

# Cheesy Appleslaw



## Ingredients (serves four)

- 1 large handful of grated cheese
- 1 apple
- 4 spring onions
- 1 carrot
- 2 tbsp of plain natural low fat yoghurt
- Black pepper, to season

## Method

1. Peel, core and grate the apple
2. Grate the carrot and the cheese
3. Finely chop the spring onions
4. Mix all the ingredients together in a bowl
5. Add the yoghurt and stir to coat all of the mixture
6. Season with black pepper

**Tip:** Serve with veggie burgers or jacket potatoes



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# Fruit Yoghurt Lollies



## Ingredients (makes 16 lollies)

1 honey dew melon  
500g of frozen mixed berries (defrosted)  
500g of low fat plain natural yogurt  
16 lolly moulds / cups  
16 lolly sticks  
Mixing bowl

## Method

1. Peel, deseed and finely chop the melon
2. Mash the melon in a mixing bowl.
3. Add the defrosted mixed berries to the melon and mix thoroughly.
4. Mix the yogurt into the fruit.
5. Pour the fruity yogurt mixture into the lolly moulds / cups.
6. Place in the freezer for 20minutes.
7. Take out of the freezer and add the lolly sticks.
8. Return to the freezer for a minimum of 2 hours.

**Tip:** Exchange the fruit for any flavour of your choice, keeping the same quantities as above



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# Frozen Fruit pops



## Ingredients (makes 4)

- 1 mango
- 2 kiwis
- 1 punnet of raspberries
- 150ml of cold water
- 4 plastic cups
- 4 lolly sticks
- 3 small bowls

## Method

1. Peel and chop the mango and add to a small bowl.
2. Mash with a fork to form a thick paste. Stir in 50ml of water.
3. Peel and chop the kiwis.
4. Add the chopped kiwis to another small bowl and mash with a fork. Stir in 50ml of water.
5. In the last small bowl, mash the raspberries with a fork. Stir in 50ml of water.
6. Equally fill four small cups with the kiwi mixture.
7. Place in the freezer for one hour.
8. Add the mango mixture and freeze for 20 minutes.
9. Add the raspberry mixture, insert the lolly sticks and freeze for a minimum of 4 hours (or overnight).

**Tip:** Replace the fruits used with others of the same colour for different flavours.



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# Cereal Yoghurt Lollies



## Ingredients (makes 8)

- 400ml of semi skimmed milk
- 300ml of low fat plain natural yogurt
- 120g of wholegrain cereals or rice puffs
- 8 lolly moulds / cups
- 8 lolly sticks
- Measuring jug
- Weighing scales

## Method

1. Mix the milk and yogurt together in a measuring jug.
  2. Weigh out your chosen cereals into a bowl.
  3. Pour the milk and yogurt over the cereals.
  4. Leave to sit for 1 hour, until the cereals are completely soggy and the milk / yogurt mixture has a cereal flavour.
  5. Pour into the lolly moulds / cups.
  6. Place in the freezer for 1 hour then take out and add the lolly sticks.
  7. Return to the freezer for a minimum of 2 hours.
- Tip:** Use any wholegrain cereal.



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# Feta & Spinach Muffins



## Ingredients (makes 12)

- 350g of wholemeal flour
- 2 tbsp of caster sugar
- 4½ tsp of baking powder
- 200g of chopped spinach
- 160g of feta cheese
- ½ tsp of nutmeg
- 1 medium egg
- 200ml of semi-skimmed milk
- 70g of low fat margarine / vegetable spread
- 12 muffin cases



## Method

1. Preheat the oven to 200°C / Gas Mark 6 and prepare the 12 muffin cases.
2. Sift the flour, nutmeg and baking powder into a bowl.
3. Mix in the spinach, sugar and break apart the feta.
4. In another bowl mix the egg, milk and margarine / vegetable spread.
5. Add all the ingredients together and fold lightly with a fork.
6. Spoon into the muffin cases and bake for 15-20 minutes.
7. Once cooked leave to cool.



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# Jumping Bean Cous Cous



## Ingredients (serves 4)



- 200g of couscous
- 1 low salt vegetable stock cube, dissolved in 200ml of boiling water
- 4 spring onions
- 1 red / yellow pepper
- 1 x 198g tin of sweetcorn
- 2 tbsp of parsley
- 1 x 400g tin of kidney beans
- 1 orange, juice only

## Method

1. Pour the couscous and stock into a mixing bowl, then stir.
2. Cover the bowl with a plate or cling film for about 10 minutes, so that the couscous steams and swells. Use a fork to fluff it up when cooked.
3. Cut the orange in half and squeeze the juice from it into a bowl or cup.
4. Finely chop the spring onions and parsley
5. Deseed and chop the red / yellow pepper.
6. Drain the sweetcorn and kidney beans. Add to the couscous.
7. Pour over the orange juice, mixing well. Sprinkle with parsley.



# Vegetable Samosas



## Ingredients (makes 12)

- 1 onion
- 1 green chilli or ½ tsp of dried chilli flakes
- 300g of frozen vegetables
- 1 pack of filo pastry
- 1 small tin of potatoes
- 1 tsp of turmeric
- ½ tsp of ground cumin
- ½ tsp of curry powder

## Method

1. Pre-heat the oven to 200C / Gas Mark 6.
2. Finely chop the onion and chilli. Dry fry in a pan with the spices.
3. Dice the potato and add to the pan.
4. Add the mixed vegetables and cook for 5-6 minutes until soft.
5. Allow the vegetables to cool.
6. Fold the pastry sheet in half lengthways. Brush a little water onto the sides of the pastry.
7. Place a tablespoon of the mixture into the bottom corner of the pastry.
8. Fold over into triangles, sealing the ends with a little water.
9. Place the samosas on a baking tray, lined with baking paper, and place in the oven for 10-15 minutes until pale golden brown



# Rocket Fruit Lollies



## Ingredients (makes 12)

- 1 melon (e.g. cantaloupe)
- 1 pineapple
- 2-3 kiwis
- 1 punnet of strawberries
- 1 punnet of grapes
- 1 punnet of blueberries
- 12 skewers



## Method

1. Deseed and chop the melon into small chunks.
2. Peel and chop the pineapple into small chunks.
3. Peel and chop the kiwi into quarters.
4. Slice the stalk off the strawberries.
5. Place 1 or 2 grapes onto the skewer.
6. Now add 2 or 3 blueberries.
7. Add a quarter of kiwi on the skewers.
8. Thread 1 chunk of pineapple and a chunk of melon.
9. Top with a strawberry



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