



Yoghurt flatbread with roasted pears, ricotta cheese, red onion marmalade and wild rocket

INGREDIENTS

For the yoghurt flatbread

1 cup	Whole wheat flour
Half a cup	Cake flour
Pinch	Sugar
Pinch	Salt
10 ml	Olive oil
30 ml	Low fat yoghurt

For the pears

2 pears	Cut into quarter
1 tsp	Butter
1 tsp	Honey
2 tbsp	White balsamic vinegar

For the red onion marmalade

2	Red onions
15 ml	Red wine
30 ml	Balsamic vinegar
15 ml	Brown sugar
2	Sprigs of thyme

INSTRUCTIONS

For the flatbread

1. Preheat the oven to 200.
2. In the bowl of a stand mixer, add both flours, salt, and sugar.
3. Mix the olive oil with the yoghurt, stir. Pour into dry ingredients and mix the ingredients into a smooth but slightly sticky dough.
4. Place the dough in a clean bowl, cover with plastic wrap and leave it for about 10 minutes.

For the pears

1. Melt the butter, white balsamic vinegar and sugar in a pan and add the pears, cook until golden.
2. Remove pears from the pan and place in an oven proof dish, transfer to the oven to cook until soft.

For the red onion marmalade

1. Place all the ingredients in a pan and cook until soft and syrupy.

Yoghurt flatbread with roasted pears, ricotta cheese, red onion marmalade and wild rocket

For the topping

50 g	Red onion marmalade
Rosted	Pears
10 g	Wild rocket
70 g	Ricotta cheese
1	Red chili, finely sliced
70 g	Slimmer's choice, reduced, reduced-fat mozzarella cheese, sliced.
2g	Dried oregano

For the yoghurt flatbread

1. Roll out the yoghurt flatbread on a floured surface to a thin sheet.
 2. Place the yoghurt flatbread on a pizza stone or tray on which you will be baking it.
 3. Top flatbread with red onion marmalade and spread it around to cover the base, top with mozzarella cheese.
 4. Pack the roasted pears and ricotta cheese on top. Sprinkle with oregano.
- Bake the flatbread in the oven for about 10 minutes. The cheese should bubble and the crust on the outside should be crisp, but the center still soft.
6. Top with wild rocket, chopped chili and a little more onion marmalade.
 7. Slice and serve.

SERVINGS: 4

PREPARATION TIME: 20 minutes

COOKING TIME: 10 minutes



Vanilla and coconut panna cotta with spiced pear

INGREDIENTS

250 ml	Plain Ayrshire low fat or fat free yoghurt
70 ml	Reduced fat coconut milk
2 tsp	Gelatine powder
7.5 ml	Granulated sugar
7.5 ml	Vanilla paste

INSTRUCTIONS

1. Sponge gelatin in cold water.
2. Warm the yoghurt on moderate heat with the sugar and the vanilla paste, stir until sugar has dissolved and remove from the heat.
3. Melt the hydrated gelatin in the microwave for about 20 to 30 seconds and add it to the warm yoghurt.
4. Stir thoroughly to make sure the gelatin is well-dissolved.
5. Unmold the panna cottas when ready and serve with spiced pear.

SERVINGS: 4

PREPARATION TIME: 15 minutes

COOKING TIME: 5 minutes



Parsnip and cannellini bean soup with caramelized apples, chives, and garlic crouton

INGREDIENTS

1 ½ tbsp	Olive oil
750 g	Parsnips trimmed and cut into 2cm dice
2	Leeks white part only, finely chopped
1	Onion
1	Garlic clove, crushed
2 x 400g	Tins cannellini beans, drained and rinsed
1L	Gluten-free vegetable stock
2	Apples
5 g	Butter
10 g	Chives, snipped
Salt and pepper	

INSTRUCTIONS

1. Heat 1 tbsp oil in a large, heavy-based flameproof casserole or saucepan over a medium heat.
2. Add the parsnips, leeks and chopped onion and cook for 10 minutes until slightly softened but not colored.
3. Add the garlic and cook for a further 1 min.
4. Add the beans and stock, then cover and cook for 30 minutes until the parsnips are tender.
5. Meanwhile, heat the butter in a frying pan over a medium-high heat. Add the diced apples and fry for 2-3 minutes until they begin to caramelize. Set aside.
6. Blitz the soup using a handheld blender until it has a smooth, silky consistency. Season to taste.
7. Divide between bowls and garnish with chives, caramelized apple and garlic croutons.

SERVINGS: 6

PREPARATION TIME: 15 minutes

COOKING TIME: 45 minutes