

BROCCOLI CAULIFLOWER SALAD

- 1 head of Broccoli, chopped
- 1 head of Cauliflower, chopped
- 1 cup mayonnaise
- 1 cup sour cream
- ½ cup sugar
- ½ teaspoon salt
- 200-250gms bacon, fried and crumbled
- 1 cup shredded cheese



Mix mayonnaise, sour cream, sugar and salt altogether and use as the dressing. Add Broccoli and Cauliflower bacon and cheese, mix all together.

BACON WRAPPED CREAM CHESSE STUFFED CHICKEN BREASTS

- 1 Boneless chicken breast
- 2 tablespoons cream cheese
- 1 tablespoon onion chopped finely
- 2 pieces bacon partially cooked



Pound out the chicken breast till it is about ¼ inch thick. Mix together the cream cheese and onion and spread the mixture over one side of the chicken breast. Roll up the chicken breast to conceal the cream cheese mixture. Wrap the partially cooked bacon around the chicken breast and secure with a toothpick. Place on a baking sheet and bake for about 30 mins at 180° or until cooked. Turn the oven to grill for a few minutes to crisp up the bacon.

FROZEN YOGHURT COVERED STRAWBERRIES

- 1 container of Vanilla Yoghurt. (Use Greek yogurt as it is thicker)
- Fresh ripe strawberries

Slice strawberries in half. Spoon some of the yoghurt into a shallow dish and dip the strawberries into the yoghurt. Place the dipped strawberries in a container lined with baking paper and put into the freezer.

WARNING. These are addictive. They are cold, sweet and refreshing and just delightful to pop into your mouth on a hot summer's day and they are easy to make.



BAILEYS CHRISTMAS FUDGE

150mls of Baileys Irish Crème
50mls milk
30gms butter
350gms caster sugar
300gms good quality white cooking chocolate

Line a square 20cm cake tin or baking dish. Break up the chocolate into squares. Measure out 125ml of Baileys and pour into a saucepan. Add the milk, butter and castor sugar and put the pan on a low heat. Stir occasionally until the sugar is dissolved and the butter has melted. This takes about 10 mins. Turn up the heat to medium and stir whilst the mixture gently simmers. You want the bubbles to be calmly breaking the surface for 10 mins. Remove the pan from the heat and stir in the chocolate and last 25mls of Baileys. Keep stirring until the chocolate has melted and you have a smooth consistency. If the chocolate is slow to melt, put the pan on a low heat and stir until smooth. Transfer to the tin and chill for at least two hours. Cut into small squares. (0.126 standard drinks per slice)



CHRISTMAS MUFFINS

3 cups flour
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
2 teaspoons mixed spice
1 cup caster sugar
1 cup Christmas fruit mince
2 eggs beaten
1 cup yoghurt (plain or fruit)
1 cup milk
100gms butter melted
70gms whole almonds



Sift the flour, baking powder, baking soda, salt, mixed spice and caster sugar into a bowl and make a well in the centre.

In a jug blend together the fruit mince, eggs, yoghurt and milk and mix into the dry ingredients, folding in the melted butter as you go.

Divide evenly into 12 well greased muffin tins and top each one with 2-3 almonds. Bake at 220° for approx 18 – 20 mins until cooked. Cool in the tin for about 5 mins before serving.