

# Strawberry Muffins

Traffic Light Category – **AMBER**

Makes 14



## Ingredients

Wet Mix:

- ½ cup poly or monounsaturated margarine
- ½ cup sugar
- 2 eggs
- 1 cup reduced fat strawberry yoghurt
- 1 punnet chopped fresh strawberries
- Grated rind and juice of 1 large lemon



Dry Mix:

- 2½ cups self raising flour

## Method

1. Preheat oven to 180°C and grease or line the muffin pans
2. Blend the margarine and sugar and beat in the eggs and yoghurt
3. Fold in the chopped strawberries, lemon juice and rind
4. Very carefully fold in the flour to avoid squashing the strawberries
5. Place in muffin pans and bake for 20-25 minutes.

## Tip

- *Other fresh berries such as raspberries, boysenberries or blackberries could be substituted for strawberries.*

# Date Balls

Traffic Light Category – **AMBER**

Serves 30 (approximately)

## Ingredients

- 200g poly or monounsaturated margarine
- 500g dried dates
- 200g Milk Arrowroot biscuit
- 1 cup white sugar
- 1 tsp vanilla essence
- Coconut to roll date balls



## Method

1. Melt margarine and sugar in a saucepan, stirring until sugar has dissolved
2. Add chopped dates and cook until dates are soft and mushy, allow to cool
3. Break biscuits into small pieces; add vanilla and biscuits to date mixture combine well
4. Roll mixture in palms until a small ball is formed then roll lightly in coconut
5. Place in fridge.

# Low Fat Christmas Cake

Traffic Light Category – **AMBER**

Serves 50

## Ingredients

- 375g ready to eat pitted prunes
- 6 tbsp brandy OR sherry OR orange juice
- 200g brown sugar
- 4 eggs
- Finely grated zest of 1 large lemon
- Finely rated zest of 1 large orange
- 350g self raising flour
- 1 tsp ground mixed spice
- 750g mixed dried fruit
- 4 - 6 tbsp skim milk

## Method

1. Heat the oven to 350°C. Line a deep 23cm (9in) round cake tin with baking paper
2. Puree the prunes and brandy (or sherry or orange juice), to a smooth paste in a food processor or with a hand held mixer. Transfer the puree to a large bowl
3. Add the sugar, eggs, lemon and orange zest, whisk until the mixture is pale, thick and fluffy
4. Sift the flour and mixed spice onto the prune mixture, then fold them in with a large metal spoon. Fold in the dried fruit and enough milk to make a soft dropping consistency
5. Spoon the cake mixture into the prepared tin and smooth over the top. Bake in the centre of the oven for 45 minutes, then reduce the temperature to 160°C. Continue baking for a further hour and 15 minutes, or until the cake is well risen, firm to the touch and a skewer inserted in the centre comes out clean. If during baking, the top of the cake appears to be over browning, cover it loosely with a piece of foil
6. Leave the cake to cool in the tin on a wire rack for 10-15 minutes. Remove the cake from the tin, peel off paper and leave to cool completely on the rack
7. Wrap in foil, or store in an airtight container.

