



 **Homemade Method™**

# ROASTING AND USING YOUR OVEN

FOR THE LIFE-CHANGING  
COOKING PROGRAM

[www.homemademethod.com](http://www.homemademethod.com)

**AUSSIE  
VERSION!**

# A MESSAGE FROM OUR FOUNDER, ANNA



## COPYRIGHT NOTICE & LEGALS

This Recipe Book was created exclusively with love for our **Life-Changing** Cooking Program Members and Success Members. I hope you enjoy it! 😊

A word of warning: The magic is not in the Recipes... If you want to TRANSFORM your health and weight for LIFE, do the Program!! There is no replacement for putting in the work.

You are welcome to share a recipe or two with your friends and family.

We even have a special friends and family discount offer ([click here to learn more](#)). That's because you're more likely to succeed with your health and weight loss goals when you do healthy lifestyle changes with your loved ones!

But...This document and its contents are protected by copyright laws and intended for private use only.

So please do not copy, sell or share these recipes, to respect our intellectual property and avoid breaching the law.

If you've got any questions, please reach out to our team at [member@homemade-cooking.com](mailto:member@homemade-cooking.com).

Warmly,

**Anna Rakoczy**

Founder, Homemade Method

Your Chief Cheerleader

# USEFUL LINKS

[CLICK HERE TO ACCESS COMPLETE PROGRAM RECIPES](#)

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## VOLUME

1 TABLESPOON = 3 TEASPOONS = 15 MILLILITERS

4 TABLESPOONS = 1/4 CUP = 60 MILLILITERS

1 OUNCE = 2 TABLESPOONS = 30 MILLILITERS

1 CUP = 8 OZ = 250 MILLILITERS

1 PINT = 2 CUPS = 500 MILLILITERS

1 QUART = 4 CUPS = 950 MILLILITERS

1 QUART = 2 PINTS = 950 MILLILITERS

1 GALLON = 4 QUARTS = 3800 MILLILITERS = 3.8 LITERS

## WEIGHT

1 OUNCE = 30 GRAMS

1 POUND = 16 OUNCES

1 POUND = 450 GRAMS

2.2 POUNDS = 1 KILOGRAM

## TEMPERATURE

350 F = 180 C

375 F = 190 C

400 F = 200 C

425 F = 220 C

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# TRIED AND TESTED OVEN COOKING COMBINATIONS

If you do nothing else with your oven, then you need to discover the simplicity of baking a single ingredient. It is so simple, and the flavours of your roasted or baked ingredients are so rich and satisfying.

Just place the ingredients in the oven with some oil, salt, and pepper, set the timer - and then forget about it! Try adding a different ingredient on each oven shelf in one cooking session for maximum efficiency.

We've listed below some 'tried & tested' combinations of ingredients and flavour add-ins for you to try.



## ROASTING NUTS AND SEEDS:

There are few things more delicious than roasted nuts, and they absolutely transform any salad into a meal.

Not only are they delicious, they also provide your body with vital healthy fats that help you **feel satiated and reduce inflammation**. These both help you on your path to **lose weight and reduce blood sugars, cholesterol and pressure as well as chronic pain**.

Because they are so high in healthy fats, enjoying them mindfully is important because a little goes a long way.

Serves: 4-5

Prep time: 5 minutes

Cook time: 7-10 mins

## INGREDIENTS

## QTY

## LINKS TO BUY

Nuts or seeds (almond, cashew, sunflower seeds, hazelnut or walnuts)	1 cup	
Avocado oil	2 tbsp	
Salt	to taste	
Pepper	to taste	
Other spices (e.g brown sugar, cayenne and a squeeze of lemon juice)	to taste	

## INSTRUCTIONS

- Preheat oven and a baking tray to hot 200°C – 230°C or 400°F – 450°F.
- Place a piece of baking paper on the baking tray or else grease it.
- Toss 1 cup of nuts or seeds in 2 tablespoons of oil. Add salt, pepper and other spices to taste. Try brown sugar, cayenne and a squeeze of lemon juice.
- Cook for 5 - 7 minutes or until nuts are lightly browned. Check after a couple minutes and stir for even cooking. Use in salads, soups, desserts or for snacking mindfully.



## BAKED FISH

Welcome to one of the **easiest, healthiest, tastiest and juiciest** ways to enjoy fish. Fish is a wonderful source of **lean protein, omega 3 fatty acids and vitamin D**.

Both the protein and omega 3's help to **stabilize your blood sugars** as well as help you **reduce inflammation**, which is vital to **reducing cholesterol and chronic pain**. Vitamin D is an important nutrient that helps you **feel energized and improve osteoporosis**.

Serves: 4-5

Prep time: 5 minutes

Cook time: 7-10 mins

## INGREDIENTS

## QTY

## LINKS TO BUY

Fish fillet of your choice	110g - 140g	
Avocado oil	1 tbsp	
Salt	to taste	
Spices and herbs (e.g. lemon wedges, salt, parsley, butter & capers)	to taste	

## INSTRUCTIONS

- Preheat the oven to 200°C OR 400°F.
- Wrap 110g – 140g fish fillet per person or per serve in aluminium foil or baking paper, together with 1 tablespoon oil (per serve), spices, herbs, and salt. Try lemon wedges, salt, parsley, butter and capers. If using foil, grease the foil to prevent the fish from sticking.
- For fish with thinner ends tuck the ends under.
- Cook for 15 - 20 minutes, depending on oven speed and fillet thickness. Test for doneness with a fork. When fish begins to flake and turns opaque it's done! Open foil or paper carefully as hot steam may escape.
- Enjoy with seasonal vegetables or salad and brown rice.



### RECIPE NOTES

- *Fish can be baked ahead of time and stored in the refrigerator for up to two days, covered.*
- *Ingredients and dishes cooked in the oven are not always brown and crispy.*

#### **As a general rule:**

- *If there is liquid involved & low heat, then the ingredient won't brown*
- *If there is oil involved and high heat, then the ingredient will brown.*
- *Experiment with draining liquid and coating with more oil halfway through cooking to get a nice browning and crispiness. Serve with fresh, raw ingredients to balance out the meal if you do this (or just eat fresh at your next meal).*



# ROASTED VEGETABLES

Roasting or baking vegetables browns them nicely on the outside and concentrates and sweetens their natural flavours in even the most unpopular of vegetables (like brussels sprouts!).

Potatoes and sweet potatoes are a classic hit and a **great source of important carbohydrates to power you through your day.**

Leave the skin on for **added nutrition and fibre.** Consider trying these other vegetables that taste great when roasted: beetroots, carrots, turnips, pumpkin, eggplant, capsicums, tomatoes, cherry tomatoes and mushrooms.

Serves: 4-5

Prep time: 5 minutes

Cook time: 7-10 mins

## INGREDIENTS

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## QTY

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## LINKS TO BUY

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Vegetables of your choice cut into 1 in cube or long strips (e.g pumpkin, carrot, parsnips, asparagus, cherry tomatoes, cauliflower, sweet potatoes, capsicum and anything you like!

110 g

Oil

1 tbsp

Salt

to taste

Herbs and Spices (rosemary, thyme, paprika, chilli, oregano, cumin, curry powder)

to taste

## INSTRUCTIONS (METHOD 1)

- Cut vegetables of your choice evenly into 2.5 cm cubes or long thin fingers and toss in oil and salt, herbs, spices. Try rosemary, salt and pepper. Other herbs & spices that work well are, thyme, paprika, chilli, oregano, cumin, curry powder, salt and pepper. Choose any 2 - 3.
- Spread an even layer on a baking tray covered with baking paper.
- Roast in a hot 250°C OR 500°F oven to achieve nice browning, approximately 30 - 45 minutes.

## INSTRUCTIONS (METHOD 2)

- Coat vegetables in oil, salt, herbs, spices. Try chilli flakes, oregano, salt and oil.
- Wrap in aluminium foil. Bake at 180°C OR 350°F for 30 - 45 minutes or until cooked in the middle.



### RECIPE NOTES

- *As a general rule, 1 cup of vegetables = 1 serve = 1 tbsp of oil.*
- *So if you are cooking 3 cups of vegetables, then use 3 tbsp of oil.*
- *The amount of serves you eat will depend on what you are eating the vegetables with and how hungry you are! Generally 1-3 cups volume before cooking per person.*



## ROASTED MEAT OR CHICKEN

Don't be intimidated! Roasting beef, pork, lamb, chicken, and other meats is so easy and the leftovers help you eat well for days!

Meat provides your body with the most **accessible source of iron, complete protein and essential B vitamins** for your body to use. These nutrients are vital for **muscle repair, energy and blood health**. Meat also provides selenium that's crucial for **weight loss** and zinc that helps promote **gut health**.

It is important to note that you only need a little bit of meat to meet all your nutritional needs so enjoying this mindfully and paired with fibre rich vegetables is best practice.

Serves: 4-5

Prep time: 15 minutes

Cook time: 70-80 mins

## INGREDIENTS

## QTY

## LINKS TO BUY

Your choice of meat	1.8 kg	
Herbs and spices (thyme, or lemon wedges)	to taste	
Onion (diced)	¼ cup	
Carrot (cut into coins)	½ cup	
Salt and Pepper	to taste	

## INSTRUCTIONS

- Start with about 1.8 kg of meat.
- For chicken, rub generously with herbs, spices, salt and oil. Try thyme, lemon wedges, oil, salt and pepper. Fill the chicken cavity with onion, carrot, herbs and other flavourings. For red meat, try rosemary, salt and freshly ground black pepper. For pork, try sage, brown sugar, shallots, salt and freshly ground black.
- Start roasting at around 200°C OR 400°F covered with aluminium foil.
- About halfway through the cooking process, approximately 40 - 60 minutes, uncover and baste the meat. This means getting a spoon or brush and covering the meat with the juices in the pan.
- Continue to cook until the outside is nicely browned and the inside is cooked (best to test with a meat thermometer but you can also cut open and use sight / taste test).
- Allow meat to cool or 'rest' for 5 - 10 minutes before serving.
- Use roasted meat in salads, sandwiches and soups.



## ROASTED CHICKEN WITH GREMOLATA

This dish is packed with nutrients and flavour! The parsley, garlic, and lemon zest make this roast incredibly delicious and add health benefits too. Parsley is rich in **antioxidants, supports bone health, and reduces oxidative stress on the body that is linked to cancer.**

Garlic is a powerful **anti-viral and boosts the immune system.** Lemon zest is full of oils that **energize your body** and offer tonnes of vitamin C!

Chicken is a wonderful lean protein that stays super succulent and juicy in this recipe so you can even serve it for a special occasion!

Serves: 4-5

Prep time: 15 minutes

Cook time: 1.5 hours

## INGREDIENTS

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## QTY

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## LINKS TO BUY

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1.8 - 2.2 kgs chicken

1 ea

Unsalted butter, melted

¼ cup

Minced parsley

2 tbsp

[Parsley](#)

Minced fresh garlic

2 tbsp

Minced lemon peel/zest

2 tbsp

Olive oil

¼ cup

[Olive Oil](#)

Kosher salt, fresh ground

to taste

[Kosher salt](#), [Ground Black](#)

pepper

[Pepper](#)

# INSTRUCTIONS

- Preheat the oven 220°C OR 425°F and arrange a rack in the middle of the oven.
- For the Gremolata: Using a vegetable peeler, remove peel in long strips from lemon. Mince lemon peel. Transfer to a bowl and mix in parsley, garlic, salt and olive oil.
- Preparing the chicken: Remove the chicken giblets (if applicable). Trim any excess fat and pat the outside dry.
- Separate the skin from the meat in the breast and legs using your fingers, then add the gremolata or herb mixture, liberally.
- Drizzle the outside and under the skin of the chicken with the butter, then liberally sprinkle with salt and pepper.
- Tie the legs together with kitchen string (or dental floss) and tuck the wing tips under the body of the chicken.
- Roast the chicken for 1 hour 15 minutes or until the juices run clear when you cut between a leg and thigh.
- Halfway through cooking, baste the chicken by coating it with its juices.
- Let rest for about 20 minutes, covered with aluminium foil.
- Once rested, cut chicken into pieces and serve alongside roasted vegetables!



## RECIPE NOTES

- *Gremolata is traditionally a mixture of minced lemon peel, garlic and parsley. However, thyme or rosemary can be substituted for the parsley. You can also add all three herbs for herb roasted chicken.*
- *Once all the meat has been taken from your chicken carcass, you can use the bones to make stock! Just add your bones, ½ cup of celery, ½ cup onion, and ½ cup carrots along with any other vegetable or herb scraps you have to a pot. Cover with cold water, and let simmer for at least 4 hours or overnight. Once finished, strain!*



## MISO BAKED FISH

Fish and miso are a perfect match here! Fish is a wonderful source of lean protein, omega 3 fatty acids and vitamin D. Miso is a fermented food so it adds tonnes of flavour and is wonderful for **gut health, helping improve digestion and immunity.**

Both the protein and omega 3's help to **stabilize your blood sugars** as well as help you **reduce inflammation**, which is vital to **reducing cholesterol and chronic pain.**

Vitamin D is an important nutrient that helps you **feel energized and improve osteoporosis.**

Serves: 2

Prep time: 5 minutes

Cook time: 10-15 minutes

## INGREDIENTS

## QTY

## LINKS TO BUY

Fillets of salmon, black cod or rockfish

4 ea

Red or white miso paste

¼ cup

[White Miso Paste](#)

Rice wine vinegar and/or white wine

2 tbsp

[Rice Wine Vinegar](#)

Brown sugar or agave

2 tbsp

[Agave](#)

Soy sauce

2 tbsp

[Soy Sauce](#)

Spring onions, chopped

1 tbsp

## INSTRUCTIONS

- Remove any pin bones from the fish fillets.
- Add miso paste, rice wine vinegar and/or white wine, soy sauce, spring onions and brown sugar to a small bowl. Whisk well and pour over fish fillets.
- You can marinate this for up to 4 hours and preferably an hour at least. If you don't have time, then skip this step.
- Preheat the oven to 230°C OR 450°F and cover a small baking pan with baking paper or aluminium foil.
- Place marinated fish skin side down in the pan. Bake for 10 - 15 minutes depending on thickness of the fillet. Test by inserting a fork into fish if it slightly flakes it is ready. You can grill the top for a caramelised miso effect, 1 minute.
- Once fish is finished, serve immediately with vegetables and a hearty whole grain!



# ROASTED PORK TENDERLOIN STUFFED WITH ROSEMARY AND APPLE

This sweet and savoury dish is deliciously well-balanced and packed with **healing ingredients**. This dish is perfect for a special occasion but easily prepared in a mere 30 minutes. It's also lovely to make and enjoy all week for 1-2 people!

Rosemary, feta, mustard and garlic create a beautiful savoury profile that compliments the pork and **offers your body energy and immune boosting properties**. The apple balances this with natural sweetness and also brings crucial **fibre that promotes gut health**.

Serves: 4

Prep time: 20 minutes

Cook time: 30 minutes

## INGREDIENTS

## QTY

## LINKS TO BUY

Olive oil	5 tbsp	<a href="#">Olive oil</a>
Apple, diced into 1.25cm pieces	1 ea	
Fresh rosemary	3 tbsp	<a href="#">Rosemary</a>
Kosher salt and freshly ground black pepper	to taste	<a href="#">Kosher salt</a>
Pork tenderloin	700 grams	
Feta cheese, crumbled	½ cup	
Apple juice	2 cups + ½ cup	
Garlic, minced	2 cloves	
Cornflour	2 tsp	
Dijon mustard or any mustard	2 tsp	<a href="#">Dijon mustard</a>

## INSTRUCTIONS

- Preheat oven to 230°C OR 450°F.
- Heat 1 tablespoon oil in a large skillet over medium heat. Add diced apple and cook, stirring until beginning to soften, about 3 minutes. Add 2 tablespoons rosemary and season with salt and pepper and cook for 2 more minutes. Transfer the mixture to a bowl to cool and stir in the feta. Rinse out the pan.
- To butterfly the tenderloin, lay it on a large cutting board. Holding the knife blade flat and parallel to the board, make a lengthwise cut through the centre of the meat, stopping short of the opposite edge so that the tenderloin remains in one piece. Open up the tenderloin like you would a book. Cover with plastic wrap or insert into a plastic bag. With a meat mallet, rolling pin or heavy pan, pound the pork to an even 1-1.5cm thickness.

# INSTRUCTIONS

- Spread some rosemary and the apple mixture in the centre of the pork, leaving a 2.5cm border all around. Sprinkle in the feta cheese chunks. Wrap the meat around the filling lengthwise. Use kitchen string (if you have it) firmly around the roast to secure the two ends. Then tie it securely with string at 5cm intervals.
- Brush the roast with 1 teaspoon oil and sprinkle all over with the remainder of minced rosemary, salt and pepper.
- Put the pork in an oven safe pan and roast until an instant read thermometer inserted into the thickest part registers 65°C OR 145°F, after about 20 - 30 minutes. When finished, remove the tenderloin from the pan and let rest on a clean cutting board for 5 minutes.
- Optional: Flavourful Sauce  
Return the pan to a medium - high heat. Add apple juice (reserving the ½ cup), rosemary sprig and the garlic. Bring to a boil and cook for 1 minute. Whisk the reserved apple juice with the cornflour and add to the pan. Return to a boil and cook, stirring occasionally and until thickened and reduced by just over half (to about ¾ cup) which should take 8 - 10 minutes. Remove from the heat and discard the garlic and rosemary. Whisk in the mustard and season to taste. Slice the pork and serve with the sauce plus potatoes or rice and vegetables or salad. Can also be stuffed with almost any fruits or dried fruits (ideas: peaches, apricots, figs).



# ROASTED BUTTERNUT PUMPKIN WITH SAGE

Butternut pumpkin is naturally sweet and roasting enhances this beautifully because it concentrates those natural sugars as it tenderizes.

The bright orange colour of this vegetable is attributed to its rich content of **beta carotene**, an antioxidant that **promotes eye health**.

Sage balances the sweetness of the pumpkin with an earthy flavour that also provides **antioxidants, anti-bacterial properties** and can even help **balance blood sugars!**

This is a wonderful side dish to the Roasted Pork.

Serves: 2

Prep time: 5 minutes

Cook time: 30-40 minutes

## INGREDIENTS

## QTY

## LINKS TO BUY

Butternut pumpkin, peeled and seeds removed, cut into 2.5 cm slices 1 ea

Avocado oil 1/3 cup

Sage leaves 10 - 15 each

Salt and pepper to taste

[Salt](#) or [Cracked Black Pepper](#)

## INSTRUCTIONS

- Preheat oven to 230°C OR 450°F.
- In a roasting or sauté pan, drizzle the pumpkin with oil, salt and pepper.
- Roast in the oven, turning occasionally, for about 30 - 40 minutes.
- When the pumpkin begins to turn brown on all sides, add the sage leaves tossing them in olive oil, and continue to cook for another 5 - 10 minutes until the sage leaves are crisp. Serve hot.



### RECIPE NOTES

- *This is a great dish to cook alongside roast chicken, turkey, or pork. If need be, you can lower the temperature and slightly increase the cooking time.*
- *This roasting technique can be used for a variety of other vegetables and seasonings. To go along with butternut pumpkin, consider beetroots, parsnips, carrots, and sweet potatoes.*



## “TORRETTA DI MELANZANA” (EGGPLANT TOWERS)

Eggplant and tomatoes create a succulent flavour combination that is taken to the next level with added basil!

Both vegetables are rich in **antioxidants and fibre** that help **reduce the risk of heart disease, cancer** and have even been linked with **reducing LDL cholesterol** as well! Tomatoes are also high in vitamin C, perfect for helping **boost immunity**.

The olive oil and mozzarella make this dish super satisfying and add protein as well as healthy fats to the mix, both important for **balancing blood sugars**. In addition to adding flavour, basil also has **anti-inflammatory and anti-bacterial** compounds that help you heal your body.

Serves: 2

Prep time: 10 minutes

Cook time: 20 minutes

## INGREDIENTS

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## QTY

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## LINKS TO BUY

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Kosher salt and freshly ground  
black pepper

to taste

[Kosher salt](#)

Olive oil

¼ cup

[Olive Oil](#)

Balsamic vinegar

¼ cup

[Balsamic Vinegar](#)

Small eggplant, cut into 1.25cm slices

1 ea

Mozzarella cheese

170 grams

Large tomatoes, cut into 1.25cm slices

2 ea

Basil leaves, cut into ribbons

2 ea

Parmesan, shredded

¼ cup

[Parmesan](#)

# INSTRUCTIONS

- Preheat oven to 200°C OR 400°F and line a baking tray with baking paper.
- Blend together the balsamic vinegar and olive oil and season with salt and pepper.
- Marinate the eggplant slices in the balsamic vinaigrette for 5 minutes.
- Place on the baking paper in one layer and bake for 20 minutes. Alternatively, you could heat a sauté pan over medium low heat and cook the eggplant for 6 minutes on each side, covering the pan with a lid.
- Once the eggplant is cooked through, begin building your towers. First place a slice of eggplant, then a slice of tomato, topped by a slice of mozzarella. Repeat the layers once more, then top with a third eggplant slice to finish. At this point, pour a little oil on all your towers.
- You can bake the towers in a preheated oven at 200°C OR 400°F for a few minutes, until you see the cheese melt, or eat as is on top of your bed of mixed greens!



## RECIPE NOTES

- *These could also be made using zucchini, or other seasonal vegetables!*



## ROASTED BEETROOT, HAZELNUT, AND GOAT CHEESE DIP WITH CRUDITES

Beetroots are one of the best foods to eat to help **reduce blood pressure**.

They are nutrient dense and rich in vitamins and minerals such as manganese, which is important for **bone health** and plays a role in **blood sugar regulation**. They also offer powerful antioxidants, which help to **reduce inflammation, improve digestion and gut health**.

Hazelnuts and goat cheese offer satisfying healthy fats and protein that **helps repair the body**.

The crudités offer more fibre and nutrients that are crucial for **blood sugar regulation and losing weight**.

Serves: 2

Prep time: 5 minutes

Cook time: 30-40 minutes

## INGREDIENTS

## QTY

## LINKS TO BUY

Red beetroot, medium

1 ea

Garlic

1 clove

Red chilli flakes

¼ tsp

Hazelnuts, toasted

1 tbsp

[Hazelnuts](#)

Yoghurt

¼ cup

Kosher salt

to taste

[Kosher salt](#)

Goat cheese

30 grams

Chives, minced

1 tsp

Carrot, celery, capsicum,

sticks

cucumbers, cherry

tomatoes, radishes - cut into

slices or sticks

## INSTRUCTIONS

- Preheat the oven to 200°C OR 400°F.
- Slice the beetroot into 2cm cubes and wrap in foil drizzled with 1 tablespoon olive oil and a little salt. Roast for 30 - 40 minutes and set aside to cool.
- Place the beetroot, garlic, chilli flakes, hazelnuts and yoghurt in a food processor or blender and blend to a smooth paste. Add salt to taste. Remove from the processor into a bowl and then gently stir in goat cheese and minced chives by hand.
- Serve with vegetable sticks, crostini, pita bread or anything you can think of!



## APRICOT BREAKFAST BAR

This fibre rich recipe is perfect to help you fuel up for hours any time of day! Oats are well known for their ability to offer **gut healthy fibre and help you lower your LDL cholesterol.**

Flax and sunflower seeds add to the fibre mix while also offering essential omega 3 fatty acids that you need to **reduce inflammation** in the body.

Dates, dried apricots, bananas and orange juice bring natural sweetness to this dish and the fibre in the bananas is especially important to gut health as it's **prebiotic and supports your microbiome.**

Cinnamon **reduces sugar cravings** and helps **regulate blood sugars** as well.

Serves: 10 bars

Prep time: 20 minutes

Cook time: 30 minutes

## INGREDIENTS

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## QTY

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## LINKS TO BUY

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Rolled oats	1 ½ cup	<a href="#"><u>Whole Rolled Oats</u></a>
Almond meal or wholemeal flour	½ cup	<a href="#"><u>Almond Meal</u></a>
Ground flaxseed	¼ cup	<a href="#"><u>Ground Flax Seeds</u></a>
Cooked quinoa	½ cup	<a href="#"><u>Quinoa</u></a>
Coconut, unsweetened, shredded	½ cup	<a href="#"><u>Shredded Coconut</u></a>
Sunflower seeds	½ cup	<a href="#"><u>Sunflower Seeds</u></a>
Cinnamon	1 tsp	<a href="#"><u>Cinnamon</u></a>
Dried apricots, chopped	½ cup	<a href="#"><u>Dried Apricots</u></a>
Dates, chopped	5 ea	<a href="#"><u>Dates</u></a>
Overripe banana	1 ea	
Orange juice	½ cup	
Vanilla extract	1 tsp	<a href="#"><u>Vanilla</u></a>

# INSTRUCTIONS

- Preheat the oven to 180°C OR 350°F.
- In a large bowl, combine dry ingredients (rolled oats through to cinnamon in the ingredients list) then mix in the apricots and dates.
- In a blender, blend together the wet ingredients (banana through to vanilla extract in the ingredients list) until smooth.
- Pour wet ingredients into dry ingredients and mix until combined.
- Pour batter into an 20cm x 20cm pan (8" x 8"). (You could also bake these in a 23cm x 33cm (9" x 13"). pan for thinner bars, just shorten the cooking time.) Press down the batter very firmly.
- Bake for 30 minutes.
- Serve warm or cold with some yoghurt or sour cream, if you like!



## RECIPE NOTES

- *You could change these bars up by exchanging the apricots for other kinds of dried fruits, and switching out the sunflower seeds for pumpkin, flax, or chia seeds!*



## PEAR AND CHOCOLATE CRISP

Pear is the main star here with its gentle sweetness and amazing health benefits. Pears are one of the fruits that offer your body **prebiotic fibre** that promotes gut health and boosts your immunity.

Hazelnuts and nut butter bring healthy fats so you can enjoy a sweet treat and still **balance your blood sugars!** Plus, these also help you **reduce inflammation** and combined with cacao powder, creates a healthy nutella flavour that everyone loves.

Cacao powder is full of **antioxidants** that reduce oxidative stress and has been used for its incredible flavour and healthy benefits for centuries.

Lastly, enjoying wholemeal flour is a great way to add **fibre** to your dessert. This crisp will leave you feeling **energized, satisfied and never deprived!**

Serves: 3

Prep time: 5 minutes

Cook time: 20-30 minutes

## INGREDIENTS

## QTY

## LINKS TO BUY

Pears	3 ea	
Hazelnut or almond meal	6 tsp	<a href="#">Hazelnuts or Almond Meal</a>
Hazelnut or almond butter	2 tbsp	<a href="#">Hazelnut or Almond Butter</a>
Cacao powder	2 tbsp	<a href="#">Cacao Powder</a>
Coconut sugar (or brown sugar)	2 tbsp	<a href="#">Coconut Sugar</a>
Cinnamon	2 tsp	<a href="#">Cinnamon</a>
Wholemeal flour	3 tbsp	<a href="#">Wholemeal flour</a>

## INSTRUCTIONS

- Preheat the oven to 180°C OR 350°F. Line a baking tray with baking paper and grease.
- Slice the pears and lay them out in a mostly single layer on the baking paper.
- Combine all the other ingredients in a food processor or mix well by hand.
- Sprinkle the mixture on top of the pears. Then place the baking tray into the oven and bake for 20 - 30 minutes or until the pears are soft.
- Serve warm with a dollop of yoghurt!



### RECIPE NOTES

- *This recipe would also work beautifully with apples, plums, peaches, or strawberries.*
- *If you can't find hazelnuts or hazelnut meal, you can always substitute any other kind of nut and meal, almonds work particularly well!*



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