
- Optional: Sliced avocado, cumin/chilli powder to taste.



## DIRECTIONS

1. Combine the capsicums, onions, and garlic together in a deep microwave safe dish.
2. Cover with plastic wrap and cook for 4 minutes.
3. Combine the chilli powder and cumin powder in a bowl and add the chicken, turning to coat.
4. Place the chicken over the vegetables, and re-cover with plastic wrap.
5. Cook for 3 minutes.
6. Place the tortillas on a microwave-safe plate cover with damp paper towels and microwave for about 30 seconds to warm.
7. Serve the chicken, vegetables, sour cream and salsa on the tortillas and wrap / roll up.

# Minestrone Soup



Prep. time: 5 min



Total time: 15 min



Servings: 2

*Adapted from recipe by Taste of Home*

## INGREDIENTS

- 1 cup of mixed veg: sliced carrots, celery and zucchini, and diced yellow capsicum and onion
- 1 tsp olive oil
- ½ can cannellini beans, rinsed and drained
- 1 cup low-salt beef stock
- ½ can diced tomatoes
- 1 cup of cooked pasta, eg. Penne
- Pinch of pepper
- **Optional:** Pinch of dried basil or Italian seasoning.



## DIRECTIONS

1. Cook pasta as per package instructions.
  2. In a ~2L microwave-safe bowl, mix the cup of chopped vegetables and oil.
  3. Cover and cook on 'high' for 2 minutes.
  4. Combine all ingredients – cooked pasta and veggies, diced tomatoes, beans, seasoning.
  5. Cover and cook on high for ~6-8 minutes, keeping an eye on it so it doesn't boil over.
  6. If not cooked by the end of the time, microwave in 30-second intervals until it is cooked enough.
  7. Drain the water using a colander or sieve.
- \*Cooking regular pasta in microwave:**
1. Add ½ cup – 1 cup of dry pasta to a large microwave-safe bowl, preferably one that is glass or see-through.
  2. Cover the pasta with water so that there's a few inches of water above the pasta. More is better than not enough, but be careful that it doesn't bubble over while cooking.
  3. Place a plate in the microwave and then the bowl on top, to catch spills.
  4. Check the suggested cooking time on the box and add 3-4 minutes to allow the water time to boil.
  5. Cook on HIGH and check frequently, especially once the water has boiled.

# Frittata



Prep. time: 4 min



Total time: 13 min



Servings: 2

*Adapted from recipe by Taste of Home*

## INGREDIENTS

- 2 cups finely chopped zucchini (1-2 medium)
- 1/2 small brown onion, chopped
- 2 large eggs
- Pinch of pepper
- 1/2 cup shredded cheddar cheese
- 1/2 cup cubed fully cooked ham
- (OR shredded cooked chicken from supermarket deli)
- Optional: Other finely chopped vegetables, e.g. carrot, tomato.



## DIRECTIONS

1. In a 6-inch. microwave-safe pie plate (or a ramekin/wide mug, and split into two at step 3), combine zucchini and onion.
2. Microwave, covered, on high for 3-4 minutes or until tender; drain.
3. In a bowl, whisk eggs, salt and pepper; stir in cheese and ham.
4. Carefully pour over zucchini mixture.
5. Microwave at Medium (~70%) power for 8-9 minutes or until a knife inserted in the middle comes out clean.

# Potato Soup



Prep. time: 4 min



Total time: 7 min



Servings: 1

*Adapted from recipe by Cook.me*

## INGREDIENTS

- $\frac{3}{4}$  cup water
- 1 small or  $\frac{1}{2}$  medium potato (cut into small cubes)
- $\frac{1}{4}$  onion, chopped
- Sprinkle of cooked chicken (from Deli)
- 2 tsp Cornstarch or corn flour
- $\frac{1}{2}$  cup reduced salt chicken or veg stock
- $\frac{1}{4}$  cup milk or milk alternative
- Pinch of pepper
- Optional: Sprinkle of grated cheddar cheese (added at step 4). Sour cream, to garnish (step 7).



## DIRECTIONS

1. Cook potatoes - Place potato cubes in a large microwaveable mug with  $\frac{3}{4}$  cup of water.
2. Cook in the microwave for 3-4 minutes, pausing once halfway through to stir them, until the potatoes are soft.
3. Drain potatoes - Once the potatoes are cooked, pour away the cooking water.
4. Stir in 1 tablespoon of chicken and chopped onion (and cheese, optional). Stir through 2 teaspoons of cornstarch/corn flour, mashing the cooked potatoes.
5. Pour in stock and milk and add pepper.
6. Cook soup - Cook the soup in the microwave for 2 $\frac{1}{2}$  - 3 minutes. Check occasionally to ensure the soup doesn't overcook. Remove from the microwave once the soup has thickened.
7. Serve - Serve with a dollop of sour cream on top and a sprinkle of chives (optional).

# Coconut chicken curry with rice



Prep. time: 4 min



Total time: 9 min



Servings: 2

*Adapted from recipe by Taste.com*

## INGREDIENTS

- 1 microwave Basmati rice packet (1 pouch or 2 small cups for 2 serves)
- 3 tsp curry powder (e.g. Keen's Curry)
- 40g butter
- ½ small brown onion, thinly sliced
- ½ tsp garlic\*
- ¼ tsp ginger\*
- 1 tsp tomato paste\*
- 200g cooked shredded chicken breast (from supermarket deli)
- Small tin of light coconut milk (165mL tin, or ~half of a regular tin)
- 1 tomato, diced
- Optional: coriander leaves, to serve.



## DIRECTIONS

1. Cook rice as per packet directions and set aside
2. Place curry powder, butter, onion, garlic, ginger and tomato paste into a 2.5L (10 cup) microwave-safe dish. Cover, microwave on 100%, for about 3-4 minutes or until aromatic and the onion is soft.
3. Add chicken and stir to combine.
4. Stir in coconut milk. Cover, microwave on 70% (e.g. 700W for a 1000W microwave), stirring halfway through, for 3-4 minutes.
5. Add the tomato. Microwave for 1 minute on HIGH.
6. Serve with rice (half of pouch or 1 microwaveable cup), garnishing with coriander (optional).

\***Tip:** Garlic, ginger, and tomato paste are used in various recipes to add great flavour but you often just need a small amount. If you aren't using much of it, look for a small squeezable packet that you can store in your fridge, which will stay fresher for longer.

# Salmon pasta salad



Prep. time: 5 min



Total time: 15 min



Servings: 1

*Recipe from [nomoneynotime.com](http://nomoneynotime.com)*

## INGREDIENTS

- 1 cup wholemeal pasta, cooked
- 95g can salmon in spring water, drained and flaked with fork
- ½ cup broccoli, cut into small florets
- ½ cup frozen peas and corn
- 2 tsp lemon juice
- 1 tsp extra virgin olive oil.



## DIRECTIONS

1. Place broccoli and frozen peas and corn into a microwave safe bowl with a small amount of water and cook for 5-7 minutes or until tender.
2. Combine pasta, salmon and vegetables in a bowl.
3. In a separate bowl or jug, whisk lemon juice and olive oil together with a fork.
4. Add dressing to the pasta salad and enjoy!



# Pasta bake with tuna and tomato



Prep. time: 5 min



Total time: 15 min



Servings: 2

*Adapted from recipe by Taste.com*

## INGREDIENTS

- 100g dried penne pasta (or microwaveable pasta packet)
- 800mL boiling water
- ½ tbsp olive oil
- ½ brown onion, finely chopped
- 185g tin of tuna (in spring water)
- 1 tsp garlic
- 359g passata
- ¼ cup frozen pea/corn/capsicum mix
- ½ cup spinach, roughly chopped
- ¼ cup grated cheddar cheese
- Optional: ¼ cup/handful of fresh basil.



## DIRECTIONS

Pasta (from dry pasta – otherwise make microwaveable pasta packet as per pack instructions):

1. Add dry pasta to a microwave-safe bowl.
2. Fill the bowl with water to the point where water tops the pasta by a couple of inches. Remember that the pasta will expand when it cooks, so be generous with the water. You can always drain the excess if you add too much.
3. Place the bowl on top of a plate and place both in the microwave. The plate will catch any water that may spill out as the water begins to boil.
4. Using the suggested cooking time on boxed pasta, add 3-4 minutes, and cook on the High setting. Keep an eye on your pasta as it's cooking to ensure it's not boiling over, especially after about 6 minutes.

5. Once cooked enough, use a sieve or colander to drain the pasta from the water.

### Pasta bake:

1. Place oil, onion, and garlic in a large (2L) microwave-safe dish.
2. Cover and microwave on HIGH for 2 minutes.
3. Stir in the passata and microwave for another 2 minutes.
4. Add the basil (optional), spinach, pea/corn/capsicum mix, and cooked pasta to the dish.
5. Stir and microwave for 4 minutes or until heated through.
6. Sprinkle cheese on top, and microwave on high (or 'grill' if available on microwave) for another 3 minutes or until cheese has melted.

# Garden Salad



Prep. time: 5 min



Total time: 0 min



Servings: 2

*Adapted from recipe by RecipeTinEats.com*

## INGREDIENTS

- 2 tbsp Salad dressing
- 120g packet salad leaf mix (e.g. four leaf blend)
- Salad veg - pick at least 3 of your favourite salad veg, e.g:
- ½ cup cherry tomatoes, halved (or 1 chopped regular tomato)
- ½ medium cucumber, cut into small discs
- ½ carrot, grated
- **Optional:** chopped herbs e.g. parsley or chives
- **Optional:** Any other salad veggies you might like, e.g. capsicum or spinach.



## DIRECTIONS

1. Place all salad ingredients into a big bowl.
2. Spoon 1 tbsp salad dressing over salad, and mix well.

### Alternative: Coleslaw

Use a pre-chopped coleslaw mix and add 1 tbsp low fat mayonnaise and mix through.

Optional: add grated green apple for some tangy flavor, and/or add ½ tsp of lemon juice.

### Make your own salad dressing:

#### Ingredients:

- ½ tbsp. lemon juice OR vinegar (e.g. balsamic vinegar, apple cider vinegar, etc.)
- 1.5 tbsp extra virgin olive oil
- ½ tsp Dijon mustard
- Pinch of pepper

#### Directions:

1. Add ingredients for salad dressing to a small jar, closing and shaking the jar to mix, or into a small bowl and mixing thoroughly. Adjust vinegar amounts for your own preference.
2. Use 1 tbsp of dressing for a portion of salad.

# Tabouli salad



Prep. time: 5 min



Total time: 10 min



Servings: 4

*Recipe from [nomoneynotime.com](http://nomoneynotime.com)*

## INGREDIENTS

- 1 cup quinoa
- 2 medium tomatoes
- 1 medium cucumber
- 3 sprigs of spring onion
- 1 bunch parsley, remove leaves from stem
- 1 bunch mint, remove leaves from stem
- 3 tsb extra virgin olive oil
- 1 lime, juiced.



## DIRECTIONS

1. Place quinoa in a large microwave safe bowl or Tupperware container with 2 cups of water.
2. Cover and cook for 8-10 minutes, stopping to stir halfway. Set aside to cool while prepping other ingredients.
3. Finely dice the tomato and cucumber, and roughly chop the spring onion and herbs.
4. In a small bowl combine the olive oil and lime juice.
5. Place all ingredients in a serving bowl, including the dressing and stir well to combine.

# Ratatouille



Prep. time: 5 min



Total time: 15 min



Servings: 2

*Adapted from recipe by Food Network*

## INGREDIENTS

- ½ medium onion, sliced thinly
- 1 tsp garlic
- 1 tbsp extra-virgin olive oil
- ½ tsp chopped fresh thyme
- Pinch of pepper
- ½ small eggplant, sliced into 1cm rounds
- ½ small zucchini, sliced into 1cm rounds
- 2 tomatoes, sliced into 1cm rounds.



## DIRECTIONS

1. Toss the onion, garlic, tomatoes, olive oil, thyme, and a pinch of pepper in a microwave-safe 9-inch pie dish.
2. Cover with cling wrap.
  - a. Microwave on high (at 100 percent power) until the onions are soft, 7 minutes in a 1,000-watt oven or 10 minutes in a 700-watt oven.
  - b. If the onions are still a little raw, microwave again, covered, in 30-second increments.
3. While the onions cook, mix the eggplant and zucchini slices with 2 tablespoons of the remaining olive oil, the remaining ½ teaspoon thyme, and a pinch of pepper in a large bowl.
4. Add the tomato slices, and gently mix to cover the vegetables with the oil and seasoning.
5. Place the sliced vegetables over the cooked onions in the pie dish. Cover with cling wrap.
  - a. Microwave on HIGH for 7 minutes, or until the vegetables are soft.
  - b. Microwave, uncovered, on high (at 100 percent power) for 2 minutes to evaporate excess moisture.
6. Drizzle with the remaining tablespoon of olive oil.

# Mashed potatoes



Prep. time: 5 min



Total time: 15 min



Servings: 2

*Adapted from recipe by Food Network*

## INGREDIENTS

- 3 medium potatoes, cut into quarters
- ¼ cup milk
- 1 tbsp olive spread
- Pinch of peppe.



## DIRECTIONS

1. Rinse potatoes and arrange in a medium glass bowl.
2. Cover bowl with cling wrap.
3. Cook on HIGH for 10 minutes, stirring halfway.
4. Let stand, covered, for ~5 minutes.
5. During this time, combine the milk, olive spread, and pepper in a large bowl.
6. Cook milk mixture at MEDIUM (70%) for 2.5 minutes (2mins 30 sec) or until hot.
7. Drain liquid from potatoes.
8. Add potatoes to the hot milk mixture.
9. Mash until smooth (using either a masher or a fork).

# Apple Crumble



Prep. time: 5 min



Total time: 3 min



Servings: 1

*Adapted from recipe by Taste.com*

## INGREDIENTS

- 2 small green apples, cut into 1cm cubes with the core removed (optional: peel the apples first)
- 2 tsp sultanas
- 1 ½ tsp brown sugar (or other sweetener e.g. stevia/Equal, white sugar, or maple syrup)
- ¼ tsp cinnamon
- 1 tbsp wholemeal flour
- 2 tbsp rolled oats
- 2 tsp olive spread
- ¼ cup low fat and low sugar custard.



## DIRECTIONS

1. Place the apples, sultanas, 1 tablespoon of the brown sugar, half the cinnamon, and 3 teaspoons of water in a 375ml (1 1/2 cups) microwave-safe mug.
  - a. Cover with plastic wrap and cook on HIGH for 2 minutes, stirring halfway, or until the apple has softened.
2. Meanwhile, place the flour, oats, olive spread, remaining sugar and cinnamon in a small bowl.
3. Divide the rice across the 2 mugs.
  - a. Sprinkle oat mixture over the apples and microwave on HIGH for 1 minute or until hot.
4. Stand for 2 minutes before serving with custard.

# Pudding with banana



Prep. time: 5 min



Total time: 12 min



Servings: 2

*Adapted from recipe by Taste.com*

## INGREDIENTS

- 1 x 125g tubs of microwaveable white rice
- 1 cup milk
- 1 egg
- 1 tsp sugar or honey
- 1 tsp vanilla extract
- ¼ tsp cinnamon
- 1 small ripe banana
- Optional: extra cinnamon to garnish.



## DIRECTIONS

1. Place milk, egg, sugar, vanilla and cinnamon in a bowl and whisk to combine.
2. Divide milk mixture between 2 x 350ml microwave-safe mugs.
3. Using a fork, separate rice in one tub. Add to one mug. Repeat with remaining rice and mug.
4. Microwave one mug on LOW (~30% power) for 6 minutes or until mixture thickens and rice pudding is set.
5. Repeat step 4 with remaining mug.
6. Stand for 2 minutes before serving topped with sliced banana (or mix it through if it's extra ripe) and dusted with a little extra cinnamon.

# Mug cake



Prep. time: 5 min



Total time: 2 min



Servings: 1

*Adapted from recipe by Taste.com*

## INGREDIENTS

- 1 fresh pitted date, chopped into small pieces
- 1 egg
- ¼ cup unsweetened apple puree, or ½ small overripe banana, mashed
- 2 ½ tbsp flour
- 2 tsp cocoa powder, plus extra to dust
- ¼ tsp cinnamon.



## DIRECTIONS

1. Place the date in a medium sized heatproof bowl. Add one teaspoon boiling water and mash with a fork.
2. Add the egg, apple, flour, cocoa powder and cinnamon and stir until smooth and well combined.
3. Spoon mixture into a 160ml (2/3 cup) capacity microwave-safe mug.
4. Microwave on HIGH for 1 ½ minutes or until the cake starts to come away from the sides and top is just firm.
5. Serve dusted with extra cocoa.



# Berry smoothie



Prep. time: 5 min



Total time: 1 min



Servings: 1

## INGREDIENTS

- 160g tub of greek-style yoghurt (e.g. Chobani), any flavour
- ¼ cup milk or milk alternative
- ¼-½ cup berries or frozen fruit of your choice
- Optional: Extra frozen fruit, to garnish.



*Photo from simple-veganista.com, recipe by LCHS Dietitian*

## DIRECTIONS

1. Microwave frozen fruit in a small bowl or mug in 30 second increments or until slightly warm.
2. Mash fruit with a fork as small as you can.
3. Combine all ingredients in a jug and blend with a bar mixer.
4. Pour blended mixture into a glass. Garnish with extra fruit if wanted.
5. Optional: garnish with additional frozen fruit.

# Banana bread with walnuts



Prep. time: 5 min



Total time: 3 min



Servings: 1

*Adapted from recipe by passthesushi.com*

## INGREDIENTS

- 1 ripe banana (with some brown spots), mashed
- 3 tbsp flour (wholemeal)
- Pinch of baking powder
- Pinch of baking soda
- 1 egg
- ¼ tsp Vanilla essence
- 1 tbsp milk or milk alternative
- Handful of chopped walnuts
- Optional: 1 tsp sugar-free sweetener (e.g. Stevia, sugarine, Splenda).



## DIRECTIONS

1. In a large mug, mix all ingredients (added in order of ingredients list) with a fork, to combine
2. Microwave for 2 minutes and then check if done by inserting a butter knife.
3. If butter knife doesn't come out clean, microwave in 30 second increments
4. Allow to cool before eating.

# Healthy Mini Trifle



Prep. time: 5 min



Total time: 1 min



Servings: 1

*Adapted from recipe by Taste of Home*

## INGREDIENTS

- ½ cup sliced peaches - fresh/frozen (and thawed)/tinned (in juice, not syrup)
- ¼ cup fresh or frozen blueberries, thawed (or other preferred/seasonal berries)
- 1 tbsp honey or maple syrup
- 1 tbsp unsweetened muesli
- ½ cup low-fat frozen yoghurt (or regular low-fat yoghurt, slightly frozen).



## DIRECTIONS

1. Divide the peaches and blueberries among 4 small bowls or mugs
2. Layer the muesli on the fruit, and then the honey/maple syrup on top of the muesli.
3. Microwave, uncovered, on high for 1 minute
4. Top each with a scoop of yoghurt (frozen or unfrozen)