

- RECIPES -

From the *Australian Healthy Cooking Guide*
www.milhamdietitians.com

High Fibre Fruit Slice

Serves 10

INGREDIENTS

120g All-Bran
120g dried apricots, chopped
6 figs, chopped
3 tablespoons Splenda
1 teaspoon mixed spice
2½ cups skim milk
160g wholemeal self-raising flour
canola oil cooking spray

DIRECTIONS

1. Preheat oven to 180°C. Lightly grease 11cm x 21cm loaf tin with cooking spray.
2. Put the All-Bran, apricots, figs, Splenda and mixed spice into a bowl and mix to combine.
3. Put the milk into a pan and heat until it is just about to boil, pour over the dry ingredients and allow to stand for 5 minutes.
4. Add the sifted flour and husks and mix until just combined.
5. Spoon the mixture into the prepared tin and bake for 40 minutes or until a skewer comes out clean when inserted into the centre.
6. Leave to cool in tin for 5 minutes before turning out onto a wire rack to cool completely.

PER SERVE

KJ (cal) 720 (172)
Fat 1.1g
Saturated Fat 0.2g
Carbohydrate 30.0g
Protein 6.7g
Sodium 189mg
Fibre 8.2g

chooz to looz Program

1 serve = 1 bread and 1 fruit exchange



The Australian Healthy Shopping Guide and the Australian Healthy Cooking Guide are available at our online store www.milhamdietitians.com and all good bookshops Australia wide

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