



WHOLEGRAIN GOODNESS

Live Healthier!



Recipe Booklet



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WHAT ARE WHOLEGRAINS?

Many foods from breakfast cereals to breads, pasta and snacks are described as containing wholegrain. But what exactly are wholegrains and why are they an important part of a healthy balanced diet?

Wholegrain literally means the whole of the grain, where all parts of the grain are kept in the final product, be it bread or breakfast cereal. Each individual grain provides lots of nutrients, like carbohydrate, protein, vitamins, minerals, fibre and antioxidants, all essential for your well-being.

WHOLEGRAIN BENEFITS

Studies show that eating at least three servings of wholegrain a day offers many health benefits, particularly for maintaining a healthy heart. Wholegrains are also great for anyone watching their weight, as they can help you to feel fuller for longer, so you are less likely to snack between meals. With their high fibre content, wholegrains can also help keep your digestive system in good working order.

GIVE YOUR DAY A WHOLEGRAIN MAKEOVER

It is really easy to make wholegrains part of your daily diet, whatever the meal. Something as simple as a slice of wholemeal bread or two oatcakes, provides a single serving of wholegrain and is great at any time of the day, including light lunches and snacks. A bowl of wholegrain breakfast cereal can provide up to three servings, or for supper three heaped tablespoons of wholegrain pasta also counts as a serving of wholegrain.

For more information on wholegrains visit
www.wholegraingoodness.com



HGCA is the cereals and oilseeds division of the UK-wide Agriculture and Horticulture Development Board. HGCA's aim is to improve the production and marketing of cereals and oilseeds, providing cost-effective, quality services that take account of consumer and environmental requirements.

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HINTS AND TIPS



ENERGISING BREAKFASTS

Swap your usual breakfast cereal for a wholegrain one – there are lots to choose from.

Start the day with porridge or wholemeal toast with your favourite topping.

SNACKS & TREATS

Oatcakes or wholegrain crackers make a great mid-morning snack. Or, for a light lunch, add cheese or ham with salad and relish.

Use wholemeal flour for baking. From scones to tea loaves, replacing some of your usual flour with wholemeal flour will give a lovely flavour.



LUNCHTIME FILLERS

Make the family's packed lunches using wholemeal rolls or bread and include unsalted popcorn instead of their usual crisps or nuts.

On cold days warm yourself up with a hot vegetable soup served with a wholemeal roll.

WHOLE SOME SUPPERS

Wholegrain pasta comes in all shapes and sizes, from spaghetti to penne. Just add the sauce of your choice for a speedy supper.

Wholemeal breadcrumbs make a great topping for macaroni cheese and vegetable bake; use to coat fish or add to stuffings too.



TRIPLE BREAKFAST STACK



Ingredients:

3 slices wholemeal bread, toasted
2 rashers smoked back bacon
1 medium egg
½ tbsp oil
100g mushrooms, sliced
1 tomato, sliced into 4
2 tbsp tomato ketchup

Prep time: 10 minutes

Cook time: 7-10 minutes

Serves: 1

Place the bacon under a preheated grill for 5-7 minutes until golden.

Meanwhile, poach the egg for 2-3 minutes in boiling water. Heat the oil in a frying pan and fry the mushrooms for 2-3 minutes. Remove and add the tomato slices and fry for 2-3 minutes.

Spread the ketchup on 2 slices of bread. Place the bacon and egg on one slice and lay the other slice on top. Top with mushrooms and tomato and then place remaining toast on top and serve.

COCOA & VANILLA SMOOTHIE



Ingredients:

2 whole wheat cereal biscuits
200ml semi-skimmed milk
200g vanilla yogurt
1 tsp cocoa

Prep time: 5 minutes

Serves: 1

Place all the ingredients in a liquidiser or food processor and blend until smooth.

Serve with a dusting of cocoa.

TOMATO MEATBALL WRAPS



Ingredients:

8 wholemeal tortilla wraps
500g minced beef
1 tsp mixed herbs
1 tbsp oil
400g tin chopped tomatoes
2 tbsp tomato purée
100g cheese e.g. Cheddar

To serve:

Low fat soured cream

Prep time: 15 minutes

Cook time: 20 minutes

Serves: 4

Mix the beef with the herbs and seasoning. Divide into 24 and roll into balls. Heat the oil in a large frying pan and fry the meatballs for 10 minutes until golden.

Add the chopped tomatoes and purée and cook for a further 10 minutes. Warm the tortillas according to pack instructions.

Spoon the meatballs over the tortillas, sprinkle over the cheese and add a dollop of soured cream. Fold up and serve with salad.

SPAGHETTI FISH SUPPER



Ingredients:

300g wholemeal spaghetti
1 tbsp oil
250g mushrooms, sliced
500g frozen coley or cod fillets, defrosted and diced
200g frozen peas, defrosted
100g frozen prawns, defrosted
1 packet mix for cheese sauce
300ml semi-skimmed milk

Prep time: 10 minutes

Cook time: 12-15 minutes

Serves: 4

Cook the spaghetti in boiling water for 12 minutes until al dente. Drain and return to the pan.

Meanwhile, heat the oil in a large frying pan and fry the mushrooms for 2-3 minutes, add the fish and cook for 1-2 minutes. Stir in the peas and prawns and cook for a further 2 minutes.

Blend the packet mix with the milk and bring to the boil, stirring. Pour over the drained spaghetti and stir in the fish mixture.

LEEK & BREAD PUDDING



Ingredients:

6 thick slices wholemeal bread
3 tbsp oil
400g leeks, sliced into 1cm pieces
100g low fat soft cheese
4 medium eggs, beaten
150ml semi-skimmed milk

Prep time: 15 minutes

Cook time: 25 minutes

Serves: 4

Preheat the oven to 180°C, gas mark 4. Heat the oil in a large frying pan and fry the leeks for 5 minutes until softened.

Spread the bread with the cream cheese and cut each slice into quarters. Place half in the base of a heatproof dish, cheese side up. Scatter half the leeks over the top. Mix the eggs, milk and seasoning together and pour half over the leeks. Repeat with the remaining bread and leeks. Then pour over the remaining egg mixture. Bake for 25 minutes until golden and set.

FRUIT CRUMBLE



Ingredients:

200g wholemeal flour
800g plums, rhubarb or seasonal fruit,
roughly chopped or sliced
125g soft brown sugar
1 tsp ground ginger
75g butter

Prep time: 15 minutes

Cook time: 15-20 minutes

Serves: 4

Preheat the oven to 200°C, gas mark 6.

Place the rhubarb, 50g sugar, ginger and 1 tbsp water in a large saucepan. Simmer for 10 minutes or until just tender. Transfer to an ovenproof serving dish.

Meanwhile, rub the flour, butter and remaining sugar together to resemble rough breadcrumbs. Spoon over the rhubarb and bake for 15-20 minutes or until golden.

APPLE BROWN BETTY



Ingredients:

150g fresh wholemeal breadcrumbs
800g apples, peeled, cored and diced into 1cm pieces
75g soft dark brown sugar
½ tsp ground cinnamon
6 tbsp water
150g fresh blackberries
50g butter
50g oats

Prep time: 10 minutes

Cook time: 5 minutes

Serves: 4

Place the apples, 50g sugar, cinnamon and water in a saucepan. Cover and cook gently for 5 minutes. Add blackberries, and cook for a further 3 minutes.

Meanwhile, melt the butter with the remaining sugar in a large frying pan and fry the breadcrumbs and oats for 3-4 minutes.

Spoon half the apples into 4 wine glasses or bowls, spoon over half the breadcrumb mix. Repeat with the remaining mixtures.

Serve with low fat crème fraîche.

FAT-FREE FRUIT LOAF



Ingredients:

225g wholemeal flour
1 tea bag
200g sultanas
100g dried apricots, chopped
175g soft brown sugar
2 medium eggs, beaten
1 tsp baking powder
1 tsp mixed spice

Prep time: 15 minutes

Cook time: 45-50 minutes

Serves: 10-12

Steep the tea bag in 300ml boiling water for 5 minutes. Add fruit and soak for 2-3 hours.

Preheat the oven to 180°C, gas mark 4.
Grease and base line a 1kg loaf tin.

Mix the sugar and eggs into the fruit mixture.
Mix the flour, baking powder and mixed spice together and stir into the fruit mixture.

Spoon into the prepared tin and bake for 45-50 minutes or until firm to touch and a skewer comes out clean. Allow to cool slightly before removing from the tin.

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