



Ricotta, Pea & Mint Bruschetta

Preparation time: 10 mins

Cook time: 1 min

Serves: 1

½ cup frozen peas

2 Tbsp reduced-fat ricotta cheese

1 tsp fresh mint, finely chopped

4 Vita-Weat Five Super Seeds Crispbread

Fresh mint for garnish

1. Bring a small pot of water to the boil. Add peas and cook for 3 minutes, drain water.
2. In a small bowl, combine cooled peas with ricotta cheese.
3. Spoon peas mix on top of each Vita-Weat. Garnish with mint.



Vita-Weat Chicken Tenders

Preparation time: 10 mins

Cook time: 20 mins

Serves: 4-6

125g Arnott's Vita-Weat 9 Grain

1-2 tsp lemon rind, finely grated

2 egg whites

500g chicken tenders

Olive oil spray

$\frac{3}{4}$ cup plain Greek-style yoghurt

1-2 Tbsp lemon juice

1. Pre heat oven to 200°C. line a baking tray with baking paper and set aside.
2. In a food processor, process Vita-Weat until crumbs. Place in a medium bowl with lemon rind, stir and set aside. Place eggs in a medium bowl and lightly whisk.
3. Coat chicken tenders, one by one in the egg mix, then the Vita-Weat crumb mixture, pressing gently.
4. Place on baking tray, spray well with olive oil spray. Bake for 25 mins or until golden and cooked through.
5. In a small bowl combine yoghurt and lemon juice.
6. Season tenders as desired, serve with salad and yoghurt dipping sauce.

Vita-Weat, Date & Pecan Bliss Balls

Preparation time: 20 mins

Chill time: 1 hour

Makes: 20

200g Arnott's Vita-Weat 9 Grain

180g pitted dates

30g pecans

3 Tbsp maple syrup

2 Tbsp boiling water

Shredded coconut and cocoa for dusting

1. Place Vita-Weat in bowl of food processor and process to a crumb, add dates, pecans, maple syrup, pulse until combined.
2. Add 2 Tbsp of water (a little more if required as some dates are drier than others); pulse to bring mixture together.
3. Place mixture into a bowl and roll tablespoons into balls, toss in coconut or cocoa. Chill until ready to serve.

Will keep up to 2-3 days in an airtight container in the fridge.

