



Energy Muffins



These are great for morning or afternoon tea, have very little sugar and salt and contain lots of fruit and vegetables. Plus as their name suggests, they'll give you lots of energy for all the activities you can do whilst in isolation!

INGREDIENTS:

½ cup caster sugar	1 cup shredded coconut
2 cups plain flour	1 cup chopped walnuts (or mixed seeds)
2 teaspoon cinnamon	3 eggs
2 teaspoon baking powder	1 cup canola/linseed/vegetable oil
1 cup sultanas	2 teaspoon vanilla
2 cups grated carrot and apple	

METHOD:

1. Sift all dry ingredients into a large mixing bowl.
2. Add sultanas, carrot, apple and walnuts to the dry ingredients.
3. Beat the eggs, oil and vanilla until combined and add to the dry ingredients.
4. Spoon into greased muffin tin (my mixture will normally make close to 24 muffins).
5. Place into oven at 180 degrees and cook for 25 minutes, or until they are slightly browned.

These muffins freeze well and make a great snack to enjoy during the day!



Moroccan Lamb, Tomato and Lentil Soup



INGREDIENTS:

2 tablespoons olive oil	700g diced lamb
1 onion, chopped	2 garlic cloves, chopped
2 tablespoons low salt tomato paste	1.5 teaspoons ground cumin
2 teaspoons sweet paprika	½ teaspoon ground cloves
1 bay leaf	1L (4 cups) low salt beef stock
2 x 400g diced tomatoes	½ bunch fresh coriander, finely chopped (the stalks have great flavour too – don't be shy to use them!)
2 x 400g cans chickpeas, rinsed & drained	Thick, Greek-style yoghurt
2 x 400g cans brown lentils, rinsed & drained	pita bread (toasted) to serve

METHOD:

1. Heat the oil in a large saucepan over medium-high heat.
2. Cook the lamb in batches, cooking and turning for 4-5 minutes and set aside. If you're using left over from a roast, no need to complete this step, just chop up the roasted lamb.
3. Add the onion and garlic to the pan and cook, stirring, for 3-4 minutes until softened.
4. Return the lamb to the pan with the tomato paste, spices and bay leaf. Cook, stirring, for 1 minute, then add the stock, chopped tomato and coriander.
5. Bring to a simmer, then cover and reduce heat to low.
6. Cook for 1 hour, then stir in chickpeas and lentils.
7. Cover and cook for 30 minutes, then remove the lid and cook for a further 30 minutes or until the lamb is tender and the soup is slightly reduced and thickened.

Garnish with extra coriander leaves and serve with yoghurt and pita bread.