

Sweets

Banana Bread	160
Banana Carrot Zucchini Muffins	164
Healthy Chocolate Brownies	168
Snack Balls: 3 ways	172

Banana Bread



MAKES
1 loaf
(10–12 slices)



PREP TIME
10 minutes



COOK TIME
1 hour



INGREDIENTS

Spray oil
1 cup pitted dates (125g)
½ cup boiling water
3 ripe bananas
2 eggs
½ cup natural yoghurt
¼ cup vegetable oil
2 cups wholemeal self-raising flour
1 teaspoon ground cinnamon
1 teaspoon bicarb soda

METHOD

1. Turn on oven to 160°C fan-forced. Lightly spray a loaf tin (rectangle) and line with baking paper.
2. Put dates in a bowl with ½ cup boiling water. Soak for 5 minutes, then mash with a fork.
3. Peel and mash bananas with a fork in a big bowl.
4. Add eggs, yoghurt, oil and mashed dates (include any liquid). Mix well with the fork.
5. Add flour, cinnamon and bicarb soda. Gently mix to combine, but do not mix too much.
6. Put mixture into the loaf tin.
7. Cook in the oven for 60 minutes.
8. Leave on bench for 10 minutes, then take the banana bread out of the tin. Leave to cool on a rack.
9. Enjoy banana bread with a small amount of olive oil spread.

NOTES

- Other fruit can be added: 1 cup of fresh, frozen or tinned (e.g. frozen berries, grated apple, canned peaches).
- This recipe can be made as muffins: prepare in greased muffin tins and cook for 20 minutes.
- Banana bread can be stored in the fridge for 5 days or frozen for 3 months.



Wholemeal self-raising flour

Banana

Natural yoghurt

Vegetable oil

Bicarb soda

Ground cinnamon

Dates

Eggs

Banana Bread

INGREDIENTS

Spray oil



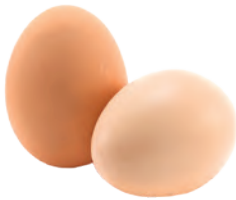
1 cup dates (125g)



3 ripe bananas



2 eggs



1/2 cup natural yoghurt



1/4 cup vegetable oil



2 cups wholemeal SR flour



1 teaspoon cinnamon



1 teaspoon bicarb soda



Banana Bread

METHOD



1 Turn on oven to 160°C fan-forced. Lightly spray a loaf tin (rectangle) and line with baking paper.



2 Put dates in a bowl with ½ cup boiling water. Soak for 5 minutes, then mash with a fork.



3 Peel and mash bananas with a fork in a big bowl.



4 Add eggs, yoghurt, oil and mashed dates (include any liquid). Mix well with the fork.



5 Add flour, cinnamon and bicarb soda. Gently mix to combine, but do not mix too much.



6 Put mixture into the loaf tin.



7 Cook in the oven for 60 minutes.



8 Leave on bench for 10 minutes, then take the banana bread out of the tin. Leave to cool on a rack.



9 Enjoy banana bread with a small amount of olive oil spread.

Banana Carrot Zucchini Muffins



MAKES
12 big or
36 small muffins



PREP TIME
10 minutes



COOK TIME
20 minutes



INGREDIENTS

Spray oil
1 small carrot
1 small zucchini
2 ripe bananas
2 eggs
1 cup self-raising flour
1 cup wholemeal self-raising flour
¼ cup sugar
1 teaspoon cinnamon
½ cup natural yoghurt
½ cup vegetable oil

METHOD

1. Turn on oven to 160°C fan-forced (or 180°C if no fan).
2. Lightly spray a 12-hole muffin tin or put a muffin case in each hole.
3. Peel and grate carrot.
4. Grate zucchini. Use your hands to squeeze liquid out.
5. Peel and mash banana with a fork in a big bowl.
6. Put all ingredients in the bowl. Mix well.
7. Spoon mixture into muffin tin.
8. Put muffin tin in the oven. Cook for 20 minutes, or until the muffins are golden and spring back when lightly pressed.
9. Remove muffins from tin. Leave to cool on a wire rack.

NOTES

- Other fruit can be added: 1 cup of fresh, frozen or tinned (e.g. frozen berries, grated apple, canned peaches).
- This recipe can be made as a cake: prepare in a greased cake tin and cook for 45min.
- Muffins can be stored in the fridge for up to 5 days or frozen for up to 3 months.



Natural yoghurt

Sugar

Eggs

Ground cinnamon

Banana

Vegetable oil

Zucchini

Carrot

Wholemeal self-raising flour

Self-raising flour

Banana Carrot Zucchini Muffins

INGREDIENTS

Spray oil



1 zucchini



1 carrot



2 ripe bananas



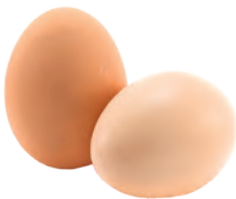
1 cup self-raising flour



1 cup wholemeal SR flour



2 eggs



1 teaspoon cinnamon



1/2 cup natural yoghurt



1/4 cup sugar



1/2 cup vegetable oil



Banana Carrot Zucchini Muffins

METHOD



1 Turn on oven to 160°C fan-forced.



2 Lightly spray a 12-hole muffin tin or put a muffin case in each hole.



3 Peel and grate carrot.



4 Grate zucchini. Use your hands to squeeze liquid out.



5 Peel and mash banana with a fork in a big bowl.



6 Put all ingredients into the bowl. Mix well.



7 Spoon mixture into muffin tin.



8 Put muffin tin in the oven. Cook for 20 minutes or until golden and muffins spring back when touched.



9 Remove muffins from tin. Leave to cool on a wire rack.

Healthy Chocolate Brownies



MAKES
12 big or 36
small squares



PREP TIME
15 minutes



COOK TIME
20 minutes



INGREDIENTS

1 can black beans, drained and rinsed well
1 egg
1/3 cup vegetable oil
1/3 cup grated beetroot (1 small)
1/3 cup grated zucchini (1 small)
1/3 cup cocoa powder
1/3 cup self-raising flour
1/3 cup sugar
2 tablespoons honey (or maple syrup)
1 teaspoon vanilla essence (optional)
Pinch of salt
1/3 cup dark chocolate chips, plus extra handful to put on top

METHOD

1. Turn on oven to 160°C fan-forced (or 180°C if no fan). Line a square baking tin with baking paper.
2. Drain and rinse black beans.
3. Mash black beans, egg and oil in a mortar and pestle. Mix very well for 10 minutes until smooth, with no lumps.
4. Put well-mashed black beans in a big bowl.
5. Peel and grate beetroot. Grate zucchini. Squeeze liquid out with hands.
6. Put all ingredients in the bowl with black bean mash. Mix well.
7. Put mixture into tin. Put extra handful of chocolate chips on top.
8. Put tin in oven. Bake for 20 minutes.
9. Cool brownie in tin. Cut into small squares.

NOTES

- You can make brownies in a food processor. Blend black beans with eggs and oil. Add all other ingredients except the chocolate chips. Blend again. Put in tin. Add chocolate chips and mix well. Scatter with extra chocolate chips.
- Use wholemeal self-raising flour instead of plain flour. If using a food processor, you can replace flour with 1/3 cup rolled oats and 1 teaspoon baking powder.
- Instead of fresh beetroot, you can use canned, drained and rinsed beetroot or pre-cooked vacuum-sealed beetroot.
- Add 1/3 cup frozen raspberries or chopped nuts (e.g. walnuts).



Healthy Chocolate Brownies

INGREDIENTS

1 can black beans



1 small zucchini



1 small beetroot



2 tablespoons honey



1 cup self-raising flour



1/3 cup cocoa powder



1 egg



1 teaspoon vanilla



1/3 cup chocolate chips



1/3 cup sugar



1/3 cup vegetable oil



Pinch of salt



Healthy Chocolate Brownies

METHOD



1 Turn on oven to 160°C fan-forced. Line a baking tin with baking paper.



2 Drain and rinse black beans.



3 Mash black beans, egg and oil in a mortar and pestle. Mix very well for 10 minutes until smooth, with no lumps.



4 Put well-mashed black beans in a big bowl.



5 Peel and grate beetroot.



6 Grate zucchini. Squeeze liquid out with hands.



7 Put all ingredients into the bowl with black bean mash. Mix well.



8 Put mixture into tin.



9 Put extra handful of chocolate chips on top.



10 Put tin in oven. Bake for 20 minutes.



11 Cool brownie in tin.



12 Cut into small squares.

Snack Balls: 3 ways



MAKES
24 balls



PREP TIME
10 minutes



COOK TIME
no cook

NO NUTS • NO FOOD PROCESSOR • NO ADDED SUGAR



Carrot Cake

INGREDIENTS

- 1/2 cup dried apricots
- 1/4 cup boiling water
- 2 carrots, peeled and grated
- 1 cup rolled oats
- 1/2 cup sunflower seeds
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- Desiccated coconut for rolling (about 2/3 cup)

Chocolate Cranberry

INGREDIENTS

- 1 cup cranberries
- 1/3 cup boiling water
- 5 Weet-Bix, crushed
- 3/4 cup desiccated coconut
- 3 tablespoons cocoa powder
- Desiccated coconut for rolling (about 2/3 cup)

Apple Pie

INGREDIENTS

- 1 cup pitted dates
- 1/3 cup boiling water
- 1 cup rolled oats
- 1/3 cup sunflower seeds
- 1 teaspoon cinnamon
- 1/2 cup dried apple, cut small
- Desiccated coconut for rolling (about 2/3 cup)



Snack Balls: 3 ways

METHOD



1 Cut dried fruit small.



2 Soak dried fruit in boiling water for 5 minutes, until soft.



3 Put dry ingredients in a bowl. Add soaked dried fruit, including any liquid.



4 Mix well.



5 Shape into balls, using wet hands.



6 Put desiccated coconut in a dish. Roll balls in coconut.



7 Put balls in a container. Keep in the fridge.

NOTES

- If the mixture is too dry, add a small amount of water. If the mixture is too wet, add a small amount of oats, Weet-Bix or coconut.
- Use other cut dried fruit (e.g. sultanas, pear, mango).
- Add spices (e.g. cardamon, nutmeg, mixed spice).
- The snack balls will keep in the fridge for 5 days or they can be frozen for 3 months.