



## Homemade Granola with Maple Yoghurt and Berries

Try this as an alternative to muesli, or use it to make this delicious brunch recipe.

**(Makes about 800g/1¾ lb granola)**

### Ingredients

450g / 1lb rolled oats  
2 tbsp sunflower oil  
2 tbsp honey  
1 tsp natural vanilla extract  
75g / 3oz flaked almonds  
50g / 2oz sesame seeds  
50g / 2oz flaxseeds  
50g / 2oz sunflower seeds  
110g / 4oz dried cranberries or raisins

### Maple Yoghurt

125ml/4floz low-fat natural yoghurt  
2 dsp maple syrup

### Berries

110/4oz assorted fresh berries

### Method

Preheat the oven to 180°C/Gas Mark 4. Place the rolled oats in a large roasting tin and toast in the oven for approximately 15 minutes, turning once or twice during cooking.

In a small saucepan combine the oil, honey and vanilla extract, and heat until warm. Add the almonds, sesame seeds, flaxseeds and sunflower seeds to the honey mixture and stir. Remove the pan from the heat, and pour the honey and seeds over the oats. Mix well.

Continue to bake the coated oats for another 15 minutes, until browned and crisp, turn every 5 minutes so that they brown evenly. Break up the oat mixture into chunks with a wooden spoon and add the dried cranberries or raisins. Leave to cool completely. When cold, store in an airtight jar – the granola will keep in a cool place for 2-3 months.

To serve, combine the yoghurt and maple syrup. Take two glasses and spoon 2-3 dsp of granola into the bottom of each one. Add a layer of yoghurt and then top with a spoonful of berries.



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## Cheesy Bacon Bruschetta

**(Serves 2)**

### Ingredients

4 thin slices of crusty bread or ciabatta  
½ tsp mustard  
110g/4oz buffalo mozzarella – thinly sliced  
1 egg – beaten  
1 dsp olive oil  
4 slices grilled bacon

### Method

Grill the bacon on a grill pan. Spread the bread lightly with the mustard. Top two of the slices with mozzarella, top with bacon and cover the remaining slices. Dip the sandwiches in the beaten egg and make sure they are well coated. Shake off any excess egg mixture.

Heat the oil in a frying pan and add the sandwiches. Cook for 2-3 minutes, turning once, until the sandwiches are crisp and golden on the outside. Remove from the pan and place on a little kitchen paper to remove any excess oil.

Place the sandwiches on a plate and cut in half to reveal the soft melted cheese.



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## A Toastie of Pitta or Tortilla with Crispy Chicken, Mushrooms and Pepper

Toastie machines make great snack food. You can carry the casing from pitta to soda bread or tortilla wraps and the filling can be either sweet or savoury. Either way you can have a really healthy snack cooked the low fat way with no added salt.

**(Serves 2-3)**

### **Ingredients**

1-2 pitta, tortilla or soda bread

#### **Filling**

1 large chicken fillet  
1 small red or white onion  
1 yellow pepper  
110g/4oz mushrooms – washed & sliced  
1 tsp olive oil

### **Method**

In a non stick fry pan, add 1 tsp olive oil.

#### **Prepare the filling**

Chop the chicken into small pieces. Dice the pepper and remove all seeds. Chop the onion. Wash and slice the mushrooms.

To the non-stick pan add the oil and the chicken and cook well for 5-6 minutes. Add the onion, pepper, mushrooms and cook through for 2-3 minutes but do not overcook to retain maximum vitamin C.

Fill the pitta pockets and place in a lightly oiled toastie machine. Cook for 2-3 minutes then serve with salad and yoghurt.



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## Breakfast Marmalade French Toast

This is a great breakfast-time treat, and you can vary the flavour by choosing different kinds of marmalade. My favourite is a combination of lemon, lime and orange. These French toast sandwiches are delicious. Use a variety of seasonal oranges to serve.

**(Serves 2)**

### Ingredients

225g/8oz cream cheese  
Grate zest of 1 small orange  
1 tsp Demerara sugar  
4 dsp marmalade  
3 large eggs  
125ml/4floz milk  
¼ tsp freshly grated nutmeg  
Small knob of butter for cooking  
Olive oil

### Method

In a bowl, beat together the cream cheese, orange zest, sugar and marmalade. Spread four of the slices of bread with the marmalade mixture. Top with the remaining slices of bread and press down well.

Beat together the eggs, milk and nutmeg in a large shallow bowl, in a large frying pan, heat the butter until hot and sizzling. Dip the sandwiches into the egg mixture, turning to ensure that each side is thoroughly coated. Do not leave them in the egg for too long or they will become soggy and difficult to handle. Add the sandwiches to the pan and cook for 4-5 minutes on each side, until golden and crisp. Drain on kitchen paper and serve hot, cut into fingers or wedges.



## Christmas Morning Cranberry Muffin

**(Serves 8-10)**

### Ingredients

225g/8oz plain flour – sieved  
1 tsp baking powder  
½ tsp bicarbonate of soda  
1 tsp ground cinnamon  
1 tsp freshly grated nutmeg  
½ tsp ground cloves  
110g/4oz cranberries  
1 Bramley apple – peeled, cored and chopped  
25g/1oz caster sugar  
2 eggs – beaten  
55g/2oz butter / polyunsaturated fat  
150ml/¼pt low fat yoghurt

### Method

Pre-heat the oven to 180°C/Gas Mark 4. Lightly grease a muffin pan or line with paper cases – the mixture will make 8-10 muffins.

Sift together the flour, baking powder, bicarbonate of soda and spices. Make a well in the centre of the dry mixture. Add the cranberries, apples and sugar. Pour in the eggs, butter and sour cream.

Lightly mix the wet ingredients, then quickly stir in the flour mixture. Do not over mix – it does not matter if there are some floury patches. Spoon the mixture into the prepared muffin pans.

Bake the muffins for 15-20minutes, until well risen, browned and springy to the touch. When cooked, wrap in a tea towel and allow to cool.



## Festive Chocolate Yule Log

This is my favourite version of chocolate log. Christmas is the time when a little indulgence is allowed without feeling too guilty, and this log rolls up so easily. There are endless ways to decorate it.

**(Serves 6-8)**

### Ingredients

110g/4oz plain chocolate  
110g/4oz plain flour  
140g/5oz caster sugar  
25g/1oz cocoa powder  
5 eggs – separated

### To Decorate

250ml cream/yoghurt  
115g/4oz chopped nuts/blueberries or seasonal fruits

### Method

Line a Swiss roll tin with well-oiled greaseproof paper snipping well into the corners. The size of tin used will affect the thickness of the chocolate log, but approximately 230 by 220 mm (9 by 13in.) is a good size. If the log is too thick it will be difficult to roll.

Melt the chocolate in a Pyrex bowl over a pan of warm water. Be careful not to overheat the chocolate. In a separate bowl beat the egg yolks with the sugar until thick and creamy. In another bowl beat the egg whites until very stiff. To the egg yolk mixture add the melted chocolate and flour, cocoa powder and finally fold in the egg whites. Pour into the Swiss roll tin and bake at 180°C (350°F or Gas Mark 4) for 12-14 minutes. When cooked and firm to touch turn out onto a piece of greaseproof paper sprinkled with caster or icing sugar. Roll up and leave to cool.

I like to decorate the log by filling it with whipped cream/yoghurt and nuts and dusting with icing sugar on the outside. You can then add festive decorations or perhaps a little seasonal greenery.

Try filling with a variety of seasonal fruits.