

Women's & Children's Hospital

Cow's Milk, Egg, Wheat and Nut Free Recipes



Government
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SA Health



Women's
& Children's
Hospital

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Cow's milk, egg, wheat and nut free recipes

This collection of recipes are designed to help parents who are cooking for children with cow's milk, egg, wheat and nut allergies. You may need to adjust the recipes to further suit your child's special needs.

Thank you to Gloria Palmer and Lynne Field who contributed to the development and testing of many of these recipes.

The following are a list of the abbreviations and measurements used in these recipes:

g = grams

tsp = teaspoon

tbsp = tablespoon

Metric teaspoon = 5ml

Metric tablespoon = 20ml

Metric cup = 250ml

Tips for adjusting recipes

Fruits

Pureed pear or apple may be used in place of banana.

Wheat flour substitute

You can substitute the following mixture for 1 cup of regular wheat flour:
½ cup rice flour + ½ cup potato flour (mixed together).

Egg substitute

You can substitute the following mixture for one egg in many recipes:

1½ tbsp water + 1½ tbsp oil + 1 tsp wheat free baking powder.

Commercial egg replacers such as Orgran 'No Egg' may be used for baking cakes, muffins, pikelets and meatballs. They are available from supermarkets and health food shops.

Milk substitute

You may substitute rice or oat milk for soy milk in most recipes.

Home made chicken stock

Chicken carcass (cooked or uncooked),

10 cups water

2 cloves garlic, crushed

1 carrot, chopped

1 turnip, chopped

1 onion or leek, chopped

2 stalks celery, chopped

- > Add all ingredients to a large pan or stockpot.
- > Bring slowly to the boil.
- > Simmer for 2 hours.
- > Strain, discard bones and vegetables, allow to cool. Remove any fat that forms before using.
- > Keep in refrigerator (use within 24 hours) or freeze in required quantities.

Variations

- > Meat stock: Replace chicken carcass with beef or lamb bones.
- > Vegetable stock: Omit meat bones.

Tips

- > Freeze some stock in ice cube trays. Use cubes to add flavour to your favourite recipes.
- > Bones for stock can be purchased from your local butcher.

Zucchini soup

1 small onion, chopped
6 medium zucchini, sliced
1 medium potato
Salt and pepper
½ tsp tarragon
4 cups chicken stock

- > Heat oil in a saucepan, add prepared vegetables.
- > Cover and cook over a low heat, shaking pan occasionally. Add stock, cover and simmer for 10 minutes or until cooked.
- > Cool, then puree.

Potato and leek soup

2 leeks, cleaned and chopped
500g potatoes, peeled and chopped
4 cups vegetable stock
1 cup soy or rice milk
½ tsp nutmeg

- > Place leek, potato and stock in a large pan.
- > Bring to the boil.
- > Reduce heat, cover and simmer for 30 mins.
- > Remove from heat.
- > Blend to desired consistency using food processor or stab mixer.
- > Stir through soy or rice milk.
- > Reheat (without boiling).

Variations

- > Replace the soy milk with Carnation evaporated soy milk.

Pea and ham soup

250g bacon bones

300g split peas

1 sliced onion

1 diced carrot

1 diced parsnip

1 tbsp oregano

Pepper

- > Place all ingredients in a saucepan. Cover with water.
- > Boil all ingredients together for approximately 3hrs. Skim any froth off the top of the soup while it cooks.

Creamy pumpkin soup

1 large onion, chopped

750g pumpkin, peeled and cut into chunks

2 medium carrots, peeled and cut up

4 cups chicken stock

½ tsp nutmeg, salt and pepper

- > Heat oil in a saucepan, add onion. Cook over a low heat until soft. Add other vegetables, stock and spices. Simmer until vegetables are soft.
- > Allow to cool then puree.

Variations

- > This may be used as a sauce for rice or corn based pasta.
- > For pumpkin and sweet corn soup, add one small can of creamed corn after pureeing the soup.

Minestrone

1 tbsp olive oil
1 onion, chopped
1 tsp minced garlic
1 carrot, sliced
1 potato, chopped
1 celery stick, sliced
1 zucchini, sliced
100g frozen green beans
400g canned chopped tomatoes*
400g red kidney beans, drained
4 cups beef stock
2 tbsp tomato paste*
½ cup wheat free pasta

- > Heat oil in pan and add the onion. Gently cook until onion is soft.
- > Add garlic, carrot, potato, celery, zucchini, tomatoes, kidney beans, stock and tomato paste. Bring to the boil.
- > Simmer for 20 minutes.
- > Add rice pasta and green beans and simmer for further 10 minutes.
- > Serve.

Variations

- > *If your child is sensitive to tomato, leave out tomato paste and either reduce or omit canned tomatoes.
- > Canned tomatoes can be replaced with one chopped fresh tomato.

Chicken and sweetcorn soup

- 1 tbsp oil
- 1 onion, chopped
- 1 tsp minced garlic
- 300g chicken breast, diced
- 1 can sweet corn
- 4 cups chicken stock
- 1 cup soy or rice milk

- > Heat oil in pan, add onion and garlic. Gently cook until onion is soft.
- > Add diced chicken breast, stirring until meat is sealed.
- > Place half of the can of sweet corn in a food processor and puree.
- > Add all the sweet corn and chicken stock to pan, simmer and cook for 15 minutes.
- > Remove from heat and stir through soy or rice milk.
- > Reheat and serve.

Variations

- > Replace ½ cup of soy milk with Carnation evaporated soy milk.
- > Replace sweet corn with canned creamed corn for a less chunky soup.

Irish stew

- 750g forequarter, chump, or leg lamb chops
- ¼ cup water
- 2 medium onions
- 3 medium potatoes
- 1 medium carrot
- 1 stalk celery
- Pepper

- > Cook meat, onions and half the potatoes slowly in a saucepan for 1 hour, skim fat from surface. Add remaining vegetables and simmer for ½ hour.
- > Alternatively cook in a casserole dish in a moderately slow oven or slow cooker, until tender.

Beef casserole

500g chuck steak, trimmed of fat and cubed
2 tbsp maize cornflour, seasoned with salt and pepper
1 tbsp vegetable oil
2 onions, diced
2 tsp minced garlic
1 cup baby mushrooms
2 carrots
2 bacon rashers, chopped
2 cups beef stock
2 tbsp tomato paste*
1 can chopped tomatoes*

- > Preheat oven to 160°C.
- > Toss meat in seasoned maize cornflour.
- > In an oven-proof casserole dish, heat oil and brown the meat.
- > Add garlic, onions, mushrooms, carrot and bacon.
- > Add stock, tomato paste and canned tomatoes.
- > Bring to the boil.
- > Cover and bake in oven for 2–2½ hours or until meat is tender.

Variations

- > *If your child is sensitive to tomato, leave out tomato paste and either reduce or omit canned tomatoes.
- > Canned tomatoes can be replaced with one chopped fresh tomato.

Apricot chicken

4 chicken pieces, skinned
1 onion
1½ cups apricot nectar
1 tsp parsley

- > Preheat oven to 160°C.
- > Place chicken in casserole dish. Sprinkle with finely chopped onion, pour nectar over chicken.
- > Cover, place casserole dish on oven tray. Bake until tender.
- > Add parsley after cooked.

Sweet and sour chicken

- 1 tbsp vegetable oil
- 500g chicken breast, cubed
- 1 tsp minced garlic
- 1 large onion, sliced in wedges
- 1 capsicum (red and green), cut in chunks
- 1 cup pineapple pieces, drained

- > Heat oil in medium pan and brown meat.
- > Remove from pan and set aside.
- > Add garlic, onion and capsicum to pan and cook for 5 minutes.
- > Return chicken to pan, along with any juices.
- > Add pineapple pieces and sauce mixture.
- > Simmer for 15 minutes.
- > Serve with rice and steamed vegetables.

Sauce

- 1 tbsp wheat free soy sauce or tamari
- 2 tbsp sugar
- 3 tbsp tomato sauce
- 2 tbsp cider vinegar
- 1 tbsp maize cornflour
- 1 cup water

- > For sauce – combine all ingredients in pan over medium heat.
- > Bring to boil, stirring constantly until thickened.
- > Set aside.

Variations

- > Substitute pork for chicken.

Shepherds pie

250g minced beef

1 medium onion, chopped

½ carrot

1 tbsp parsley

2 medium tomatoes, chopped

½ cup water or stock

Mashed potato

- > Lightly fry onion in oil until cooked. Add minced beef and brown.
Add carrot, parsley, tomatoes and water or stock.
- > Cook over a moderate heat for 20 minutes.
- > Once meat sauce is cooked, place in a pie dish.
- > Top with mashed potato.
- > Dot with milk free margarine.
- > Place in a moderate oven until golden brown.

Variations

- > Use the meat sauce as a topping for rice or corn pasta.

Chicken patties

500g minced chicken

½ cup mashed potato

1 tsp egg replacer

1 small onion, diced and lightly fried.

1 tbsp parsley

- > Mix egg replacer in 1 tbsp water. Beat until stiff.
- > Mix all other ingredients together and fold in egg replacer. Mix.
- > Fry spoonfuls lightly in oil until golden brown.

Tuna patties

2 medium potatoes, peeled and chopped

220g tuna (in spring water, drained)

1 onion, peeled and grated

1 tsp egg replacer

½ cup wheat free breadcrumbs

- > Cook potatoes, drain well and mash.
- > In a large bowl, combine potato, tuna, onion and egg replacer.
- > Shape into patties and roll in wheat free breadcrumbs.
- > Refrigerate for 30 minutes until firm.
- > Shallow fry in vegetable oil on both sides until golden brown.

Breadcrumbs

Slice gluten free bread and cook in slow oven until bread is golden.

Process in a food processor.

Variations

- > Replace tuna with 50g chopped ham and 150g cooked minced chicken.
- > Add 2 tsp sweet chilli sauce with potato, tuna and onion.

Risotto

1 onion, chopped

250g (1¼ cups) Arborio rice

900ml chicken stock

Olive oil

1 cup chopped mushrooms or pumpkin

Milk free margarine

- > Cook onion in 2 tbsp oil on high 3 minutes.
- > Add rice. Cook 2 minutes covered. Stir.
- > Add 300ml stock, cover and cook 5 minutes. Stir.
- > Add 300ml stock and mushrooms/pumpkin. Cook 5 minutes, uncovered. Stir.
- > Add rest of stock, cook 10 minutes uncovered or until the risotto becomes a thick, soupy consistency.
- > Stir in margarine. Serve.

Variations

- > You can use almost any combination of vegetables and add cooked chicken or turkey during the final stages.

Creamy bacon and mushroom pasta

- 1 tbsp oil
- 3 lean bacon rashers, diced
- 300g rice pasta
- 2 cups mushrooms, sliced
- 1 large onion, sliced
- 1 tsp minced garlic
- 1 cup soy or rice milk
- 1 cup chicken or vegetable stock
- 1 tbsp maize cornflour

- > Cook rice pasta and set aside.
- > Heat oil in fry pan and add bacon, onions, garlic. Cook until onion is clear. Set aside.
- > Heat soy or rice milk gently in frying pan.
- > Mix maize cornflour with a little stock, add soy or rice milk, stirring gently until milk thickens.
- > Gently add remainder of stock, stirring gently until combined.
- > Toss rice pasta through mixture and serve immediately.

Variations

- > Add 300g chicken – add extra ½ cup of stock, ½ cup soy or rice milk and ½ tbsp maize cornflour.

Pasty rolls

Pastry

300g Basco multi-purpose gluten free mix
1 tbsp milk-free margarine
1 tsp egg replacer
150ml water

- > Place flour, milk-free margarine and egg replacer into large mixing bowl.
- > Rub in milk-free margarine using fingertips until mixture resembles fine breadcrumbs.
- > Add water and mix with knife.
- > Dust bench with maize cornflour, turn mixture out and knead dough until smooth.
- > Roll pastry out as thinly as possible without breaking.

Filling

500g lean mince
1 onion
1 carrot
1 zucchini
1 tbsp tomato paste
1 tbsp wheat free soy sauce or tamari

- > Combine all ingredients.
- > Form into rolls.
- > Place 1cm from edge of pastry.
- > Turn pastry over until meat covered, cut along edge of pastry with sharp knife.
- > Repeat with remaining filling and pastry.
- > Cut rolls into approximately 5 cm lengths. Place on greased baking tray and bake at 180°C for 20–25 minutes on greased baking tray or until golden.

Potato bake

- 1 tbsp vegetable oil
- 1 tsp minced garlic
- 3 rashers lean bacon, chopped
- 2 small onions, chopped
- 1 kg peeled potatoes, thinly sliced
- ½ cup chicken stock
- 1 cup soy or rice milk

- > Preheat oven to 200°C.
- > Grease 2 litre baking dish.
- > Heat oil in pan. Cook bacon, onion and garlic until tender and brown.
- > Layer potatoes and onion mixture alternately in baking dish.
- > Combine stock and soy or rice milk. Pour over potatoes.
- > Cover with foil. Bake for 1 hour or until potato is tender.
- > Remove foil. Bake further 10 minutes uncovered to brown.
- > Serve with meat and vegetables.

Rice paper rolls

50g snow peas, finely sliced
1 medium carrot, grated
2 cups green cabbage, finely shredded
½ tbsp fish sauce (if your child tolerates fish)
50g bean shoots
4 spring onions, finely sliced
¼ red or yellow capsicum, finely sliced
15 sheets rice paper
Juice of 1 lemon

- > Place shredded cabbage in bowl with lemon juice and fish sauce to marinate.
- > Soak 2–3 rice papers at a time in cold water (approximately 2 minutes).
- > Lift out carefully and place on board.
- > Place 1–2 slices of each vegetable and 1 tsp of carrot and cabbage on the edge of the paper.
- > Roll up rice paper, tucking in edges, continue until all ingredients are used.
- > Serve rice paper rolls cold, using sauce to dip rolls into.

Dipping sauce

Juice of 1 lemon
1 clove garlic, finely chopped
1 tbsp fish sauce (if your child tolerates fish)
1 cm piece fresh ginger, sliced

- > Mix all ingredients for dipping sauce in a bowl.

Variations

- > Use different combinations of vegetables, spices and herbs. Use cooked minced chicken or pork.

Cornflake cookies

2 cups Orgran plain flour

1 tsp bicarbonate of soda

250g milk-free margarine

1 cup castor sugar

2 tsp egg replacer

2 tbsp water

1 tsp vanilla essence

½ cup sultanas

1½ cups Norganic cornflakes

- > Preheat oven to 180°C.
- > Beat milk-free margarine and sugar together until fluffy.
- > Add egg replacer, water and vanilla essence, beat well.
- > Add Orgran flour and bicarbonate of soda, mix well.
- > Add sultanas and Orgran cornflakes, mixing well.
- > Drop tablespoons of mixture onto baking sheets.
- > Bake for 10–15 minutes or until lightly brown.

Banana oatmeal cookies (Makes 20)

⅓ cup milk-free margarine

¼ tsp bicarb soda

½ cup of brown sugar

¼ tsp salt (optional)

1 tsp egg replacer

½ tsp cinnamon

1 tbsp water

¼ tsp nutmeg

¾ cup rice flour (sifted)

½ tsp vanilla essence

1 cup oatmeal

½ cup mashed, over-ripe banana

- > Preheat the oven to 175°C.
- > Lightly grease the biscuit tray.
- > Cream the margarine and the brown sugar.
- > In a separate bowl, mix the egg replacer and water.
- > Add the egg replacer mixture and vanilla essence to the margarine mixture and beat well.
- > Add the remaining ingredients and mix thoroughly.
- > Place teaspoon of mixture on prepared tray.
- > Bake for approximately 15–20 minutes.

Oatmeal cookies (Makes 20)

1/3 cup milk-free margarine
1/4 tsp bicarbonate soda
1/2 cup brown sugar
1/4 tsp salt (optional)
1 tsp egg replacer
1/2 tsp cinnamon
4 tbsp water
1/4 tsp nutmeg
3/4 cup rice flour (sifted)
1/2 tsp vanilla essence
1 cup oatmeal

- > Preheat the oven to 175°C.
- > Lightly grease the biscuit tray. Cream margarine and brown sugar.
- > In a separate bowl, mix egg replacer and water.
- > Add egg replacer mixture and vanilla essence to the margarine and beat well.
- > Add the remaining ingredients and mix thoroughly.
- > Roll the mixture into balls and place on prepared tray.
- > Bake for approximately 15–20 minutes.

Yo yo biscuits

1 cup Orgran self raising flour
1/2 cup Orgran custard powder
1/3 cup pure icing sugar
185g milk-free margarine

- > Preheat oven to 180°C.
- > Sift Orgran flour, Orgran custard powder and pure icing sugar together.
- > Work milk-free margarine into Orgran flour (by hand or using a food processor).
- > Taking 1 tsp mixture at a time, roll dough into balls.
- > Place on greased oven tray (leave enough room for biscuits to spread).
- > Flatten each one a little with a fork.
- > Bake for 15 minutes or until golden brown.

Shortbread biscuits (Makes 16)

115g milk-free margarine
115g pure (100%) cornflour
55g rice flour
55g castor sugar
1 tsp of vanilla essence

(Ensure that the margarine is soft or room temperature. Do not melt the margarine to soften it, as it is then likely to separate and become very oily).

- > Preheat the oven to 150°C (slow oven).
- > Cream the margarine and sugar. Add vanilla.
- > Sieve flours and add to creamed mixture.
- > Knead into a dough.
- > Using a rolling pin, roll out to 6mm thick.
- > Cut into desired shapes.
- > Place onto a lightly greased biscuit tray.
- > Bake for 45 minutes or until pale brown.

Anzac biscuits

1 cup of rolled oats
1 tbsp of golden syrup or honey
1 cup of oatmeal
125g milk-free margarine
½ cup of raw sugar
½ tsp of bicarbonate soda
¾ cup desiccated coconut
1 tbsp boiling water

- > Preheat the oven to 150°C. Grease the biscuit tray.
- > Mix oats, oatmeal, sugar and coconut in a large bowl.
- > Melt the margarine and honey together.
- > Mix the soda with boiling water and add to the melted margarine.
- > Add wet ingredients to the rolled oats mixture and mix well.
- > Place teaspoon sized balls onto the greased tray.
- > Bake for approximately 20 minutes.

Buckwheat pancakes (Makes 16–20 pancakes)

- 1 tsp egg replacer**
- 1 cup rice milk**
- 2 tbsp golden syrup**
- 1 cup buckwheat flour**
- 1 tbsp oil**
- 1 tsp bicarb soda**
- 1 tsp vanilla essence (optional)**

- > Separately, mix egg replacer with 2 tablespoons of rice milk, until smooth.
- > Add in milk, flour, honey, bicarb soda and oil. Stir until the batter is smooth.
- > Use a non-stick fry pan with 1 teaspoon of oil.
- > Place small amounts of batter into the pan, fry, flip over when brown and fry the second side.
- > Serve immediately, topped with maple syrup, jam and fruit.

Pikelets

- 1 cup Orgran bread mix**
- 1 tsp egg replacer**
- 1 tbsp sugar**
- ¼ cup water**
- ¼ cup soy or rice milk**

- > Separately, gently mix the egg replacer with the water – as instructed on the packet – to replace the whole egg.
- > Sift the bread mix into a bowl and stir in the sugar. Make a 'well' in the centre, pour in the milk, water and egg-replacer mixture. Gradually stir into dry ingredients to make a smooth batter. Allow to stand for 15 minutes.
- > Use a non-stick fry pan and brush with oil. Put the heat to 'medium heat'. Drop spoonfuls of batter into the pan, then fry and flip over, when bubbles appear and brown the second side.
- > Continue until the batter is used. Serve immediately with your favourite topping.

Banana loaf

This loaf may be used as a bread substitute.

125g milk-free margarine

½ cup soy flour

½ cup brown sugar

½ cup rice flour

1 cup oatmeal

3 tsp baking powder

3 tsp egg replacer

6 tbsp water

1 tsp lemon juice

½ tsp bicarbonate soda

1 cup mashed, over-ripe banana

- > Preheat the oven to 175°C and grease a 20cm x 10cm (8' x 4') loaf tin.
- > Cream the margarine and sugar in a large bowl.
- > In a separate bowl, combine egg replacer and water together until smooth.
- > Add the egg replacer mixture to the creamed margarine gradually, and beat well. Add lemon juice to the mashed banana and beat into margarine mixture.
- > Sift flours, baking powder and bicarbonate soda and fold into the mixture. Tip into prepared tin and bake for approximately 25–35 minutes.

Chocolate cake

- ¾ cup soy flour**
- 2 tsp egg replacer**
- ¾ cup rice flour**
- 125g milk-free margarine (softened)**
- 2 tsp baking powder**
- ⅔ cup soy milk**
- 2 tbsp cocoa**
- ⅔ cup castor sugar**
- 2 tbsp water**
- 1 tsp vanilla essence**

- > Preheat the oven to 175°C.
- > Grease 20cm (8') cake tin.
- > In a small bowl, combine the egg replacer and water.
- > Cream margarine and sugar together.
- > Add the egg replacer and water mixture.
- > Sift flours and baking powder together.
- > Combine all ingredients and beat for 3 minutes with an electric mixer.
- > Pour into prepared tin and bake for approximately 90 minutes

Tea cake

- 2½ cups mixed dried fruit**
- 1¼ cups hot black brewed tea**
- 1¼ cups Orgran self-raising flour, sifted**

- > Pour hot tea over dried fruit and leave overnight.
- > Add sifted flour.
- > Cook in loaf tin for 1 hour at 180°C until done.
- > Served sliced and spread with milk free margarine

Eggless sultana cake

- 1 cup brown sugar
- 2 cups Orgran self-raising flour
- 1 cup water
- ¼ cup vegetable oil
- 1 cup sultanas
- 1 tsp cinnamon
- 1 tsp nutmeg

- > Preheat oven to 180°C.
- > Lightly grease and flour a 21cm square cake tin.
- > Combine brown sugar, water, sultanas, oil nutmeg and cinnamon in a saucepan. Bring to the boil and cook for 3 minutes. Allow to cool.
- > Sift flour into a large bowl. Stir in the cooled fruit mixture and mix well.
- > Turn into a prepared cake tin and bake for 35–45 minutes or until done.
- > Cut into 16 squares if desired.

Banana fluff

- 4 large bananas
- 1 tbsp honey
- ¼ tsp cinnamon

- > Peel bananas, place on a tray and freeze for 2–3 hours (bananas will be frozen but not completely hard).
- > Cut frozen bananas into chunks and process in food processor until thick and creamy (5–8 minutes).
- > Add honey and cinnamon during last minute.
- > If a thicker consistency is desired, replace in freezer for an hour.
- > Serve as a dessert or in an ice cream cone.

Fruit smoothie

- 1 cup soy or rice milk
- 4 tbsp Soy Life apricot and mango yoghurt
- 1 large mango, peeled and diced

> Place all ingredients in blender, blend until frothy and drink immediately.

Variations

- > Replace mango with peach (peeled), one large banana, half cup of strawberries or a combination of fruits.
- > Experiment with different flavour yoghurts.
- > Add half tsp cinnamon and one tbsp honey.

Creamy rice and apples

- 1 cup cooked rice
- 1 cup soy or rice milk
- 1 tbsp Orgran custard powder
- 1 tbsp cold soy or rice milk
- 1 tbsp sugar
- 800g can pie apples
- 1 tsp cinnamon

- > Combine rice and soy/rice milk in saucepan, bring to boil and simmer for 10 mins.
- > Mix Orgran custard powder with 1 tbsp cold soy or rice milk.
- > Slowly mix into rice, stirring continuously.
- > Add sugar according to taste.
- > Combine apple and cinnamon.
- > Serve rice over top of apple mixture

Variations

- > Replace apples with apricots, peaches or sliced bananas (or combination).
- > Layer rice with fruit. Refrigerate and serve cold.

Jelly and yoghurt whip

200g Soy Life vanilla yoghurt

1 pkt jelly crystals

1 cup boiling water

- > Dissolve jelly crystals in boiling water according to instructions on packet.
- > Refrigerate until set.
- > Beat soy yoghurt into jelly.
- > Spoon into individual cups.
- > Return to refrigerator until set.

Chocolate

30g cocoa powder

240g icing sugar

110g copha, melted

110g soy milk powder or soy infant formula

- > Sift dry ingredients together.
- > Add to melted copha.
- > Pour into lamington tray and set in refrigerator.

Variations

- > Make chocolate shapes using moulds for special occasions.

Food product information contained in this booklet was up to date at the time of revision. Always check food labels of any commercial products carefully. If you are not sure about a food, check with the manufacturer.

Produced by

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