

## Snacks

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**Pineapple with Scotch pancakes**  
(reproduced with permission from [www.asda.co.uk](http://www.asda.co.uk))

A fruity dessert that's suitable for vegetarians.

Serves 4  
Ready in 10 minutes

**Nutrition information per serving:**

Energy	298kcal
Carbohydrate	64g
Fat	3g

**Ingredients**

- 1 Smart Price pineapple, peeled, cored and thickly sliced
- 1 pack Asda Smart Price Scotch Pancakes
- 200g Asda Smart Price Natural Yogurt
- 100g Smart Price Honey

**Instructions**

1. Heat up a griddle pan (or grill if you don't have a griddle) and lightly brown the pineapple slices on both sides. Meanwhile toast the Scotch pancakes under a medium grill or in a toaster.
2. Arrange the pineapple slices with the pancakes on serving plates and drizzle them with the yogurt and honey. Serve immediately



## Sweetcorn pancakes

(reproduced with permission from [www.asda.co.uk](http://www.asda.co.uk))

Every day is Pancake Day with this mouth-watering dish. Suitable for vegetarians.

Makes 10  
Preparation time 15 minutes  
Cooking time 10 minutes

### Nutrition information per serving:

Energy	135kcal
Carbohydrate	22g
Fat	4g

### Ingredients

- 1 corncob, husk removed
- 25g butter
- 100g plain flour
- 1tsp baking powder
- 25g caster sugar
- 2 medium eggs
- 2tbsp clear honey
- 125ml semi-skimmed milk
- sunflower oil, for frying
- maple syrup or clear honey, to serve

### Instructions

1. Boil corncob in pan of water for 8–10 minutes or until tender. Remove kernels.
2. Melt the butter and leave to cool. Place flour, baking powder and sugar in a bowl. Add eggs, honey and milk. Whisk until smooth, and add the melted butter. Fold in the sweetcorn.
3. Heat a nonstick frying pan. Reduce heat to medium and add a little oil. Spoon in 1 tablespoon of the pancake mixture to make an 8-10cm round. Cook until air bubbles form on surface. Turn pancake and cook on the other side until golden. Serve with maple syrup.



## Toffee apple muffins

(reproduced with permission from [www.asda.co.uk](http://www.asda.co.uk))

A toffee treat any sweet tooth will love

Makes 12

Ready in 35 minutes

### Nutrition information per serving:

Energy	335kcal
Carbohydrate	54g
Fat	5g

### Ingredients

- 275g plain flour
- 100g caster sugar
- 1tbsp baking powder
- 75g Asda "You'd Butter Believe It" spread
- 2 medium eggs
- 125ml full-fat milk
- 280g jar Asda Bramley apple sauce
- 100g Asda Extra Special All Butter Fudge, chopped

### Instructions

1. Preheat the oven to 200°C/180°C Fan/Gas 6. Line a 12-hole muffin tin with paper muffin cases. In a large mixing bowl sift in the flour, sugar and baking powder.
2. Beat the spread and eggs together, then add the milk and apple sauce and beat again. Stir this mixture into the flour along with the fudge, until just incorporated. Don't over-stir – it's fine if the mixture is a little lumpy.
3. Put into the muffin cases and bake for 20 to 25 minutes. Cool on a wire rack and serve.



## Fruity tea loaf

(reproduced with permission from [www.asda.co.uk](http://www.asda.co.uk))

A traditional teatime favourite packed with moist fruit

Serves 12

Preparation time 20 minutes

Cooking time 1hr 30 minutes

### Nutrition information per serving:

Energy 225kcal

Carbohydrate 47g

Fat 4g

### Ingredients

- 375g Asda mixed dried fruit
- 125g light soft brown sugar
- 150ml freshly made hot tea
- 1 large egg
- 1tbsp milk
- 50g walnut pieces, chopped
- 225g self-raising flour
- 1tbsp Asda mixed spice

### Instructions

1. Put the fruit, sugar and tea in a bowl. Stir, then cover and set aside for 4 to 8 hours – the fruit will plump up and moisten.
2. Preheat the oven to 160°C/ Gas 3. Line a loaf tin with non-stick baking paper. Lightly beat the egg and milk together and add to the fruit mixture, along with the walnuts.
3. Sift the flour and mixed spice together and gently fold into the fruit mixture. Put in the tin and bake for 1 hour 15 minutes to 1 hour 30 minutes, or until a skewer inserted in the centre comes out clean. Leave to cool on a wire rack. Generously butter the bread and serve.



**Spicy potato wedges with dips**  
(reproduced with permission from [www.diabetes.org.uk](http://www.diabetes.org.uk))

Great for entertaining and healthy too, much lower in fat than shop bought versions!

Serves 8  
Preparation time 35 minutes

**Nutrition information per serving:**

Energy	321kcal
Carbohydrate	60g
Fat	6g

**Ingredients**

- 8 baking potatoes, each cut into 8 wedges
- 3 tablespoons oil
- 1 tablespoon paprika
- garlic and herb dip:
  - 200g pack light cream cheese
  - 200g carton fromage frais
  - 2 cloves garlic, crushed
  - 3 tablespoons fresh mint, chopped
  - 3 tablespoons fresh parsley, chopped
- spicy tomato salsa:
  - 400g can chopped tomatoes
  - 1 red chilli
  - 1 clove garlic, crushed
  - 3 tablespoons fresh coriander, chopped



**Instructions**

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Place the potato wedges in a large pan of boiling water and simmer for 5 minutes. Drain and place in a large roasting tin
3. Mix together the oil and the paprika, toss through the potato wedges. Cook in the oven for 20-25 minutes until golden and crisp
4. For the garlic and herb dip simply combine all the ingredients and spoon into a serving dish
5. Place all the ingredients for the tomato salsa in a food processor or blender and blend for 30 seconds. Spoon into a serving dish
6. Serve the potatoes with the dips.

## Potato pancakes

(reproduced with permission from [www.diabetes.org.uk](http://www.diabetes.org.uk))

These pancakes are delicious served with scrambled egg, poached egg or with a little butter.

Makes 12  
Ready in approx. 25 minutes

### Nutritional information per serving:

132kcal Energy  
20g Carbohydrates  
4g Fat

### Ingredients

- 450g/1lb floury potatoes, peeled and chopped
- 3 eggs, beaten
- freshly grated nutmeg
- 50g/1¾oz self-raising flour
- 2 egg whites
- salt and freshly ground black pepper
- a little oil for frying

### Instructions

1. Boil the potatoes for 10-12 minutes or until tender. Drain and mash well or pass through a potato ricer. Leave to cool completely, then stir through the beaten whole eggs, nutmeg and flour and season well.
2. Whisk the egg whites until they form soft peaks then gently fold through the potato mixture. Heat a little oil in a non-stick frying pan, add the mixture in spoonfuls and cook for 2-3 minutes until golden.
3. Place on a piece of kitchen paper to absorb any excess oil, then serve.



## Flapjacks

(reproduced with permission from [www.diabetes.org.uk](http://www.diabetes.org.uk))

A low-fat version of traditional flapjacks.

Serves 8  
Ready in approx. 35 minutes

### Nutritional information per serving:

167kcal Energy  
30g Carbohydrates  
5g Fat

### Ingredients

- 50g (1¾ oz) soft brown sugar
- 75g (2¾oz) reduced-fat spread
- 2 dessertspoons of golden syrup
- 50g (1¾oz) plain flour
- 100g (3½oz) porridge oats
- 50g (1¾oz) mixed dried fruit

### Instructions

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Lightly grease and line a 7" round tin with baking parchment.
3. Place the brown sugar, reduced-fat spread and golden syrup in a saucepan over a low heat until dissolved.
4. Stir the remaining ingredients into the saucepan and then spoon the mixture into the round tin.
5. Press down the mixture in the tin with the back of the spoon.
6. Cook for about 25–30 minutes until golden, mark into 8 pieces and cool.

## Real muesli with summer fruits

(reproduced with permission from [www.asda.co.uk](http://www.asda.co.uk))

Healthy, colourful and tasty, it's worth getting up for!

Serves 4

Preparation time 10 minutes  
Plus chilling time

### Nutrition information per serving:

Energy	325kcal
Carbohydrate	63g
Fat	4g

### Ingredients

- 200g Asda Porridge Oats
- 300ml apple juice
- 1 Granny Smith apple
- 2tbsp clear honey
- 200g Asda Good For You Greek-style yogurt
- 1 nectarine
- 100g raspberries
- 100g blueberries

### Instructions

1. Put the porridge oats in a bowl with the apple juice and stir to mix. Cover and refrigerate overnight.
2. Just before serving, grate the apple and stir it into the oats with the honey and yogurt. Stone the nectarine and cut it into small pieces. Divide the oats between 4 bowls and top with the fruit.

