



POTATO AND LEEK SOUP

Serves 4 – 6

Make for a wholesome winter meal

2-3 large potatoes, peeled and chopped into small cubes

1 packet celery, chopped up

3 punnets of baby french leeks, chopped up

200g butter

700ml HOT water

1 x chicken stock cubes

250ml cream

Salt

Cayenne Pepper

Place the butter in a big pot and let it melt on a medium heat. Add the potatoes, celery and leeks, cover with the lid for about 10 minutes, stirring every now and again.

Dissolve the stock cubes in the hot water, and add to the vegetable mix. Allow the soup to cook on a medium heat for 30-40 minutes or until all the veggies are soft.

Place the cooked veggies and juice in a blender, and mix until smooth. Put the mixture back into the pot.

Now add your cream, a little salt and cayenne pepper to taste, and VOILA! Your soup is ready to eat!

CHEESY BREAD BOATS

Buy a packet of ready-made bread dough at your local supermarket. Roll into fat sausages on a floured surface. Make a "tunnel" in the middle. Now add some grated cheese and mixed herbs. Put in the oven at 180 degrees for about 10 minutes or until golden brown. Enjoy with your soup!

COURGETTE AND RAISIN LOAF

150g flour
150g caster sugar
½ tsp baking powder
½ tsp bicarbonate of soda
1 tsp cinnamon
250g grated courgettes
150g raisins
150g sultanas
75g pecan nuts chopped
2 eggs, lightly beaten
130ml olive oil
1tsp vanilla extract

For the icing
200g icing sugar, sifted finely grated zest and juice 1 lemon

You will need: 900g loaf tin. Oiled and base lined with baking paper.

Heat the oven to 180 degrees C.

In a large bowl combine the flour, baking powder, sugar, cinnamon, bicarbonate of soda and a pinch of salt. Add the courgettes, raisins, sultanas and pecans. In another bowl, whisk the eggs with oil and vanilla, then combine with the dry ingredients. Pour into the loaf tin and bake for 1 hour 15 minutes, or until skewer comes out clean.

Allow to cool slightly, remove from tin to completely cool on wire rack. To make icing, mix the icing sugar, most of the lemon zest and the juice together until smooth, very thick and glossy. Spread over the top of the cake & let it run down the sides. Scatter with remaining lemon zest.

BUTTERNUT & SWEET POTATO SOUP

Serves about 4/6

- 1 x whole butternut cut into cubes
- 3 x large sweet potatoes cut into cubes
- 1 x large onions, sliced and gentle fried
- 1 x chicken or vegetable stock cube
- 1 tablespoon of brown sugar
- 2 litres water (to cover veggies)

Add the fried onions, butternut, water & stock cube to a large pot and gently simmer for about 50 minutes. Remove and liquidise. Then put back onto the stove and add:

- ½ cup fresh cream
- Dash of cinnamon or nutmeg
- Dash of Freshly chopped Coriander (50ml)
- Salt & pepper to taste

HEALTH BREAD WITH NUTTY WHEAT FLOUR, MOLASSES AND TONS OF SEEDS (Wholesome and delicious)

Ingredients

4 Cups Nutty Wheat Flour

1 Cup Bran (either digestive bran or all bran flakes crushed)

1 cup oats

10ml Salt

60ml Dark Molasses

1 Sachet Instant Dried Yeast

20ml oil

60ml Chopped Pecan Nuts (optional and exchangeable to whatever nuts you might have)

80ml Seed Mix (sunflower, pumpkin, linseed, sesame)

2 ½ Cups of Warm Water

50ml honey

Directions

Pre-heat the oven to 200 degrees C

Mix all the dry ingredients together. Then add the warm water, yeast, molasses, honey, oil together and mix until dissolved. Mix all together.

Place the dough in a bread tin and allow to rest in a warm place for 30 - 45 minutes. This is a large mixture so you might need two bread tins.

Bake in the oven for 55 minutes until golden brown.

HEALTHY MINESTRONE SOUP

Serves about 6/8

2 red onions, peeled and diced

1/2 packed bacon, diced

1 clove garlic

Fry the above then add the following and continue frying for another 2 minutes

2 large carrots, diced

1 large potato, diced

250g pumpkin or butternut, diced

500g cabbage, shredded

Then add the following and cook for 1 hour:

2 x tins of chopped tomatoes

1 ½ litres chicken stock

2 teaspoons dried Italian herbs

Then add

½ cup shell pasta

1 tin butter beans, drained and rinsed

Cook for a further 10 minutes

Salt & pepper to taste

SHREDDED CABBAGE AND TUNA SALAD

This can be served as a side dish, salad or even on a sandwich

In a large bowl combine the following:

1 tin tuna, drained

½ small red cabbage, shredded (small)

½ small white cabbage, shredded (small)

80ml mayonnaise

Salt & pepper

Squeeze of fresh lemon juice

1 x apple sliced