



Garlic and Tomato

BRUSCHETTA

Ingredients

- 4 slices crusty bread
- 2 cloves garlic, peeled and halved
- 2 teaspoons olive oil
- 2 tomatoes, sliced
- 1 tablespoon red onion, finely diced
- 8 basil leaves, torn

Method

1. Lightly toast bread on both sides
2. Rub both sides of bread with garlic and brush with oil.
3. In a small bowl mix onion and basil.
4. Place slices of tomato on each piece of toast and top with onion and basil mixture.

Recipe thanks to LiveLighter





Healthy
LODDON
CAMPASPE

Date and Oat

BLISS BALLS

Ingredients

- 2 cups rolled, quick oats
- 2 cups dried medjool dates, pitted
- 2 teaspoons cinnamon
- 2 tablespoons honey
- desiccated coconut to coat

Method

1. Process the oats, dates and cinnamon in a food processor.
2. Add the honey and mix with a wooden spoon or spatula to make a sticky consistency.
3. Roll 1 teaspoon of the mixture into a ball, repeat until all the mixture is used.
4. Lightly roll each ball in coconut then refrigerate for 30 mins before serving.

Recipe thanks to Healthy Recipes for Sporting Clubs and Facilities booklet.





Healthy and Fresh

SALSA

Ingredients

- 2 tomatoes, chopped
- 1 Lebanese cucumber, chopped
- 1/2 red onion, finely chopped
- 1 tsp lemon juice
- 2 tsp olive oil
- 1 tbs parsley, chopped

Method

1. Combine all ingredients and toss well.

Recipe thanks to LiveLighter





Healthy and Fresh **HUMMUS**

Ingredients

- 150grams canned chickpeas
- 1 tablespoon olive oil
- 1/2 teaspoon garlic, crushed
- 2 teaspoons tahini
- 1/2 teaspoon cumin, ground
- lemon juice to taste

Method

1. Drain chickpeas and rinse with water.
2. Combine all ingredients in a food processor with oil and blend until smooth.

Recipe thanks to **Healthy Recipes for Sporting Clubs and Facilities** booklet.





Spinach and Cheese **MUFFINS**

Ingredients

- 2 cups self-raising flour, sifted
- 1 teaspoon baking soda
- 2 cups baby spinach, finely chopped or frozen
- 1 cup tasty cheese, grated
- 1 cup milk
- 1/4 cup canola or vegetable oil
- 2 eggs, lightly beaten

Method

1. Preheat oven to 200 degrees.
2. Lightly grease muffin trays (regular or mini) or line trays with paper cases.
3. Combine flour and baking soda in a bowl.
4. Add spinach and cheese. Stir to combine.
5. Combine milk, oil and eggs in another bowl. Add to flour mixture and mix until just combined.
6. Spoon mixture evenly into muffin trays or cases.
7. Bake for 15-20 minutes or until a skewer inserted comes out clean.

Recipe thanks to **Healthy Eating Advisory Service**

