

## HEART FRIENDLY RECIPES



**Advice from Karen Inge, APD,  
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**Having a healthy heart and a good working cardiovascular system is a key to overall good health and longevity. There are many lifestyle factors that can put our hearts at risk like smoking, lack of physical activity, stress and a diet too high in saturated fat, sugar and salt and too low in dietary fibre and foods rich in antioxidants. However what we put on our plates will have much more impact on our health than what we remove.**

So let's focus on the positives. Accumulating scientific evidence suggests that small changes in lifestyle, including diet, can have a beneficial effect on heart health.

Eating a healthy diet consistent with a DASH\* dietary pattern, with high amounts of fruit and vegetables, low in saturated fat and sodium and including three servings of low-fat or fat-free dairy foods a day is one positive approach that's good for your heart.

All our healthy heart recipes are low in saturated fats and sodium. We recommend lean meats, poultry with skin removed, and oily fish rich in omega 3s. We use healthy fats like olive oil, avocado and nuts and seeds. Herbs and spices are used not only for flavour and keeping the sodium levels low, but also as an antioxidant boost.



\* Dietary Approach to Stop Hypertension.

## 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 Fat Free Natural Yoghurt* or *Jalna Low Fat Greek 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

	<b>Fat Free</b>	<b>Low Fat</b>
Energy	1395kJ	1479kJ
Protein	10g	10g
Total Fat	8.7g	9.9g
Saturated Fat	1.2g	2.0g
Carbohydrate	54g	55g
Calcium	187mg	191mg
Fibre	5.0g	5.0g
Sodium	72mg	73mg



## Tandoori Chicken with Spiced Potatoes



### Ingredients

#### Serves 4

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

2 tablespoons tandoori spice mix with no added salt, or to taste

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 (200°C) and cook for 10 minutes.

Place chicken breasts in a separate baking dish, 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

	Fat Free	Low Fat
Energy	1456kJ	1646kJ
Protein	38g	38g
Total Fat	7.7g	10g
Saturated Fat	2.3g	3.9g
Carbohydrate	31g	32g
Calcium	210mg	220mg
Fibre	6.0g	6.0g
Sodium	176mg	178mg



## Tandoori Yoghurt Chicken Wrap



### Ingredients

#### Serves 1

2 teaspoons tandoori spice mix  
with no added salt

1/2 cup *Jalna Fat Free Natural  
Yoghurt* or *Jalna Low Fat  
Greek 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 in half  
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

	<b>Fat Free</b>	<b>Low Fat</b>
Energy	1294kJ	1547kJ
Protein	22g	22g
Total Fat	5.3g	8.9g
Saturated Fat	1.5g	3.7g
Carbohydrate	43g	44g
Calcium	252mg	264mg
Fibre	5.0g	5.0g
Sodium	481mg	483mg



## 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* or *Jalna Low Fat  
Greek 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

	Fat Free	Low Fat
Energy	1731kJ	1858kJ
Protein	36g	36g
Total Fat	9.5g	11.3g
Saturated Fat	2.6g	3.7g
Carbohydrate	46g	46g
Calcium	277mg	283mg
Fibre	5.0g	5.0g
Sodium	144mg	145mg



## Chicken & Mango Salad



### 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	2207kJ
Protein	43g
Total Fat	25.0g
Saturated Fat	7.0g
Carbohydrate	33g
Calcium	208mg
Fibre	5.0g
Sodium	411mg



## Spiced Beef on Rosemary Skewers



### Ingredients

Serves 4 - 6

10 woody branches of rosemary with tufts of leaves

1kg lean rump steak, coarsely ground

2 teaspoon freshly grated nutmeg

1/2 teaspoon ground cloves

2 teaspoon ground cinnamon

Oil

Serve with 1 cup tabouli per person

### Sauce

2 cloves garlic, crushed

1/2 teaspoon finely chopped fresh rosemary, or to taste

Juice of 1 large lemon, or to taste

1 cup *Jalna Fat Free Natural Yoghurt* or *Jalna Low Fat Greek 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.

Chargrill the skewers, turning once and leaving the meat pink in the middle.

Combine garlic, rosemary, lemon juice and *Jalna Yoghurt*. Serve on top of skewers with *Tabouli*.

### Nutrition data per serve

	Fat Free	Low Fat
Energy	1728kJ	1813kJ
Protein	42g	42g
Total Fat	18g	19g
Saturated Fat	4.6g	5.4g
Carbohydrate	21g	21g
Calcium	122mg	126mg
Fibre	5.5g	5.5g
Sodium	125mg	125mg



## Buckwheat Blinis with Salmon and Lime Zest Yoghurt



### 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 cups (360g) *Jalna Fat Free Natural Yoghurt* or *Jalna Low Fat Greek Yoghurt*

1 egg, lightly beaten

Oil spray

Zest and juice of 1 lime, or to taste

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

	Fat Free	Low Fat
Energy	1333kJ	1478kJ
Protein	24g	25g
Total Fat	7.0g	9.0g
Saturated Fat	1.9g	3.2g
Carbohydrate	39g	39g
Calcium	243mg	250mg
Fibre	5.0g	5.0g
Sodium	450mg	452mg





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



### Ingredients

#### Serves 4

3 cups (400g) fresh or frozen green peas

1 large onion, chopped

1 tablespoon chopped fresh mint

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

2 tablespoons lemon or lime juice, or to taste

Cracked black pepper

2 tablespoons chopped fresh parsley and chives

4 ocean trout or salmon fillets, about 150g each

1 tablespoon olive oil

### Method

Microwave or gently boil peas and Mash and stir through mint, 3/4 cup Jalna Yoghurt, one tablespoon lemon juice and pepper to taste. Keep warm while cooking fish.

Combine remaining yoghurt, lemon juice, parsley, chives, reserving a few for garnish. Season with pepper to taste.

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

### Nutrition data per serve

	Fat Free	Low Fat
Energy	1657kJ	1828kJ
Protein	42g	43g
Total Fat	16g	19g
Saturated Fat	3.2g	5.0g
Carbohydrate	21g	22g
Calcium	257mg	268mg
Fibre	7.0g	7.0g
Sodium	172mg	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* or *Jalna Low Fat Greek Yoghurt*

4 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

	Fat Free	Low Fat
Energy	1742kJ	1995kJ
Protein	33g	33g
Total Fat	19g	22g
Saturated Fat	2.4g	4.7g
Carbohydrate	29g	30g
Calcium	292mg	305mg
Fibre	5.0g	5.0g
Sodium	270mg	273mg



## Potato & Tuna Salad with Yoghurt Mustard Dressing



### Ingredients

Makes 4

#### Dressing

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

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

3 teaspoons wholegrain mustard

2 tablespoons lime juice, or to taste

1 teaspoon lime zest, or to taste

#### Salad

1 kg small new potatoes (chats)

400g fresh tuna (or salmon) fillet

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 cucumbers, herbs, pinenuts and chopped potatoes.

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

### Nutrition data per serve

	Fat Free	Low Fat
Energy	1820kJ	1884kJ
Protein	35g	35g
Total Fat	15g	16g
Saturated Fat	4.0g	4.6g
Carbohydrate	38g	38g
Calcium	83mg	86mg
Fibre	6.0g	6.0g
Sodium	152mg	153mg



## Pumpkin & Corn Savoury 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	605kJ
Protein	4.0g
Total Fat	6.5g
Saturated Fat	1.5g
Carbohydrate	17g
Calcium	60mg
Fibre	1.0g
Sodium	155mg



## Pumpkin, Sweet Potato & Red Lentil Soup



### Ingredients

#### Serves 6

1kg pumpkin, peeled and diced into 2cm cubes

750g sweet potato, 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 Fat Free Natural Yoghurt* or *Jalna Low Fat Greek Yoghurt*

3 tablespoons lemon juice, or to taste

4 teaspoons ground cumin

2 tablespoons chopped fresh coriander or parsley, to garnish

### Method

Put pumpkin, sweet potato, 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. Combine remaining yoghurt with lemon juice and pepper to taste.

Serve soup with a dollop of yoghurt on top; sprinkle with pepper and herbs.

Serve with crusty wholemeal rolls.

### Nutrition data per serve

	<b>Fat Free</b>	<b>Low Fat</b>
Energy	1108kJ	1192kJ
Protein	16.5g	17g
Total Fat	1.5g	2.7g
Saturated Fat	0.6g	1.4g
Carbohydrate	46g	47g
Calcium	186mg	190mg
Fibre	9.5g	9.5g
Sodium	127mg	128mg



## Beetroot, Cannellini Bean, Walnut & Fennel Salad



### Ingredients

#### Serves 4

- 8 baby beetroot  
(or 4 medium beetroot)
- 250g 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 sweet potato (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 sweet potato, 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	1360kJ
Protein	15g
Total Fat	9.0g
Saturated Fat	1.4g
Carbohydrate	46g
Calcium	210mg
Fibre	14g
Sodium	450



## Corn Cakes with Yoghurt & Salsa



### Ingredients

Serves 4 /Makes 16

2 large cobs corn (or about

2 cups frozen corn kernels)

3 eggs

1 cup *Jalna Fat Free Natural Yoghurt* or *Jalna Low Fat Greek Yoghurt*

2 spring onions, finely sliced

2/3 cup plain flour

Salt optional & pepper

Oil for frying

2 teaspoons lemon juice, or to taste

### 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.

Combine remaining yoghurt with lemon juice and pepper. Dollop on each corn cake and top with corn salsa.

### Nutrition data per serve

	Fat Free	Low Fat
Energy	1396kJ	1523kJ
Protein	16g	17g
Total Fat	10g	12g
Saturated Fat	2.0g	3.2g
Carbohydrate	44g	44g
Calcium	160mg	166mg
Fibre	7.0g	7.0g
Sodium	117mg	119mg



## 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, or to taste

2 cloves garlic, crushed

1 teaspoon ground cumin, or to taste

Cracked black pepper, to taste

1 cup *Jalna Fat Free Natural  
Yoghurt* or *Jalna Low Fat  
Greek 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

	Fat Free	Low Fat
Energy	567kJ	651kJ
Protein	7.8g	8.0g
Total Fat	4.4g	5.6g
Saturated Fat	0.6g	1.3g
Carbohydrate	16g	16g
Calcium	111mg	115mg
Fibre	5.0g	5.0g
Sodium	183mg	184mg





## Tzatziki with a twist



### Ingredients

Makes 3 cups - Serves 6

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

1 tablespoon lemon juice, or to taste

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

	Fat Free	Low Fat
Energy	346kJ	515kJ
Protein	6.5g	6.7g
Total Fat	0.8g	3.2g
Saturated Fat	0.2g	1.7g
Carbohydrate	12g	13g
Calcium	170mg	178mg
Fibre	2.6g	2.6g
Sodium	89mg	90mg





## Ingredients

### Serves 4

- 1 medium continental cucumber
- 1½ cups *Jalna Fat Free Natural Yoghurt* or *Jalna Low Fat Greek 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

	Fat Free	Low Fat
Energy	165kJ	291kJ
Protein	3.6g	3.9g
Total Fat	0.1g	1.9g
Saturated Fat	0.0g	1.1g
Carbohydrate	6.0g	6.3g
Calcium	115mg	122mg
Fibre	0.4g	0.4g
Sodium	65mg	67mg



## Banana BerryFruit Loaf



### Ingredients

Makes 1 loaf (20 serves)

- 1 egg
- 1/2 cup caster sugar
- 1 cup mashed overripe bananas
- 3/4 cup **Jalna Low Fat BerryFruit Yoghurt**
- 1/4 cup vegetable oil
- 2 1/4 cups self raising flour
- 1 teaspoon mixed spice
- 1 teaspoon bicarb soda
- 1/3 cup chopped nuts & seeds (e.g. walnuts, pepitas, sunflower seeds)
- Extra nuts & seeds (for decoration)
- Extra **Jalna Low Fat BerryFruit Yoghurt** + fruit for serving

### Method

In a food processor, whiz the egg and caster sugar.

Add banana and Jalna Yoghurt, whiz then add the oil.

Gradually add flour, spice and BiCarb soda, then stir through nuts and seeds. Pour mixture into a non-stick or baking paper lined loaf tin.

Sprinkle nuts and seeds over the top and bake in a moderate oven (180°C) for 1 hour or until cooked (when skewer inserted comes out clean).

Leave in tin for 5 minutes before turning onto a cake rack to cool.

Delicious warm or toasted, spread with Jalna Low Fat Berryfruit or your favourite Jalna Yoghurt.

### Nutrition data per serve

Energy	565kJ
Protein	3.0g
Total Fat	4.8g
Saturated Fat	0.8g
Carbohydrate	20g
Calcium	26mg
Fibre	1.0g
Sodium	123mg



## Pear & Oatmeal Yoghurt Muffins



### Ingredients

#### Makes 18

2 cups self raising flour  
1 teaspoon mixed spice  
or cinnamon  
2/3 cup rolled oats  
1/2 cup sugar  
2 ripe pears (or apples),  
chopped with skin on  
2 eggs, lightly beaten  
1½ cups *Jalna Low Fat  
BerryFruit Yoghurt*  
6 tablespoons vegetable oil  
Oil spray

### Method

Sift flour and mixed spice into a bowl.  
Stir in oats, sugar and pear.

In a separate bowl combine lightly  
beaten egg, *Jalna Yoghurt* and oil.  
Gently stir Yoghurt mixture into flour,  
until just combined.

Spoon mixture into 12 non-stick muffin  
tins and bake in moderate oven (180°C)  
for 15-20 minutes or until skewer  
inserted in the middle comes out clean.  
Turn onto cake rack to cool.

### Nutrition data per serve

Energy	743kJ
Protein	4.0g
Total Fat	7.6g
Saturated Fat	1.3g
Carbohydrate	24g
Calcium	43mg
Fibre	1.2g
Sodium	132mg



## 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	638kJ
Protein	5.0g
Total Fat	2.0g
Saturated Fat	1.3g
Carbohydrate	29g
Calcium	160mg
Fibre	1.4g
Sodium	76mg

