



**Advice from Karen Inge, APD,
Jalna nutrition consultant**

Following a healthy eating plan based around high-fibre carbohydrate foods - wholegrain breads and cereals, vegetables and fruit - and reduced (particularly saturated) fat intake, and low in kilojoules, can help manage your blood glucose levels and weight.

Low GI

Choosing low glycemic index (GI) foods can also be helpful in blood glucose management. GI is a ranking of how carbohydrate foods affect blood glucose levels. Carbohydrates that break down slowly, releasing glucose gradually into the blood stream, have a low glycaemic index. It's also important to eat food regularly and spread your carbs evenly throughout the day to help maintain energy levels without causing large rises in your blood glucose levels.

How to switch to a low GI diet

- Eat wholegrain breakfast cereals containing wheat bran, barley and oats, with a dollop of Jalna Yoghurt
- Choose multigrain breads, sourdough and heavy fruit loafs
- Include low GI snacks such as Jalna Yoghurts or make yoghurt smoothies
- Add legumes (such as chickpeas, 3 bean mixes or lentils) to salads, pasta sauces, soups and casseroles
- Use Doongara, mahatma or basmati rice
- Choose snacks that contain grains or fruit

Such a healthy eating plan is good for everyone, so there is no need to prepare separate meals for others in the household, or buy special foods.

Your doctor or an Accredited Practising Dietitian or Credentialed Diabetes Educator can give you further advice to meet your particular needs.

Nutrition criteria

All these recipes meet the nutrition criteria for meals and snacks set down by Diabetes Australia. That means recipes contain controlled levels of carbohydrate, kilojoules, fibre, saturated fat and sodium.

They include Jalna Low Fat or Fat Free Yoghurt, which are all low GI, ranging from 11 to 27. Jalna Yoghurts have no added cane sugar and contain primarily:

- Lactose, the natural milk sugars from the milk used to make the yoghurt, and
- Fructose, the natural fruit sugar, found only in Jalna dairy foods that have added fruits and fruit juices and fruit purees.

Jalna Yoghurts are also a good source of calcium and protein, are low sodium and have the added benefits of aBc probiotic cultures. We hope you enjoy adding these tasty foods to your menu repertoire.



Bircher Muesli



Ingredients

Serves 4-6

2 cups rolled oats

160ml orange juice

1 cup low fat milk

1 tablespoons honey (optional)

1 cup *Jalna Low Fat Greek Natural Yoghurt*

1 cup sultanas

100g mixed fresh fruit (blueberries, sliced bananas, finely diced apple, chopped strawberries, peach or apricot)

50g slivered almonds

Method

Combine rolled oats, orange juice, milk, honey and Jalna Yoghurt. Stand for 2 hours or overnight.

Add the fruit and mix well.

Add slivered almonds and serve.

Nutrition data per serve

Energy	1495kJ
Protein	10g
Total Fat	9.0g
Saturated Fat	1.9g
Carbohydrate	55g
Calcium	188mg
Fibre	5.0g
Sodium	73mg



Steamed Egg Custard with Shiitake Mushrooms & Natural Yoghurt



Ingredients

Serves 4

Oil spray

2 fresh shiitake mushrooms, sliced

1/2 onion, chopped

8 eggs

300g *Jalna Fat Free Natural Yoghurt*

Salt & pepper to taste

4 thick slices fibre-enriched wholemeal bread

8 chives

Method

Spray the pan with oil. Lightly sauté the mushrooms and onions.

Whisk the egg, Jalna Yoghurt and seasoning.

Divide mushroom, onion and egg mixture between 4 moulds.

Steam for 8 minutes or until egg is set.

Toast the bread and serve with egg custard

Nutrition data per serve

Energy	1338kJ
Protein	24g
Total Fat	12g
Saturated Fat	3.3g
Carbohydrate	28g
Calcium	218mg
Fibre	5.0g
Sodium	450mg



Tandoori Chicken with Spiced Potatoes



Ingredients

Serves 4

1½ cups (375g) *Jalna Fat Free Natural Yoghurt*

2 tablespoons tandoori spice mix, no added salt (we used Herbies brand)

500g chicken breast fillets

1 teaspoon ground cumin

1 teaspoon ground cardamom

500g baby (chats) potatoes, quartered, skin left on

2 tablespoons fresh coriander leaves

Serve with 2 cups cooked vegetables

Method

Combine 1 cup yoghurt with tandoori spices in a large bowl. Add chicken and coat well. Cover and marinate in refrigerator for at least 2 hours or overnight.

Toast cumin and cardamom in a dry, small frypan until fragrant.

Put potatoes in a large, lightly greased baking dish and sprinkle with spices.

Place potatoes in a large baking dish in a hot oven (200C) and cook for 10 minutes.

Add chicken breasts to the potatoes and cover with lightly greased foil. Reduce heat to moderate (180°C) and bake a further 35-40 minutes, or until chicken is cooked (juices are clear and no longer pink when knife is inserted into thickest part of chicken).

Serve with a dollop of remaining Yoghurt on each breast, garnished with coriander and a serve of vegetables.

Nutrition data per serve

Energy	1456kJ
Protein	38g
Total Fat	7.7g
Saturated Fat	2.0g
Carbohydrate	31g
Calcium	210mg
Fibre	6.0g
Sodium	176mg



Tandoori Yoghurt Chicken Wrap



Ingredients

Serves 1

2 teaspoons tandoori spices

1/2 cup *Jalna Fat Free Natural Yoghurt*

50g chicken thigh fillet, skin removed

1 medium wholemeal Pita or flat bread

Handful mixed lettuce leaves

Method

Combine tandoori spices with Jalna Yoghurt. Divide mix and marinate chicken in one half for 15 minutes.

Chargrill or BBQ chicken and slice.

Spread remaining Yoghurt mix on flat bread with lettuce leaves and chicken and roll up.

Nutrition data per serve

Energy	1293kJ
Protein	20g
Total Fat	5.3g
Saturated Fat	1.5g
Carbohydrate	43g
Calcium	252mg
Fibre	5.0g
Sodium	450mg



Thai BBQ Chicken

Ingredients

Serves 4

500g chicken breast fillets, skinless
3 cups brown rice, cooked & 2 cups
Asian greens to serve

Marinade

1 tsp oil
1 - 2 sticks, chopped lemon grass
5 cloves garlic
1 teaspoon
ground turmeric
1 teaspoon coriander seeds
1 bunch coriander roots
1½ teaspoons peppercorns
1½ teaspoons brown sugar
1 cup *Jalna Fat Free
Natural Yoghurt*

Method

Process all marinade ingredients
with 2 tablespoons of Jalna Yoghurt,
until smooth.

Add the rest of the Jalna Yoghurt and
process briefly until just combined.
Pour over chicken in bowl, mix well,
making sure chicken is well
covered. Marinate for 2 hours.

Cook on the BBQ or non-stick grill plate.

Serve with brown rice and
Asian greens.

Nutrition data per serve

Energy	1731kJ
Protein	36g
Total Fat	9.5g
Saturated Fat	2.6g
Carbohydrate	45g
Calcium	277mg
Fibre	5.1g
Sodium	144mg



Homemade Chicken, Mango and Cashew Nut Sausage with Mint Yoghurt Dip



Ingredients

Serves 4

200g chicken tenderloin, skin removed

100g *Jalna Low Fat BerryFruit Yoghurt*

2 tablespoons chopped cashew nuts

1/4 small mango (50g), peeled and finely diced

Salt & pepper to taste

3 cups steamed seasonal vegetables to serve

Mint Yoghurt

100g *Jalna Fat Free Natural Yoghurt*

5 peppermint or mint leaves, thinly sliced

Pinch paprika

Method

Mince chicken in food processor. Mix in Fruit Yoghurt, nuts, mango and salt and pepper to taste. Shape small handfuls of mix into 4cm long sausages, wrap in foil and steam for 10 minutes.

When cool enough to handle, grill or panfry until golden.

Mint Yoghurt

Combine Natural Yoghurt, mint, paprika, salt and pepper to taste.

Serve sausages with Mint Yoghurt and at least ¾ cup steamed seasonal vegetables.

Nutrition data per serve

Energy	847kJ
Protein	17g
Total Fat	8.3g
Saturated Fat	2.6g
Carbohydrate	16g
Calcium	33mg
Fibre	5.0g
Sodium	68mg



Chicken & Mango Salad with BerryFruit Yoghurt Dressing



Ingredients

Serves 4

Yoghurt Dressing

400g *Jalna Low Fat BerryFruit Yoghurt*

1/3 cup lime juice

2 teaspoons Japanese reduced-salt soy sauce

2 teaspoons grated ginger

Salad

500g chicken breast fillets, skin removed, halved horizontally

Oil spray

4 boiled eggs, shelled and sliced

1 small avocado, peeled & sliced

1 mango, peeled & sliced

1 Spanish onion, peeled & sliced

150g snow peas, trimmed & blanched

200g mixed lettuce leaves

Wholegrain bread rolls to serve

Method

Combine all dressing ingredients. Pour half the mixture over chicken breasts and marinate for 30 minutes.

Lightly spray a frypan or chargrill with oil and cook chicken over moderately high heat until cooked. Remove from heat and set aside to cool.

Slice chicken and toss with egg, avocado, mango, onion, blanched snow peas, lettuce and remaining Yoghurt Dressing.

Serve with a wholegrain roll.

Nutrition data per serve

Energy	2263kJ
Protein	44g
Total Fat	25.0g
Saturated Fat	7.0g
Carbohydrate	33g
Calcium	211mg
Fibre	5.0g
Sodium	423mg



Spiced Beef on Rosemary Skewers



Ingredients

Serves 4 - 6

10 woody branches of rosemary with tufts of leaves

1kg lean rump steak, coarsely ground

1/2 teaspoon freshly grated nutmeg

1/2 teaspoon ground cloves

1/2 teaspoon ground cinnamon oil

Serve with 1 cup tabouli per person

Sauce

2 cloves garlic

Juice of 1 lemon

1 cup *Jalna Low Fat Greek Natural Yoghurt*

Method

Soak woody branches of rosemary with tufts of leaves attached, in water for 5 minutes. (If Rosemary not available, use wooden skewers.) Drain.

Combine mince, the nutmeg, ground cloves and cinnamon. Take large spoonfuls of spiced beef and press it around the woody branches with well-oiled hands.

Char-grill the skewers, turning once and leaving the meat pink in the middle.

Finely chop garlic, add lemon juice and Jalna Yoghurt. Mix together. Serve on top of skewers with Tabouli.

Nutrition data per serve

Energy	1821kJ
Protein	42g
Total Fat	19.0g
Saturated Fat	5.0g
Carbohydrate	21g
Calcium	126mg
Fibre	5.5g
Sodium	125mg



Buckwheat Blinis with Smoked Salmon and Lime Zest



Ingredients

Makes 20 - 24

300g fresh salmon fillet,
deboned, skin off

1 ¼ cups (190g) buckwheat or
wholemeal self raising flour

1/3 cup (50g) self raising flour

1 cup (250ml) milk

1 1/3 cup (360g) *Jalna Fat Free
Natural Yoghurt*

1 egg, lightly beaten

Oil spray

Zest and juice of 1 lime

Cracked black pepper

1/2 bunch chives or dill,
finely chopped

Method

Steam or pan fry salmon until just
cooked. Set aside to cool.

Sift both flours and salt. Whisk milk,
1/3 cup Yoghurt and egg. Stir into
flour until well combined. Cover and
stand 10 minutes.

Drop spoonfuls into a preheated,
lightly greased frying pan and cook
over a moderate heat until golden
colour each side. Remove to a plate
and cook remaining blinis.

Mix remaining Jalna Yoghurt, lime
zest, juice and pepper. Break cooked
salmon into bite size pieces and
fold through yoghurt mixture until
well coated.

Place a spoonful of salmon
yoghurt on each blini and garnish
with chopped chives and extra
cracked pepper.

Nutrition data per serve

Energy	1332kJ
Protein	24g
Total Fat	7.0g
Saturated Fat	1.9g
Carbohydrate	39g
Calcium	242mg
Fibre	5.0g
Sodium	450mg



Salmon (or Ocean Trout) Fillets on Pea & Yoghurt Mash



Ingredients

Serves 4

3 cups fresh or frozen green peas

1 large onion, chopped

1 3/4 cups *Jalna Low Fat Greek Natural Yoghurt*

4 ocean trout or salmon fillets,
about 150g each

1 tablespoon olive oil

2 tablespoons chopped fresh
parsley and chives

1 tablespoon chopped fresh mint

Cracked black pepper

Method

Microwave or gently boil peas and onions until tender. Mash and stir through 3/4 cup Jalna Yoghurt. Keep warm while cooking fish.

Brush fish lightly with oil and char-grill or pan fry over moderately high heat until nearly cooked through. Serve on pea mash with a dollop of Jalna Yoghurt on top, sprinkled with herbs and pepper.

Nutrition data per serve

Energy	1910kJ
Protein	42g
Total Fat	19.0g
Saturated Fat	5.0g
Carbohydrate	21g
Calcium	268mg
Fibre	7.0g
Sodium	174mg



Salmon Kipfler Potato Salad



Ingredients

Serves 4

- 400g Atlantic salmon fillets, skinned & deboned
- 375g kipfler potatoes, washed, skin left on
- 100g sugar snap or snow peas
- 2 small tomatoes, cut into 8 wedges
- 1/3 cup small black olives
- 1 tablespoon salted baby capers, rinsed
- 50g baby rocket
- 1/2 cup chopped walnuts
- 1 tablespoon chopped fresh dill

Marinade/Dressing

- 500g (2 cups) *Jalna Fat Free Natural Yoghurt*
- 2 tablespoons lemon or lime juice
- 1 tablespoon horseradish
- Salt & cracked black pepper

Method

Combine marinade/dressing ingredients. Pour half the mixture over the salmon and marinate for 30 minutes to overnight in the refrigerator.

Steam, microwave or boil whole potatoes until just cooked. Leave to cool slightly then slice thickly.

Place salmon on a baking tray lined with baking paper and cook in a moderate oven (180°C) for 10 - 15 minutes or until just cooked. Cool salmon slightly and break into bite size pieces.

Combine salmon with potatoes, sugar snaps, tomatoes, chopped walnuts, olives, capers, rocket. Pour remaining dressing over salad. Garnish with dill.

Nutrition data per serve

Energy	1700kJ
Protein	33g
Total Fat	18.7g
Saturated Fat	2.4g
Carbohydrate	29g
Calcium	292mg
Fibre	5.0g
Sodium	270mg



Potato & Tuna Salad with Yoghurt Mustard Dressing



Ingredients

Makes 4

Dressing

1/2 cup *Jalna Low Fat Greek Natural Yoghurt*

1/4 cup *Jalna Reduced Sour Cream* or low fat mayonnaise

3 teaspoons wholegrain mustard

2 tablespoons lime juice

1 teaspoon lime zest

Salad

1 kg small new potatoes (chats)

400g canned tuna (or salmon)
in spring water

1 small Spanish or red onion,
peeled and finely sliced

1/2 red capsicum, seeded and
finely sliced

2 tablespoons each chopped
chives and dill

50g pinenuts, toasted

Salt & pepper

Method

Wash potatoes and simmer,
unpeeled, until just cooked.
Drain and leave to cool.

While the potatoes are cooking,
panfry or chargrill fresh tuna
(no need to cook if using canned).
Flake fish and carefully combine
with onion, capsicum, dill cucum-
bers, herbs, pinenuts and chopped
potatoes.

Whisk dressing ingredients and
gently mix through potato salad.
Season to taste.

Nutrition data per serve

Energy	1883kJ
Protein	35g
Total Fat	16.4g
Saturated Fat	4.6g
Carbohydrate	38g
Calcium	156mg
Fibre	6.0g
Sodium	152mg



Pumpkin Corn & Vanilla Yoghurt Muffins



Ingredients

Makes 16

1 cup diced Kent or butternut pumpkin, cooked & cooled
2 cups self raising flour
1 cup *Jalna Low Fat Vanilla Yoghurt*
1 egg, lightly beaten
1/3 cup vegetable oil
1/2 cup (130g) ricotta cheese
1 medium (115g) zucchini, coarsely grated
1/2 cup finely diced red capsicum
1/2 cup fresh or frozen corn kernels
2 green onions, thinly sliced
2 tablespoons finely chopped flat-leaf parsley
2 teaspoons finely chopped rosemary or thyme
Cracked black pepper

Method

Preheat oven to 200°C (180°C fan-forced).

Sift flour into a large bowl and make a well in the centre.

In a separate bowl combine Jalna Yoghurt, egg and oil and whisk until well combined. Stir in cheese, zucchini, pumpkin, capsicum, corn, onion, parsley rosemary and pepper.

Pour yoghurt mixture into the flour and fold in gently with a large metal spoon until just combined. Don't over-mix; the mixture should still be slightly lumpy.

Spoon mixture into a non-stick 12 hole (1/3 cup/80ml) muffin pan. Sprinkle cracked black pepper on tops. Bake for 20-25 minutes or until golden and cooked when tested with a skewer. Stand for 5 minutes before turning onto cake rack to cool.

Nutrition data per serve

Energy	586kJ
Protein	4.0g
Total Fat	6.6g
Saturated Fat	1.5g
Carbohydrate	15g
Calcium	57mg
Fibre	1.1g
Sodium	150mg



Pumpkin, Kumera, Cumin & Red Lentil Soup with Yoghurt



Ingredients

Serves 6

1kg pumpkin, peeled and diced into 2cm cubes

750g kumera, peeled and diced into 2cm cubes

1 large red onion, peeled and diced

1 cup (200g) red lentils

3 tablespoons tomato paste

Freshly ground black pepper

2 litres water

1 cup *Jalna Low Fat Greek Natural Yoghurt*

4 teaspoons lemon juice, or to taste

4 teaspoons ground cumin + extra for garnish

Method

Put pumpkin, kumera, onion, lentils, tomato paste, pepper and water in a large pot and bring to a boil.

Reduce heat and simmer 15 minutes or until vegetables are tender, occasionally skimming any scum from the surface.

Puree mixture with a hand blender or in a food processor, until smooth.

Stir in half the Yoghurt. Add lemon juice and cumin. Taste and adjust seasoning as preferred.

Serve soup with a dollop of remaining yoghurt on top; sprinkle with extra cumin. Serve with crusty wholemeal rolls.

Nutrition data per serve

Energy	1192kJ
Protein	17g
Total Fat	2.7g
Saturated Fat	1.4g
Carbohydrate	47g
Calcium	190mg
Fibre	9.0g
Sodium	128mg



Beetroot, Cannellini Bean, Walnut & Fennel Salad with Vanilla Yoghurt Dressing



Ingredients

Serves 4

- 8 baby beetroot
(or 4 medium beetroot)
- 250g kumara (red sweet potato),
peeled & dice into 2cm pieces
- 400g can cannellini beans
(salt reduced), drained & rinsed
- 2 small fennel, thinly sliced or grated
- 1/2 small red onion, thinly sliced
- 1/3 cup roasted walnuts,
coarsely chopped
- 8 baby cos lettuce leaves
- 2 teaspoons fresh thyme

Dressing

- 1 cup *Jalna Low Fat Vanilla Yoghurt*
- 2 teaspoons lemon juice
- 1 teaspoon orange zest

Method

Cook beetroot and kumara (Trim the leaves from the beetroot leaving about 2cm of stalk attached to the bulbs, being careful not to break the skin. Steam, microwave or cook beetroot in a large saucepan of boiling water for 10-15 minutes or until just cooked but be careful not to overcook. Drain and peel beetroot while still warm. To microwave - wrap beetroot in microwave plastic wrap and microwave on high/850watts/100% for 10-14 minutes or until tender when tested with a skewer. Remove from the wrap and set aside for 20 minutes to cool.)

Combine kumara, cannellini beans, fennel, onion, walnuts, tossing well to combine. (Note: If beetroot is added at this stage it will colour the other ingredients pink.)

Spoon salad into lettuce leaves and add beetroot.

Whisk dressing ingredients until well combined, drizzle over salad and garnish with thyme.

Nutrition data per serve

Energy	1387kJ
Protein	14g
Total Fat	9.0g
Saturated Fat	1.4g
Carbohydrate	43g
Calcium	183mg
Fibre	14g
Sodium	450mg



Corn Cakes with Yoghurt & Salsa



Ingredients

Serves 4

2 large cobs corn (or about
2 cups frozen corn kernels)
3 eggs
1 cup *Jalna Low Fat
Greek Natural Yoghurt*
2 spring onions, finely sliced
2/3 cup plain flour
Salt optional & pepper
Oil for frying

Corn Salsa

1 cob corn, kernels removed and
blanched (or 1 cup frozen corn, blanched)
1/2 large red capsicum, finely diced
1 medium Spanish onion, finely diced
1/2 cup cucumber, seeds removed
and finely diced
Salt optional & pepper
Olive oil

Method

Hold the corn cobs vertically and cut
down the length of the cob to remove
the corn kernels.

Whisk the eggs and add ½ cup Jalna
Yoghurt. Stir in the corn kernels, spring
onions, flour and seasonings.

Heat a non-stick pan over a moderate
heat and add oil, just to cover the base.
Cook tablespoons of the mixture till
golden, then turn and when golden
remove onto absorbent paper.

Corn Salsa

Combine corn, capsicum, onion and
cucumber. Season with salt (optional)
& pepper and a drizzle of olive oil.

Nutrition data per serve

Energy	1547kJ
Protein	16g
Total Fat	11g
Saturated Fat	2.8g
Carbohydrate	47g
Calcium	113mg
Fibre	7.0g
Sodium	117mg



Yoghurt, Spinach, Hummus Dip



Ingredients

Makes about 3 cups

1 cup (180g) canned chickpeas
(salt reduced), drained & rinsed

1 cup (200g) chopped,
blanched spinach

2 tablespoons lime juice

2 cloves garlic, crushed

1 teaspoon ground cumin pepper,
to taste

1 cup *Jalna Low Fat Greek
Natural Yoghurt*

2 tablespoons semi-dried
tomatoes, chopped

Sesame toasts (see below)
or celery and carrot sticks

Sesame Toasts

1 wholemeal Lebanese bread

Oil spray

1/4 cup sesame seeds

Method

Puree chickpeas and spinach. Add lime juice, garlic, cumin, salt & pepper. Stir in yoghurt and chopped tomatoes. Serve with sesame toasts or celery and carrot sticks.

Alternatively, use as a spread on a wrap or sandwich, topping for jacket potatoes, on cooked chicken or salmon fillet.

Sesame Toasts

Cut Lebanese bread into triangles. Spray with oil, sprinkle with sesame seeds and bake in moderate oven (180°C) until lightly browned and crisp. These can be prepared early and stored in an airtight container but be careful not to knock sesame seeds off.

Nutrition data per serve

Energy	651kJ
Protein	7.9g
Total Fat	5.6g
Saturated Fat	1.3g
Carbohydrate	16.3g
Calcium	115mg
Fibre	5.0g
Sodium	150mg



Tzatziki with a twist



Ingredients

Makes 3 cups - Serves 6

500g (2 cups) *Jalna Low Fat Greek Natural Yoghurt*

1 Lebanese cucumber, seeded and finely diced

1 small red capsicum, seeded and finely diced

1/3 cup finely diced semi-dried tomatoes

1/3 cup finely chopped fresh basil leaves

2 cloves garlic, crushed

2 teaspoons lemon juice

Salt & cracked black pepper, to taste

Method

Combine all ingredients together.

Serve with a selection of sliced breads, lavosh and/or crackers or small endive and radicchio leaves.

Also, ideal as an accompaniment to hot, spicy food, or dollop on salads, jacket potatoes, BBQ lamb, or on a wrap with cold meats.

Nutrition data per serve

Energy	432kJ
Protein	5.5g
Total Fat	2.9g
Saturated Fat	1.6g
Carbohydrate	9.3g
Calcium	169mg
Fibre	2.5g
Sodium	77mg



Tzatziki



Ingredients

Serves 4

- 1 medium continental cucumber
- 1½ cups *Jalna Fat Free Natural or Low Fat Greek Natural Yoghurt*
- 1 tablespoon lemon juice
- 1 large clove garlic, crushed
- Salt and ground black pepper
- 1 tablespoon chopped fresh mint

Method

Peel cucumber thinly leaving some of the green under the skin on. Cut in half lengthways and scoop out the seeds and chop very finely.

Combine Jalna Yoghurt, cucumber, lemon juice and garlic in a bowl and season with salt and pepper. Fold in half the mint, and sprinkle the rest over the top.

Nutrition data per serve

Energy	165kJ
Protein	3.6g
Total Fat	0.1g
Saturated Fat	0.1g
Carbohydrate	6.0g
Calcium	115mg
Fibre	0.3g
Sodium	65mg



Rhubarb Green Apple & Yoghurt Fool



Ingredients

Serves 4

- 1 bunch rhubarb, leaves discarded
- 1 green apple, seeded and diced, skin left on
- 2 tablespoons caster sugar
- 1 tablespoon water
- 1 teaspoon nutmeg
- 1½ cups *Jalna Low Fat Vanilla Yoghurt*

Method

Trim both ends of rhubarb and discard. Wash stalks and chop into 1cm pieces. Place rhubarb, apple, sugar and water in a saucepan. Cover and bring to the boil. Remove lid and simmer, stirring occasionally, for 5-10 minutes or until fruit is soft. Remove from heat and stir in nutmeg.

Cover and refrigerate for 1 hour or until chilled. Reserve 2 tablespoons rhubarb for garnish; spoon remaining rhubarb into 4 bowls or 12 shot glasses for mini desserts. Top with Yoghurt and a spoonful of rhubarb.

Alternatively, Yoghurt could be stirred through the rhubarb.

Nutrition data per serve

Energy	650kJ
Protein	5.0g
Total Fat	2.0g
Saturated Fat	1.3g
Carbohydrate	29g
Calcium	129mg
Fibre	1.4g
Sodium	76mg

