

# CF Bites

Snacks and Meals for those with Cystic Fibrosis

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## Acknowledgements

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# Introduction

This recipe book has been designed for people who have Cystic Fibrosis (CF) of all ages with recipes which are suitable and healthy for everyone in the family (unless you are on a weight loss diet- you would need to have less of the dish).

Many of the recipes are family favourites developed by parents of

children who have CF. The recipes are themed around particular foods which are high in healthy fats, such as avocado, coconut, oils, nuts and seeds and dark chocolate.

We hope you enjoy the recipes in this cookbook and find new ways to provide some yummy treats for your family and friends.

## A bit about fats

For the general population, high consumption of certain fats can lead to health issues such as cardiovascular disease, obesity and diabetes. Many people in the CF community also worry about the long term health effects of a high fat diet.

Typically, pancreatic insufficient people with CF have been shown to have normal cholesterol levels, as well as minimal risk factors for cardiovascular disease despite their high fat intakes, most likely due to poor absorption of fat.

There are four main categories of fats; polyunsaturated, monounsaturated, saturated and trans fats. Polyunsaturated and monounsaturated fats are usually considered 'healthier' fats as intake

of these types of fats are not associated with an increase in cardiovascular risk.

Intake of saturated fats are associated with an increase in LDL cholesterol in the general adult population, which is considered a cardiac risk factor however this hasn't been shown to be the case in people with CF.

Trans fats have been shown to cause an increase in LDL cholesterol, like saturated fats, but in addition to this they have been shown to cause a reduction in heart-friendly HDL cholesterol.

This makes trans fats the poorest choice of fats. Saturated fats usually don't need to be strictly avoided by people with CF, as people with CF tend to have low cholesterol levels.

# Fat Types

## Saturated

**Found in:** Dairy products and meats, processed meats like sausages, ham, hard cheeses such as cheddar, whole milk and cream, butter, lard, ghee, palm oil and coconut oil, fat in meat such as beef, veal, lamb, pork and poultry fat.

## Monosaturated

**Found in:** Avocado, nuts such as peanuts, hazelnuts, cashews and almonds, nut butters, margarine spreads such as canola or olive oil based, oils such as olive, canola and peanut oils and seeds.

## Polyunsaturated

**Found in:** Fatty fish such as salmon, tuna, herring and sardines, polyunsaturated margarines, vegetable oils such as sunflower, nuts such as walnuts, Brazil nuts and seeds such as flaxseeds, pepitas, sunflowers, legumes and soybeans.

## Trans

**Found in:** Small amounts are found in dairy products and lean meats. Mostly found in manufactured foods such as pies, pastries, cakes, biscuits and buns.





# AVOCADO

Avocados are high in nutrient value and contain healthy fats, fibre for digestive health and 20 different vitamins and minerals. A great source of healthy monosaturated fats, they contain vitamins C and E as well as potassium, magnesium and antioxidants.

## IN 100G OF AVOCADO:

ENERGY	205 CALORIES
FAT TOTAL	21 GRAMS

This recipe is suitable for:

Toddlers

Children

Teenagers

Adults

## Avocado Smoothie

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
5 min	-	2	37g	876

### Ingredients:

1 ripe avocado (100g),  
halved and pitted  
1 cup whole milk  
1/2 cup vanilla yoghurt  
3 Tbsp. honey or maple syrup  
Handful of ice cubes  
Cinnamon or cinnamon sugar  
Banana

### Method:

Combine all ingredients into either a blender, Nutra Bullet or stick mixer and blend until smooth. For an even greener flavor, add spinach or kale.

★ A great breakfast for summer or to drink when taking VitABDECK.

This recipe is suitable for:

Toddlers

Children

Teenagers

Adults

## Tuna & Avocado Melts

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
10 min	5 min	2	16g	366

### Ingredients:

2 English muffins,  
crumpets or crusty bread  
1 avocado  
95g tin of tuna,  
flavoured or plain, in oil  
2/3 cup (80g) grated  
cheddar cheese  
Paprika (optional)

### Method:

1. Preheat grill.
2. Using the back of a fork, mash one medium avocado with the tuna.
3. Spread the mixture over the muffins, crumpets or bread and cover with the grated cheese.
4. If you like a bit of spice, sprinkle some paprika over the cheese.
5. Place the muffins on the tray and grill until the cheese has melted.

# Guacamole

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
8 min	-	6	14g	128

## Ingredients:

3 ripe avocados  
halved and pitted  
125g sour cream  
1 Tbsp. lemon juice or lime juice  
2 tsp. taco seasoning  
A splash of Tabasco® sauce  
(to your taste)  
Salt and pepper to taste

## Method:

1. Mix the avocados, sour cream, lemon or lime juice and taco seasoning in a food processor until you get a smooth consistency.
2. Add Tabasco® sauce, salt and pepper to taste and mix a bit more.
3. Place in a dish, ready to serve with your chosen accompaniment.

★ A versatile dip which can accompany many foods or be served with corn chips, Turkish bread or crackers.



# Burritos with Avocado Salsa

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
20 min	10 min	4	81g	883

## Ingredients:

1 Tbsp. coconut oil  
300g beef mince  
1 tsp. ground cumin  
1/4 tsp. ground coriander  
1/2 tsp. chilli powder  
1/2 tsp. onion powder  
1/2 capsicum, diced  
1 tomato, diced  
1 handful of rocket leaves  
4 tortillas  
4 boiled eggs, peeled & sliced  
1 cup/250g aioli store bought  
such as the Newman's own aioli  
or homemade (see page 26)

## Avocado Salsa:

1 avocado, diced  
1 tomato, diced  
1 Tbsp. red onion,  
finely diced  
2 Tbsp. coriander  
leaves, chopped  
Juice of 1 fresh lime or  
2 Tbsp. of lime juice  
1 Tbsp. olive oil  
Sea salt and black pepper

## Method:

1. Melt coconut oil in a frying pan over medium-high heat.
2. Add beef, spices, onion powder, capsicum and tomato and cook (stirring occasionally to break up any lumps) for 6-8 minutes until the mince is cooked through and tomato has broken down.
3. To make the avocado salsa, combine the avocado, tomato, onion, coriander, lime juice and olive oil in a bowl and mix gently. Season with salt and pepper.
4. Fill the tortillas with a good amount of the beef mix, spoon avocado salsa, then add a drizzle of aioli on top with some rocket leaves and sliced egg. Wrap the tortilla and serve.

## QUICK TIPS:

Spread avocado on toast in the morning instead of butter or with butter too. Use avocado with mayonnaise in chicken or egg salad, or as a spread on a sandwich.

The soft, creamy texture of an avocado and its mild taste make it a perfect first food for babies & toddlers.

# COCONUT

Coconuts are a nutritious, high fat food that are rich in fibre, vitamins B, C and E, and minerals including iron, sodium, calcium, magnesium and phosphorous.

Some people use coconut water as a substitute for sports drinks, soft drinks and fruit juices. Creamed coconut and coconut milk are made from the flesh of the coconut.

Coconut milk is lactose free, so it can be used as a milk substitute for people who are lactose intolerant although it is much lower in protein than cow's milk. Coconut oil is also extracted from the flesh of the coconut. It can be used in both sweet and savoury dishes.

## IN 100G OF COCONUT FLESH:

ENERGY	354 CALORIES
FAT TOTAL	33 GRAMS

This recipe is suitable for:

-

Children

Teenagers

Adults

## Toasted Muesli

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
15 min	15-20 min	8	32g	551

### Ingredients:

3 cups of rolled oats  
1/2 cup of linseeds – may be called flax seeds  
1/2 cup of raw pumpkin seeds – may be called pepitas  
1/2 cup almonds or cashews or walnuts either chopped or whole  
1/2 cup of sultanas  
1/3 cup of chia seeds  
1 cup of shredded dried coconut  
2 Tbsp. honey or maple syrup  
1/4 cup of coconut oil or olive oil  
2 tsp. cinnamon  
1/4 cup dark choc chips

### Method:

1. Preheat the oven to 180°C. Line a baking tray with baking paper.
2. Mix in a bowl, the seeds, oats and nuts together with the coconut or olive oil, cinnamon and honey or maple syrup.
3. Spread out mixture onto a tray, or several trays, and place in the oven. Check after 10 minutes and if roasted, add sultanas. Cook for 5-10 minutes.
4. Allow the muesli to cool and then add choc chips and put in an airtight container. Keeps for about 2 weeks.
5. Yummy with full cream yoghurt or ice cream and berries.



★ The beauty of this recipe is you can substitute a variety of different nuts, seeds and dried fruit, if you don't have the exact ingredients on hand.





This recipe is suitable for:

Toddlers

Children

Teenagers

Adults

## Morning Pick Me Up Berry Bowl

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
6 min	-	1	27g	559

### Ingredients for Purée:

1 cup of frozen berries  
1/2 frozen banana  
1/4 cup coconut milk  
1/4 cup fresh pineapple chunks  
1 tsp. grated ginger

### Ingredients for Topping:

1/2 banana, sliced  
1/2 cup toasted muesli (*page 17*)  
1/3 cup unsweetened shredded coconut

### Method:

1. Blend up all the puree ingredients.
2. Add topping ingredients.
3. Enjoy!

### QUICK TIPS:

Add desiccated coconut and coconut milk or cream to curries to boost the calorie content and flavour.

This recipe is suitable for:

Toddlers

Children

Teenagers

Adults

## Chicken Korma Curry

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
10 min	45 min	6	21g	425

### Ingredients:

800g chicken thighs cut in quarters  
2 Tbsp. of olive oil  
2 Tbsp. of butter  
1 brown onion, thinly sliced  
1 Tbsp. grated fresh ginger  
1 red chilli, finely chopped  
coriander roots and stalks from one bunch, finely chopped (furry bits removed)  
1/2 cup korma paste  
400mL tin coconut milk  
400g tin chickpeas  
400g tin chopped tomatoes  
1/4 cup flaked almonds  
2 Tbsp. desiccated coconut  
1/2 cup natural Greek yoghurt

### Method:

1. Cook chicken thighs in olive oil until lightly browned.
2. Add butter to pan and gently cook onion, ginger, chilli and coriander root with the chicken until soft.
3. Mix in korma paste, coconut milk, chickpeas and tomatoes and bring to the boil. Stir through flaked almonds and coconut.
4. Cook over low heat, partially covered, for 30 minutes.
5. Remove from heat and add yoghurt and stir through.
6. Serve over rice with coriander leaves and extra flaked almonds (the rice and flaked almonds would add extra calories to the dish).

★ This is a great dish for a hungry family!



# Satay Beef Stir-Fry

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
20 min	10 min	6	23g	541

## Ingredients:

4 x packets of Hokkein noodles  
 2 Tbsp. peanut oil  
 800g beef stir-fry strips  
 1 brown onion, thinly sliced  
 1 red capsicum, thinly sliced  
 200g mushrooms, sliced  
 1 cup broccoli florets  
 1/4 cup cashews  
 1 garlic clove, crushed  
 1/4 cup crunchy peanut butter  
 1/2 cup coconut cream  
 2 Tbsp. sweet chilli sauce  
 2 Tbsp. oyster sauce  
 1 chilli, seeded and sliced  
 1/2 cup extra cashews to serve

## Method:

1. Pour boiling water over noodles and set aside. Separate with a fork when softened.
2. Heat wok over high heat, add 1 tablespoon of oil and stir-fry beef in batches until sealed. Remove and set aside.
3. Add remaining tablespoon of oil and stir - fry garlic onion, capsicum, broccoli and mushrooms until tender.
4. Return beef to wok and add cashews, peanut butter, coconut cream, sweet chilli and oyster sauces and cook until mixture is heated through.
5. Add drained noodles to wok and stir to combine.
6. Sprinkle with extra cashews and chilli to serve.

## QUICK TIPS:

Coconut oil can be used as a substitute for other oils in cooking. Coconut products can be added to smoothies and milkshakes or used in baking to add texture, flavour and calories

# EGGS & DAIRY

Dairy products can also be a good source of fat, with some cheeses containing up to 47 g of fat per 100 gram serving. Eggs are a highly nutritious food that are a tasty, convenient, versatile and a good value addition to a healthy diet. Eggs are high in protein, low in saturated fat and rich in vitamins including A, B, D and E. They also contain potassium, magnesium, calcium, iron, omega-3 fatty acids and antioxidants.

## IN 100G OF BOILED EGG:

ENERGY	155 CALORIES
FAT TOTAL	11 GRAMS

## IN 100G OF CHEDDAR CHEESE:

ENERGY	402 CALORIES
FAT TOTAL	33 GRAMS

## IN 100G OF FULL FAT MILK:

ENERGY	42 CALORIES
FAT TOTAL	3.4 GRAMS

## IN 100G OF FULL FAT GREEK YOGHURT:

ENERGY	125 CALORIES
FAT TOTAL	8.1 GRAMS

## QUICK TIPS:

Scramble eggs with cheese, grated or finely chopped vegetables and serve with ham, tomato and mushrooms for a quick and easy dinner.



This recipe is suitable for:

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Children

Teenagers

Adults

# Smooth Smoothies

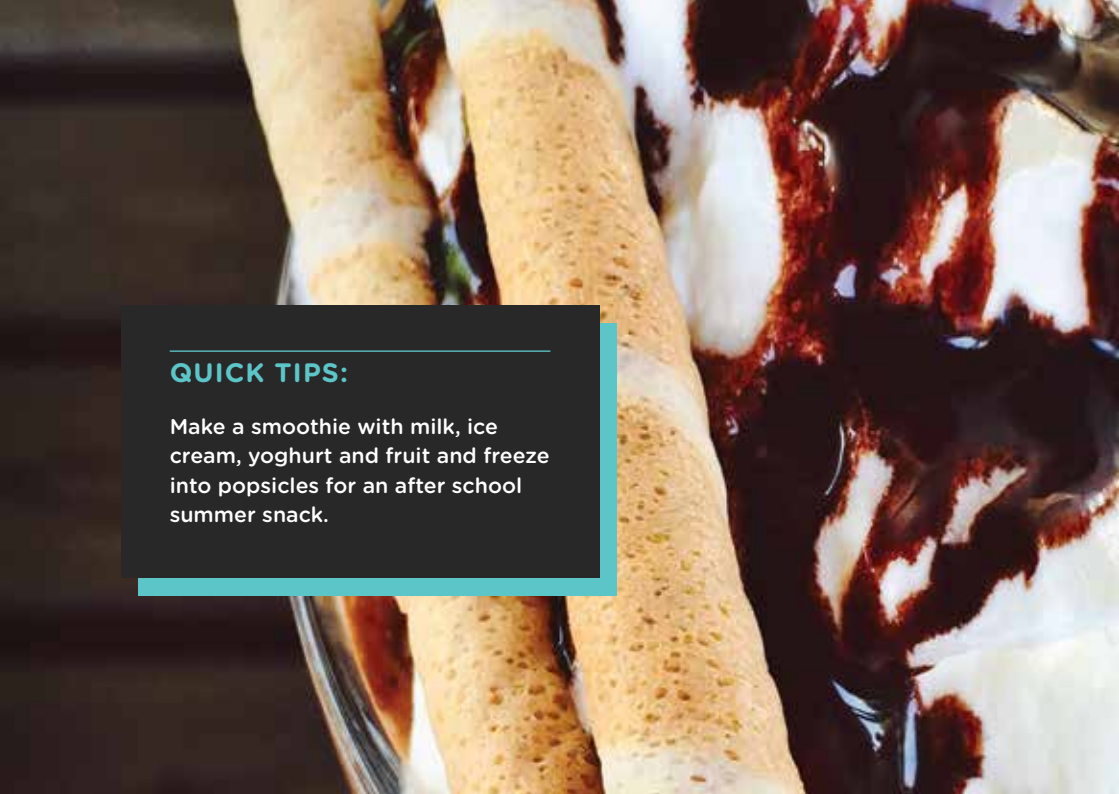
Smoothies are great for breakfast or an afternoon tea snack. Smoothies are also great to drink before a workout or after to replace the calories you have burned.

Put all ingredients into a blender, NutriBullet® or use a whizzer and mix away until desired consistency.



## QUICK TIPS:

Make a smoothie with milk, ice cream, yoghurt and fruit and freeze into popsicles for an after school summer snack.



# Strawberry Banana

FAT P/SERVE:

8g

CALORIES P/SERVE:

298

## Ingredients:

1/2 cup frozen or fresh strawberries  
1/2 cup frozen banana  
1/2 cup of full fat Greek yoghurt or vanilla yoghurt  
1 Tbsp. chia seeds  
1/2 cup full fat milk - can be substituted with cream  
1 tsp. vanilla extract

## Method:

Put all ingredients into a blender, NutriBullet® or use a whizzer and mix away until desired consistency.

# Neopolitan Sundae

FAT P/SERVE:

9g

CALORIES P/SERVE:

383

## Ingredients:

3/4 cup chocolate milk  
1/2 cup vanilla yoghurt  
3/4 cup sliced strawberries or frozen  
1 tsp. flaxseed  
1 scoop vanilla or chocolate whey - protein powder  
3 ice cubes

## Method:

Put all ingredients into a blender, NutriBullet® or use a whizzer and mix away until desired consistency.



This recipe is suitable for:	Toddlers	Children	Teenagers	-
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# Porridge with Nutella® & Pears

SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
3	29g	532

## Ingredients:

3 1/2 cups full cream milk  
 1 1/2 cups rolled oats  
 1 Tbsp. of Nutella®  
 1/2 cup whipping cream (not whipped)  
 1 cup of pear, peeled and chopped  
 2 tsp. cinnamon sugar

## Method:

1. Combine the milk, oats, cinnamon and pear in a medium saucepan, on medium heat.
2. Stir the oats for about 5 minutes until the porridge is thick and creamy.
3. Stir in the cream.
4. Mix in the Nutella®.

This recipe is suitable for:	-	-	-	Adults
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# Banana and Coffee Breakfast to go Smoothie

FAT P/SERVE:	CALORIES P/SERVE:
16g	550

## Ingredients:

1 cup of coffee  
 1 cup full cream milk  
 1 scoop vanilla whey powder  
 1 banana  
 1/4 cup of oats  
 1 Tbsp. cocoa - can be substituted with hot chocolate powder  
 1 Tbsp. chia seeds  
 1/8 Tbsp. ground cardamom or cinnamon

## Method:

1. Put all ingredients into a blender, NutriBullet® or use a whizzer and mix away until desired consistency.
- \* Just be aware that the Banana and Coffee Smoothie is for adults only!!





This recipe is suitable for:

Toddlers

Children

Teenagers

Adults

## Strawberry French Toast

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
-	15 min	8	6g	231

### Ingredients:

5 eggs  
5 cups fresh or frozen strawberries  
3/4 cup of milk  
2/3 cup sugar  
1 tsp. vanilla essence  
1/2 tsp. cinnamon  
8 thick slices of bread  
1 Tbsp. butter, melted but cooled slightly

### Method:

1. Preheat the oven to 225°C.
2. Beat the eggs in a large mixing bowl. Stir in milk, vanilla and butter.
3. Dip the bread slices into egg mixture for about 30 seconds each side. Place the slices on a baking sheet on a tray and let stand for about 10 minutes.
4. Grease a 22cm x 32cm baking dish. Spread the strawberries evenly over the bottom of the dish.
5. In a small bowl, combine sugar and cinnamon. Sprinkle 1/2 cup of the sugar mix over the strawberries. Carefully place the bread over the strawberries.
6. Sprinkle the remaining sugar over the bread.
7. Bake in the oven for 15 minutes.

This recipe is suitable for:

Toddlers

Children

Teenagers

Adults

## Creamy Fettuccine with Bacon and Garlic Lee Schaeche-Oline

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
10 min	15 min	6	28g	642

### Ingredients:

A packet of fettuccine or spaghetti (500g dry weight)  
6 rashers of bacon sliced  
300mL heavy cream  
1 garlic clove crushed  
3 Tbsp. parmesan cheese  
1 1/2 cup grated cheddar cheese  
Optional: fresh parsley, capsicums, mushrooms, spring onions or onions chopped

### Method:

1. Bring a saucepan of water to boil. Add a splash of olive oil and salt. Boil fettuccine as per directions on packet (~8-12 minutes).
2. Fry the bacon pieces and garlic in a deep fry pan.
3. Add the cream and cheeses (parmesan and grated) and stir.
4. Reduce heat. The cream reduces and thickens to a thick sauce as it cooks.
5. Once the fettuccine is cooked, drain and add to pasta sauce.

### QUICK TIPS:

Create a healthy version for rest of the family by adding light cream or light evaporated milk and using less cheese.

The amount of fat varies with brand of bacon. Some rashers of bacon are 30 g of fat per 100 g, while others are 12-15 g fat.





# Cauliflower Cheese

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
10 min	10 min	4	22g	388

## Ingredients:

1 cauliflower, trimmed and cut into small florets  
40g butter  
40g plain flour  
450mL of milk  
115g cheddar cheese, grated  
1 tsp. of nutmeg  
1 tsp. grated parmesan cheese  
Salt and pepper

## Method:

1. Boil cauliflower in water with salt and drain. Place in an oven proof casserole dish.
2. Preheat the oven to 180°C.
3. Melt the butter in a saucepan over a medium heat and stir in the flour, once butter is melted. Cook for 1 minute, stirring constantly.
4. Remove the pot from heat and gradually stir in the milk until you have a smooth consistency.
5. Return the pot to a low heat and stir continuously while the sauce comes to the boil and becomes thicker. Reduce the heat and simmer gently, stirring constantly for approx. 3 minutes until the sauce is creamy and smooth.
6. Remove the sauce from the heat and stir in the grated cheese. Add the nutmeg and season with salt and pepper.
7. Pour the sauce over the cauliflower, top with parmesan cheese and place in the oven for approx. 10 minutes or until the top is golden brown.

## QUICK TIPS:

Blend fresh herbs with cream cheese and natural yoghurt to make a quick dip.

★ Yummy when served with a roast dinner, or a good one for toddlers and children as a lunch or snack if you have some left over from the night before.

# Chad's Tuna Pasta

Casey Gardner

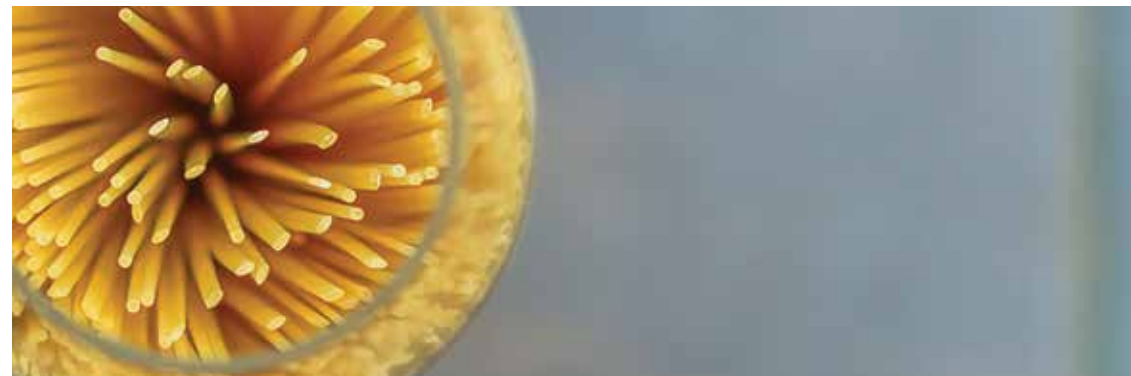
PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
5 min	10 min	4	20g	610

## Ingredients:

400 g spiral pasta or pasta of your choice  
440g tin of tuna  
1 cup frozen peas  
300g sour cream  
1 cup chicken stock  
3 garlic cloves crushed  
1 Tbsp. dill chopped (dried or fresh)  
50g shredded cheese

## Method:

1. In a large saucepan, cook pasta as per packet instructions.
2. Meanwhile drain water/oil from tuna tin into a bowl (leaving the tuna in the can for now). Add frozen peas, sour cream, chicken stock and garlic into the bowl, then stir together.
3. Once pasta is cooked, drain and set aside. In the same saucepan over low-medium heat, cook pea mixture for 5 minutes or until peas are defrosted.
4. After 5 minutes place tuna chunks and dill into saucepan and cook for a further 2-3 minutes stirring occasionally. Return cooked pasta to the pan and combine well.
5. Serve into bowls with a sprinkle of cheese.



# Salmon and Feta Tart

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
10 min	60min	12	13g	200

## Ingredients:

Puff pastry  
200g smoked salmon  
200g feta cheese  
6 eggs  
300mL cream  
1 tsp. chopped dill  
1/2 bunch chives, sliced  
Salt & pepper to taste

## Method:

1. Spray a flan tin with non-stick spray.
2. Line tin with puff pastry, trying not to 'stretch' the pastry. Leave it to overlap the top of the tin.
3. Blind bake without colour (about 5-7 minutes) at 160°C.
4. Remove from the oven and cut away the top of the pastry with scissors.
5. Cut cheese into dice-sized portions.
6. Slice salmon and chives.
7. Mix eggs with cream, chives & dill, salt & pepper.
8. Pour egg mix into pastry case.
9. Arrange feta, (crumbling if necessary) & salmon in layers to prevent sinking.
10. Bake at 160°C for 30-40 mins, then check. It will probably take about an hour and you may need to turn it down for the middle to set, so that it just wobbles.
11. Remove from the oven & allow to sit before cutting and serving.

### QUICK TIPS:

Eggs cook at a low temperature so allow it time to cook slowly.

When a skewer inserted comes out clean and the tart just wobbles in the center, it is ready.

# Bircher Muesli

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
5 min	10 min	1	13g	522

## Ingredients:

### Single serve:

50g wholegrain rolled oats  
Water for soaking oats  
100mL full cream milk  
50g Greek yoghurt  
1 Tbsp. honey  
100g orange (1/2 of a medium sized fruit)  
1 kiwifruit  
1 passionfruit  
2 strawberries

## Method:

1. Soak oats in water in a container in the fridge overnight.
2. In the morning, drain the excess water from the oats for a few minutes, or while you do something else like cut fruit.
3. Peel and cut fruit.
4. Place oats in bowl and add fruit and Greek yoghurt.
5. Add any extras you would like such as: seeds, nuts or dried fruits.
6. Drizzle with honey.
7. Add milk to serve.

### QUICK TIPS:

Use fresh fruit in season.

Bananas and pears are best kept out of the fridge to ripen.



# OILS

**Oils are all 100% fat** but the type of fat in each oil differs. Oils are a great way to get extra calories into foods without adding extra portions – perfect for when appetites are low.

A little extra oil here and there adds up quickly over a day and there are many different types of oils available with different flavour profiles that can be used to enhance a variety of dishes.

Sesame and peanut oils are great for stir fry dishes and to use in Asian style dressings. Olive oils can be drizzled over warm breads, salads and over veggies.

Infused oils are a great way to add flavour to dishes – try filling a jar or bottle with garlic, peppercorns, and herbs such as rosemary or chilli and then covering with your favourite oils to make beautifully flavoured oils to use in cooking and dressings.

## QUICK TIPS:

Have you ever tried dipping Turkish bread or a nice crusty Italian bread into some good quality olive oil and salt? Yum!! Good for a high calorie snack too!!



★ Aioli is a great sauce to add to many meals, and is easy to whip up, but it is not safe for children under 5 years of age, as it contains raw eggs. Children under 5 years of age, or immune compromised children should not eat raw eggs or raw egg containing products.

This recipe is suitable for:

-

Children

Teenagers

Adults

## Aioli

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
10 min	-	6	41g	364

### Ingredients:

2 garlic cloves, crushed  
1 tsp. sea salt or rock salt  
2 egg yolks  
1 cup extra virgin olive oil  
1 Tbsp. lemon juice  
2 tsp. wholegrain mustard  
1 Tbsp. water

### Method:

1. Put garlic, salt and egg yolks in a food processor and process until well combined.
2. With the motor still running, slowly add olive oil through the feed tube, so that the mixture forms a thick mayonnaise. Place in a bowl.
3. Stir in lemon juice and mustard.

## QUICK TIPS:

Contains raw egg and not suitable for children under 2 years and those who have had a transplant.



This recipe is suitable for:

Toddlers

Children

Teenagers

Adults

# Feta Cheese Dip

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
10 min	5 min	6	12g	152

## Ingredients:

2 Tbsp. olive oil  
2/3 cup Greek yoghurt  
3 Tbsp. of fresh or bottled lemon juice  
1 Tbsp. paprika  
1 clove of garlic, minced  
Pepper  
1 tsp. cumin  
1 tsp. ground coriander  
1 pinch salt  
200g full fat feta cheese cut into cubes

## Method:

1. Preheat the oven to 180°C.
2. Place cumin, coriander, paprika and a pinch of salt into a small bowl.
3. Combine feta, Greek yoghurt, 2 tablespoon olive oil, lemon juice, and garlic, in a food processor. Pulse the mixture until smooth and pepper for seasoning.
4. Place the dip into a bowl, cover and refrigerate for at least an hour. The dip will last for about 3 days (if it is not all eaten at once!).
5. Serve with pita chips, Turkish bread, vegetable sticks or crackers.

This recipe is suitable for:

Toddlers

Children

Teenagers

Adults

# Beetroot Dip

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
10 min	-	6	8g	218

## Ingredients:

400g can chickpeas, drained  
450g can baby beets, drained  
2 Tbsp. olive oil  
Juice of 1 lemon  
1/4 cup of full fat natural yogurt  
2 Tbsp. of tahini  
Salt and pepper to taste

## Method:

1. Combine all ingredients in a blender or food processor and blend until smooth.
2. Refrigerate for several hours.
3. Serve with pita chips, Turkish bread, vegetable sticks or crackers.

This recipe is suitable for:

-

Children

Teenagers

Adults

# Potato and Sweet Potato Wedges

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
40 min	-	8	5g	128

## Ingredients:

2 large sweet potatoes (approx. 15 cm long)  
4 medium potatoes  
Sea salt  
Ground black pepper  
1 tsp. sweet smoked paprika  
3 Tbsp. olive oil

## Method:

1. Preheat the oven to 200°C.
2. Wash the potatoes under cold running water, scrubbing well with a scrubber to get rid of any dirt (there's no need to peel them).
3. On a chopping board, cut each potato in half length ways, then cut each half in half length ways, and then each piece in half again so you end up with 8 wedges for each potato, then add to a large mixing bowl. You might have more wedges when cutting up the sweet potato.
4. Sprinkle over with salt and pepper, and paprika.
5. Drizzle over olive oil, then toss everything together to coat. Spread out into a single layer over several large baking trays, then bake in the hot oven for 35 to 40 minutes, or until golden and cooked through.
6. Remove the trays from the oven, then leave to sit for a couple of minutes (this will make it easier to remove them from the tray), then transfer them to a serving dish.
7. Serve with your favourite sauce or make up some aioli!



★ This is also the perfect dish for a party or a lazy weekend!

# Lemon olive mash

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
10 min	10 min	4	44g	470

## Ingredients:

500g waxy potatoes  
such as Ruby Lou  
100mL extra virgin  
olive oil  
100g butter  
2 Tbsp. lemon juice  
Lemon zest  
Spring onion (optional)

## Method:

1. Peel and cut potatoes into chunks. Boil in plenty of salted water until a skewer pierces through without resistance.
2. Drain potatoes in a colander.
3. Melt butter in olive oil in the pot.
4. Add spring onion.
5. When potato is well-drained, return back to the pot and mash.
6. Add lemon juice and zest to the potato mash.
7. Mix and fold in the oil and butter until incorporated. Try not to over mix the potato.

## To make bubble & squeak cakes:

8. Form mash into portion size desired.
9. Heat some olive oil and fry until golden brown on each side.

## QUICK TIPS:

Make extra mash for bubble and squeak. Try not to over mix the mash as it will become like glue.

# Crispy Skin Tasmanian Salmon

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
5 min	7 min	1	23g	354

## Ingredients:

150g of Tasmanian salmon  
per person  
Extra virgin olive oil for cooking  
Lemon (optional)  
Salt and pepper for seasoning  
Potato for serving (optional)  
Salad for serving (optional)

## Method:

1. Season both sides of salmon with salt and pepper.
2. Heat oil in a non-stick skillet or BBQ.
3. Place fish, skin-side down in hot skillet. Cook until skin is crispy and well browned, about 2 minutes.
4. Place salmon in the oven for about 5-7 minutes depending upon the thickness of the fillet.
5. Rest salmon for a few minutes and check the centre of the fish is done to your liking.

★ Salmon is a good source of Omega 3 Fatty Acids.





This recipe is suitable for:

Toddlers

Children

Teenagers

Adults

## Raspberry Friands

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
10 min	20 min	12	8g	196

### Ingredients:

150mL olive oil  
 3/4 cup frozen raspberries  
 1 1/2 cups icing sugar  
 1/2 cup plain flour  
 1 1/4 cups almond meal  
 5 egg whites

### Method:

1. Preheat oven to 200 degrees Celsius.
2. Grease friand tray (or muffin tray) and place baking paper in bottom of moulds (or use muffin cases).
3. Combine olive oil with raspberries and set aside.
4. Sift icing sugar and flour into bowl and add almond meal.
5. Add egg whites and stir gently until just combined.
6. Pour in olive oil mixture. Stir to combine.
7. Pour mixture into friand or muffin tin and bake for 20 mins or until golden.
8. Stand for 3 mins before removing onto wire rack to cool.
9. Sprinkle with icing sugar.

★ \*Raspberries can be substituted for other flavoured ingredients, such as finely grated rind of 2 lemons for lemon friands.



## Oil Dressings

This recipe is suitable for:

Toddlers

Children

Teenagers

Adults

### Sesame Dressing

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
-	-	4	11g	111

### Ingredients:

1 Tbsp. of neutral flavoured oil (such as canola or rice bran oil)  
 2 tsp. sesame oil  
 2 Tbsp. vinegar  
 1 Tbsp. soy sauce  
 1 Tbsp. roasted sesame seeds (roast in frying pan for few minutes)  
 1 crushed clove of garlic  
 1 Tbsp. sugar dissolved in 3 Tbsp. water

### Method:

Put all the ingredients into a mini blender or if you don't have one – crush the sesame seeds in a pestle and mortar and then add all the ingredients to a jam jar and shake away! Ideal with coleslaw or on stir fried Asian greens.



This recipe is suitable for:

Toddlers

Children

Teenagers

Adults

## Asparagus with Walnut Oil Dressing

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
5 min	3 min	4	35g	428

### Ingredients:

1/4 cup white wine vinegar  
 1 Tbsp. finely sliced spring onion  
 2 tsp. dijon mustard  
 3/4 tsp. salt  
 1/2 tsp. freshly ground black pepper  
 1/2 cup vegetable oil  
 1/4 cup walnut oil  
 2 bunches asparagus blanched until bright green and tender  
 1/3 cup toasted chopped walnuts  
 1 Tbsp. chopped fresh parsley  
 Salt and pepper

### Method:

1. In a large bowl whisk together the vinegar, spring onion, mustard, salt and pepper. While still whisking, add the vegetable oil in a very thin stream, continuously whisking. Whisk in the walnut oil.
2. Place the asparagus on a platter and pour the dressing over the top. Sprinkle with the walnuts and parsley. Serve immediately.

This recipe is suitable for:

Toddlers

Children

Teenagers

Adults

## Walnut Oil Vinaigrette

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
5 min	-	8	14g	128

### Ingredients:

1/2 cup walnut oil  
 3 Tbsp. balsamic vinegar  
 2 tsp. dijon mustard

### Method:

1. Put the balsamic vinegar and mustard in a measuring cup and whisk together well. Drizzle in the walnut oil while continuing to whisk.
2. Store in the fridge. This dressing will keep for a month.



## PAUL NEWMAN'S OWN DRESSING

The range of Paul Newman's own dressings, sauces and mayonnaises are handy to use if you don't have time to make your own dressing. They are made with good quality ingredients and have a high fat content.

EXAMPLES OF SALAD DRESSINGS	SOME OF THE INGREDIENTS	FAT PER 20 ML SERVE
Creamy Caesar Dressing	Soyabean oil, egg yolk, Worcestershire sauce	11.8g
Classic Dressing	Soyabean oil, red wine vinegar, olive oil	8.4g
Ranch Dressing	Soyabean oil, vinegar, buttermilk powder, egg yolk	12.7g
Balsamic Vinaigrette	Canola oil, balsamic vinegar, extra virgin olive oil	7.4 g



# NUTS & SEEDS

Nuts are high in healthy fats, protein and fibre. They are great for high energy snacks on their own, with dried fruit in a trail mix, added to salads, blended into pestos, dips, smoothies, dressings and sauces and can be used to enhance main dishes.

Nuts and seeds are a versatile and convenient way to add extra fat and calories without having to eat a whole lot more food. Roasted or raw, nuts and seeds are a great addition to the diet of anyone with CF (providing they don't have a nut allergy).

## IN 100G OF ALMONDS:

ENERGY	567 CALORIES
FAT TOTAL	49 GRAMS

## QUICK TIPS:

Make a quick muesli with nuts, seeds, oats, coconut and dried fruits. Add a few spoonfuls of nuts or seeds to your crumble topping for dessert.

Sprinkle nuts and seeds over salads, stir fries and curries for a crunchy nutritious addition to your meal.

This recipe is suitable for:

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Teenagers

Adults

## Dukkah

PREP:	MIX:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
15 min	5 min	30	14.6g	168

### Ingredients:

300g almonds  
80g sesame seeds  
3 Tbsp. coriander seeds  
1 Tbsp. cumin seeds  
1 Tbsp. white pepper  
1/2 Tbsp. sea salt

### Method:

1. Roast almonds in the oven at 180°C until golden and aromatic (about 7-10 minutes).
2. While nuts are toasting; dry roast the coriander, cumin and pepper in a pan until fragrant. Finally, toast sesame seeds until golden brown. Blend all seeds and salt together in a coffee grinder, (or mortar and pestle).
3. Pulse nuts until coarsely textured. Don't over pulse as you want texture, not butter.
4. Add spices and pulse until mixed. Store in an airtight container, or freezer if you made bulk.

This recipe is suitable for:

Toddlers

Children

Teenagers

Adults

## Pesto Dip

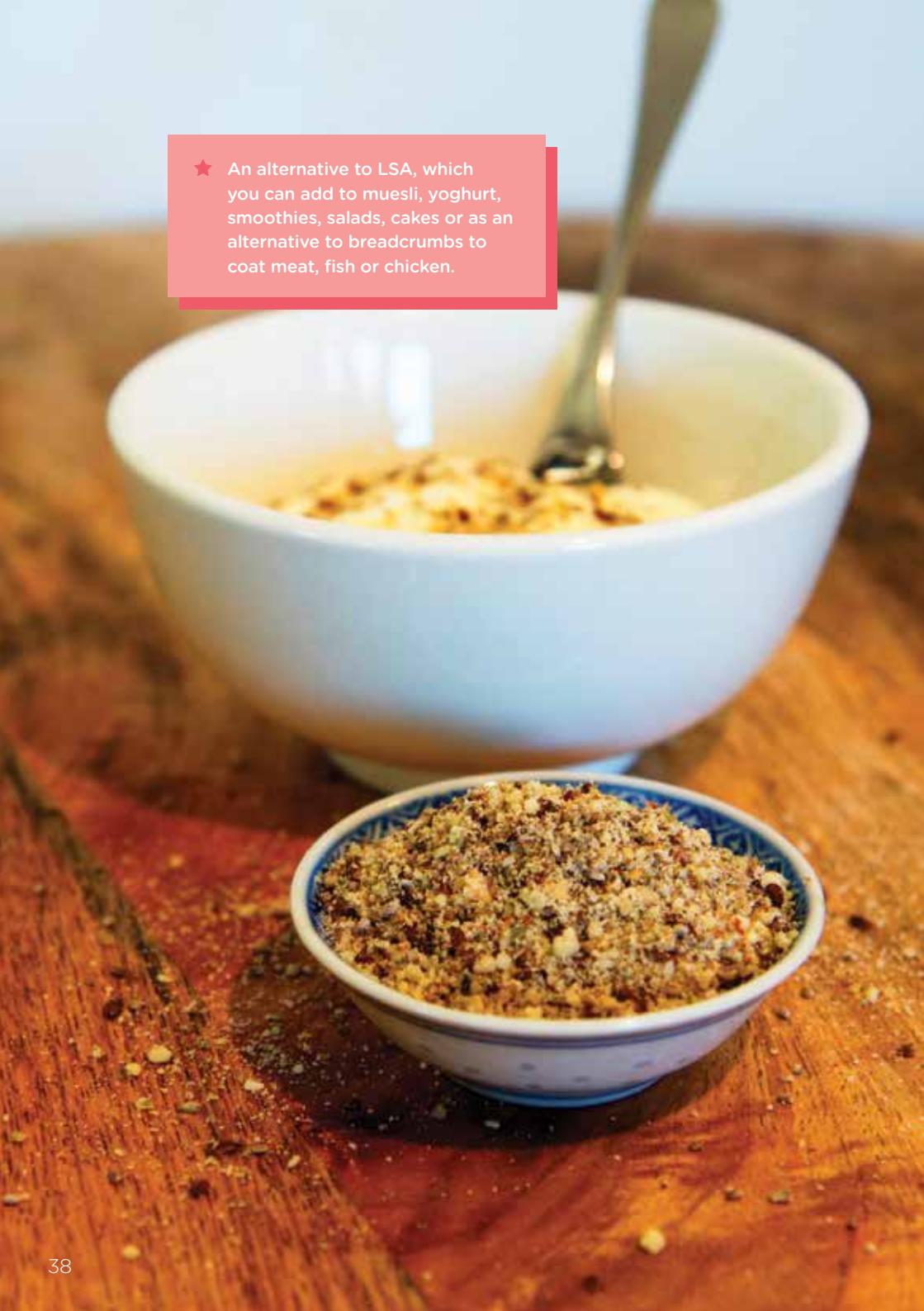
PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
5 min	-	4	18g	207

### Ingredients:

Large bunch of basil, with stems removed (approx. 1 cup)  
50g parmesan cheese  
50g pine nuts  
50g cashew nuts  
1 Tbsp. olive oil  
2 garlic cloves

### Method:

1. Blitz all ingredients in a food processor until they are combined. You can make it as smooth or as chunky as you like.
2. Serve with crackers, veggie sticks, or the pesto can be added to meals such as on fish or mixed with pasta.



★ An alternative to LSA, which you can add to muesli, yoghurt, smoothies, salads, cakes or as an alternative to breadcrumbs to coat meat, fish or chicken.

# Beef Kebabs with Nutty Couscous

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
20 min	25 min	4	38g	635

## Ingredients:

- 1 lemon, rind finely grated
- 800g beef rump steak, cut into 3cm pieces
- 3 garlic cloves
- 3 tsp. garam masala
- 1 1/2 Tbsp. of ghee or butter
- 2 tsp. mustard seeds
- 1 1/2 tsp. cumin seeds
- 1 tsp. turmeric
- 25 fresh curry leaves
- 1 long fresh red chilli, thinly sliced
- 3/4 cup of mixed nuts, chopped coarsely
- 1/4 cup of dried currants
- 1 small brown onion
- 1 1/4 cup (255g) couscous
- 1 1/4 cup water
- 150g baby spinach

## Method:

1. Juice half the lemon. Combine steak, lemon rind, juice, 2 garlic cloves and 2 teaspoons of garam masala in a bowl. Season. Thread onto 8 metal skewers. Set aside to marinate.
2. Meanwhile, heat 2 teaspoons ghee or butter in a saucepan over medium-low heat. Add mustard and 1 teaspoon cumin. Cook, stirring, for 1 minute. Stir in curry leaves for 30 seconds. Stir in chilli for 1 minute. Add nuts and currants. Season. Cook, stirring, for 4 minutes or until golden. Transfer to a bowl.
3. Heat remaining ghee in a saucepan over medium-low heat. Cook onion and remaining garlic, stirring, for 3 minutes or until soft. Add turmeric and remaining Garam Masala and cumin. Cook, stirring, for 2 minutes. Stir in couscous for 1 minute. Add water. Cook, covered, for 15 minutes or until almost tender. Stir in spinach. Season.
4. Preheat a barbecue grill or char grill on medium. Barbecue beef, turning, for 8 minutes for medium or until cooked to your liking. Transfer to a plate. Squeeze over remaining lemon juice. Set aside to rest.
5. Stir half the nut mixture into couscous mixture. Divide among plates. Top with beef. Top with remaining nut mixture.





This recipe is suitable for:	-	Children	Teenagers	Adults
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# Tahini Cookies

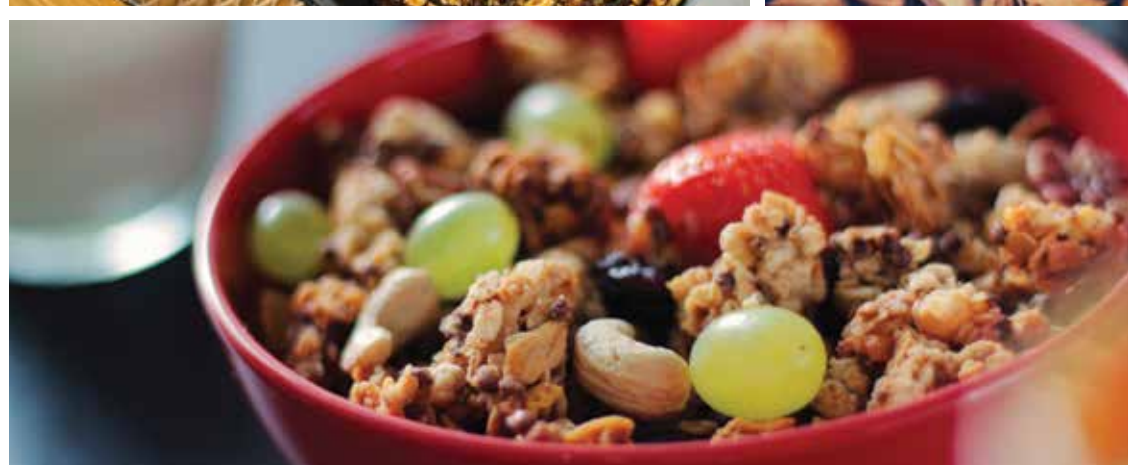
PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
10 min	25 min	20 slices	7g	130

## Ingredients:

2 cups rolled oats  
 2/3 cup dark chocolate chips  
 1/3 cup sunflower seeds  
 (can be substituted with pepitas)  
 1/3 cup tahini paste  
 1/2 cup honey  
 1 tsp. vanilla extract  
 Sea salt or rock salt

## Method:

1. Preheat oven to 160°C (fan forced).
2. Combine oats, chocolate chips and seeds in a bowl and set aside.
3. Mix honey, tahini and vanilla together in another bowl.
4. Add the honey mixture to the dry ingredients and mix well.
5. Spoon heaped tablespoons onto a baking tray and sprinkle with sea salt.
6. Bake for approximately 10 minutes, or until browned.
7. Once cool, store in an airtight container in the fridge.



# Walnut Carrot Cakes

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
10 min	30-45 min	12	23g	443

## Ingredients:

1 cup walnuts  
1 cup sultanas  
Pinch all spice  
1 tsp. bicarb soda  
2 eggs  
2 cups grated carrot  
1 cup of raw sugar  
3/4 cup olive oil  
1 cup self-raising flour  
Half packet cream cheese  
1 1/2 cups icing sugar  
Squeeze of lemon juice

## Method:

1. Preheat oven to 180°C.
2. Grease a cake tin or 12 muffin tins according to your size preference.
3. Into a bowl sift flour and Bicarb soda.
4. Whisk oil and sugar.
5. Add eggs & whisk in.
6. Pulse sultanas, carrot and walnuts in a food processor (leave as much texture as you prefer).
7. Fold flour into mixture, then pour into your cake tin and bake at 180°C for 40-50 mins or your 12 muffin tins and bake for 30-35 mins.
8. When cooked and cooled, mix icing sugar, cream cheese and lemon juice into a smooth mixture and ice cakes.

## QUICK TIPS:

A food processor and a rotary mixer aren't essential, but do make this recipe easier.

Leaving the cream cheese out of the fridge to come to room temperature makes it easier to mix.

★ This is adapted from the classic Hyatt Carrot cake recipe. Using olive oil and carrots makes this a nutritious treat after sport recovery.

# DARK CHOCOLATE

Dark chocolate is an energy dense food with varying amounts of sugar and fat depending on the brand. It is high in anti-oxidants and contains a variety of minerals including iron, magnesium, copper and magnesium.

## IN 100G OF DARK CHOCOLATE:

ENERGY	546 CALORIES
FAT TOTAL	31 GRAMS



# Chilli Hot Chocolate

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
10 min	15 min	2	36g	567

## Ingredients:

3 cups of milk  
1 cinnamon stick  
1 long red chilli,  
cut into thirds  
150g dark chocolate  
4 Tbsp. whipped cream  
Cinnamon

## Method:

1. Heat the milk, cinnamon stick and chilli in a saucepan over medium-high heat for 6-8 mins or until boiling. Set aside for 10 minutes to permeate.
2. Strain into a clean saucepan, throwing away the solid parts of the chilli and cinnamon stick. Heat over medium heat for 3-4 minutes or until hot, but avoid boiling. Reduce heat to low and add chocolate. Whisk until smooth.
3. Pour into glasses. Top with whipped cream and sprinkle with cinnamon.

# Dark Chocolate Mousse

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
1.5 hours	5 min	6	42g	578

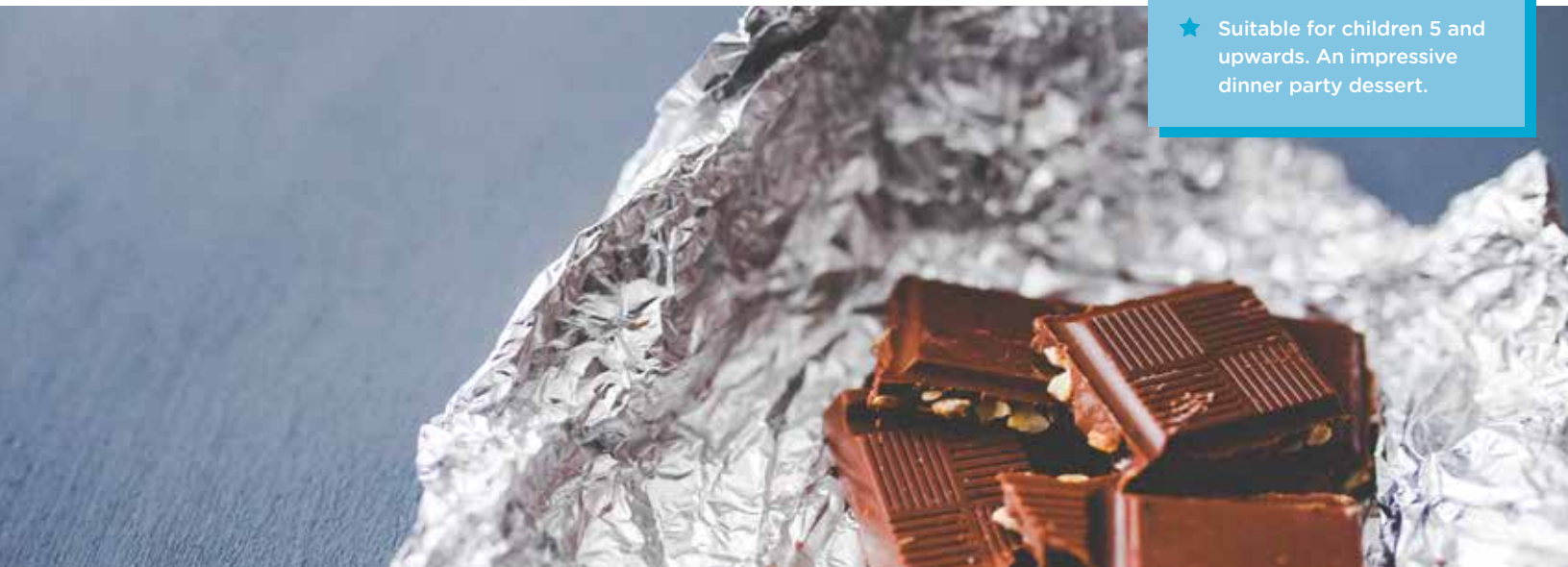
## Ingredients:

300g good quality dark chocolate, roughly chopped  
1/4 cup caster sugar  
3 eggs  
1 Tbsp. good quality cocoa powder, sifted  
300mL thickened cream  
6 Tbsp. whipping cream  
Grated chocolate (2 x squares)

## Method:

1. Melt the chocolate by placing in a heatproof bowl over a pan of gently simmering water. Avoid letting the bowl touch the water. Stir the chocolate until melted. Remove the bowl from heat and put it aside to cool.
2. Using electric beaters or mixer, place eggs and sugar in a large bowl and beat for 5 minutes or until the mixture has doubled in volume and is thick and pale. Fold in the cocoa powder and melted chocolate until combined.
3. Whip the thickened cream in another bowl. Fold the cream into the chocolate mixture using a large metal spoon. Spoon the mixture into 6 serving glasses and leave to chill in the fridge for an hour or more.
4. Whip some cream and grate some dark chocolate ready to place on the mousse, 15 minutes before serving.

★ Suitable for children 5 and upwards. An impressive dinner party dessert.





This recipe is suitable for:

-

Children

Teenagers

Adults

# Chocolate Salty Tart

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
55 min	2 hours	8	58g	528

## Ingredients:

2 tsp. caster sugar  
300mL double cream  
200g 70% cocoa cooking chocolate, broken into small pieces  
Pinch of sea salt  
50mL full cream milk  
50g butter, softened  
375g ready-made short crust pastry  
Sea salt flakes to serve

## Method:

1. Preheat the oven to 180°C. Grease a 23cm tart tin.
2. Roll out the pastry and line the tart tin with it. Cover with baking paper, fill with either dried beans or uncooked rice and bake in the oven for 10-15 minutes. Remove the beans or rice and bake for another 15 minutes until the pastry is golden.
3. Put the cream, sugar and salt into a pan and bring to the boil. Remove pan from the heat as soon as the mixture boils up. Add the butter and chocolate while the mixture is off the heat and stir until blended. Leave the mixture to cool a little.
4. Stir in the milk and continue to stir until the mixture goes shiny.
5. Pour the mixture into the tart shell. Leave at room temperature for 2 hours to set.
6. Once the tart has set, sprinkle the salt flakes over the top and serve with your favourite ice cream.

★ You may wish to service this with ice cream.



This recipe is suitable for:

Toddlers

Children

Teenagers

Adults

# Chocolate Almond Date Balls

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
8 min	-	12 balls	89g	155

## Ingredients:

225g of pitted dates  
115g dark chocolate (the darker the better)  
2/3 cup raw almonds

## Method:

1. Place all ingredients in a food processor. Blend until all ingredients have formed one big mass, and you can no longer see large pieces of almonds.
2. Scoop into balls and place in an airtight container (it's OK if they stick to each other a bit).
3. Refrigerate to help them firm up.
4. Best eaten chilled or at room temperature.

★ This recipe is super easy to make and the kids will love the taste.

# Homemade Energy Balls

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
8 min	-	12	15g	253

## Ingredients:

1 cup oats  
1 cup coconut  
1/2 cup peanut butter  
1/2 cup ground flax seed  
1/4 cup honey  
(or maple syrup)  
1/2 cup mini dark  
chocolate chips  
1 tsp. vanilla essence

## Method:

1. Place all ingredients into food processor and mix until combined and sticky.
2. Roll into balls.
3. Refrigerate in a sealed container for up to 2 weeks.

★ These are YUM!! A great snack for after school or work.



# Slow Cooked Chocolate Pudding

PREP:	COOK:	SERVES:	FAT P/SERVE:	CALORIES P/SERVE:
20 min	2.5 hours	6	18g	503

## Ingredients:

90g butter  
3/4 cup (180mL) milk  
1 tsp. vanilla essence  
1 cup (220g) caster sugar  
1 1/2 cups (225g) self-raising flour  
2 Tbsp. cocoa powder  
1 egg, beaten lightly  
1 cup (220g) firmly packed light brown sugar  
2 Tbsp. cocoa powder, extra  
2 1/2 cups (625mL) boiling water

## Method:

1. Grease the slow cooker bowl.
2. Melt butter with milk over a low heat in a medium sized saucepan. Remove from the heat and allow to cool for 5 minutes.
3. Stir in the vanilla essence, caster sugar, flour, cocoa and egg. Place mixture into the slow cooker bowl.
4. Sift the brown sugar and extra cocoa over the top of the mixture. Gently pour the boiled water over the top. Cover with the lid and cook on the high setting for about 2 1/2 hours or until the centre is firm.
5. Serve the pudding with whipped cream, warm or cold custard, or ice cream.

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CFsmart



CFfit



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