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### SEDAVEN MENU PLANNING

#### **Background:**

School hostel with girls and boys ages 14-18.  
Strict lacto-ovo-vegetarian.

### DIETARY GUIDELINES

#### **1. Small frequent meals**

It is will be more beneficial if the children can eat more frequently. I worked it out that way but we can change it if it seems impossible. Small frequent meals improve energy levels and blood glucose control. It will also help them to keep their weight normal. It will also improve concentration levels during school time.

#### **2. Adequate protein intake**

Include a protein source in main meals.

#### **3. Keep up your fruit and vegetable intake**

It is important to eat fruit and vegetables daily.

#### **4. Manage carbohydrate intake**

Carbohydrates are a good energy source, and it is also filling. Incorporate **nutrient-dense** and **whole grain** or **high fibre** carbohydrate throughout the day. These should be spread evenly throughout the day.

Examples of good fibre sources include brown rice, All-bran, oats and legumes.

Examples of starchy vegetables include potato, sweet potato, butternut, peas and pumpkin.

On pudding days, try to encourage smaller starch portions with lunch.

#### **5. Focus on unsaturated fats**

Give preference to healthier fats plant based fats such as peanuts or peanut butter. Try to avoid frying to a minimum.

# PORTION SIZES

## PORTIONS

STARCHES	PROTEIN	VEGETABLES & FRUIT
<p><b>Porridge</b></p> <p>Oats 1 to 1 ½ cup</p> <p>Mealie pap, stiff ⅔ to 1 cup</p> <p>Mealie pap, crumbly ½ to ¾</p> <p>Granola ⅔ to 1 cup</p> <p>All-bran 1 to 1 ½ cup</p> <p>Weet-bix 2 to 3</p> <p>Maltabella 1 to 1 ½ cup</p>	<p><b>Breakfast</b></p> <p>Eggs 2</p> <p>Polony 2-3 slices</p> <p>Peanut butter 2 tbsp</p> <p>Baked beans 4 tbsp</p> <p>Sausages 1-2 sausages</p>	<p><b>Vegetables</b></p> <p>Cooked ½ to 1 cup</p> <p>Raw 1 to 2 cups</p> <p>Carrots</p> <p>Spinach</p> <p>Green beans</p> <p>Cucumber</p> <p>Lettuce</p> <p>Cabbage</p> <p>Cauliflower</p> <p>Broccoli</p> <p>Mushrooms</p> <p>Gem squash</p> <p>Onions</p> <p>Tomato</p> <p>Peppers</p> <p>Celery</p>
<p><b>Other</b></p> <p>Bread (with other ) 1 slice</p> <p>Bread (as only starch) 2 to 3 slices</p> <p>Bun 1 to 2</p> <p>Pita's 1 to 1 ½</p> <p>Vetkoek 1 to 2</p> <p>Mealie rice 1 to 1 ½ cup</p> <p>Samp ⅔ to 1 cup</p> <p>Mashed potato 1 to 1 ½ cup</p> <p>Baked potato 1 to 2</p> <p>Pasta 1 to 1 ½ cup</p> <p>Rice ⅔ to 1 cup</p> <p>Couscous ⅔ to 1 cup</p> <p>Butternut 2 cups</p> <p>Sweet potato 1 to 1 ½ cup</p> <p>Mixed vegetables 2 cups</p>	<p><b>Other</b></p> <p>Lentils, cooked 2 to 2 ½ cups</p> <p>Dry beans, cooked 2-3 cups</p> <p>Soya beans, cooked ¾ cup</p> <p>Tinned beans 6-8 tbs</p> <p>Eggs 3</p> <p>Peas, cooked 2-3 cups</p> <p>Soy mince 90-120 g</p> <p>Meat balls 90-120 g</p> <p>Curry chunks 90-120 g</p> <p>Soy strips 90-120 g</p> <p>Burger patty 2-3 patties</p> <p>Traditional sausages 2 to 3</p> <p>Hot dog sausage 3 to 4</p> <p>Cheese 90-120 g</p>	<p><b>Fruit</b></p> <p>Apple 1 small</p> <p>Orange 1 small</p> <p>Pear 1 small</p> <p>Banana 1 small</p> <p>Naartjie 2</p> <p>Grapes 17 grapes</p>
	<p><b>Snacks</b></p> <p>Cheese 60 g / 6 tbsp</p> <p>Peanut butter 4 tbsp</p>	

# MENUS

## WEEK 1

Meal Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>BREAKFAST</b>						
Porridge	Oats	Mealie Pap	Granola	All-Bran	Weet-Bix	Granola	Maltabella
Bread	Brown	Brown	Brown	Brown	Brown	Brown	Brown
Sugar	White/ Brown	White/ Brown	White/ Brown	White/ Brown	White/ Brown	White/ Brown	White/ Brown
Fat	Margarine	/	Margarine	Margarine	Peanut Butter	Margarine	Margarine
M Protein	Peanut butter	Boiled egg	Polony	Scrambled egg	Baked beans	Peanut butter	Peanut butter
Milk	1 cup of Milk	1 cup of Milk	½ cup Yogurt	1 cup of Milk	1 cup of Milk	½ cup Yoghurt	1 cup of Milk
	<b>SNACK</b>						
Fruit	Available Seasonal Fruit						
	<b>LUNCH</b>						
	<b>Patties</b>	<b>Pap &amp; Meatballs</b>	<b>Subs</b>	<b>Curry &amp; Rice</b>	<b>Macaroni &amp; cheese</b>	<b>Lasagne*</b>	<b>Spaghetti &amp; strips</b>
Protein	Soy mince patties	Meat balls	Lentil patties, Cheese	Curry chunks	Cheese sauce	Beans &/OR mince	Strips
Starch	Potato wedges	Mealie pap	French loaf, Potato salad	Rice	Macaroni	Lasagne sheets	Spaghetti
Veg	Tomato & onion	Cabbage	Tomato, onion, peppers	Mixed vegetables	Tomato & cucumber Vegetable of choice	Stir fry vegetables	Tomato & onion
	Spinach	Carrot salad		Salad		Greek salad	Salad
Fat	Oil for cooking	Oil for cooking	Mayonnaise	Oil for cooking	Oil for cooking	Oil for cooking	Oil for cooking
			Carrot Cake*			Jelly & custard	
	<b>SUPPER</b>						
	<b>Egg &amp; Mayo Toast</b>	<b>Lentil curry</b>	<b>Pasta</b>	<b>Pap scoops &amp; Chakalaka</b>	<b>Hawain burgers</b>	<b>Mealie Bread*</b>	<b>Samp &amp; Beans</b>
Protein	Egg, scrambled	Lentil curry	Mince	Baked beans	'Chicken' patty		Beans
Starch	Bread	Rice	Pasta	Pap	Buns, Potato wedges	Mealie Bread	Samp
Veg	Red pepper, mushrooms, onion,	Beetroot	Tomato & onion	Chakalaka	Lettuce, tomato, Pineapple	3 bean Salad*	Spinach
Veg	roasted baby tomato	Green salad	Gem squash	Salad			
Fat	Mayonnaise	Oil for cooking				Margarine	
	<b>SNACK</b>						
Starch	Bread, brown	Bread, brown	Bread, brown	Bread, brown	Bread, brown	Bread, brown	Bread, brown
H Prot	Peanut butter	Cheese	Peanut butter	Cheese	Peanut butter	Cheese	Peanut butter
Fat	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk
Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar

**WEEK 2**

Meal Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>BREAKFAST</b>						
Porridge	Oats	All-Bran	Granola	Mealie Pap	Weet-Bix	Granola	Maltabella
Bread	Brown	Brown	Brown	Brown	Brown	Brown	Brown
Sugar	White/ Brown	White/ Brown	White/ Brown	White/ Brown	White/ Brown	White/ Brown	White/ Brown
Fat	Margarine	Margarine	Margarine	/	Peanut Butter	Margarine	Margarine
M Protein	Peanut butter	Scrambled egg	Polony	Peanut Butter	Baked beans	Peanut butter	Sausages
Milk	1 cup of Milk	1 cup of Milk	½ cup Yogurt	1 cup of Milk	1 cup of Milk	½ cup Yoghurt	1 cup of Milk
	<b>SNACK</b>						
Fruit	Available Seasonal Fruit						
	<b>LUNCH</b>						
	<b>Vegetable Paella*</b>	<b>Macaroni &amp; mince</b>	<b>Chickpea stew</b>	<b>Lentil Breyani</b>	<b>Sausage &amp; Chips</b>	<b>Frikkadels &amp; salads</b>	<b>Lentil stew</b>
Protein	Beans	Soy mince	Chick peas	Lentils	Sausage	Soy frikkadels	Lentil stew
Starch	Rice	Macaroni	Whole kernel corn	Rice	Potato wedges	Pasta salad	Rice
Veg	Green pepper, spring onion, tomato,	Onion, tomato	Carrots, onions	Peas	Beetroot	Carrot salad	Butternut
Veg		Salad	Peas &	Salad	Salad	Green salad	Greek salad
Fat	Oil in cooking process	Oil for cooking	Avocado salad	Oil for cooking	Oil for cooking	Oil for cooking	Oil for cooking
			Chocolate cake*			Fruit & custard	
	<b>SUPPER</b>						
	<b>Patties</b>	<b>Samp &amp; beans</b>	<b>Moussaka*</b>	<b>Frittata*</b>	<b>Garlic bread</b>	<b>Stuffed Butternut*</b>	<b>Noodle salad</b>
Protein	Soy patties	Beans	Lentils	Eggs, cheese	Cheese	Red kidney beans	Veg patties
Starch	Potato wedges	Samp	Potatoes	Bread	Garlic bread	Butternut	Noodle salad with green pepper, tomato
Veg	Tomato & onion	Spinach	Tomato, onion, mushrooms, carrots	Mushroom, onion Salad	Salad	Green beans	
	Spinach						
Fat	Oil for cooking	Oil for cooking	Oil for cooking	Oil for cooking		Oil for cooking	Oil for cooking
	<b>Patties</b>						
Starch	Bread, brown	Bread, brown	Bread, brown	Bread, brown	Bread, brown	Bread, brown	Bread, brown
H Prot	Cheese	Peanut butter	Cheese	Cheese	Peanut butter	Peanut butter	Cheese
Fat	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk
Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar

**WEEK 3**

Meal Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>BREAKFAST</b>						
Porridge	Oats	All-Bran	Granola	Mealie Pap	Weet-Bix	Granola	Maltabella
Bread	Brown	Brown	Brown	Brown	Brown	Brown	Brown
Sugar	White/ Brown	White/ Brown	White/ Brown	White/ Brown	White/ Brown	White/ Brown	White/ Brown
Fat	Margarine	Margarine	Margarine	/	Peanut Butter	Margarine	Margarine
M Protein	Peanut butter	Scrambled egg	Polony	Peanut Butter	Baked beans	Sausages	Peanut butter
Milk	1 cup of Milk	1 cup of Milk	Yogurt	1 cup of Milk	1 cup of Milk	Yoghurt	1 cup of Milk
	<b>SNACK</b>						
Fruit	Available Seasonal Fruit						
	<b>LUNCH</b>						
	<b>Avo salad &amp; sausage</b>	<b>Cottage pie</b>	<b>Roast veg &amp; beans*</b>	<b>Stir fry*</b>	<b>Vegetarian pizza</b>	<b>Bobotie</b>	<b>Vegetable quiche*</b>
Protein	Sausages	Soy mince	Beans	Soy Strips	Cheese	Soy mince, egg	Eggs
Starch	Peas (with avo) & bread	Potato mash	Roast vegetables	Rice	Pita's	Rice	Onions, mushrooms
Veg	Onion, tomato salad	Carrot, onion, tomato		Stir fry vegetables	Peppers, onions	Spinach , creamed	Peppers
Veg				Salad	Salad	Salad	
Fat	Avocado	Oil in cooking process	Oil for cooking				
			Chocolate cake *			Apple tart*	
	<b>SUPPER</b>						
	<b>Moussaka*</b>	<b>Pap &amp; Beans</b>	<b>Bunny Chow</b>	<b>Chick pea stew</b>	<b>3 Bean Breyani*</b>	<b>Vegetable soup</b>	<b>Bean curry</b>
Protein	Lentils	Baked beans	Mince curry	Chick pea stew	Three- bean Breyani	Peas	Kidney beans
Starch	Potatoes	Mielie Pap	Bread/buns	Mash		Potatoes	Rice
Veg	Tomato, onion, mushrooms, carrots	Spinach & potato	Coleslaw	Onions, carrots, green beans	Broccoli	Soup vegetables	Tomato & onion
Veg					Salad		Green beans
Fat	Oil for cooking	Oil for cooking			Oil for cooking		
	<b>SNACK</b>						
Starch	Bread, brown	Bread, brown	Bread, brown	Bread, brown	Bread, brown	Bread, brown	Bread, brown
H Prot	Peanut butter	Cheese	Peanut butter	Cheese	Peanut butter	Peanut butter	Cheese
Fat	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk
Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar

**WEEK 4**

Meal Plan	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>BREAKFAST</b>						
Porridge	Oats	All-Bran	Granola	Mealie Pap	Weet-Bix	Granola	Maltabella
Bread	Brown	Brown	Brown	Brown	Brown	Brown	Brown
Sugar	White/ Brown	White/ Brown	White/ Brown	White/ Brown	White/ Brown	White/ Brown	White/ Brown
Fat	Margarine	Margarine	Margarine	/	Peanut Butter	Margarine	Margarine
M Protein	Peanut butter	2 Boiled eggs	Polony	Peanut Butter	Baked beans	Sausages	Scrambled eggs
Milk	1 cup of Milk	1 cup of Milk	Yogurt	1 cup of Milk	1 cup of Milk	Yoghurt	1 cup of Milk
	<b>SNACK</b>						
Fruit	Available Seasonal Fruit						
	<b>LUNCH</b>						
	<b>Pasta &amp; 'meat' balls</b>	<b>Vetkoek</b>	<b>Baked potato</b>	<b>Dombolo</b>	<b>Hot dogs</b>	<b>Patties</b>	<b>Pap &amp; wors</b>
Protein	Hope balls	Curry mice	Lentil patties	Strips	Sausage	Chickpea patty	Soy sausage
Starch	Spagetti	Vetkoek	Baked potato	Dombolo	Bread rolls	Roasted potatoes	Pap
Veg	Tomato and onion relish Spinach	Green salad	Carrot salad Green beans	Carrot salad	Coleslaw	Carrots	Tomato & onion gravy
Fat						Fried Cabbage	Spinach
			White cake			Oil for cooking	
						Melktert	
	<b>SUPPER</b>						
	<b>Chilli beans</b>	<b>Noodle salad</b>	<b>Lentil bun</b>	<b>Bean soup</b>	<b>Mac &amp; cheese</b>	<b>Bean pitas*</b>	<b>Toasties</b>
Protein	Chilli beans	Veg patties	Curry lentils	Beans	Cheese	Beans	Cheese
Starch	Rice	Noodle salad, with green pepper, tomato	Bread roll	Bread, brown	Macaroni	Pitas	Bread, brown
Veg	Tomato and cucumber salad	Spinach	Salad	Soup vegetables	Green salad	Salad (lettuce, cucumber and tomato on pita)	Tomato, peppers, onion
Veg					Salad		Green beans
Fat		Oil for cooking				Olives	
	<b>SNACK</b>						
Starch	Bread, brown	Bread, brown	Bread, brown	Bread, brown	Bread, brown	Bread, brown	Bread, brown
H Prot	Peanut butter	Cheese	Peanut butter	Cheese	Peanut butter	Peanut butter	Cheese
Fat	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine	Margarine
Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk	1 cup of Milk
Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar	Sugar

## RECIPES

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<b>Bean pita</b> <b>6 portions</b>	
Ingredients	Preparation
1 x 410 g Butterbeans 1 tomato, chopped 4 spring onions ½ Cucumber, chopped olives (optional) Feta cheese salt & pepper to taste Salad sauce 6 pita breads	<ol style="list-style-type: none"> <li>1. Mix all the ingredients except the lettuce and pita bread.</li> <li>2. Place a piece of lettuce on each pita bread.</li> <li>3. Dish some of the salad mix on the pita.</li> </ol>

<b>Bean sub</b> <b>4-6 portions</b>	
Ingredients	Preparation
250 ml white beans, cooked 1 french loaf 1 onion, chopped 1 tomato, peeled & chopped 25 ml green pepper, chopped 5 ml mustard powder 25 ml tomato sauce 500 ml (2 cups) cheese, grated	<ol style="list-style-type: none"> <li>1. Preheat the oven at 180° C</li> <li>2. Slice the loaf in halve (length wise) and remove the soft inside</li> <li>3. Mix the removed crumbs with rest of the ingredients and half of the cheese.</li> <li>4. Dish the mix into the bread halves.</li> <li>5. Top with the rest of the cheese</li> <li>6. Place on baking tray and bake for 15 min.</li> </ol>

<b>Beans &amp; roasted vegetables</b> <b>4-6 portions</b>	
Ingredients	Preparation
1 x 410 g tin sugar beans, drained 1 x 410 g tin red kidney beans 2 medium butternut, peeled & chopped 3 carrots, sliced 3 medium potatoes, chopped 2 medium brinjals, sliced (optional) 20 ml basil 20 ml thyme salt & pepper 375 ml dried fruit (optional) 20 ml oil 45 ml white vinegar 125 ml parsley	<ol style="list-style-type: none"> <li>1. Cover a baking tray with foil and spray with non-stick spray</li> <li>2. Mix the vegetable and place on the baking tray.</li> <li>3. Spray with the non-stick spray and add the herbs.</li> <li>4. Bake uncovered at 220° C for half an hour.</li> <li>5. Add the dried fruit and beans and bake for another 10 min.</li> <li>6. Sprinkle oil, vinegar and parsley on top.</li> </ol>

<b>Butternut cous cous</b> <b>4-6 portions</b>	
Ingredients	Preparation
450 ml water 5 ml (1 t) salt 15 ml (1 T) oil 500 ml (2 c) couscous 600 g butternut, diced 1 large onion, sliced 1 green pepper, chopped salt and freshly ground black pepper 15 ml (1 T) rosemary 2 tbs oil 100 g feta cheese, cubed (optional) rocket (optional)	<ol style="list-style-type: none"> <li>1. Preheat the oven to 200 °C and grease a large roasting pan with oil or non-stick spray.</li> <li>2. Bring the water, salt and oil to the boil in a saucepan and add the couscous to the boiling water.</li> <li>3. Cover and steam the couscous over low heat.</li> <li>4. Fluff the couscous with a fork. Cover and leave to stand.</li> <li>5. Put the butternut, green pepper and onion in the prepared roasting pan. (Alternatively the butternut can be steamed and then sautéed in a pan)</li> <li>6. Season and drizzle with the oil.</li> <li>7. Roast for about 20 minutes or until done and golden.</li> <li>8. Add the butternut mixture and the feta cubes to the couscous, moisten with extra olive oil if necessary and toss. If used, add rocket</li> </ol>

<b>Frittata</b> <b>6 serving</b>	
Ingredients	Preparation
1 tbs margarine 1 cup sliced mushrooms ½ cup chopped peppers 1/3 cup chopped onions 12 Eggs ¼ cup water  Any other vegetables can be used. Frittata can also be made in the oven	<ol style="list-style-type: none"> <li>1. Melt butter in a frying pan over medium heat. Add mushrooms, peppers and onion; sauté until tender.</li> <li>2. While vegetables are cooking, whisk together eggs and water. Pour egg mixture over vegetables in the frying pan. Cover and cook over medium heat, occasionally poking through the mixture to allow uncooked egg to flow to the bottom of the pan.</li> <li>3. When bottom is cooked and top is almost set, finish cooking the frittata on the stove top by covering it with a lid for a few minutes, or flip it over in the pan to cook the top, or cook the top under the broiler.</li> <li>4. To flip the frittata, place a dinner plate over the pan holding it firmly in place, then turn the frying pan and plate upside down. The frittata will fall into the plate, top side down. Slide the frittata back into the frying pan, top down. Cook for a few minutes until top (now the bottom) is cooked.</li> <li>5. Alternately, place the frying pan under a preheated broiler until the top is cooked and slightly puffed, about a minute or two. The frying pan must be ovenproof in order to do this. To ovenproof the handle, wrap it with a double thickness of aluminum foil.</li> <li>6. Cut into wedges and serve</li> </ol>

<b>Mealie bread</b> <b>Makes 1 loaf – 16 slices</b>	
Ingredients	Preparation
250 ml mealie meal 125 ml oat bran 15 ml baking powder 30 ml sugar 2.5 ml salt 3 extra eggs 250 ml plain yoghurt 60 ml oil 250 ml sweet corn (frozen or canned) 2.5 ml dried chilli flakes 2 cloves of garlic	<ol style="list-style-type: none"> <li>1. Preheat the oven to 180 °C and grease a 100 x 200 mm bread tin.</li> <li>2. Mix the mealie meal, oat bran, baking powder, sugar and salt together.</li> <li>3. Beat the eggs, yoghurt and oil together.</li> <li>4. Add the sweet corn, chilli and garlic, mix well</li> <li>5. Add the dry ingredients to the wet ingredients, mix well.</li> <li>6. Spoon the mixture into the greased bread tin and bake for 60 min or until the bread is baked through and golden brown.</li> </ol>

<b>Moussaka</b> <b>Serves 6</b>	
Ingredients	Preparation
½ cup brown lentils 400 g mushrooms, chopped 2 onions 4 cloves garlic 2 carrots 2 tbs oil 70 g tomato paste 2 cup vegetable stock 2 bay leaves 2 tsp thyme 2 tsp basil 1 tsp sugar 100 g sundried tomatoes, chopped salt & pepper 2 medium sized potatoes <i>Sauce:</i> 3 tbs butter 3 tbs flour 3 cup milk 100g cheese	<ol style="list-style-type: none"> <li>1. Preheat oven to 180°C</li> <li>2. Chop onions, garlic and carrots.</li> <li>3. Heat 2 tbsp olive oil in a medium-sized heavy-based saucepan and sweat the onion, garlic and carrots.</li> <li>4. Add the mushrooms and tomato paste and cook gently for 10 minutes. Add the lentils, stock, herbs, sugar and sundried tomatoes, then simmer for 1 hour.</li> <li>5. Season to taste.</li> <li>6. In the meantime, slice the potatoes and boil until just cooked.</li> <li>7. Make the white sauce by melting the butter in a saucepan over medium heat. Add the flour and cook for 1 minute.</li> <li>8. Gradually add the milk, stirring constantly. Make sure you beat out any lumps and season the sauce well.</li> <li>9. When the sauce is ready, stir through the grated cheese, holding a little back to sprinkle over the top.</li> <li>10. Assemble in a baking dish, layering the lentils, then the potato slices, then topping the whole dish with the white sauce and finally a sprinkling of cheese.</li> <li>11. Bake for 20 minutes or until brown and bubbling.</li> </ol>

<b>Pea soup</b> <b>6-8 portions</b>	
Ingredients	Preparation
500 ml small white beans, cooked 500 ml split peas, cooked 10 ml oil 3 medium onions, chopped 2 cloves of garlic, chopped 5 ml basil 5 ml ginger 2 stock blocks 1.5 ml Boiling water 300 g frozen peas, defrosted salt & pepper 500 ml milk	1. Heat the oil and sauté the onions and garlic. 2. Add the herbs. 3. Add the split peas, beans and stock, and bring to the boil. 4. Reduce, cover and let it simmer for 30 min. 5. Add the frozen peas, salt and pepper and boil for 10 min. 6. Puree the soup in a blender (optional) 7. Add the milk, simmer for another 5 min until milk is warm. 8. Serve warm.

<b>Ratatouille</b> <b>4-6 portions</b>	
Ingredients	Preparation
1 x 410 g tinned sugar beans 1 x 410 tin ratatouille mix 5 ml sugar 2 ml basil 2 ml salt	1. Mix all the ingredients together. 2. Heat for 3-5 minutes. 3. Use in other recipes (Your own ratatouille can be prepared, enquire for recipe if needed.)

<b>Stir-fry</b> <b>4-6 portions</b>	
Ingredients	Preparation
100 g speckled beans, cooked 100 g white beans, cooked 1 onion, chopped 1 green pepper, chopped 1 red sweet pepper, chopped 1 carrot, grated 200 g cabbage, sliced 125 g mushrooms, sliced 100 g broccoli in small pieces 150 g bean sprouts 250 g pineapple pieces 150 ml pineapple juice 5 ml soy sauce 5 ml tobasco sauce 5 ml ginger salt and pepper (any vegetables can be exchanged or left out)	1. Heat the oil and stir-fry the vegetables one by one, starting with the onions and ending with the bean sprouts. 2. Combine all the vegetables, add beans and pineapple and heat. 3. Mix the pineapple juice, soy sauce, tobasco, ginger, salt & pepper 4. Pour the sauce over vegetables and heat. 5. Serve with rice or spaghetti.

<b>Stuffed Butternut</b>	
<b>Serves 4</b>	
Ingredients	Preparation
1 medium butternut 1 recipe gourmet beans (below) ½ feta round (40 g)  *An alternative to the recipe for large groups is to slice the butternut, cook, place it on a baking tray, and topping it with the beans.	1. Preheat the oven to 200 °C. 2. Slice butternut lengthways and halve each section to make 4 portions. Hollow out the neck and remove the pips and boil until cooked. 3. Prepare gourmet beans as described below, but crumble half of the feta onto the beans towards the end of the cooking process. Stir until the feta has melted 4. Fill the butternut quarters with the green bean mixture. Crumble the rest of the feta on top of the green bean mixture in the butternut cups. 5. Bake in the oven until the cheese has melted
<b>Gourmet green beans</b>	
<b>Serves 4</b>	
5 ml oil 1 small onion 1 clove of garlic 2 ml chilli flakes Salt & pepper 1 x 410 g red kidney beans, drained 500 g frozen green beans or 1 x 410 g can green beans, drained.	1. Heat the oil and fry the onion and garlic until transparent. 2. Add the flavouring. 3. Add the kidney beans and green beans, and fry until heated through and lightly browned.

<b>Three bean breyani</b>	
<b>Serves 6 - 8</b>	
Ingredients	Preparation
1 x 410 g small white beans 1 x 410 g butter beans 1 x 410 g red speckled beans 1 x 410 g lentils 10 ml oil 2 medium onions, chopped 10 ml fennel 2 bay leaves 2 ml turmeric 10 ml cumin powder 20 ml masala (curry powder) 1 clove of garlic, crushed salt 500 ml cooked rice 75 ml boiling water	1. Drain the water from the beans and mix well. 2. Heat the oil and fry the onion, fennel and bay leaves until brown. Keep a quarter of the mixture to sprinkle on top. 3. Add the rest of the spice and garlic 4. Add the beans and salt, mix well, and remove from the stove. 5. Add the drained lentils and cooked rice, mix well. 6. Dish the lentil-rice mixture on top of the bean mixture. 7. Sprinkle the onion and fennel mixture on top 8. Pour the boiling water in a circle over the breyani, cover and let it simmer for 5-8 minutes.

<b>Vegetable Paella</b> <b>4-6 portions</b>	
Ingredients	Preparation
250 ml white beans, cooked 250 ml brown beans, cooked 2 onion, chopped 1 clove of garlic, crushed 10 ml oil 1 green pepper, sliced in strips 1 red pepper, sliced in strips 4 spring onions, chopped 6 sundried tomatoes, chopped OR 1 tomato, diced 5 ml paprika 1 ml turmeric 5 ml salt 250 ml brown rice, raw 1 block of stock dissolved into 750 ml of water 250 g frozen peas	<ol style="list-style-type: none"> <li>1. Fry the onions and garlic until transparent.</li> <li>2. Add the peppers, spring onion and tomatoes, stir fry for 3 minutes.</li> <li>3. Add the flavouring and rice and stir fry until everything is mixed well.</li> <li>4. Add the stock, cover and simmer until the rice is almost cooked, about 20 minutes.</li> <li>5. Add the beans and peas and simmer for another 10 minutes.</li> <li>6. Serve warm</li> </ol>

<b>Vegetable Quiche</b> <b>Serves 4-5</b>	
Ingredients	Preparation
240 g mushrooms, sliced ½ tsp garlic, crushed 300 g spinach, chopped 4 large eggs 1 cup milk 60 g Feta chees ½ cup grated cheese salt and pepper	<ol style="list-style-type: none"> <li>1. Preheat the oven to 180°C.</li> <li>2. On medium heat, sauté the mushrooms and garlic until no water remains on the bottom of the pan (5-7 min)</li> <li>3. Spray an oven dish with non-stick spray. Spread the spinach out on the bottom of the pie dish. Then top with mushrooms and feta.</li> <li>4. Whisk the eggs until smooth, then add the milk and salt and pepper, and pour it over the vegetables.</li> <li>5. Sprinkle the grated cheese on top and bake for 45 – 60 minutes until golden brown.</li> </ol>

## TREATS / PUDDING

<b>Apple tart</b> <b>Serves 12</b>	
Ingredients	Preparation
2 extra large eggs 60 ml sugar 60 ml milk 30 ml oil 90 ml self-raising flour 90 ml oat bran 1.25 ml salt 380 g pie apples 125 ml low fat evaporated milk 60 ml water 30 ml sugar 5 ml caramel essence	1. Preheat the oven to 180°C. 2. Combine the eggs, sugar, milk, and oil in a medium mixing bowl, and whisk together. 3. Add the flour, oat bran and salt, and mix well. 4. Add the apples and stir. 5. Pour the batter into the greased ovenproof dish and bake for 45 minutes until golden brown. 6. While the batter is baking, heat the evaporated milk, water and sugar low heat, until sugar has dissolved. 7. When the apple tart is done, prick with a knife to allow syrup to penetrate. 8. Add the caramel to the hot milk mixture and pour evenly over the baked tart.

<b>Carrot cake</b> <b>Makes 2 loaves – 14 slices each</b>	
Ingredients	Preparation
3 extra large eggs 190 ml sugar 45 ml oil 125 ml milk 250 ml yoghurt (plain or vanilla) 1 large apple, grated 3 large carrots, grated (3 cups) 250 ml sultanas 250 ml cake flour 2.5 ml salt 5 ml bicarbonate of soda 15 ml ground cinnamon 2.5 ml ground nutmeg 2.5 ml ground cloves 1.25 ml ground black pepper 250 ml oat bran 125 ml whole-wheat Pronutro 250 ml digestive bran Icing (optional) 200 g low fat smooth cottage cheese 60 ml icing sugar	1. Preheat the oven to 180°C. Lightly grease two 290 x 100 mm loaf pans with no-stick spray. 2. In a large bowl, whisk the eggs until light and fluffy. 3. Add the sugar and oil and mix well. 4. Add the milk and yoghurt and mix lightly. 5. Stir in the grated apple, carrots and sultanas 6. Sift the cake flour, salt, bicarbonate of soda, baking powder, cinnamon, nutmeg, cloves and pepper. 7. Mix the oat bran, Pronutro, and digestive bran into the flour mixture. 8. Add the flour mixture to the wet ingredients. Mix well using a wooden spoon, but take care not to over-mix. 9. Spoon the batter evenly into the pans and place in the oven. Turn the heat down to 160°C and bake for 60 min or until done. 10. Take the loaves out of the oven and allow to cool completely before turning them out.

Choc chip muffins Makes 24 muffins	
Ingredients	Preparation
4 large eggs 190 ml castor sugar 30 ml oil 250 ml milk 5 ml vanilla 250 ml cake flour 2.5 ml cinnamon 20 ml baking powder 500 ml oat bran 250 ml whole-wheat Pronutro 125 ml chocolate chips	<ol style="list-style-type: none"> <li>1. Preheat the oven to 200°C and line two 12-hole muffin tins with paper cups or use non-stick spray.</li> <li>2. Separate the egg whites of two of the eggs.</li> <li>3. Using a beater beat the whole eggs and the two egg yolks until light and fluffy.</li> <li>4. Add the castor sugar in 3 batches, beating one minute after each addition.</li> <li>5. To the egg-sugar mixture, add the oil, yoghurt, milk and vanilla essence and mix.</li> <li>6. In a large bowl, sift the flour, cinnamon and baking powder together.</li> <li>7. To this, add the oat bran and Pronutro, and mix well.</li> <li>8. Add the egg-yoghurt mixture to the bowl with dry ingredients, and mix well.</li> <li>9. Whisk the egg whites that you set aside to soft peak stage. Gently fold into the batter with the choc chips.</li> <li>10. Spoon the batter into the paper cups or muffin pans.</li> <li>11. Place in the preheated oven and bake for 20 minutes.</li> <li>12. Let muffins stand for 10 min before removing from pans.</li> </ol>

Sweet potato cake Serves 18	
Ingredients	Preparation
125 ml oats 125 ml milk 2 eggs 90 ml sugar 125 ml orange juice 1 sweet potato, raw, peeled, and grated (2 c) 1 large apple peeled and grated <b>15 ml orange rind, finely grated (rind from 1 orange)</b> 125 ml rolled oats 30 g nuts, coarsely chopped 30 ml sugar 2.5 ml almond essence 30 ml oil 250 ml cake flour 10 ml baking powder 2.5 ml salt	<ol style="list-style-type: none"> <li>1. Place the oats in a small bowl, add the milk and allow the oats to soak.</li> <li>2. Preheat the oven to 180°C. Spray a round baking tin of 240 mm diameter with non-stick spray.</li> <li>3. Separate the eggs, placing the egg whites in a medium bowl to be whisked later. Place the egg yolk in a large mixing bowl and beat until light in colour.</li> <li>4. Add the sugar in batches, beating well after each addition.</li> <li>5. Add the orange juice and mix lightly.</li> <li>6. Add sweet potato, apple and orange rind.</li> <li>7. Add the soaked oats and milk and mix well.</li> <li>8. Prepare the topping for the in a separate bowl by mixing the rolled oats, nuts, sugar, essence and oil.</li> <li>9. Beat the egg whites until soft peak stage.</li> <li>10. Sift the cake flour, baking powder, and salt over the sweet potato-egg mixture, and gently mix.</li> <li>11. Gently fold the stiffly beaten egg whites into the batter.</li> <li>12. Pour the mixture into the greased pan.</li> <li>13. Top with the oat-nut topping, spreading it evenly over the cake and press it lightly into the batter with the back of a spoon.</li> <li>14. Bake for an hour and 10 minutes.</li> <li>15. Leave it to slightly cool in the pan, turn out carefully and allow to cool completely on a cooling rack.</li> </ol>