

the 4 Blades MAGAZINE

The Healthy New Year Issue

To Cook from This Issue...

BREAKFASTS

- Gluten Free Toasted Muesli
- No Fail Thick and Creamy Yoghurt
- Nutty Almond Porridge with Blueberries
- Snap Lock Scrambled Eggs

DRINKS

- Chai Crio Brû
- Green and Gold Digestive Smoothie
- Green Chocolate Milkshake
- Strawberry Green Tea Smoothie
- Tropical Endive Smoothie

BREADS & DOUGHS

- Gluten Free Crusty French Bread
- Go-To Gluten Free Loaf

MEAT & POULTRY

- Bacon Wrapped Meatloaf with Smokey BBQ Sauce
- Harissa Chicken, Spiced Lentil & Tomato Stew with Steamed Green Beans
- Healthy Butter Chicken

SALADS / VEGETABLES

- Brown Rice Salad
- Cauliflower Mash
- Super Simple Salad
- Tasty Coleslaw

SAUCES & EXTRAS

- Cajun Seasoning Mix
- Honey Roasted Peanut Spread
- Sun Butter

SEAFOOD

- Crab and Spinach Ohitashi with Mixed Mushrooms
- Tuna Mornay Pasta Bake

SOUPS

- Creamy Chicken & Cauliflower Soup
- Hearty Lamb & Veggie Soup
- Thai Spiced Butternut Pumpkin Soup

STARTERS, SNACKS & LIGHT MEALS

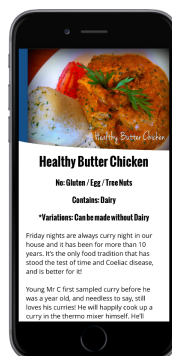
- Apple Crumble Balls
- Chicken and Vegetable Meatballs with Roasted Capsicum Dipping Sauce
- Creased Ricotta Slice
- Raw Fruit and Nut Bars
- Zucchini, Sultana & Chia Muffins

SWEETS

- Banana Cinnamon Ice Cream
- Banana Ice Cream Variations
- Banana Raspberry Ice Cream
- Chocolate Chickpea Biscuits
- Chocolate Coconut Mousse
- Chocolate Pumpkin Slice
- Family Fudge Slice
- Healthy Hippy Cookies
- Maca Chip Cookies

VEGETARIAN MAIN MEALS

- Mushroom Stroganoff



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