



Turkey and Cranberry Bon Bons

Ingredients

500 g Turkey breast (cooked)
500 g Low fat grated tasty cheese
1 jar thick cranberry sauce
1/2 cup of parsley leaves
2 shallots finely chopped
Olive oil spray
1/2 tsp of cracked black pepper
1 beaten egg for basting

Method

1. Preheat oven to 190°C.
2. Line a baking sheet with parchment paper.
3. Chop turkey into chunks into cm cubes.
4. Mix in chopped shallots, grated cheese, 3/4 of the cranberry sauce, parsley and black pepper.
5. Divide mixture into 4 serves and form into sausages, wrap tightly in cling wrap and refrigerate for 20 minutes.
6. Lay a sheet of phyllo pastry flat and spray lightly with olive oil. Repeat four more times and then repeat to create a second stack.
7. Cut stacked sheets in half and place 'sausages' into a bon bon shape.
8. Place on the baking tray, baste with beaten egg and bake until golden brown.



Watermelon Salad

With plenty of watermelon available, this light and easy watermelon, cucumber, purple onion and feta salad w/ balsamic dressing

Salad ingredients

3 cups watermelon cubed
2 cucumbers
2 purple onions
Fresh basil and/or mint leaves
1 block of low fat feta

Method

1. Dice watermelon into 2 cm cubes and cucumber into chunky cubes.
2. Dice onion and combine with watermelon and cucumber.
3. Tear herbs roughly.
4. Crumble feta over, dress and toss lightly.

Dressing ingredients

1/4 cup balsamic vinegar
2 tbsp apple cider vinegar
2 tbsp extra-virgin olive oil
2 tbsp water
1/2 tbsp honey
1 tbsp dijon mustard
1/4 tsp salt
1/8 tsp pepper

Method

Combine all ingredients and whisk vigorously until amalgamated and creamy.



Light and Easy Chocolate Panforte

Plenty of roughage and fruit, light on the sugar, nutty chocolatey goodness.

2 Weet-Bix, finely crushed

2 1/2 cups unsalted mixed nuts, roasted, roughly chopped

1 1/2 cups mixed dried fruit, roughly chopped

1/2 cup wholemeal flour

2 Tbsp cacao powder

1 tsp ground cinnamon

1/4 tsp salt

1/2 cup honey

1/2 cup brown sugar

2 Tbsp orange juice

50 g dark chocolate, roughly chopped

2 tsp icing sugar, for dusting (can be omitted but looks prettier)

Method

1. Heat oven to 150°C. Lightly spray a round, 24 cm, cake tin with oil. Line the base and sides with a round of baking paper.
2. Tip Weet-Bix, nuts, dried fruit, cacao powder, flour, cinnamon and salt into a large bowl and mix well.
3. In a saucepan over high heat, stir the honey, sugar, and orange juice until mixture starts to bubble at edges. Reduce heat to low and simmer for 3 mins. Stir through chocolate, then immediately pour the hot syrup over the fruit and nut mixture.
4. Use a sturdy spoon to stir until all ingredients are incorporated. Transfer to prepared tin and press surface (with an oiled spoon or square of baking paper) to smooth.
5. Bake 30 mins.
6. Leave to cool completely in tin, approximately 2 hours.
7. Unmould and peel off baking paper.
8. Dust with icing sugar and cut into slivers with a sharp knife.