

Healthy Recipes from Rob Rees, the Cotswold Chef™

Pumpkin, Pineapple and Raisin Muffins

Time: 15 minutes preparation, 20 minutes cooking - Makes 24 muffins

Ingredients

- 375g self-raising flour
- 225g caster sugar
- 100g uncooked butternut pumpkin
- 4 rings of canned pineapple in natural juice
- 75g raisins
- 60ml of cream
- 125ml vegetable oil
- 2 eggs

Method

1. Preheat oven to 190°C/gas mark 5
2. Chop the pineapple and raisins
3. Finely grate the pumpkin
4. Combine the flour, sugar, pumpkin, pineapple and raisins in a bowl
5. Stir in the cream, oil and eggs
6. Spoon mixture into muffin cases
7. Bake for 20 minutes



Berry Smoothie with Wheat Germ

Time: 15 minutes - Makes 4 smoothies

Ingredients

- 250g frozen raspberries/ strawberries
- 275ml semi-skimmed milk
- 568ml natural yoghurt
- 75g wheat germ
- 1 tsp honey
- 142ml natural orange juice

Method

1. Place the berries in a blender or smoothie maker and blend.
2. Next add the entire remaining ingredients except the wheat germ. Once smooth remove from the blender into a bowl and stir in the wheat germ.
3. Serve over ice cubes in tall glasses



Bruschetta

Time: 10 minutes - Makes 4

Ingredients

- ½ a French stick
- 50g rocket leaves
- 250g cherry tomatoes
- 100g mozzarella cheese
- 2 tbsp finely shredded basil
- 2 tbsp olive oil

Method

1. Cut bread into slices
2. Lightly toast the bread slices
3. Thickly slice the tomatoes and slice the cheese
4. Place equal amounts of rocket, tomato cheese and basil onto each slice of bread and drizzle with olive oil to serve



Crunchy Nut Cereal

Time: 25 minutes - Serves 6

Ingredients

- 175g rolled oats
- 175g raisins or sultanas
- 100g dried apricots, roughly chopped
- 100g hazelnuts, split in half and roasted
- 350ml fresh apple juice
- 2 apples (coxes or granny smiths) peeled and coarsely grated
- 1 small tub Greek or natural yoghurt
- 4 ripe apricots, roughly chopped
- Clear honey to serve

Method

1. In a large bowl mix together the oats, raisins, apricots and hazelnuts.
2. Pour over the apple juice and leave for 10-15 minutes to allow the oats and dried fruit to soak.
3. Divide the muesli between 6 bowls and top with the grated apple.
4. Spoon on a dollop of yoghurt and drizzle over some honey.
5. Serve and eat straight away, or place in containers and transport home.

