

BREAD ALERT!

RAINBOW BREAD SALAD



METHOD

1. Rub ½ tbsp olive oil and a dash of salt and black pepper onto the prawns and grill in a hot plate for 3 minutes until tender. Set aside.
2. Heat a non-stick pan with the remaining olive oil. Add garlic and fry until tender but fragrant. Add vegetables and stir-fry for 2-3 minutes until tender. Toss in the prepared prawns.
3. Toast Gardenia Nutri Multi-Grain until crisp and light golden brown. Toss bread lightly into prepared vegetables and garnish with parsley.
4. Arrange on a plate.
5. Drizzle with pesto sauce and sprinkle with cheese.

INGREDIENTS

- 6 slices Gardenia Nutri Multi-Grain, cut into thin long strips.
- 1 eggplant, sliced
- ¼ red pepper, sliced
- ¼ green pepper, sliced
- ¼ yellow pepper, sliced
- 4 fresh shitake mushrooms, sliced
- 4 black olives, sliced
- 8 medium prawns, shelled, deveined
- (Salt to taste)
- Black pepper, ground, to taste
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 3 tbsp pesto sauce
- 1 tbsp parsley, chopped
- 2 tbsp Parmesan cheese, shredded

Approximate Nutritional Value per serve

Energy	197 Kcal
Carbohydrate	16.0g
Protein	8.5g
Total Fat	11.5g
- Saturated Fat	2.2g
- Monounsaturated Fat	3.1g
- Polyunsaturated Fat	0.5g
Calcium	108mg
Sodium	400mg
Cholesterol	25mg
Dietary fiber	3g



BEAN SALAD WITH YOGHURT HERB DRESSING

INGREDIENTS

Bean Salad

- 1 slice Gardenia Nutri Multi-Grain Bread, cut into cubes
- ¼ cup canned Garbanzo beans (chickpeas), rinsed and drained
- ¼ cup red kidney beans, rinsed and drained
- ¼ cup corn kernels, rinsed and drained
- Butter lettuce leaves

Yoghurt Herb Dressing

- ¼ cup plain yoghurt
- 2 tbsp coriander, chopped
- Salt and black pepper to taste

METHOD

1. Toast the Gardenia Nutri Multi-Grain Bread cubes in a toaster oven.
2. Mix 1½ tbsp of chopped coriander with plain yoghurt, and season with salt and black pepper.
3. Place the lettuce leaves in a bowl.
4. Add the beans and corn to the bowl and top with the toasted bread cubes.
5. Garnish with yoghurt herb dressing and the remaining ½ tbsp of chopped coriander.



Nutritional Analysis:

Energy	150 kcals
Carbohydrate	26g
Protein	8g
Dietary Fibre	5.2g
Total Fat	1.6g
Sat. Fat	0.3g
Calcium	109mg

MANGO SPREAD

INGREDIENTS

- 2 slices Gardenia Nutri Multi-Grain Bread
- ½ small mango, diced
- ¼ cup low-fat cottage cheese
- 1 tbsp brown sugar [optional]

METHOD

1. Toast Gardenia Nutri Multi-Grain Bread.
2. Mix mango and cheese in a small bowl - be careful not to mash the ingredients.
3. Spread mango mixture on toast, sprinkle with brown sugar [optional].



Nutritional Analysis:

Energy	341 kcals
Carbohydrate	58g
Protein	17g
Dietary Fibre	6.8g
Total Fat	4.6g
Sat. Fat	1g
Calcium	148mg

