

EAT BETTER FOR LESS MONEY

Granola

12 ounces of Rolled Oats
1 ounce of Wheat germ
3½ ounce Desiccated Coconut
1½ ounces Sesame Seeds
½ ounce soft Brown Sugar (not necessary)
½ teaspoon Salt
4 ounces of Oil (not Olive Oil) 4 ounces of clear Honey
1 teaspoon Vanilla Essence 1½ ounces Hazel Nuts
5 ounces Sultanas added after the cooking

Mix all the ingredients together and bake in the oven on a tray for 30 minutes at 275F

Tofu Loaf

1 block Tofu – drained and chopped
1 large Carrot, grated 1 cup chopped Spring Onions
1 Vegetable Stock Cube, crumbled
2 tablespoons Soy Sauce
1 can Condensed Mushroom Soup 1 cup Breadcrumbs
3 to 4 tablespoons Milk 2 Eggs, beaten
1 tablespoon Burger Mix (optional)

Mix all the ingredients together, adding eggs last. Bake in oven for 45 minutes at 350F.

Chicken Supreme

4 ounces Button Mushrooms
1 tin Soya Chicken Slices or packet of Quorn pieces
1 tin Condensed Mushroom Soup
1 large Onion 1 small tin Evaporated Milk
Almonds Sliced Celery

Pre-heat the oven to gas 5. Slightly sauté onions and mushrooms. Add all the ingredients. Put in a casserole dish and bake for 25 minutes.

Date Fingers

4 ounces Margarine 4 ounces Sugar
1 ½ ounces Cocoa 1 Egg
6 ounces cut Dates 1 small packet of Digestive Biscuits

Place margarine and sugar in a pan and melt.
Mix in the egg, dates, and cocoa. Break the biscuits and mix into the mixture.
Place mixture thinly into a tray and leave to cool.
Cut into fingers and serve.

Sandwich Filling

1 chopped Onion 1 tin of chopped Tomatoes
1 Egg 1 ounce grated Cheese
1 ounce Sage and Onion Stuffing Mix

Fry the onion and add tomatoes.
Bring to a simmer and mix in the egg and cheese.
Thicken with the stuffing mix and leave to cool.

SIT BACK AND ENJOY. HEALTHY AND HAPPY EATING!