



40 delicious recipes for the
LOFFLEX DIET

Low Fat • Fibre Limited • Exclusion Diet



Recipes for the basic LOFFLEX Diet

This recipe booklet is intended to help make the LOFFLEX diet easier to follow.

You can also adapt your own recipes to be suitable for the LOFFLEX diet; use the recipes here as a guide.

The following recipes only contain ingredients that are suitable on the basic LOFFLEX diet; however recipes can be adapted during the reintroduction stage to include those ingredients that are tolerated on introduction.

Remember to check the ingredients labels of packaged foods.

Most recipes make 2-4 portions. Extra portions can be frozen and used later for convenience.

KEY

tsp = teaspoon

dssp = dessertspoon

tbsp = tablespoon

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breakfast (potato recipes)



breakfast (potato recipes)

Potato Cakes

Makes 4 cakes

Ingredients

240g potatoes, peeled and cooked
1 oz milk-free margarine
Pinch of salt

Method

1. Preheat the oven to 190°C/ 170°C fan/ Gas mark 5.
2. Mash the potatoes with the milk-free margarine.
3. Roll out to approximately 1 inch thick.
4. Cut into 4 rounds with a cutter.
5. Place on a baking sheet and dot with a small amount of milk-free margarine or suitable oil.
6. Bake in the oven until golden brown.

Potato Scones

Makes 4 cakes

Ingredients

240g potato, peeled and cooked
Approximately 3 tbsp potato flour
½ tsp milk-free margarine
Pinch of salt

Method

1. Mash the potato with the milk-free margarine in a bowl, adding salt to taste.
2. Turn onto a board that has been lightly dusted with the potato flour.
3. Mix in as much potato flour as the potato will absorb.
4. Work the mixture into a pliable dough and roll as thin as possible.
5. Prick all over with a fork and place in a heavy frying pan or griddle.
6. Cook for three minutes on each side and wrap in a cloth to cool.



Potato Flour Savoury Pancakes

Makes 4 pancakes

Ingredients

150g potato flour
½ pint boiling water
1 tsp salt
Cooked vegetables and/or
meat for stuffing

Method

1. Pour the potato flour into the salted water, stirring continuously over a moderate heat, and bring back to the boil.
2. Cook until thickened to form a dough-like consistency.
3. Remove the dough from the pan and pat into 4 rounds.
4. Cook in a heavy frying pan, brushed with suitable oil or milk-free margarine, or on a griddle.
5. Brown pancake on both sides and serve with the cooked vegetables and/or meat whilst still hot.



These recipes can also be used to accompany lunch and evening meals.

SOUPS

soups

Carrot & Coriander Soup

Makes 4 portions

Ingredients

Small quantity of suitable oil
8 carrots, peeled and diced
1 tsp ground coriander
Salt and pepper to taste
1 litre vegetable stock (see recipe)
or 1 litre water
Bunch of fresh coriander, roughly chopped



Method

1. Heat the oil in a large pan on a medium heat.
2. Add the carrots and cook for 3-4 minutes until they start to soften.
3. Stir in the ground coriander and add salt and pepper to taste. Heat for about 1 minute.
4. Add the vegetable stock or water and bring to the boil. Simmer until the carrots are tender.
5. Transfer the soup to a blender and blend until smooth.
6. Reheat in a pan and stir in the fresh coriander to serve.

Orange Root Soup

Makes 4 portions

Ingredients

450g butternut squash or pumpkin, peeled, de-seeded and diced
450g carrots, peeled and chopped
1 litre of water
1 bay leaf
2 tsp tamari sauce
25g root ginger, skin removed, finely chopped
Salt and pepper (to taste)



Method

1. Place all the ingredients in a large pan and simmer for 30-35 minutes until vegetables are soft.
2. Remove the bay leaf.
3. Place the soup in a blender and blend until smooth.
4. Reheat in a pan and add salt and pepper to taste.

soups

Mushroom Soup

Makes 4 portions

Ingredients

- 400g mushrooms, washed, peeled, sliced, stalks removed
- 300ml chicken or vegetable stock (see recipe)
- ¼ tsp oregano
- 170g soya cream mixed with 115g/4 fl oz cold water
- 2 tsp arrowroot mixed with a little cold water until dissolved
- Chopped parsley to garnish (optional)



Method

1. Simmer the mushrooms in a saucepan with the stock and oregano for 20 minutes. Remove from the heat and allow to cool a little.
2. Add the soya cream and water mixture and stir well.
3. Transfer to a blender and blend until smooth.
4. Return the soup to the saucepan, add the arrowroot and water mixture and heat gently to thicken. If the soup is not as thick as desired, add another tsp of arrowroot (mixed in a little cold water) to the soup and heat.
5. To serve, sprinkle with chopped parsley as desired.

Cream of Cauliflower Soup

Makes 4 portions

Ingredients

- 1 tbsp sunflower oil
- 700ml vegetable stock (see recipe)
- 2 tsp arrowroot mixed with a little cold water until dissolved
- 1 fresh cauliflower head cut into sprigs, stalks and leaves removed
- A pinch of grated nutmeg
- A little soya cream
- Chopped parsley to garnish (optional)



Method

1. Heat the oil and stock in a pan.
2. Add the arrowroot and heat gently to thicken.
3. Add the cauliflower and grated nutmeg.
4. Cover and simmer for 20-35 minutes or until the cauliflower is well cooked.
5. Transfer the soup to a blender and blend until smooth.
6. Reheat gently in a pan.
7. To serve, swirl in the cream and sprinkle with chopped parsley as desired.

meat dishes

meat dishes

Mince & Vegetable Sauce

Makes 4 portions

Ingredients

400g lean beef / lamb mince
Small quantity of suitable oil for frying
1 courgette, peeled and diced
400g red pepper and basil sauce (see recipe)
Salt and pepper to taste



Method

1. Fry the mince with a little oil in a pan until brown.
2. Add the diced courgettes and fry until soft.
3. Stir in the red pepper and basil sauce.
4. Add salt and pepper to taste.
5. Serve with rice, rice pasta or potatoes as desired.

Stir-Fried Beef

Makes 2 portions

Ingredients

200g beef, cut in to thin strips
1 clove of garlic, peeled and sliced thinly
Small cube of fresh ginger, peeled and sliced thinly
 $\frac{1}{3}$ green chilli, de-seeded and sliced thinly
 $\frac{1}{2}$ red pepper, de-seeded, core removed and sliced thinly
1 carrot, peeled and sliced thinly
Few florets of broccoli, stalks removed
Handful of mushrooms, peeled, stalks removed and sliced thinly
Small quantity of suitable oil
2 tbsp tamari sauce
Salt and pepper to taste



Method

1. Heat the oil in a wok on a high heat and fry the beef until browned.
2. Add the garlic, ginger, chilli and vegetables and stir-fry for 3-4 minutes.
3. Add the tamari sauce.
4. Stir well and cook for a further two minutes.
5. Season with salt and pepper to taste.
6. Serve with boiled rice or rice noodles.



Chicken Risotto

Makes 2 portions

Ingredients

800ml vegetable stock (see recipe) or water
2 chicken breasts, skin removed and diced
1 red pepper, diced, core and seeds removed
Salt and pepper to taste

2 tbsp suitable oil
150g risotto rice
1 small courgette, diced

Method

1. Gently simmer the vegetable stock in a pan until ready for use.
2. Heat the oil in a large frying pan and cook the chicken until browned. Remove from the pan and keep on a separate plate ready to be used later.
3. Place the courgette and pepper in the pan and cook until soft.
4. Mix in the rice and cook until starts to turn transparent. Gradually add the stock, one ladle at a time, stirring until the stock has been absorbed each time.
5. When all the stock has been absorbed, return the browned chicken to the pan and warm through.
6. Add salt and pepper to taste.

meat dishes

Roast Chicken with Potatoes & Vegetables

Makes 2 portions

Ingredients

1 small whole chicken or 2 chicken breasts (skin removed)
300g potatoes, peeled and cut into similar sizes
Small quantity of suitable oil
2 rosemary sprigs or 1 tbsp dried rosemary
Salt and pepper to taste
2 carrots, peeled and sliced
Broccoli florets stalks and leaves removed
Tahini gravy to serve as desired (see recipe)

Method

1. Preheat the oven to 200°C/ 180°C fan/ Gas mark 6.
2. Place the chicken in a roasting tray and cook until juices run clear (as per packet instructions if applicable).
3. Meanwhile, boil the potatoes until they start to become soft.
4. Place the potatoes in a roasting tray with the oil, rosemary and salt and pepper to taste. Place in the oven to roast.
5. When the chicken is cooked through, remove from the oven and allow to rest for approx. 15 minutes.
6. Turn the oven heat up to 220°C/ 200°C fan/ Gas mark 7 to finish roasting the potatoes.
7. Steam or boil the carrots and broccoli until tender (other suitable vegetables could be used).
8. Remove the skin from the chicken and serve with the roast potatoes, vegetables and with prepared tahini gravy if desired.



fish & seafood dishes



fish & seafood dishes

White Fish in Mushroom Sauce

Makes 2 portions

Ingredients

2 white fish fillets e.g. cod, haddock
Milk-free margarine – 1 tbsp for the sauce and a little for basting the fish
15g rice flour
Salt and pepper to taste

120ml soya milk
100g button mushrooms, peeled and sliced, stalks removed
A small quantity of suitable oil for frying
Fresh parsley to garnish

Method

1. Baste the fish with a little milk-free margarine and grill for about 6 minutes on each side.
2. Meanwhile, to make the sauce, melt 1 tbsp of milk-free margarine in a saucepan and slowly add the rice flour, stirring continuously.
3. Gradually stir in the soya milk.
4. In a separate pan, fry the sliced mushrooms in a little oil.
5. Add the mushrooms to the white sauce and season with salt and pepper to taste.
6. Simmer and stir for a couple of minutes.
7. Place the fish on a warmed serving dish and pour over the mushroom sauce.
8. Garnish with fresh parsley and serve with rice or potatoes as desired.

Fish and Prawn Pie

Makes 3 portions

Ingredients

For the fish:

350g firm white fish, skinned and filleted
200ml soya milk or rice milk
100g prawns



For the potato topping:

300g potatoes, peeled
200ml soya or rice milk
1 tbsp milk free margarine

For the sauce:

2 leeks (white part only), finely chopped
25g milk free margarine
25g rice flour
1 bay leaf
Pinch of grated nutmeg
Salt and pepper to taste
Fresh dill, chopped

Method

1. Preheat the oven to 180°C/ 160°C fan /Gas mark 4.
2. **For the fish**
 - Put the white fish into an ovenproof dish with the of soya/ rice milk and bake for 15 minutes.
 - When cooked, remove the fish from the oven and carefully pour the milk from the fish into a saucepan (to be used later).
 - In the ovenproof dish, flake the fish into large chunks and scatter the prawns evenly over the top. Set aside.
3. **For the potato topping:**
 - While the fish is cooking, boil the potatoes, then drain and mash them with the soya/ rice milk and milk free margarine until smooth. Set aside.
4. **For the sauce:**
 - Add the leeks to the milk (from the fish) in the saucepan and simmer for about 5 minutes until soft.
 - In another saucepan melt the milk-free margarine, then add the rice flour and cook, stirring continuously for about 1 minute.
 - Add the bay leaf and nutmeg, and gradually stir in the milk and leeks until the sauce thickens.
 - Add salt and pepper to taste, then stir in the dill.
5. **To bake:**
 - Pour the sauce over the fish and prawns.
 - Top with the mashed potato and cook for 15-20 minutes, until golden and bubbling.

fish & seafood dishes

Salmon with Courgette & Redbush (Rooibos) Sauce

Makes 2 portions

Ingredients

Small quantity of suitable oil
1 medium courgette, skin removed and thinly sliced
2 salmon fillets (skinless and boneless)
Salt and pepper to taste
Redbush (Rooibos) tea made up with 200ml water
Basil or parsley to garnish (optional)



Method

1. Heat the oil in a pan and gently cook the courgettes.
2. Place the salmon fillets on top of the courgette slices in the pan and add salt and pepper to taste.
3. Pour over the redbush tea, cover the pan with a lid and bring to a gentle simmer.
4. Cook slowly for 20 minutes then allow to cool slightly in the juices.
5. Remove the fish carefully from the pan, arrange on a serving dish and keep warm.
6. Transfer the courgettes and juices to a blender and blend until smooth.
7. To serve, spoon the blended courgettes over the salmon fillets, add salt & pepper to taste and garnish with basil or parsley.

Ginger Prawn Chowder

Makes 2 portions

Ingredients

500mls vegetable stock (see recipe)
3 tsp tamari sauce
1 leek, sliced
1 carrot, peeled and sliced
Small cube of fresh ginger, skin removed and chopped finely
200g cooked peeled prawns
60g dried rice noodles



Method

1. Heat the stock in a pan.
2. Add the tamari sauce, leek, carrot and ginger and simmer for 10 minutes.
3. Add the prawns and rice noodles and simmer for a further 3 minutes until cooked.
4. Serve in soup bowls.

Paella

Makes 2 portions

Ingredients

120g rice
½ red pepper, core and seeds removed, sliced
Handful of button mushrooms, skins removed, sliced
Pinch of fresh herbs
½ tsp paprika
½ tsp turmeric
Pinch of salt
120g white fish
50g prawns
50g tinned tuna or salmon

Method

1. Preheat the oven to 180°C/ 160°C fan/ Gas Mark 4.
2. Boil the rice with the pepper, mushrooms, herbs, paprika, turmeric and salt until the rice is cooked, then drain.
3. Gently steam or microwave the white fish until cooked. Allow to cool slightly and flake.
4. Mix together the flaked fish, prawns and tinned tuna or salmon with the rice and vegetable mixture and 4.
5. Coat the fishcakes evenly with the rice flour.
6. Place on a baking tray and bake in the oven until golden brown and crispy (approximately 20 minutes).



Baked Mackerel

Makes 2 portions

Ingredients

2 mackerel fillets
½ tsp dried mixed herbs
Salt and pepper to taste
1 tsp rice vinegar mixed with a little water

Method

1. Preheat the oven to 180°C/ 160°C fan/ Gas mark 4.
2. Place the mackerel fillets in an ovenproof dish.
3. Pour the rice vinegar over the fish.
4. Sprinkle with the dried herbs and salt and pepper to taste.
5. Cover with foil and bake for about 15-20 minutes or until the fish is easy to flake.





fish & seafood dishes

Fish Cakes

Makes 2 portions

Ingredients

375g potatoes, peeled and cut in to even sizes	450g white fish fillet (fresh or frozen)
20g milk-free margarine	1 tbsp fresh parsley, chopped
Salt and pepper to taste	35g rice flour for coating

Method

1. Boil the potatoes until soft.
2. Drain and mash the potato (without adding milk and margarine).
3. Place the fish in a saucepan and cover with water. Bring to the boil and simmer for 5-10 minutes until it is cooked and flaking. (Alternatively you can microwave the fish until white and easy to flake). Drain off any excess water and flake the fish.
4. Melt the margarine in a small pan.
5. In a bowl, combine the melted margarine with the fish, mashed potato, parsley and salt and pepper to taste.
6. Shape into fishcakes using your hands then place them in a fridge to cool for at least 30 minutes.
7. Preheat the oven to 180°C/ 160°C fan/ Gas mark 4.
8. Coat the fishcakes evenly with the rice flour.
9. Place on a baking tray and bake in the oven until golden brown and crispy (approximately 20 minutes).

vegetable dishes



vegetable dishes

Roasted Vegetable Rice Pasta

Makes 2 portions

Ingredients

- 1 pepper, de-seeded, core removed and chopped into small pieces
- ½ medium aubergine, peeled and chopped into small pieces
- 1 leek, thinly sliced, stalks and leaves removed
- 1 courgette, sliced with skin removed
- 1 clove of garlic, chopped
- Small quantity of suitable oil
- 150g rice pasta
- Dash of Tamari sauce to serve

Method

1. Preheat the oven to 180°C/ 160°C fan/ Gas Mark 4.
2. Place the vegetables and garlic in a roasting tray with the oil. Shake to coat and roast in the oven for about 30 minutes.
3. Boil the rice pasta until soft.
4. To serve, dash the vegetables with tamari and mix with the rice pasta.
5. You can add cooked meat or fish to the dish if desired.

Rice Pilaf

Makes 2 portions

Ingredients

- 1 small leek, finely chopped
- Small quantity of suitable oil
- 2 cloves garlic, finely chopped
- 1 tsp cumin seeds
- 500ml vegetable stock (see recipe)
- 150g uncooked rice
- ½ red pepper, seeds and core removed, diced
- 1 bay leaf
- Salt and pepper to taste

Method

1. In a saucepan, gently cook the leek in a little oil until softened.
2. Add the garlic and cumin seeds and stir for 1 minute.
3. Add the stock, rice, red pepper, bay leaf and salt and pepper to taste.
4. Bring to the boil and simmer for about 15 minutes.



Rice Spaghetti with Vegetable Sauce

Makes 2 portions

Ingredients

- 300ml vegetable stock (see recipe)
- Approximately 250g mixed vegetables (e.g. leeks, carrots, swede, celery with skins, seeds and stalks removed and chopped into small pieces)
- 1 bay leaf
- Pinch of nutmeg
- Salt and pepper to taste
- 150g dry rice spaghetti or noodles
- Chopped parsley to garnish (optional)

Method

1. Bring the stock to the boil in a saucepan.
2. Add the vegetables, bay leaf and salt and pepper to taste. Cook until soft, adding more water if necessary.
3. Remove from the heat and transfer to a blender. Blend to desired consistency.
4. Return to the pan and stir in the nutmeg. Set aside.
5. Boil the rice spaghetti or noodles until soft. While they are cooking, reheat the sauce.
6. To serve, pour the sauce over the spaghetti or noodles.
7. Sprinkle with parsley to garnish as desired.



vegetable dishes

Vegetable Kebabs with Saffron Rice

Makes 2 portions

Ingredients

For the vegetable kebabs:

- 1 tbsp suitable oil
- 1 tsp rice vinegar
- 1 tsp fresh or dried thyme
- 1 tsp fresh or dried rosemary
- 1 courgette, skin removed, cut into chunks
- 4 small mushrooms, stalks removed, peeled and cut in half
- 1 green pepper, core and seeds removed, cut into pieces
- 1 orange/yellow pepper, core and seeds removed, cut into pieces
- Wooden or metal skewers

For the saffron rice:

- 200ml vegetable stock (see recipe)
- Pinch of saffron
- Pinch of cardamon
- Pinch of cinnamon
- 120g uncooked rice
- Salt and pepper to taste

Method

1. Mix together the oil, rice vinegar, thyme and rosemary in a bowl. Stir well and set aside to allow the flavours to develop while you make the saffron rice.
2. To make the saffron rice, put the vegetable stock, saffron, cardamon and cinnamon in a pan, bring to the boil and simmer for 3-4 minutes.
3. Wash and drain the rice and add to the pan of stock. Stir well and cook for 10 minutes until soft.
4. Drain and season with salt and pepper to taste. Put into a heated oven dish and keep warm.
5. Arrange the vegetables alternately on skewers and brush well with the herb-flavoured oil prepared earlier.
6. Grill the kebabs, frequently turning and basting with the herb-flavoured oil, until cooked and lightly browned (approx. 8-10 minutes).
7. Remove from the skewers and serve on the saffron rice.



side
dishes/
starters

side dishes/starters

Sweet Potato (& Ginger) Mash

Makes 2 portions

Ingredients

2 medium sweet potatoes, peeled and chopped in to chunks
Small cube of fresh ginger, peeled and grated (optional)
1 tbsp milk-free margarine
1 tbsp soya milk
Salt and pepper to taste

Method

1. Put the sweet potato chunks (and ginger if using) into a pan of water and boil until soft.
2. When soft, drain off the water and mash in a pan with the milk-free margarine and soya milk.
3. Season with salt and pepper to taste.



Avocado with Prawns in Mango Dressing

Makes 2 portions

Ingredients

½ large mango or 1 small mango, skin removed, sliced thinly
1 tbsp white grape juice
½ tbsp suitable oil
Salt and pepper to taste
100g large peeled prawns
1 small avocados peeled and sliced
Salad leaves to garnish

Method

1. Place the mango into a blender with the grape juice, oil, salt and pepper and blend to a pure.
2. Mix the blended mango mixture with the cooked prawns in a bowl.
3. Fan slices of avocado on a plate and place a small bed of salad leaves on the other side.
4. Spoon the prawn and mango mixture onto the leaves and season with black pepper as desired.



Stuffed Peppers

Makes 4 portions as a side dish

Ingredients

50g white rice
4 good sized whole peppers, core and seeds removed
2 tbsp suitable oil
1 tsp chives, finely chopped
3 medium sized mushrooms, stalks removed, peeled and finely chopped
60g bean sprouts
Small tin of water chestnuts, cut into small pieces
Salt and pepper to taste
Small quantity of suitable oil to bake

Method

1. Preheat the oven to 180°C/ 160°C fan/ Gas Mark 4.
2. Boil the rice for approximately 10 minutes until soft. Drain and set aside.
3. Heat the oil in a pan and add the chives and mushrooms. Cook for 3-4 minutes.
4. Add the bean sprouts and water chestnuts and cook for a further 2 minutes.
5. Remove the pan from the heat and transfer the contents into a bowl.
6. Mix with the cooked rice and season with salt and pepper to taste.
7. Cut the tops off the peppers to make lids and set the lids aside. Scoop out the seeds and core. Fill with the vegetable and rice mixture and replace the lids.
8. Brush the peppers with a little oil and bake for about 20 minutes.

side dishes/starters

Balsamic Vegetables

Makes 2 portions

Ingredients

Approx 250g of mixed vegetables
e.g. peppers, courgettes, mushrooms,
sweet potato (skins, seeds and stalks removed
and chopped in to small pieces)

Sweet balsamic dressing (see recipe)

Method

1. Pre-heat the oven to 180°C/ 160°C fan / Gas Mark 4.
2. Place the mixed vegetables on a foil-lined baking tray and coat with the sweet balsamic dressing.
3. Bake in the oven for about 30 minutes or until soft.



Roasted Garlic and Rosemary Potatoes

Makes 2 portions

Ingredients

250g baking potatoes, washed,
peeled and diced in to cubes
2 rosemary sprigs/1 tbsp. dried rosemary

1 tbsp. suitable oil
1 garlic clove, chopped finely
Salt and pepper to taste

Method

1. Preheat the oven to 170°C/ 150°C fan/ Gas mark 3.
2. In a large pan or bowl (with a lid), mix the potatoes with the oil, rosemary, garlic, salt and pepper. Cover and shake until all the potatoes are well coated.
3. Put the potatoes into a foil lined baking tray and roast for about 40 minutes, turning them once during baking, until golden and crispy.

Sweet Potato Wedges

Makes 4 portions

Ingredients

600g sweet potatoes, peeled and
cut in to wedges

1 tbsp suitable oil

1-2 garlic cloves, crushed (optional)

2 tsp dried rosemary (optional)

Method

1. Pre-heat the oven to 180°C/ 160°C fan/ Gas Mark 4.
2. Place the potatoes on a foil-lined baking tray lined.
3. Drizzle with the oil and sprinkle with the crushed garlic and rosemary as desired.
4. Bake in the oven for about 30 minutes.



dressings & sauces

dressings & sauces



Low Fat French Dressing

Makes 4 portions

Ingredients

40ml white wine vinegar
15ml olive or rapeseed oil (use garlic infused oil if you prefer – see recipe)
Dried mixed herbs or a fresh herb of your choice, finely chopped
Salt and pepper to taste

Method

1. Combine the above ingredients and beat to an emulsion.
2. This can be stored in a bottle in the fridge for a few days.

Fruity Salad Dressing

Makes 4 portions

Ingredients

40ml grape or pineapple juice
15ml olive or rapeseed oil (use garlic infused oil if you prefer – see recipe)
Dried mixed herbs or a fresh herb of your choice, finely chopped
Salt and pepper to taste

Method

1. Combine the above ingredients and beat to an emulsion.
2. This can be stored in a bottle in the fridge for a few days.



Garlic Infused Oil

To be used sparingly in recipes as desired

Ingredients

3-4 garlic cloves
Small bottle of olive or rapeseed oil

Method

1. Chop the garlic cloves into pieces and add to a small bottle of oil.
2. Leave to infuse for about a week.
3. Use the oil sparingly (remove garlic cloves).

dressings & sauces

Balsamic Dressing

Makes 4 portions

Ingredients

- 40ml balsamic vinegar
- 15ml olive oil olive/ rapeseed oil (use garlic infused oil if you prefer – see recipe)
- 2 tsp honey (optional)

Method

1. Combine the above ingredients and beat to an emulsion.
2. This can be stored in a bottle in the fridge for a few days.

Gravy Browning

Makes about 150ml

Ingredients

- 120g caster sugar
- Approx. 150ml water

Method

1. Pour the sugar into a saucepan and dissolve in 2 tbsp water.
2. Boil quickly until it turns into a dark brown caramel.
3. Add a little water and heat gently until the caramel dissolves.
4. Gradually add the rest of the water to make a thin syrup. Bring to the boil, then cool, and bottle.
5. Only a small amount is needed to add colour to gravies.

Tahini Gravy

Makes about 300ml

Ingredients

- 1 tbsp olive oil
- 1 tbsp rice flour
- 1 ½ tsp tahini (sesame seed paste)
- Approx 300ml water
- 1 tsp brown rice miso, mixed to a thick paste with a little water

Method

1. Heat the oil in a saucepan.
2. Add the rice flour and tahini.
3. Mix until a thick paste is formed.
4. Slowly add 300ml of water and the rice miso, Simmer until thick.
5. A little gravy browning (see recipe) can be added to give a richer colour.



dressings & sauces

Vegetable Infused Water/ Vegetable Stock

Makes about 2 litres (8 x 250ml portions)

Vegetable infused water can be used on its own as a stock or it can be thickened as required to make a gravy or sauce. It can be frozen in smaller portions e.g. 250ml and used as required.

Ingredients

For vegetable infused water:

2 litres cold water
2 carrots, peeled & chopped
2 celery sticks chopped
A few peppercorns
2 Bay leaves

To thicken a 250ml portion of vegetable infused water (stock):

½ tsp rice flour or arrowroot
1 tsp mixed herbs
1-2 tsp balsamic vinegar
1 tsp tamari sauce
Salt and pepper to taste

Method

To make 2 litres of vegetable infused water:

1. Put the water in a saucepan and add the chopped vegetables.
2. Bring to the boil & simmer for at least one hour.
3. Sieve in to a bowl or jug to remove the vegetables.

To thicken a 250ml portion of vegetable infused water (stock):

1. Bring 250ml of vegetable infused water to the boil in a pan.
2. Take out 50ml of the vegetable infused water and mix with the rice flour or arrowroot to form a paste.
3. Add this to the remaining 200ml vegetable infused water in the pan, stirring vigorously to dissolve it.
4. Add the mixed herbs, balsamic vinegar, tamari and salt and pepper to taste.

Meat or Poultry Stock

Makes approx. 2 litres

Stock can be made with any suitable meat or poultry

Ingredients

Carcass of chicken/turkey or meat bones
2 Carrots, chopped
A few peppercorns

Cold water to cover
2 Celery sticks, chopped
2 Bay leaves

Method

1. Place all the ingredients in a pan.
2. Add enough cold water to cover.
3. Bring to the boil.
4. Simmer for approx. 3 hours.
5. Sieve to remove bones and vegetables before serving.

Red Pepper and Basil Sauce

Makes 2 portions

Ingredients

1 tbsp suitable oil
2 red peppers, core and seed removed, diced
1 tbsp balsamic vinegar
Handful of fresh basil

Method

1. Heat the oil in a pan and add the diced red pepper. Fry gently until soft.
2. Transfer to a blender and blend until smooth, adding water as needed.
3. Before serving, transfer back to a pan, add the balsamic vinegar and fresh basil and heat.

Dill and Parsley Dip

Makes 6 portions

Ingredients

400g silken tofu
Salt and pepper to taste
1-2 tbsp fresh parsley

1 tsp garlic powder
3-4 tbsp fresh dill

Method

1. Place tofu and garlic powder in a blender and blend until smooth, adding water as needed.
2. Season with salt and pepper as desired.
3. Stir in the dill and parsley.

Basic White Sauce

Makes about 100ml

Ingredients

15g milk free margarine
15g rice flour
1 tsp arrowroot mixed with a little cold water until dissolved
60ml soya milk or rice milk (additional milk may be required)
Salt and pepper to taste

Method

1. In a pan, melt the margarine over a low heat. Add the flour and the arrowroot mixture and stir well. Cook slowly for 2 minutes.
2. Gradually add the soya/ rice milk, stirring all the time to prevent lumps. Simmer gently for 2 minutes. Add extra soya/rice milk if required.
3. Add salt and pepper to taste.
4. Stir well before serving.

cakes

cakes

Puffed Rice Cakes

Makes approximately 4 cakes

Ingredients

2 tbsp honey or golden syrup
30g brown sugar
30g puffed rice breakfast cereal
(additional may be required)

Method

1. In a pan, heat the honey/golden syrup and sugar until the sugar dissolves.
2. Stir in the puffed rice breakfast cereal to absorb the sugar and honey/golden syrup mixture. Add additional puffed rice if needed.
3. Spoon into paper cases and leave to cool and harden.



Carrot Cakes

Makes 6-8 slices

Ingredients

100g rice flour
1 tsp wheat-free baking powder
½ tsp bicarbonate of soda
50g soft brown sugar
100g carrots, grated
75ml sunflower oil
50g golden syrup

Method

1. Pre-heat the oven to 180°C/ 160°C fan/ Gas Mark 4.
2. Grease a 20cm sponge tin and line with greaseproof paper.
3. Sift the rice flour, baking powder and bicarbonate of soda in to a bowl.
4. Add the sugar, followed by the grated carrots and mix together.
5. In a separate bowl, beat the oil and the syrup together, then add this to the flour mixture.
6. Add a little water if necessary to give a creamy consistency.
7. Pour into the greased and lined tin and bake for about 45 minutes.





cakes

Pear and Carob Cake

Makes 8-10 slices

Ingredients

For the cake:

120g milk-free margarine

30g carob flour

120g brown sugar

1 level tsp bicarbonate of soda in 2tsp water

150g rice flour

85g soya flour

2 pears, stewed, cooled and blended

1-2 tbsp soya milk

For the filling:

60g milk-free margarine

85g icing sugar

Method

For the cake:

1. Preheat the oven to 180°C/ 160°C fan/ Gas mark 4.
2. Grease two 18cm/8inch round cake tins.
3. Sift the rice, carob and soya flours together in to a bowl.
4. Rub in the margarine then add the sugar and mix thoroughly.
5. Make a 'well' in the centre and slowly stir in the stewed pears and soya milk until all the flour has been taken up. The mixture should be slightly sloppy.
6. Add the bicarbonate of soda.
7. Beat the mixture hard until it becomes smooth and fluffy.
8. Turn into the greased cake tins and bake for about 25-30 minutes.

For the filling:

1. Cream the margarine, then gradually add the sugar and beat together until smooth.
2. When the cake is cool, sandwich the two halves with the filling.

desserts & drinks

desserts

Fruit Crumble

Makes 4 portions

Ingredients

50g milk free margarine
100g rice flour
50g brown sugar
400g stewed fruit (e.g. pear, rhubarb, plums),
skins removed, sugar added to taste



Method

1. Pre-heat the oven to 190°C/ 170°C fan/ Gas mark 5.
2. In a bowl, rub the milk free margarine into the flour until it resembles fine breadcrumbs.
3. Mix in the sugar to form the crumble mixture.
4. Place the fruit in an ovenproof dish.
5. Sprinkle the crumble mixture on top of the fruit and bake for about 30 minutes until brown on top and bubbling.

Iced Mango Mousse

Makes 4 portions

Ingredients

2 ripe mangoes, peeled, stones removed
and sliced or 1 tin of mango, drained
3 ice cubes
75g silken/soft tofu



Method

1. Place all ingredients in a blender and blend until completely smooth.
2. Chill before serving and serve in a dessert dish.

Fruit Jelly

Makes 4 portions

Ingredients

600ml unsweetened fruit juice
e.g. pineapple, grape
22g gelatine granules



Method

1. Gently heat 100ml of the fruit juice in a pan and sprinkle in the gelatine.
2. Stir well until the gelatine has dissolved.
3. Add the remaining juice.
4. Pour into a wetted mould and chill until set.
5. Serve with a small portion of soya ice-cream.



Coconut Rice Pudding

Makes 4 portions

Ingredients

40g pudding rice, rinsed and drained
40g sugar
400ml low fat tinned coconut milk
200ml water
75g tinned pineapple pieces, drained
½ tsp cinnamon

Method

1. Preheat the oven to 160°C/ 140°C fan/ Gas mark 3.
2. Place the rice into a saucepan with the sugar, coconut milk and water.
3. Bring to the boil and simmer for about 5 minutes.
4. Stir in the pineapple pieces and the cinnamon.
5. Pour the mixture into an ovenproof dish.
6. Bake in the centre of the oven for about 45 minutes.



drinks

Fruity soya milk shake

Makes 1 portion

Ingredients

100ml soya milk
100ml fruit juice e.g. pineapple, peach, melon, pear

Method

1. Blend milk and fruit together in a blender.
2. Chill before serving.



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