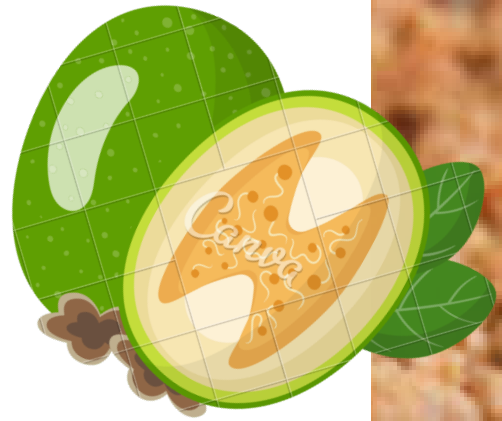


Apple and feijoa crumble

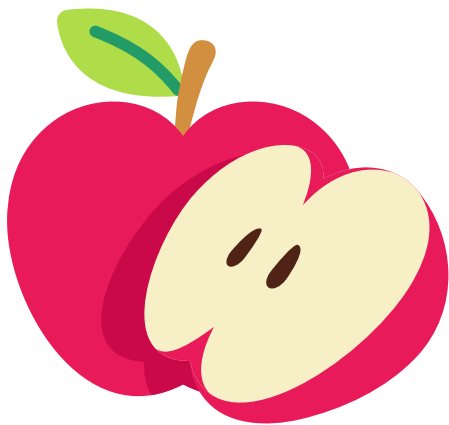
Equipment

- Measuring cups & spoons
- Chopping board & knife
- Vegetable Peeler
- Mixing bowls and spoons
- Ovenproof dish



Ingredients

- 1 cup feijoa flesh
- 2 cups apple (peeled and chopped)
- ¼ cup soft brown sugar
- ¾ cup rolled oats
- ¼ cup desiccated coconut
- 2 tablespoons butter



Directions

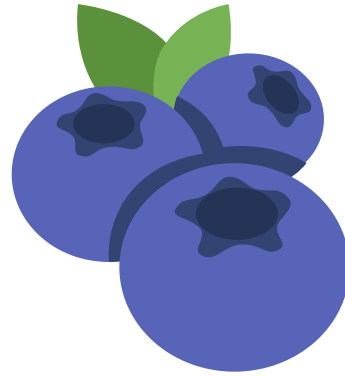
- Preheat oven to 180 degrees C.
- Combine feijoa and apple and put into an ovenproof dish.
- Combine brown sugar, rolled oats, coconut and butter. Mix together until it resembles breadcrumbs.
- Top fruit with the crumble mixture and bake for 20 minutes until golden and bubbling.



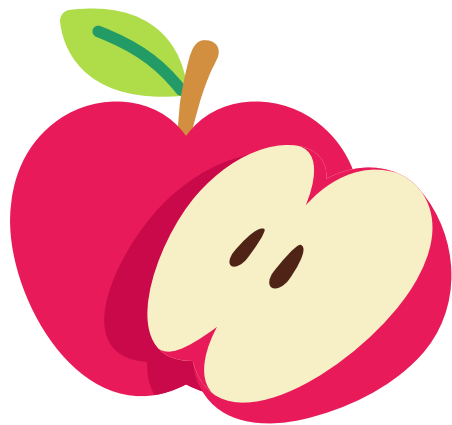
Apple and berry crumble

Equipment

- Measuring cups & spoons
- Chopping board & knife
- Vegetable Peeler
- Mixing bowls and spoons
- Ovenproof dish



Ingredients



- 1 cup mixed berries
- 2 cups apple (peeled and chopped)
- $\frac{1}{4}$ cup soft brown sugar
- $\frac{3}{4}$ cup rolled oats
- $\frac{1}{4}$ cup desiccated coconut
- 2 tablespoons butter

Directions



- Preheat oven to 180 degrees C.
- Combine feijoa and apple and put into an ovenproof dish.
- Combine brown sugar, rolled oats, coconut and butter. Mix together until it resembles breadcrumbs.
- Top fruit with the crumble mixture and bake for 20 minutes until golden and bubbling.



Crunchy Lemon Muffins



Equipment

- 1 large mixing bowl
- 1 medium mixing bowl
- Measuring cups and spoons
- Muffin tins
- Lemon squeezer
- Spatula or spoon for mixing
- Pastry brush
- Grater for lemon rind
- Sieve

Ingredients

- Grated rind of 1 large lemon
- 1 egg
- 1 cup milk
- ½ cup butter
- ¾ cup sugar
- 2 teaspoons baking powder
- 2 cups flour

Lemon Glaze:

- ¼ cup lemon juice
- ¼ cup sugar



Directions

- 1 Preheat oven to 200°C.
 - 2 Sieve flour, baking powder and mix with sugar in a bowl.
 - 3 Melt butter in a large bowl, add milk, egg and lemon rind. Combine the mixture well
 - 4 Add the dry ingredients to the liquid and fold gently to combine with a spoon or spatula. Stop as soon as the dry ingredients have been lightly dampened but not thoroughly mixed.
 - 5 Divide mixture evenly between the muffin tins.
 - 6 Bake for 10-12 minutes till golden brown.
- METHOD FOR MAKING CRUNCHY LEMON GLAZE.**
- While muffins bake, stir together the lemon juice and sugar without dissolving the sugar. Brush over the hot muffins as soon as they are removed from the baking pans.



Banana Muffins

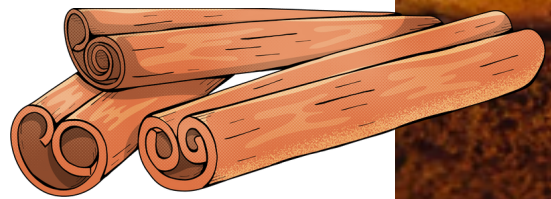
Equipment

- 1 large mixing bowl
- 1 medium mixing bowl
- Measuring cups and spoons
- Muffin tins
- Spatula or spoon for mixing
- Sieve
- Can opener
- Tooth pick



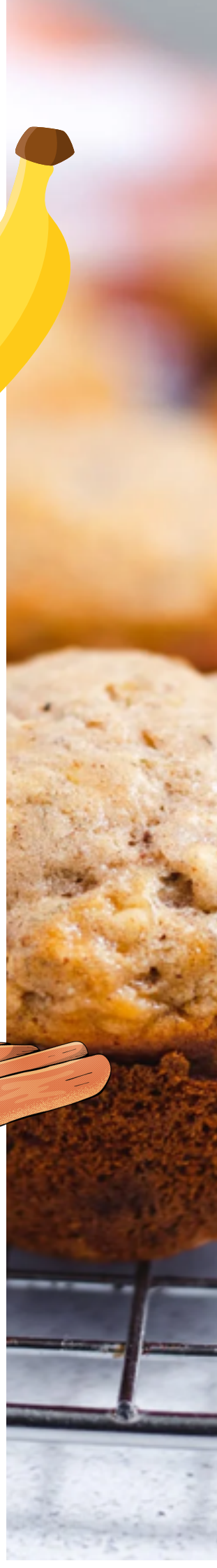
Ingredients

- 1 cup white sugar
- ½ cup brown sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground nutmeg
- 1 teaspoon salt
- 2 cups mashed ripe bananas
- 1 cup canola oil
- 1 cup coconut milk



Directions

- Preheat the oven to 180degrees C, Grease 12 muffin cups or line with paper liners.
- Mix flour, white sugar, brown sugar, cinnamon, baking powder, baking soda, nutmeg, and salt together in a large bowl. Stir bananas, canola oil, and coconut milk together in a separate bowl; stir banana mixture into flour mixture until just combined. Divide batter among the muffin cups, filling each about 3/4 full.
- Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 30 to 35 minutes.



Crunchy Lemon Muffins



Equipment

- 1 large mixing bowl
- 1 medium mixing bowl
- Measuring cups and spoons
- Muffin tins
- Lemon squeezer
- Spatula or spoon for mixing
- Pastry brush
- Grater for lemon rind
- Sieve

Ingredients

- Grated rind of 1 large lemon
- 1 flax egg
- 1 cup soy milk
- ½ cup vegan butter
- ¾ cup sugar
- 2 teaspoons baking powder
- 2 cups flour

Lemon Glaze:

- ¼ cup lemon juice
- ¼ cup sugar

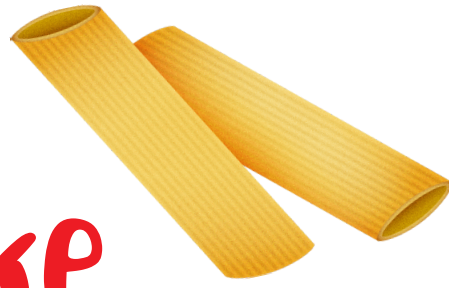


Directions

- 1 Preheat oven to 200°C.
 - 2 Sieve flour, baking powder and mix with sugar in a bowl.
 - 3 Melt butter in a large bowl, add milk, egg and lemon rind. Combine the mixture well
 - 4 Add the dry ingredients to the liquid and fold gently to combine with a spoon or spatula. Stop as soon as the dry ingredients have been lightly dampened but not thoroughly mixed.
 - 5 Divide mixture evenly between the muffin tins.
 - 6 Bake for 10-12 minutes till golden brown.
- METHOD FOR MAKING CRUNCHY LEMON GLAZE.**
- While muffins bake, stir together the lemon juice and sugar without dissolving the sugar. Brush over the hot muffins as soon as they are removed from the baking pans.



Spinach Pasta bake



Ingredients

Equipment

- Measuring cups and spoons
- Mixing bowls and spoon/spatula
- Chopping board and knife
- Grater
- Vegetable peeler
- Frying pan
- Blender
- Large saucepan
- Ovenproof dish



FOR THE PASTA SAUCE

- 1 cup of onion, diced
- 2 cups of carrot, grated
- 2 tablespoons of garlic, minced
- 4 cups of crushed tomatoes
- 2 tablespoons tomato paste
- 1 tablespoon balsamic vinegar
- Pinch of dried basil
- Pinch of dried oregano
- 3 cups of water
- Salt and pepper
- Cooking oil spray

FOR THE PASTA BAKE

- 4 cups of uncooked pasta (penne)
- 4 cups of fresh spinach, chopped
- 2 cups cheese, grated



Directions

- Spray a frying pan with some cooking oil spray.
- Add the onion, carrot, garlic and fry for a couple of minutes to soften.
- Add in the crushed tomatoes, tomato paste, vinegar, herbs and water, bring to the boil and then cover, simmer for about 10 – 15 minutes.
- Add to a blender (or use a stick blender) until smooth (you can leave the sauce as is if you prefer).
- Taste sauce and season as needed with salt and black pepper.
- Preheat oven to 180c.
- Cook pasta accordingly to package instructions until al dente. Reserve a little of the pasta water.
- 1. Combine the sauce with the pasta and chopped spinach until all mixed well. Add in a little of the reserved pasta water if needed to loosen sauce.
- Add to an ovenproof dish and top with the cheese.
- Bake for approx. 25-30 minutes until cheese on top is melted and lightly golden.

