

Medway Cooks!

Recipe collection

By the people of Medway



**SUGAR
SMART**
MEDWAY

**A BETTER
MEDWAY**
Easier ways to be healthy

Medway
COUNCIL
Serving You

Welcome

Thank you for claiming your copy of Medway Cooks! Recipe Collection – Sugar Smart Edition.

In this edition, we have continued our search for family friendly recipes that are original, healthy and affordable and can be prepared within an hour.

We have also gathered and tested a selection of Sugar Smart recipes including snacks and desserts that will help you and your family to cut down sugar in your diet without feeling like you are missing out.



All recipes have been tested to ensure they work and that they receive the Tri for you Team's delicious stamp of approval.



Enjoy from the Tri for you Team

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (100g) contains

	Energy	Fat	Sugar	Salt
Values	3.0g	1.3g	3.0g	0.8g
Percentages	LOW	LOW	LOW	LOW
Typical values per 100g	13%	4%	7%	3.5%

Typical values per 100g of an adult's reference intake

Choose foods lower in fat, salt and sugars



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Choose unsaturated oils and use in small amounts

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Eat less often and in small amounts


Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Top tips for a top diet

To eat healthily we need to enjoy a variety of foods in a balanced way.


The easiest way to ensure we try to eat the right variety of food is to use the Eatwell guide.

Fruit and vegetables




Enjoy at least five portions of fruit and vegetables a day. Fresh, frozen, tinned, dried or juiced are all great. Aim for a variety with lots of different colours.

Potatoes, bread, rice, pasta and other starchy carbohydrates




Try to base every meal on these foods. Aim for half of your starchy foods to be wholegrain like oats, wholemeal pasta, rice and bread.

Dairy and alternatives




A great source of protein, calcium and vitamins. Have these at a couple of meals per day. Some varieties can be high in fat, so go for lower fat versions when possible.

Beans, pulses, fish, eggs, meat and other protein



Try to get more beans and pulses into your diet, they are a great source of lean protein. Also try and include two portions of fish a week, make one an oily fish.

Oils and spread



Try to use less of these where possible and aim for unsaturated fats like olive and vegetable oils.

Don't forget to drink enough, we should have between 6-8 drinks every day. These can be water, sugar free drinks, tea, coffee or low fat milk.

Foods high in sugar, fat and salt should be enjoyed now and again, if we enjoy them too often they cause ill health.

Sugar Smart

The amount of sugar we eat can be quite confusing. We may well be able to track the amount of sugar we add to foods ourselves but things might not be so clear when it comes to foods we purchase or even when finding out that fruit, vegetables or even milk have sugars in too. Here is our guide to help you identify friend from foe of the sugar world!

Natural sugars

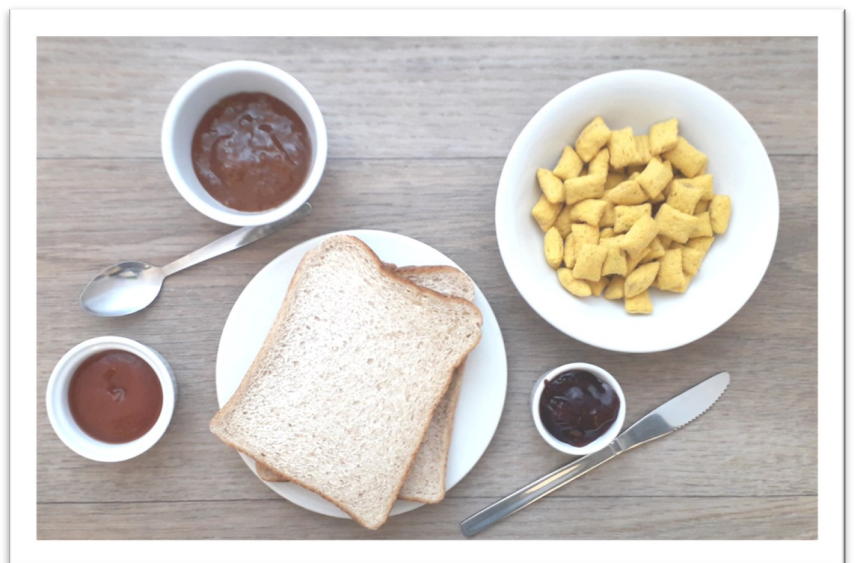


Natural sugars in these foods are locked away and don't damage the teeth.

A small handful of dried fruit is one of your '5 a day' but try to have it with a meal as sticky natural sugars in dried fruit can still damage teeth.

Hidden sugars

100% Fruit juice and smoothies can be counted as one of your '5 a day' but limit it to no more than 150ml once a day.



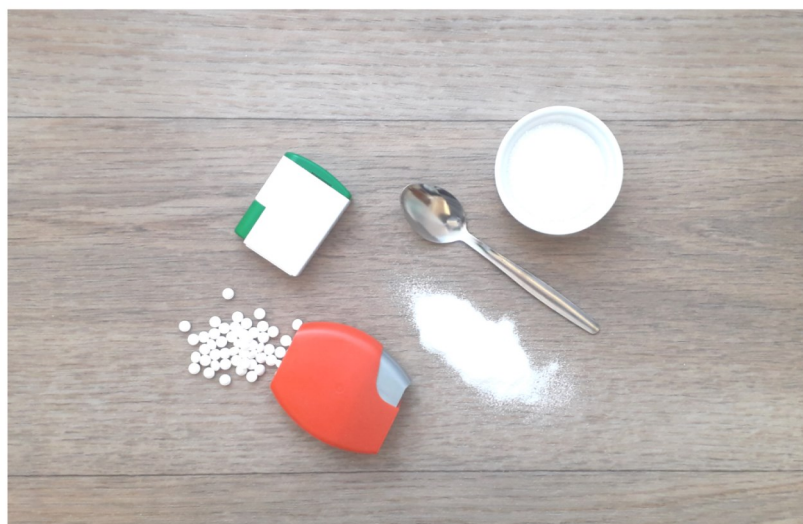
Pure sugar

Honey is a natural source of sugar. The bacteria in our mouths that damage our teeth don't mind where the sugar comes from.



Artificial sweeteners

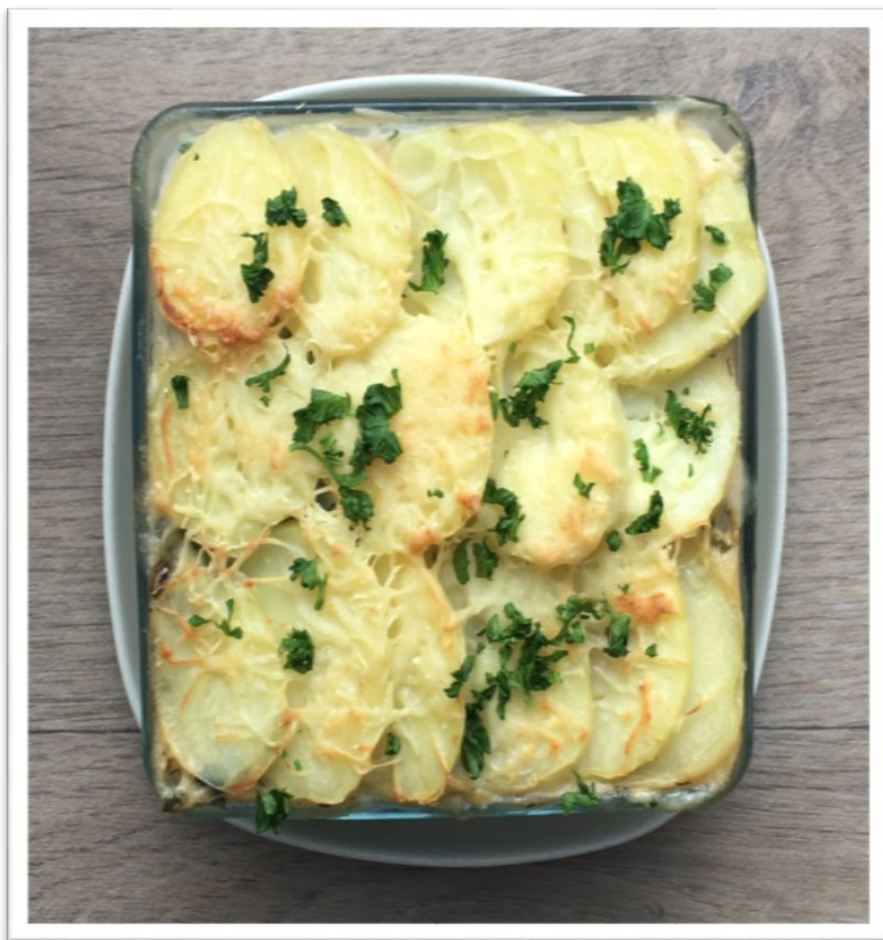
Avoid these because they don't get our taste buds used to food that is less sweet, meaning we may be more likely to crave sugar.



Sugary foods



Seafood gratin



Tip

Try swapping the mixed fish for tinned tuna.

From Nikki, Chatham

Seafood gratin

Serves 4

Ingredients

750g potatoes, peeled

2 large leeks

4 tbsp plain flour

300ml reduced salt fish stock

300ml semi or skimmed milk

½ bunch dill, chopped

300g of mixed fish like haddock, cod and salmon

30g cheese, finely grated (optional)

Method

1. Preheat the oven to 200°C/180°C fan.
2. Par boil the potatoes so that they are soft on the outside but still firm in the middle, check with a sharp knife as they cook. This should take about 10 minutes depending on the size of potatoes. Remove from the heat and allow to cool.
3. In a large pan fry the leeks on a low heat. If they brown too quickly add a splash of water to the pan and repeat as many times as necessary. The leeks should be slightly golden, soft and not too well browned.
4. Remove the pan from the heat and sprinkle over the flour and stir so the leeks are coated. Add the stock bit by bit stirring in between and then repeat with the milk. Place back on a low heat stirring regularly until the sauce has thickened and is bubbling. Take back off the heat and stir in the dill.
5. Slice the potatoes and place half of them on the bottom of an oven proof dish, then top the potatoes with the fish and all of the leek sauce. Place the remaining potatoes over the top and sprinkle with the cheese.
6. Bake for 30 minutes or until golden and hot throughout. Serve with steamed vegetables

Cottage pie stuffed jackets



Tip

Add more vegetables by adding peas or mushrooms into the mince.

From Ann Marie, Gillingham

Cottage pie stuffed jackets

Serves 4

Ingredients

4 large baking potatoes
500g 5% fat or less, beef mince
1 onion, peeled and chopped
1 large carrot, peeled and chopped
1 large stick of celery, chopped
1 tsp mixed dried herbs
1 tbsp tomato puree
1 tbsp Worcestershire sauce
1 tbsp plain flour
300ml reduced salt beef stock
Splash of milk

Method

1. Preheat the oven to 200°C/180°C fan. Carefully prick the potatoes all over with a fork and place in the oven for an hour or until they are soft inside.
2. In a frying pan brown the mince and then remove from the pan when done. Dispose of any fat and liquid in the pan.
3. Add the onion, carrot and celery to the pan and cook over a gentle heat until soft for about 10 minutes. Then add the meat back to the pan with the herbs, tomato puree and Worcestershire sauce, mixing well so everything is well coated. Remove from the heat and sprinkle the flour over the mince and mix so that all of the flour has evenly been mixed in. Pour over the stock, stir and return to a gentle heat. Stir until the mixture has heated through and has thickened.
4. Cut the potatoes in half and scoop out the potato. Mash and add a splash of milk to soften the mash. Divide the mince between the potato skins and top with the mash, you could sprinkle with a little cheese if you like. Bake in the oven for 20-30 minutes or until the mash has gone golden and they are hot through out. Serve with steamed vegetables.

Salmon laksa



Tip:

Add a couple of noodle nests to the pan at step 2 to give a more filling soup.

From Sarah-Jayne, Gillingham

Salmon Laksa

Serves 4

Ingredients

1 bunch spring onions, chopped
160g mangetout, chopped
160g baby corn, chopped
2 tsp turmeric
2 stalks of lemon grass, finely chopped
1 x 400ml reduced fat coconut milk
400ml reduced salt fish stock
4 salmon fillets
200g prawns

Method

1. Add the spring onions, mangetout and baby corn to the pan and cook for 5 minutes on medium heat until they begin to soften.
2. Add the turmeric to the pan and cook for a further minute. Add the remaining ingredients to the pan and cook for a further 5 minutes.
3. Serve on its own or with rice.

Note

If you have never used lemon grass before the easiest way to prepare it is to cut it length ways and then finely slice. Try and avoid using the tougher bottom few centimetres as they will not soften when cooking. You can still use the tough base by crushing gently and adding whole to the dish when cooking and remove before serving.

Salmon with Cajun rub



Tip:

For a little more kick to your Cajun salmon add a little cayenne pepper to taste.

From Jessica , Rochester

Salmon with Cajun rub

Serves 4

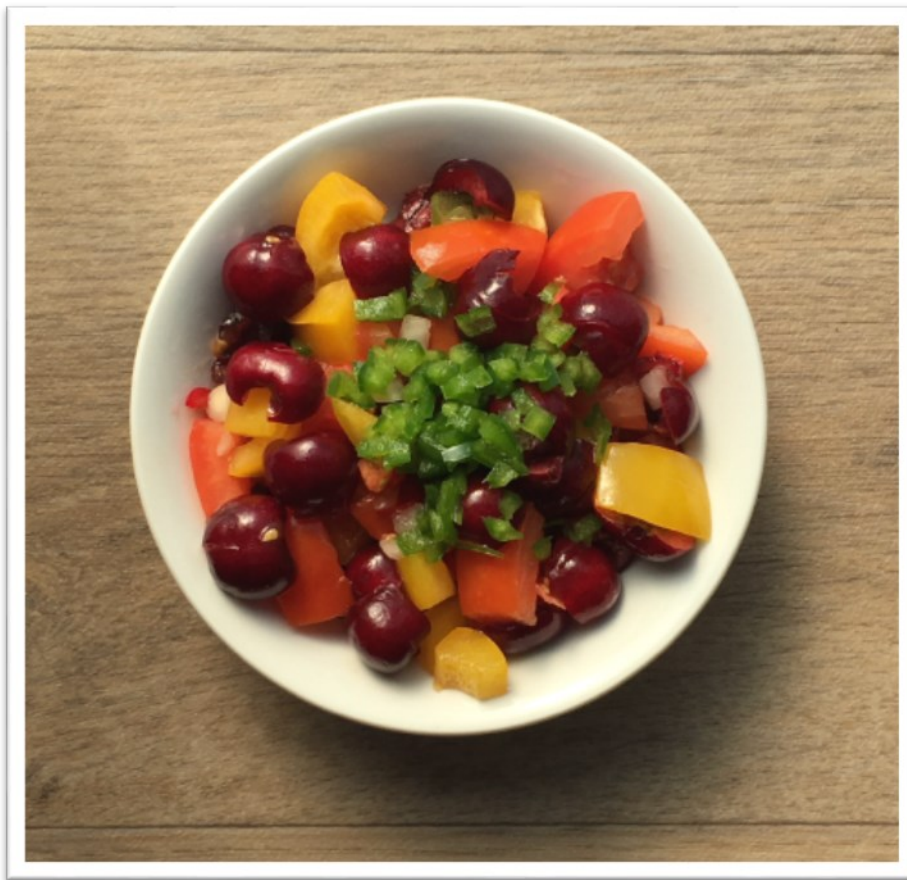
Ingredients

1 tbsp olive oil
Juice of half a lemon
1 tsp dried oregano
1 tsp dried thyme
2 tsp smoked paprika
1 clove crushed garlic
Black pepper
4 salmon fillets

Method

1. Mix the olive oil, lemon juice, herbs, spices, garlic and pepper in a small bowl. Rub the mixture over the salmon and leave in a covered container in the fridge for at least 15 minutes.
2. Pre heat the grill.
3. Place the salmon skin side down on a grill pan and cook for 10-15 minutes. Make sure the salmon is cooked in the middle, it should be an opaque, lighter pink colour. You could also cook the salmon in a lightly greased frying pan, start skin side down and flip over after 5 minutes and then cook for a further 5 minutes.
4. Serve with salad and rice or potatoes.

Fresh cherry salsa



Tip:

If you can't find raspberry vinegar in the shops
use cider or wine vinegar instead

From Pippa, Kent Orchards

Fresh cherry salsa

Serves 4

Ingredients

450g cherries, stoned and chopped
1 fresh chilli, deseeded and finely chopped
½ red onion, finely chopped
2 spring onions, sliced
1 tomato, chopped
1 yellow pepper, deseeded and chopped
7g fresh coriander, chopped
1 tbsp raspberry vinegar
1 tbsp orange juice
1 tsp honey
1 tbsp olive oil

Method

1. Mix the cherries, chilli, onions, tomato, pepper and coriander in a salad bowl.
2. Put the vinegar, orange juice, honey and oil in a small jam jar and shake well.
3. Pour the dressing over the salsa and coat well.

Camping sausage stew



Tip

This can be made vegetarian by taking the Worcestershire sauce out and swapping the pork sausages for vegetarian alternatives.

From Bryn, Strood

Camping sausage stew

Serves 4

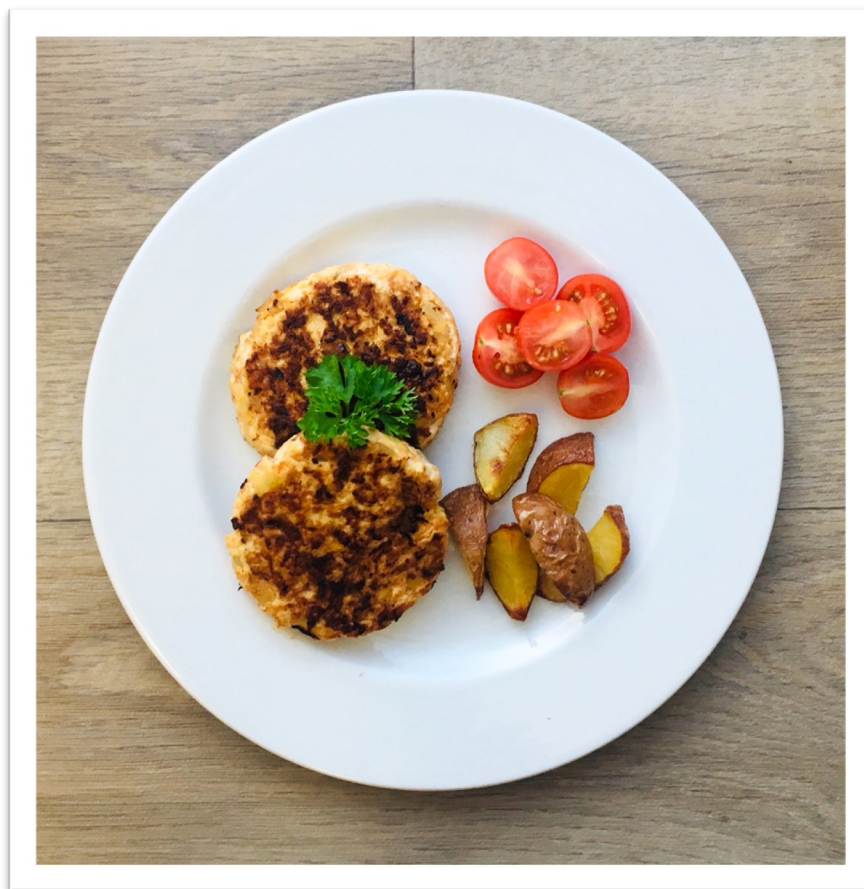
Ingredients

8 sausages
1 large onion, chopped
250g mushrooms, chopped
1 large carrot, peeled and chopped
1 large stick of celery, chopped
1 large potato, peeled and sliced
2 X 400g tin chopped tomatoes
1 reduced salt vegetable stock cube
1 tsp Worcestershire sauce

Method

1. Fry or bake your sausages until brown and cooked following the packet instructions. Then set them aside to cool.
2. Add the onion, mushrooms, carrot and celery in a frying pan and cook for 5 minutes until they start to soften and turn golden.
3. Add the potatoes and tomatoes to the pan and cook for 5 minutes.
4. Meanwhile make the stock with the stock cube and 500ml of boiling water. Add to the pan and stir well.
5. After about 10 minutes the vegetables should be soft and the mixture thickened.
6. Chop the sausages up and add to the pan with the Worcestershire sauce, stir and serve with rice or crusty bread.

Turkey and carrot burger



Tip:

Get a professional look and use a large round pastry cutter to shape your burgers in.

From Natacha, High Halstow

Turkey and carrot burger

Make 4-6

Ingredients

Oil spray

1 onion, peeled and finely chopped

1 large carrot, peeled and grated

1 clove garlic, crushed

500g lean turkey mince

Pepper

Method

1. Place a frying pan on a medium heat and lightly spray with oil. Add the onion and cook until softened.
2. Add all the ingredients to a bowl and mix together.
3. Divide the mixture into 4-6 and shape into burger shapes.
4. Heat the frying pan up on a medium heat and cook the burgers until all the meat in the centre of the burger is cooked, approximately 10-15 minutes.
5. Serve with potato wedges or in a bun and plenty of salad.

Beef burger hash



Tip:

Make this hash with other vegetables like sweetcorn or peas.

From Marie, Gillingham

Beef burger hash

Serves 4

Ingredients

Oil spray

1 onion, chopped

2 carrots, peeled and chopped

2 reduced fat beef burgers

1 x 400g tin reduced salt and sugar baked beans

1 x 400g tin chopped tomatoes

1 x 400g tin potatoes, drained and chopped

Method

1. Heat a frying pan on a medium heat and oil the pan with a few sprays of oil. Add the onion and carrot and soften for 5 minutes.
2. Add the burgers and gently break up with the spoon and cook until browned.
3. Add the remaining ingredients and cook until the potatoes have started to break down and the sauce has thickened.
4. Serve with vegetables.

Quick chilli



Tip:

For a more authentic chilli swap the kidney beans for black beans

From Marie, Brompton

Quick chilli

Serves 4

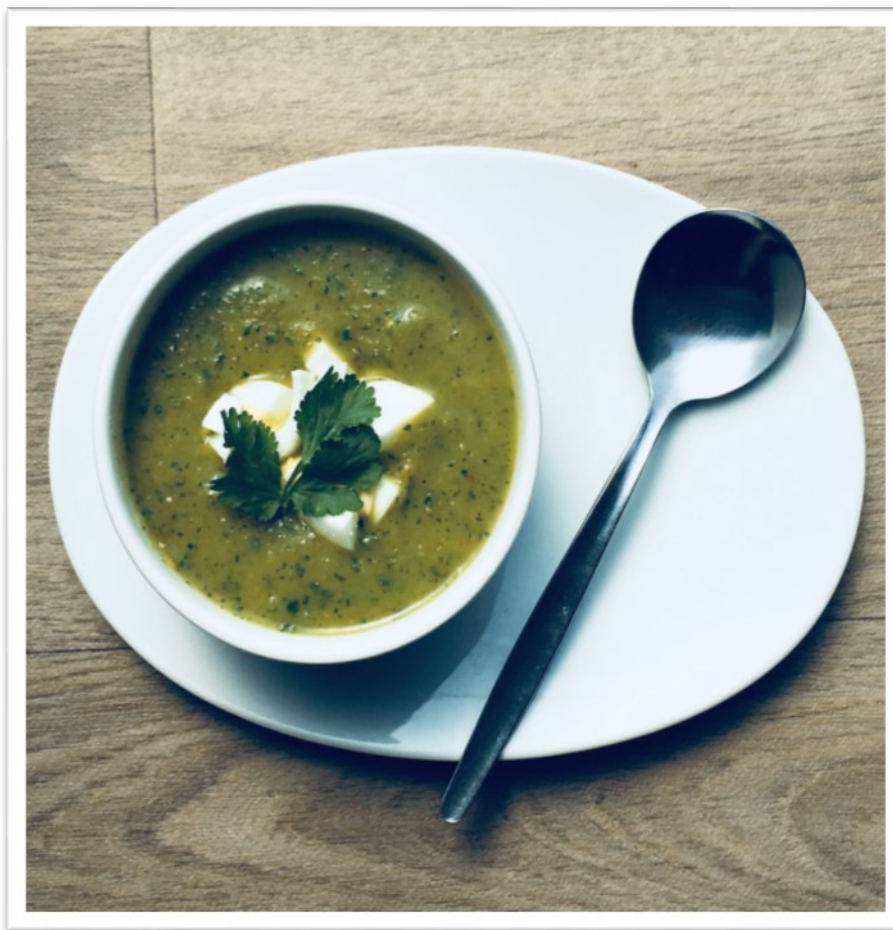
Ingredients

- 1 bunch of spring onions, chopped
- 1 pepper, deseeded and chopped
- 500g lean minced beef
- 1 clove, garlic
- 1 tsp of ground ginger, cumin and coriander
- 1 tsp chilli powder
- 1 tsp mixed dried herbs
- 1 x 400g tin chopped tomatoes
- 1 x 400g tin kidney beans, drained
- 1 reduced salt stock cube

Method

1. Spray the pan with fry light and fry the spring onions and peppers over a medium heat for 5 minutes.
2. Add the meat and brown off. Add the garlic, spices and herbs and cook for a further minute.
3. Add the remaining ingredients along with 150ml water and cook until the sauce has thickened and the vegetables are cooked.
4. Serve with rice or toasted tortillas

Courgette and coriander soup



Tip

Add extra spice by adding a teaspoon of dried coriander.

From Sara, Gillingham

Courgette and coriander soup

Serves 4

Ingredients

- 1 tsp vegetable oil
- 1 large courgette, chopped
- 1 onion, chopped
- 3 carrots, peeled and chopped
- 1 potato, peeled and sliced
- 1 litre reduced salt stock
- 1 bunch of coriander, roughly chopped
- 2 hard boiled eggs chopped (optional)

Method

1. Heat the oil in a large pan over a medium heat.
2. Add the courgette, onion and carrots to the pan and fry for 5 minutes until they begin to soften and turn golden.
3. Add the potatoes and fry for a further 2 minutes.
4. Add the stock and cook for 10 minutes until the vegetables are soft.
5. Put the coriander in to the pan and stir for the final minutes.
6. Blend with a hand blender and serve with the chopped egg as a garnish.

Red lentil soup



Tip

This is a great source of low fat protein.

From Jag , Rochester

Red lentil soup

Serves 4

Ingredients

1 onion, chopped

1 carrot, peeled and chopped

1 medium potato, peeled and chopped

500g butternut squash, peeled and chopped

1 reduced salt stock cube, chicken or vegetable

100g red lentils

Pepper to taste

Method

1. Fry the onion, carrot, potato and butternut squash in a large saucepan over a medium heat for 5 minutes until the vegetables start to soften and turn golden.
2. Boil a kettle and make 1 litre of stock with the stock cube and add to the saucepan with the lentils.
3. Bring to a simmer and cook on a medium heat for about 15 minutes or until all the vegetables and lentils are soft.
4. Liquidise into a smooth, thick soup. Season with pepper to taste and serve with bread. We garnished ours with some chopped spring onion.

Tomato and pancetta soup



Tip

This is a delicious quick soup that is great for a weekday meal or weekend treat!

From Charle, Rochester

Tomato and pancetta soup

Serves 4

Ingredients

- 1 onion, peeled and chopped
- 1-2 cloves garlic, peeled and crushed
- 160g pancetta or lean bacon, chopped
- 1 x 400g tin chopped tomatoes
- 1 x 400g tin of mixed beans
- 1 chicken stock cube
- 2 tbsp cream cheese (optional)

Method

1. Heat the oil in a large pan over a medium heat.
2. Add the onion to the pan and fry for 5 minutes until they begin to soften and turn golden.
3. Add the garlic and pancetta fry for a further 2 minutes.
4. Add the tinned tomatoes, beans, stock, 500ml of water and cook for 10 minutes until the vegetables are soft.
5. Stir through the cream cheese if using and serve with bread.

Potato pie



Tip:

Make this dish vegetarian by taking out the ham and using twice as many eggs.

From Cindy, Gillingham

Potato pie

Serves 4

Ingredients

4 eggs

1kg potatoes, peeled and quartered

1 bunch spring onions, chopped

200g ham, chopped

1-2 tbsp wholegrain mustard

120g mature cheese, grated

Method

1. Place the eggs in a pan of cold water and bring to the boil. Cook for about 10 minutes until the eggs are hard boiled.
2. Add the potatoes to a separate pan of water and bring to the boil, reduce to a simmer until the potatoes are cooked. About 10-15 minutes
3. When the eggs are cooked allow to cool, peel and chop.
4. When the potatoes are cooked strain and mash.
5. Add the eggs, onions, ham and mustard to the mash and mix well.
6. Place the mash in a baking dish and flatten with a fork. Sprinkle with cheese and place under a preheated grill until golden.
7. Serve with salad or steamed vegetables.

War-time carrot cake



Tip:

Spice up this cake by add the rind of half an orange and half a teaspoon of ground cinnamon and nutmeg

From David, taken from The National Trust

<https://www.nationaltrust.org.uk/croome/recipes/wartime-carrot-cake>

War-time carrot cake

Serves 4

Ingredients

200g self raising flour

75g margarine

75g sugar

100g carrot, grated

50g dried fruit, such raisins, sultanas or chopped apricots

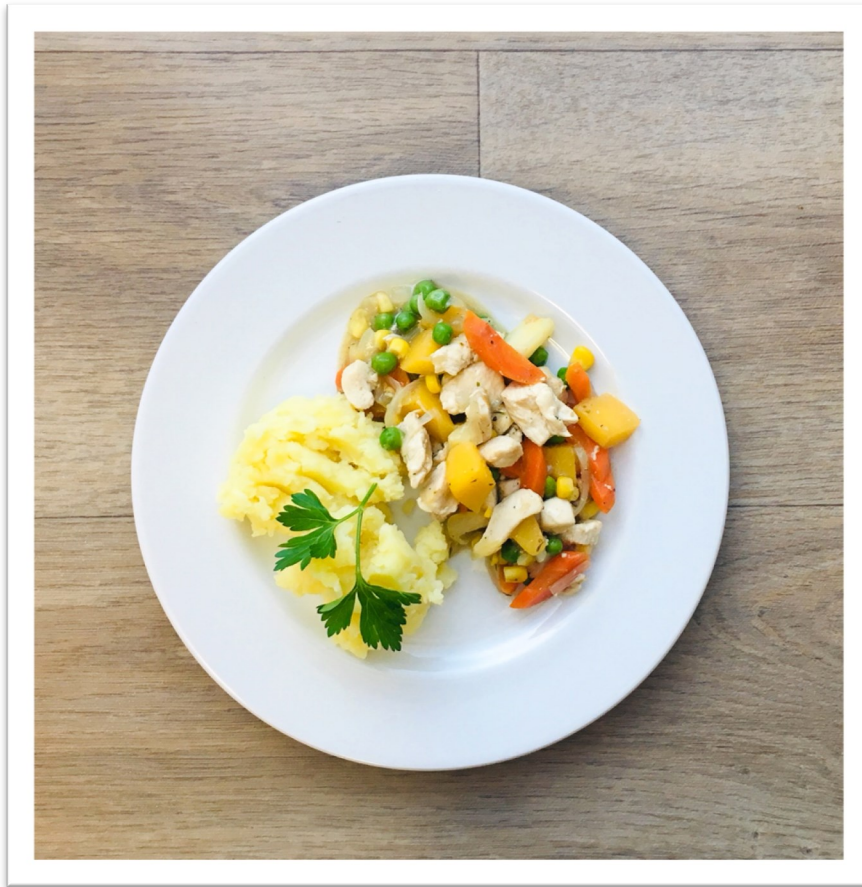
1 egg

Milk to bind

Method

1. Preheat the oven to 220°C and line and grease a 20 X 15 cm cake tin.
2. Sift the flour into a mixing bowl and then rub in the margarine.
3. Add the sugar, carrot, dried fruit, egg and mix.
4. Add enough milk to make a sticky batter and place into the prepared baking tin.
5. Bake until golden.

Nan's chicken stew



Tip:

The original recipe used a whole chicken, but we used chicken breasts. You could also use skinless chicken thighs.

From Marie, Gillingham

Nan's chicken stew

Serves 4-6

Ingredients

Oil spray

2 large chicken breasts, chopped

1 onion, peeled and chopped

3 carrots, peeled and chopped

2 leeks, sliced

¼ swede, peeled and chopped

1 parsnip, peeled and chopped

1 clove garlic, crushed

1 tsp mixed dried herbs

1 reduced salt stock cube, chicken or vegetable

1 tbsp cornflour

80g peas, frozen

80g sweetcorn, frozen

Method

1. Place a frying pan on a medium heat and lightly spray with oil. Add the chicken and cook until the meat has been sealed.
2. Add all the other ingredients apart from the cornflour, peas and sweetcorn, along with 500g water. Bring to the boil and then simmer with a lid on the pan, until the vegetables are cooked. About 10-15 minutes .
3. Make the cornflour into a paste by mixing in a little water and add to the stew with the peas and sweetcorn. Stir well and heat through for about 5 minutes.
4. Serve with mashed potato or crusty bread.

Plantain fritter



Tip:

If you can't get hold of plantain you can use green bananas.

From Aguki,

Plantain fritter

Makes 8

Ingredients

- 2 ripe plantains
- 3 cm fresh ginger, grated
- 1 green chilli, deseeded and chopped
- 1 onion, chopped
- Pepper
- 1 tbsp self raising flour

Method

1. Heat oven to 180°C and grease a baking sheet.
2. Use a hand blender and puree the plantain, ginger, chilli and onion together.
3. Add the pepper and flour and mix well.
4. Spoon the mixture on to the greased baking sheet, you should get about 8.
5. Place the fritters in the oven and bake for 20 minutes.
6. Serve with a spicy stew or enjoy as a snack on their own.

Wild donuts



Tip

If you are in a rush, try using drained tinned fruit in fruit juice, like pears.

From Louise, Gillingham

Wild donuts

Serves 4

Ingredients

- 3 apples, peeled, cored and chopped
- 8 slices of bread
- 1-2 eggs
- 1 tbsp milk

Method

1. Preheat oven to 180°C.
2. Place the apple in a saucepan with a lid, add a tablespoon of water and soften the apple on a medium low heat for 5-10 minutes.
3. Cut eight large circles out of the slices of bread.
4. Divide the apple into four and place in the middle of four of the bread circles.
5. Place another bread circle on top of the apple topped circle and press the edges down to seal. You can use a fork or pinch them with your fingers.
6. Beat the egg and milk together and dip the donuts in the egg so they are coated.
7. Place the donuts on a baking sheet and bake for 15-20 minutes.

Macaroni chicken



Tip

We skipped stage two by using leftover, cooked and shredded chicken.

From the Norris family, Rochester

Macaroni chicken

Serves 4

Ingredients

- 225g macaroni
- 1 tsp oil
- 1 chicken breast, cut into bite sized chunks
- 2 carrots, grated
- 2 onions, finely chopped
- 2 cloves garlic, crushed
- 80g frozen peas, defrosted
- 80g sweetcorn
- 1 tbsp soy sauce (reduced salt)
- ½ tsp cayenne pepper
- 1 x 400g tin of tomatoes
- 1 tbsp tomato puree

Method

1. Cook the macaroni following the instructions on the packet, and strain.
2. Meanwhile put a pan on a medium heat and cook the chicken until lightly browned and cooked throughout. Put the chicken on a plate and set aside.
3. Add the carrot, onion and garlic to the pan and fry for 5 minutes or until the vegetables have softened.
4. Add the peas, sweetcorn, soy sauce, cayenne pepper, tomatoes, tomato puree and 100ml of water. Stir and cook on a low heat for 5 minutes.
5. Add the macaroni and chicken to the pan of vegetables and stir through until hot.
6. Serve with salad.

Blueberry soda bread



Tip:

When blueberries aren't in season, swap fresh for frozen, just defrost and discard the liquid.

From Holiday Kitchen 2018

Blueberry soda bread

Make 8 buns or 1 loaf

Ingredients

280 ml milk

1 tbsp lemon juice

200g self raising flour

150g wholemeal flour

1 tsp bicarbonate of soda

150g blueberries

Method

1. Preheat oven to 190°C and prepare a baking sheet by dusting with flour.
2. Stir the lemon juice into the milk then put aside.
3. Add the flours and bicarbonate together in a separate bowl and mix
4. Add the blueberries to the flour and mix.
5. Add the milk and mix to a dough with a knife then bring together with a floured hand to form a ball of dough.
6. Tip onto the baking tray and flatten to a circle measuring about 16 cm and cut a deep cross into the dough (going nearly all the way through but not quite)
7. Bake in the oven for 30 – 35 minutes until the base sounds hollow when knocked.

OR Make 8 smaller buns and cook for 15-20 minutes

Christmas spiced strudel



Tip

We used a brand with larger sheets of filo pastry, you may need to use more depending on the brand.

From Medway Sugar Smart



Christmas spiced strudel

Serves 4

Ingredients

4 medium apples, cored and chopped

1 orange, juiced and zested

30g sultanas

30g dried apricots, chopped

30g ground almonds

1 tsp mixed spice

3 sheets filo pastry

Spray oil

Method

1. Preheat the oven 180°C.
2. Place a saucepan with a lid on a medium low heat, add the apple and 2 tablespoons of the orange juice and cover. Simmer gently for 10-15 minutes stirring and checking regularly.
3. Add the orange zest, sultanas, apricots, mixed spice and almonds to a bowl, mix well and set aside.
4. Place a layer of pastry on a board and spray with a few squirts of oil then place another sheet of pastry on top and repeat until you have a stack of pastry three layers thick.
5. Lay the pastry horizontally and spread the apple mixture over the bottom three-quarters of the pastry and then evenly sprinkle the spice mixture over the apple.
6. Roll the pastry from the bottom upwards and tuck the sides of the strudel under to help seal it. Place on a baking sheet and spray with oil.
7. Place in the oven for 25–30 minutes, until the pastry is lightly browned.
8. Serve with a dollop of natural yoghurt or custard.

Fruity pear rock buns



Tip

You could also try these with apple and cinnamon rather than pear and ginger.



Fruity pear rock buns

Makes 12

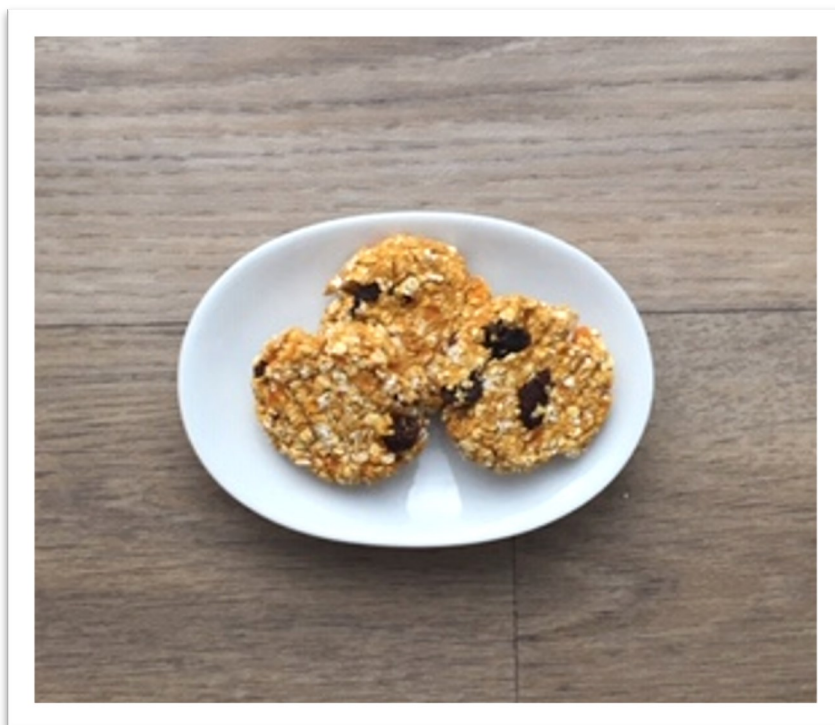
Ingredients

- 250g self raising wholemeal flour
- 1 tsp baking powder
- 2 tsp ground ginger
- 100g low fat spread
- 1 large ripe pear, grated
- 70g dried apricot, chopped
- 1 ripe banana, mashed
- 1 egg, beaten

Method

1. Heat oven to 200°C.
2. Put flour, baking powder and ginger in a bowl; mix then rub in the low fat spread until it resembles breadcrumbs.
3. Add the pear and apricot to the breadcrumb mixture and gently mix.
4. Finally add the banana and egg and mix into a soft dough using a knife.
5. Spoon dollops of mixture on to a baking sheet and bake until golden brown for about 20 minutes.

Sweet potato and orange cookies



Tip

These are great for a lunchbox or a swap for your usual coffee time biscuit.



Sweet potato and orange cookies

Makes 12

Ingredients

- 160g sweet potato puree
- 130g oats
- 1 orange, zested and juiced
- 30g sultanas

Method

1. Heat oven to 200°C
2. Prick sweet potato and put it into the microwave and cook until soft.
3. Scoop the flesh out of the sweet potato and place in a bowl with the oats, sultanas, zest and enough juice to make a soft dough.
4. Roll the dough into balls and place on to a prepared baking sheet. Press the balls in to rounds with your fingers or a fork.
5. Bake for about 10-15 minutes.

Apples scones



Tip

Leave these to cool before tucking in. it allows the extra moisture from the fruit to be absorbed.



Apples scones

Makes 8

Ingredients

- 225g self-raising flour, plus extra for dusting
- 50g low fat spread
- 1 tbsp caster sugar
- 1 apple, grated
- 125ml milk

Method

1. Heat oven to 200°C
2. Rub the flour and low fat spread together until it resemble breadcrumbs.
3. Add the sugar and apple and mix.
4. Mix in enough milk to make a soft but not sticky dough. Use a knife to mix to prevent the dough from getting tough.
5. Pat the dough out into about 2cm thick and cut into circles. Brush the tops of the scones with some of the remaining milk.
6. Bake for about 20 minutes.

Blueberry bar



Tip

The ripe banana and sweet blueberries give these bars all the sweetness they need.

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Blueberry bar

Makes 8

Ingredients

- 300g plain flour
- 2 tsp baking powder
- 90g low fat spread
- 60g oats
- 1 tbsp caster sugar (optional)
- 1 large ripe banana, mashed
- 1 egg, beaten
- 1 lemon, juiced and zested
- 150g low fat Greek yoghurt
- 150g blueberries

Method

1. Heat oven to 200°C.
2. Rub the flour, baking powder and low fat spread together until it resembles breadcrumbs, and then add the oats and sugar.
3. In a separate bowl mash the banana, yoghurt, lemon juice, zest and beaten egg.
4. Mix the wet and dry ingredients together gently and place in a lined 15cm square cake tin.
5. Sprinkle the blueberries on top of the cake and press them in.
6. Bake for about 25-30 minutes until golden and firm to the touch.

Carrot, prune and oat bars



Tip

Many people think honey is healthy, unfortunately it is still sugar and we need to limit our daily intake.



Carrot, prune and oat bars

Makes 10-12

Ingredients

- 120g oats
- 30g sunflower seeds
- 60g dried prunes, chopped
- 60ml sunflower oil
- 220g carrots, finely grated
- 2 tbsp honey
- ½ tsp cinnamon
- ½ tsp mixed spice

Method

1. Heat oven to 200°C.
2. Add all ingredients into a food mixer and blitz them together.
3. Tip the mixture into a lined 15cm square cake tin and press down the mixture.
4. Bake for 25-30 minutes until the mixture is firm and lightly golden.
5. When cool, cut into slices.

Berry muffins



Tip

If you don't have measuring cups you can use a measuring jug.
1 cup is equal to 250ml.



Berry muffins

Makes 18

Ingredients

- 1 cup plain flour
- 1 cup ground almonds
- 1 tbsp baking powder
- 1 ripe banana, mashed
- 4 medium eggs
- ¼ cup vegetable oil
- 1 cup semi-skimmed milk
- 1 tsp vanilla extract
- 1 cup fresh or frozen berries
- ¾ cup sliced almonds

Method

1. Preheat oven to 200°C and place paper or silicone cake cases in a couple of muffin tins.
2. Mix the flour, ground almonds and baking powder with a whisk.
3. In a separate bowl whisk the banana, eggs, oil, milk and vanilla. Add the dry ingredients a little at a time gently whisking between additions.
4. Add the fruit and gently fold into the muffin batter with a wooden spoon.
5. Fill the muffin cases ¾ full with the muffin batter and sprinkle with flaked almonds.
6. Bake the muffins for 15-20 minutes until golden.

Baked pear cheesecake



Tip

Try this cheesecake with different fruit like tinned peaches or frozen blueberries.

**SUGAR
SMART**
MEDWAY

Baked pear cheesecake

Serves 12

Ingredients

Base

- 3 tbsp reduced fat margarine
- $\frac{3}{4}$ cup plain flour
- 1 tbsp caster sugar
- $\frac{1}{2}$ cup walnuts, chopped

Filling

- 300g cream cheese
- 2 tbsp caster sugar
- 2 medium eggs
- 1 tsp vanilla extract
- 1 large can pears in fruit juice, drained
- cinnamon

Method

1. Preheat oven to 220°C and line the base of a 20cm loose bottomed cake tin.
2. Base: Rub the margarine and flour together until it resembles breadcrumbs. Add the sugar and the walnuts and mix together. Pour the crumble into the cake tin and press down.
3. Filling: In a bowl whisk together the cream cheese, sugar for the filling, eggs and vanilla and pour over the base.
4. Pat the pears dry with paper towel and thinly slice. Then arrange them on the top of the cream cheese filling. Sprinkle with a little cinnamon and bake for 10 minutes.
5. Reduce the temperature to 180°C and cook for a further 15-20 minutes or until the filling has set.
6. Cool in the tin for 1 hour then remove and chill in the fridge for a couple of hours before serving.

Apple scrunch tart



Tip

If you find your apples are a little too crunchy, soften them off in the microwave for a few minutes. Cool before using.

**SUGAR
SMART**
MEDWAY

Apple scrunch tart

Serves 12

Ingredients

- 220g self raising flour
- 1 tsp baking powder
- 60g reduced fat margarine
- 150ml semi-skimmed milk
- 3 tbsp plain flour
- 1 tsp mixed spice
- 4 apples, cored and sliced
- 3 tbsp flaked almonds

Method

1. Preheat oven to 200°C and lightly dust a baking sheet.
2. Make the scone base by mixing the flour and baking powder together then rub in the margarine to make breadcrumbs. Using a table knife, mix in enough of the milk to make a soft but not sticky dough, we used about 100ml but it may vary.
3. Gently knead the dough lightly together and roll out into a 25cm circle and place on the baking tray.
4. In a bowl, mix together the plain flour, spice and apples, coating them in the flour.
5. Place the coated apples in the centre of the scone base and spread out, leaving 2-3 cm of the base uncovered.
6. Fold the uncovered edges up over the apples and scrunch together to form a rustic tart.
7. Place in the oven for 15 minutes or until the crust is golden and the filling is bubbling. Sprinkle with the almonds and bake for a further 10 minutes until the almonds are golden.
8. Serve with custard or plain yoghurt.

Fruity biscuit tart



Tip

Make sure you press down the biscuit base well before baking . It can become a little crumbly if not.



Fruity biscuit tart

Serves 12

Ingredients

- 200g plain flour
- 100g reduced fat margarine
- 300g cream cheese
- 1 tbsp honey (optional)
- 1 tsp vanilla
- 1 large tin pineapple rings
- 1 tbsp corn flour
- Fruit to decorate

Method

1. Preheat oven to 200°C and line a 20cm loose bottomed cake tin.
2. Make the biscuit base by rubbing together the flour and reduced fat margarine until they resemble breadcrumbs. Pour the breadcrumb mixture in to the bottom of the cake tin and press down well. We used the bottom of a glass to press down the mixture. Place in the oven for 15-20 minutes or until lightly golden, set aside and allow to cool.
3. Make the topping by mixing the cream cheese, honey (if using) and vanilla and place in the fridge until needed.
4. Drain the pineapple into a jug and save the juice. Chop the pineapple rings into quarters and set aside.
5. Mix enough pineapple juice into the cornflour to make a smooth and runny paste. Heat the remaining pineapple juice in a small pan or in the microwave until it just starts to boil and pour the cornflour mixture into the juice while stirring. You should end up with a loose gel.
6. Spread the cream cheese mixture over the biscuit base and arrange the pineapple and any additional fruit into an attractive pattern. Finally pour and spread the thickened pineapple juice over the fruit and place in the fridge chill.

Banana pancakes



Tip.

These are great for breakfast or a pudding.

**SUGAR
SMART**
MEDWAY

Banana pancakes

Make 6

Ingredients

- 2 large ripe bananas, mashed
- 2 eggs
- ½ cup wholemeal flour
- ¼ cup milk
- ½ tsp bicarbonate of soda

Method

1. Mix all the ingredients in a bowl.
2. Lightly grease a frying pan and place on a medium heat. When hot, place four tablespoons of the pancake batter into the pan and cook until brown on the underside and almost set on the top. Flip, browning both sides and repeat until all the mixture has been used.
3. Serve with fruit and plain natural yoghurt.