

Healthy Eating

**Breakfast, Snacks  
& Sweet Things**



## Banana Bread

A great way to use up those old bananas for a tasty treat!

PREPARATION: **10mins** COOKING: **50mins** SERVES: **10**

### Ingredients:

- $\frac{3}{4}$  cup brown sugar
- $\frac{1}{3}$  cup vegetable oil
- $\frac{1}{3}$  cup skim milk
- 2 eggs
- $\frac{1}{4}$  cup KRAFT\* Crunchy Peanut Spread
- 3 ripe bananas, mashed
- 2 cups SR flour, sifted
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 125g PHILADELPHIA\* Light Spreadable Cream Cheese
- Honey to serve

### Method:

1. **WHISK** the sugar, oil, milk, eggs and peanut spread until just combined. Mix in the bananas.
2. **GENTLY** fold the flour and spices through the egg mixture, until just combined. Spoon mixture into a greased and lined 11 x 21cm loaf tin. Bake for 45- 50 minutes at 160°C, or until an inserted skewer comes out clean. Cool on a wire rack.
3. **SERVE** bread spread with Philly\*, and drizzled with honey.



## Dried Fruit Salad with Philly\* Cream

Delicately flavoured - perfect for brunch or dessert!

PREPARATION: **10mins** COOKING: **10mins** SERVES: **4**

### Ingredients:

- 1 cup water
- 1/2 cup orange juice
- 1 tablespoon sugar
- 200g dried fruit salad mix, large pieces halved
- 50g dates, quartered
- 1 cinnamon stick
- 125g PHILADELPHIA\* Light Spreadable Cream Cheese
- 1 tablespoon reduced fat milk
- 1 teaspoon honey
- 1/4 cup flaked almonds, toasted



### Method:

1. **BRING** water, juice and sugar to the boil in a saucepan. Simmer for 2-3 minutes until sugar has dissolved. Add dried fruits and cinnamon stick, simmer a further 5 minutes.
2. **WHISK** together the Philly\*, milk and honey until smooth.
3. **SERVE** fruits warm with Philly\* cream and toasted almonds.

## Apple Crumble Muffins

A terrific morning or afternoon snack!

PREPARATION: **15mins** COOKING: **25mins** MAKES: **12**

### Ingredients:

- 2½ cups SR flour, sifted
- ¼ teaspoon ground cinnamon
- ½ cup brown sugar
- 1¼ cups reduced fat milk
- ⅓ cup vegetable oil
- 2 eggs
- 2 Granny Smith apples, cored and grated

### Crumble

- ½ cup rolled oats
- ¼ cup KRAFT\* Smooth Light Peanut Spread
- ¼ cup raw sugar



### Method:

1. **COMBINE** the sifted flour and cinnamon with sugar in a large bowl. Make a well in the centre, and add the combined milk, oil, eggs and apples. Stir gently until mixture is just combined. Spoon into 12 x ½ cup capacity lightly oiled muffin pans.
2. **CRUMBLE:** Combine ingredients and spread evenly over the top of each of the muffins, lightly pressing into the muffin mixture. Bake at 180°C for 20-25 minutes or until golden.

## Muesli with Blueberry Philly\*

A delicious addition to your morning breakfast routine!

PREPARATION: 10mins COOKING: 0mins SERVES: 4

### Ingredients:

- ½ cup rolled oats
- ½ cup processed bran
- 1 ½ tablespoons chopped dried apricots
- 1 tablespoon flaked almonds
- 1 tablespoon raisins
- 1 tablespoon pepitas
- 1 cup reduced fat milk
- 125g PHILADELPHIA\* Light Spreadable Cream Cheese
- 1 teaspoon honey
- 1 teaspoon reduced fat milk, extra
- ½ cup blueberries, fresh or frozen
- Extra milk to serve



### Method:

1. **MIX** together the oats, bran, apricots, almonds, raisins and pepitas.
2. **COMBINE** the Philly\*, honey and extra milk, until smooth. Gently fold through the blueberries.
3. **TO** serve, pour milk over muesli and top with a dollop of the blueberry Philly\*.

## Buttermilk Pancakes with Fresh Fruits

Simply delicious!

PREPARATION: **10mins** COOKING: **20mins** SERVES: **4**

### Ingredients:

- 1 ½ cups wholemeal flour
- 3 teaspoons baking powder
- 1 tablespoon raw sugar
- 1 ¾ cups buttermilk
- 2 eggs
- 125g PHILADELPHIA\* Light Spreadable Cream Cheese
- 1 tablespoon honey
- ¼ teaspoon vanilla essence
- 250g strawberries, hulled and halved
- 1 orange, peeled and cut into segments

### Method:

1. **COMBINE** the sifted flour and baking powder with the sugar in a large bowl. Whisk together the buttermilk and eggs. Pour into dry ingredients and mix until smooth.
2. **POUR** ¼ cup measures into a pre-heated non-stick frying pan over medium heat. Cook for 1-2 minutes each side until golden and cooked through. Remove to a plate and keep warm. Continue with remaining batter.
3. **COMBINE** the Philly\*, honey and vanilla, set aside. Serve fruit with the pancakes and a dollop of Philly\*. Enjoy immediately.

