



# Sharing recipes from amazing dietitians!

Eat well... to be well! Visit a dietitian.





Dietitians love learning new cooking tricks and sharing great food. To mark Dietitians Day, we invited you to share some of your best-loved recipes. This wonderful collection includes family favourites, recipes using Australian native ingredients, and others created with special requirements in mind. We hope you enjoy them...



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# Minestrone soup

Joel Feren, APD  
www.thenutritionguy.com.au

This hearty minestrone soup is made with the goodness of extra virgin olive oil and packed full of vegetables. Serving it with crusty sourdough is a must!

## Serves 4

- 1 tbsp extra virgin olive oil
- 1 onion, finely chopped
- 1 leek, finely chopped
- 2 carrots, peeled, finely chopped
- 2 celery sticks, finely chopped
- 1 zucchini, chopped
- 1 litre vegetable stock
- 400g can diced tomatoes
- 1½ cups spiral pasta
- 400g can red kidney beans, rinsed, drained
- 1 cup fresh parsley, finely chopped



## To serve:

- Parmesan cheese
- Sour cream
- Salt and pepper
- Sourdough bread

Heat the oil in a large soup pot over medium-high heat. Add the onion, leek, carrot, celery and zucchini and cook, stirring often, for 10 minutes or until the vegetables are soft.

Stir in stock and canned tomatoes and bring to boil.

Add pasta and parsley and simmer for 20 minutes or until pasta is al dente.

Add kidney beans, stir and warm through.

Divide the soup between four serving bowls and top with grated parmesan cheese, sour cream and salt and pepper to taste.

Serve with crusty sourdough bread.

## Trio of dips

Charlotte Murray, APD  
@TheNuttyGritty and  
@GlowGroupHealth

A trio of dip recipes that are perfect for your next antipasto platter!

### **Roast beet, feta and walnut dip**

A fresh, bright and vibrant dip to add colour to your next antipasto platter. Serve it chunky or smooth. A guaranteed winner!

#### **For the roast beetroot:**

3 beetroots, quartered  
1 tbsp olive oil  
1 tbsp balsamic vinegar  
2 garlic cloves, skin on  
salt and pepper  
aluminium foil

#### **For the dip:**

roasted beets and garlic  
½ cup walnuts  
½ cup crumbled feta  
juice of ½ a lemon  
1 tsp olive oil  
½ tsp balsamic vinegar  
salt and pepper



To cook the beetroot, preheat oven to 180C.

Cover a baking tray with a sheet of foil. Place the quartered beets, oil, vinegar, garlic cloves, salt and pepper in the centre, shape the foil into a boat, and close it so the beets are completely enclosed. Roast for 45 minutes.

To make the dip, add the roasted beets to a blender or food processor with the walnuts, feta, lemon juice, oil, vinegar, salt and pepper and blitz to preferred consistency. (I prefer this dip chunky.)

Will keep in the fridge for up to 1 week.

### **Spanish romesco**

Made from delicious charred capsicum, romesco is packed full of flavour and colour and is super versatile – use it as a dip with fresh vegies and pita bread or serve it over practically anything from chicken to prawns or roasted vegies!

- 1 red capsicum
- ½ cup walnuts
- 2 tsp paprika
- ½ tsp ground cumin
- ½ tsp cayenne (optional)
- 400g can butter beans, drained
- 1 tbsp olive oil
- ¼ tsp red wine vinegar
- salt and pepper
- olive oil, crushed walnuts and paprika to serve



Preheat oven to 180C and place the whole capsicum on a baking tray. Bake for about 20-30 minutes, until the capsicum is evenly charred. You could also do this on a barbecue or straight over a flame if you have a gas stove. Allow to cool and remove the skin carefully.

In a blender or food processor, add the capsicum, walnuts, spices, butter beans, oil, vinegar, salt and pepper and combine.

Serve with a drizzle of olive oil, crushed walnuts and a sprinkle of paprika.

### **Minty yoghurt**

A quick dip that is super simple to whip up! Serve with whatever crunchy seasonal vegetables you enjoy.

- 1 cup Greek-style yoghurt
- small handful finely diced mint and parsley
- 1 garlic clove, crushed
- juice of ½ a lemon

Add the yoghurt, herbs, garlic and lemon juice to a small bowl. Stir to combine.

## ***Wattleseed and native thyme damper***

**Tracy Hardy, APD**  
Gamilaroi woman and founder  
of [wattleseednutrition.com](http://wattleseednutrition.com)

A simple bread to serve with soup, deliciously flavoured with wattleseed and native thyme, which has an aromatic peppery flavour.

500g (3  $\frac{2}{3}$  cups) wholemeal self-raising flour

$\frac{1}{2}$  cup sunflower seeds

$\frac{1}{2}$  cup pumpkin seeds

2 tbsp ground wattleseed

2 tsp native thyme

1 pinch salt

2 cups milk



Lightly grease a baking tray and preheat the oven to 200C.

In a bowl, combine the flour, sunflower and pumpkin seeds, wattleseed, native thyme and salt, then make a well in the centre and pour in the milk.

Combine to form a smooth, slightly moist dough.

Turn the dough out onto a floured bench and knead until the dough is smooth.

Shape the dough into a round loaf. Place on an oven tray and use a sharp knife to score the top with an "X". Lightly dust the top with flour just before baking.

Bake for 35–40 minutes, or until the loaf is golden brown and sounds hollow when tapped underneath. Serve warm with soup.



## ***Pumpkin and lentil soup with native spices***

**Tracy Hardy, APD**  
Gamilaroi woman and founder  
of [wattleseednutrition.com](http://wattleseednutrition.com)

This delicious, nutritious soup is flavoured with Australian bush spices, which I source from First Nations-led bushfood enterprises such as [mydillybag.com.au](http://mydillybag.com.au). or [https://www.instagram.com/murnong\\_mamas\\_/](https://www.instagram.com/murnong_mamas_/)

If you make this and share on Instagram or Facebook, I'd love you to tag me @wattleseednutrition.

### **Serves 6**

2 tbsp olive oil  
1 onion, finely chopped  
1 tsp finely grated fresh ginger  
2 garlic cloves, peeled  
2 tsp bush curry powder  
1.2kg Kent pumpkin, peeled, chopped  
175g (¾ cup) red lentils, rinsed  
1.25 litres (5 cups) salt-reduced vegetable or chicken stock  
low-fat natural yoghurt and fresh coriander leaves to serve



Heat olive oil in a large saucepan over medium-low heat. Add the onion and cook, stirring, for 5 minutes or until soft. Add the ginger, whole garlic cloves and curry powder and cook, stirring, for 1 minute or until aromatic.

Add the pumpkin, lentils and stock. Bring to the boil, then reduce heat to low. Simmer, partially covered, for 15-20 minutes or until the pumpkin and lentils are soft. Set aside to cool, then use a stick blender to blend until smooth.

Place the soup over medium heat and cook, stirring, for 3 minutes or until heated through. Season with pepper. Ladle among serving bowls. Top each with a spoonful of yoghurt and coriander to serve.

# ***The famous brown rice salad***

**Fiona Kendall**  
NZ dietitian

This brown rice salad is our family's go-to "bring a plate" dish. There is something wrong if someone doesn't ask for the recipe! Feel free to add extra ingredients such as grated carrot, currants, cashews or pomegranate arils to make it more colourful.

## ***Serves 4-6***

1 cup uncooked brown rice  
¼ cup soy sauce or tamari  
3 spring onions  
(green part only for low FODMAP), finely sliced  
½ cup finely chopped fresh parsley  
1 red capsicum, finely chopped  
optional extras: a handful of fresh coriander  
and mint, leaves torn  
flaked almonds and white sesame seeds,  
to serve



## ***Dressing***

¼ cup extra virgin olive oil  
2 tbsp white wine vinegar/apple cider vinegar, or lemon juice  
1 tsp sea salt  
pinch of mustard powder

Place the rice into a medium pot with 1¾ cups water and bring to a boil. Reduce the heat to low and cook, tightly covered, for 40 minutes, until the rice is tender and the water has been absorbed. Leave it to sit for a further 5 minutes without removing the lid.

While the rice is still hot, mix in the soy sauce or tamari and sliced spring onions and refrigerate for at least 2 hours or overnight to let the rice take on the flavours. The end product will be different if this step is skipped.

Mix the dressing ingredients together in a jar or small bowl and set aside.

Remove the rice from the fridge and mix in the prepared parsley, red capsicum and other fresh herbs, if using, until well combined.

Pour over the dressing and mix well. Sprinkle over the almonds and sesame seeds and serve.



# Charred corn super salad

Marnie Nitschke, APD

Is it a salad? A salsa? I'm not sure, but it goes beautifully with pulled pork tacos, barbecued fish, or as a topping for arepas, delicious South American savoury cornmeal flatbreads. This simple side is full of flavour, crunch, fibre, prebiotics and antioxidants, which I'm pretty sure makes it a certified gut health super salad.

You can make it with frozen corn kernels, but the crunchiness and smoky flavour of charred fresh corn is well worth the bother. Both my kids dislike raw capsicum, but they go crazy for this. Go figure!

## Serves 4-6

- 2-3 fresh corn cobs
- 1 cup finely chopped red and green capsicum
- ½ cup roughly chopped coriander leaves
- 2 small garlic cloves, finely chopped or grated
- 400g can black beans, rinsed, drained
- 4 tbsp fresh juice (1-2 limes)
- 2 tbsp extra virgin olive oil
- 1 tsp ground cumin
- salt and chilli powder to taste



To cook the corn, peel it, rub with olive oil and salt, then either barbecue or cook on the stove top (I use a heavy-based griddle) over a medium-high heat, turning often so all sides become charred. It will take about 10-15 minutes.

Allow to cool then slice off kernels and add to a large bowl with the chopped capsicum, coriander, garlic and black beans.

Add the lime juice, oil, cumin, salt and chilli. Mix well to combine, adjust the seasoning to taste, then serve.

# Plant-based mac 'n' cheese

Amanda Maiorano, APD  
@madeby.mandy

In the mood for some ooey-gooey pasta goodness? Then you've come to the right spot. This plant-based mac 'n' cheese is perfect for a cosy night in. Make the sauce ahead of time, if you like, and simply reheat with your freshly cooked pasta. You'll need to soak the cashews ahead of time.

## Serves 4

- 80g unsalted raw cashews
- 500g butternut pumpkin
- 1 tsp olive oil
- 1 onion, diced
- 2 garlic cloves
- 400g macaroni pasta (gluten-free if preferred)
- 3 tbsp nutritional yeast
- 130ml plant milk
- 40ml lemon juice
- 1 tsp wholegrain mustard
- ¼ tsp ground nutmeg
- fresh sage leaves or chilli powder to serve (optional)



Soak the cashews in cold water overnight or in boiling water for 1-2 hours.

Peel and chop the pumpkin into 2cm cubes. Place a large saucepan filled with water over medium heat and bring to boil. Place a lidded steamer basket on top and steam the pumpkin for 15 minutes, or until soft.

Meanwhile, heat olive oil in a small saucepan over medium heat. Gently fry onion and garlic for 3-5 minutes, or until soft and translucent.

Cook pasta according to the packet instructions.

For the sauce, place the drained soaked cashews, steamed pumpkin, cooked onion and garlic, nutritional yeast, milk, lemon, mustard, nutmeg, salt and pepper to a high-speed blender. Blend until smooth.

Once the pasta is cooked, drain and tip back into the saucepan, along with the pumpkin sauce. Heat on low for 2-3 minutes to warm the sauce.

Divide among four bowls and garnish with freshly ground black pepper and sage leaves or chilli powder if desired.

## ***Roasted vegetables on couscous with Moroccan dressing***

*Dr Sue Radd, AdvAPD  
www.nwbc.com.au*

With its vibrant colours and fragrant dressing, this Moroccan-inspired dish both looks and tastes amazing. If you prefer, you can swap the couscous (a type of instant pasta) for cooked white quinoa, a much more nutritious pseudograin.

### ***Serves 6***

- 2 small red onions, peeled and quartered
- 2 medium Desiree potatoes, scrubbed well and quartered
- 500g butternut pumpkin, peeled and cut into 2.5-centimetre chunks
- 1 small sweet potato, peeled and cut into 2.5-centimetre chunks
- 1 tbsp extra virgin olive oil
- 1½ cups whole wheat couscous

### ***Moroccan dressing***

- ½ cup extra virgin olive oil
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- ½ tsp hot paprika
- 5 tbsp lemon juice
- 2 tbsp coriander leaves, chopped
- 2 tbsp passata (tomato puree)

Preheat the oven to 200C. Prepare vegetables and spread on 2 oven trays lined with baking paper. Brush with olive oil.

Place trays in oven for 45 minutes, removing onions after about 30 minutes or when browned. Turn vegetables occasionally to brown all over.

Place couscous in a heatproof bowl and pour over 1½ cups of boiling water. Cover and let stand for 10 minutes, then fluff up with a fork.

To make the Moroccan dressing, combine all ingredients and mix well. Set aside.

To serve, mound the couscous on a large serving platter and arrange the roasted vegetables over it. Scatter over the green leaves, crumbled feta and pumpkin seeds. Give the salad dressing another stir and pour over the dish. Serve immediately.



### ***Salad topping***

- 80g mixed green leaves, washed and drained
- 100g feta cheese, crumbled
- 2 tbsp pumpkin seeds

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## Superfood stir-fry (salmon chow mein)

Catherine Saxelby, APD  
www.foodwatch.com.au

This simple, delicious dish comes together in a flash and ticks off seven of my top 20 superfoods.

### Serves 4

2 x 200g fillets Atlantic salmon, sliced  
2 tbsp salt-reduced soy sauce  
1 tbsp olive oil  
2-3 cloves garlic, crushed  
knob of ginger, crushed  
1 red chilli, finely chopped (optional)  
300g (2 cups) sliced cabbage, about ¼ cabbage  
1-2 tablespoons rice wine vinegar  
cooked thin noodles such as bean vermicelli  
or wheat noodles

### To serve

¼ cup slivered almonds  
½ cup coriander leaves  
1 lime



In a medium mixing bowl, combine the sliced or flaked salmon with soy sauce and leave to marinate while you prepare the other ingredients.

Preheat a large wok or nonstick pan over high heat and add oil. Add garlic, ginger, chilli (if using) and stir-fry for 1-2 minutes.

Add the cabbage and stir-fry for 3-4 minutes or until the cabbage is tender and has reduced in volume. Add the lid so it will steam, and a tablespoon of water if needed.

Add the sliced, marinated salmon and vinegar and cook for 1-2 minutes, stirring occasionally. Remove from the heat and mix in the cooked thin noodles.

Serve hot topped with almonds and coriander and a squeeze of lime juice.

# Veggie nachos

Jaz Byrne, APD  
@jaznutrition

This recipe is one of my favourites, and was a hit when I shared it on Instagram. It can easily be made gluten-free.

## **Serves 3 as a main**

- 1 tbsp extra virgin olive oil
- 400g can four bean mix, drained and rinsed
- 1 brown onion, finely diced
- 125g can corn kernels, drained
- 1 medium carrot, grated
- 2 tsp plain flour (gluten-free if preferred)
- 1 tbsp smoked paprika
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp dried oregano
- 150g plain corn chips (Mission Chips have great structural integrity and are gluten-free)
- 1 cup grated cheese

## **Tomato salsa**

- ½ punnet cherry tomatoes
- 1 small cucumber
- ½ small red capsicum
- ½ red onion
- juice of ½ a lime
- ½ tsp white pepper



## **To serve**

- ½ avocado, chopped
- sour cream, ricotta or Greek-style yoghurt

Preheat oven to 180C. Heat oil in a large frypan over medium heat. Add beans, brown onion, corn and carrot and fry off for 5 minutes or until soft.

Add flour, spices and oregano and fry off for 2 minutes. Add 1/3 cup of water and cook, stirring, until thick. Turn off heat and set aside.

To make the tomato salsa, finely dice the tomatoes, cucumber, capsicum and red onion and add to a medium bowl. Add the lime juice and pepper and mix well before setting aside.

Arrange corn chips in an ovenproof dish and sprinkle cheese over the top. Bake for 10 minutes or until cheese has melted.

Layer the cheesy chips with bean mix, salsa, avocado and finish with sour cream, ricotta or Greek-style yogurt.

## 123 Pork Ribs

Dr Tammie Choi, APD, PhD

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This is a very simple and yummy recipe created by my mum. The ingredients are in an incremental ascending order. It is very easy to remember. When I came to Australia as an international student, my mum made me memorise the recipe. It is definitely my comfort food and I cook it when I miss home.

### **Serves 4**

Pork ribs 500g  
1 tbsp Chinese cooking wine  
2 tbsp sugar  
3 tbsp vinegar  
4 tbsp soy sauce  
5 tbsp water



Put all the ingredients into a pot and simmer with the lid off until the sauce sticks to the pork ribs. It takes about 30 minutes.



## ***Sambar lentil and vegetable curry***

**Raji Jayadev, APD**  
[www.rajijayadev.com.au](http://www.rajijayadev.com.au)

Inspired by the people she's helped in hospitals around Australia and her private practice, Raji adapts traditional Indian vegetarian recipes for wellness.

### ***Serves 4***

- ½ cup thover dhal (yellow lentils)
- ½ teaspoon turmeric
- 1 teaspoon peanut oil or extra virgin olive oil + 4 teaspoons
- 1 cup canned soybeans, rinsed
  
- 2-3 teaspoons sambar or curry powder
- 1 tablespoon desiccated coconut
- 1 teaspoon salt
- 2-3 teaspoons tamarind paste
  
- 1 teaspoon black mustard seeds
- 2 tablespoons chopped curry leaves
- 2 large cloves garlic, crushed
- 1 dry red chilli, halved
- 400g - 500g green beans, cut into pieces
- 1 large tomato, chopped
- ½ cup chopped coriander leaves



Wash and soak dhal in boiling water from the kettle for 3-4 hours. Drain.

Boil 4 cups of water in a large saucepan, add dhal, turmeric and 1 teaspoon oil. Bring to boil, reduce heat, cook, partially covered until dhal is very soft (30-50 minutes). Mash the cooked dhal with the back of a spoon, add soybeans and continue cooking on a low heat.

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## ***Sambar lentil and vegetable curry***

**Raji Jayadev, APD**  
[www.rajijayadev.com.au](http://www.rajijayadev.com.au)

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Grind sambar or curry powder, coconut and salt in a coffee grinder. Stir into dhal cooking on the stove along with tamarind paste.

Heat 4 teaspoons oil in a saucepan, add mustard seeds. When mustard seeds begin to pop, reduce heat, fry curry leaves, garlic and chilli. When chilli begins to turn light brown, add green beans, sauté for few minutes. Stir in tomato, add a little bit of water if necessary and cook until beans are tender (approximately 6 minutes). Remove from heat.

Add vegetable mixture to the dhal cooking on the stove and enough water to make the curry volume to about 1 ½ -2 litres, bring to boil, cook until vegetables are soft. Stir in coriander leaves.

Serve with brown rice or brown basmati rice.

### ***Tips and variations:***

2 tablespoons lemon juice can be used instead of tamarind paste.

Any cooked/canned beans can be used instead of soybeans.

Swap green beans with any of your favourite vegetables. But using potato or sweet potato will increase the calorie and carbohydrate content of sambar.

Recipe is suitable for freezing and can be refrigerated for 2-3 days.

# Apple crumble muffins

Amanda Maiorano  
@madeby.mandy

Sweet, spiced muffins? Yes please! These apple crumble muffins are by-far one of my favourite on-the-go snacks. They're quick and easy to make and ideal for school lunch boxes as they don't contain nuts, yet still provide an abundance of nutrients and energy.

## Makes 10

1½ cups spelt flour  
1 tsp baking powder  
½ tsp baking soda  
¼ tsp sea salt  
1 tsp ground cinnamon  
⅓ cup unsweetened apple sauce  
½ cup maple syrup  
2 tbsp coconut oil, melted  
1 apple

## Crumble topping

⅓ cup spelt flour  
pinch of salt  
1 tbsp coconut sugar  
2 tbsp coconut oil, not melted



Preheat oven to 175C and line a cupcake tray with paper cases. Combine spelt flour, baking powder, baking soda, salt and ground cinnamon in a large bowl and set aside.

Combine apple sauce, maple syrup and coconut oil in a small bowl, whisk to combine. Cut the apple into small dice and combine with dry ingredients for the cakes, then add the wet mixture and gently fold through (be careful not to over-mix).

Combine crumble topping ingredients in a small bowl. Gently massage the coconut oil into the dry ingredients to form a crumb and set aside.

Divide batter among lined cupcake cases and sprinkle 1-2 teaspoons of the crumb mixture on top of each. Bake for 15-20 minutes, or until golden.



## ***Greek spiced walnut cake with orange syrup***

*Anthea Talliopoulos, APD*

This spice-scented traditional Greek cake calls for breadcrumbs instead of flour and can be made with any type of nut (such as peanuts or almonds), and oil. Make sure the syrup has cooled before pouring it over the cake (or that the cake is cool and the syrup hot!), as if they are not of different temperatures, the cake will not absorb the syrup well.

270g walnut kernels  
6 eggs  
200g (1 cup) caster sugar  
250ml extra virgin olive oil  
1 tsp vanilla extract  
1 tsp ground cinnamon  
¼ tsp ground cloves  
1 tbsp baking powder  
50g (½ cup) dried breadcrumbs

### ***Orange syrup***

200g (1 cup) sugar  
500ml water  
juice of ½ orange  
2 x 4cm pieces shaved orange peel  
1 cinnamon stick



Preheat oven at 170C (150C fan-forced). Grease a 22cm non-stick round cake tin.

To make the orange syrup, combine all ingredients in a small saucepan over high heat, stirring until the sugar dissolves. Reduce the heat and simmer for 15-20 minutes to allow the flavours to intensify and the syrup to slightly thicken. Set aside to cool.

Meanwhile, crush the walnut kernels in a food processor (or finely chop by hand) to a coarse meal resembling almond meal.

In a large bowl, whisk the eggs with the sugar, until well combined. Stir through the crushed walnuts, oil, vanilla, cinnamon, cloves, baking powder and breadcrumbs until combined.

Spread batter into prepared tin and bake for 70-80 minutes, until the cake is evenly cooked through and comes away from the sides of the tin.

While the cake is still hot, slowly ladle the cooled syrup over it, one ladle at a time, until absorbed. Allow to cool before cutting into slices and serving.

## Vegan apple cinnamon pie (Warbat)

**Huda Al-Sultan**  
@sassiicecream  
@huda\_alsultan

Dietitian Huda Al-Sultan appeared on MasterChef Australia season 11 (2019). Originally from Saudi Arabia, Huda is the recipe developer and co-founder of Sassi Ice Cream.

Warbat is one of the best-loved sweets in the Middle East. Mostly served on special occasions, it's traditionally made with layers of golden filo pastry filled with creamy custard. This apple cinnamon version is light, crunchy and perfect for dinner parties. You can make the pies ahead and refrigerate them for up to two days before baking.

### Serves 4-6

2 tbsp dairy-free spread (plus more for baking)  
4 green apples, peeled and finely diced  
3 tbsp coconut sugar or brown sugar  
 $\frac{3}{4}$  tbsp cinnamon powder  
pinch of freshly ground nutmeg  
5 sheets filo pastry  
maple syrup, pistachio nuts and Sassi ice-cream  
to serve



In a large pan, melt the dairy-free spread over low heat then add apples, sugar and spices. Cook gently for 20 minutes until apples are soft. Remove from heat and set aside to cool.

Cut the filo into equal size squares — you can make the warbat big or small according to your preference. Place a generous amount of the filling in the centre of each square, then fold over to make a triangle. Place each triangle on a baking sheet and drizzle/brush generously with melted dairy-free spread.

Cover with cling film and refrigerate for at least 30 minutes to allow the dairy-free spread to solidify, giving you lots of crispy layers of pastry.

To bake the warbat, preheat oven to 180C.

Brush with melted dairy-free spread and bake for 15-20 minutes or until the pastry puffs and browns. If pastry puffs up but doesn't brown, you can pop them under the grill, but watch them closely as they brown quickly.

Serve hot with a drizzle of maple syrup, a sprinkle of pistachios and a scoop of Sassi ice-cream.

## Mango and passionfruit tapioca pots

**Megan Roberts**  
Sports dietitian  
[www.jockeynutrition.com](http://www.jockeynutrition.com)

These tapioca pots were designed for jockeys, who are prone to falling at height and speed so need to pay particular attention to their bone health and strength. High in protein and calcium, they're delicious and filling but low in kilojoules. To vary the flavour, try another fruit or add cinnamon. I find the pots taste better after sitting in the fridge overnight.

### Serves 2

½ cup tapioca pearls  
1 cup ice  
1 cup frozen mango  
1 cup frozen passionfruit  
1 cup low-fat Greek-style yoghurt such as Chobani 0.5% or Farmers Union Lite  
2 tbsp maple syrup or honey  
1 tsp vanilla essence  
slivered almonds and coconut chips to serve



Bring 2 cups of water to a boil in a medium pot. Reduce to a simmer, add the tapioca and cook for about 10-15 minutes, or until the tapioca has become translucent and has absorbed most of the water.

While the tapioca is cooking, prepare an ice bath by putting 1 cup of ice in a medium bowl with 2 cups of cold water.

Remove tapioca from heat and pour into the ice bath.

While tapioca cools, blend the frozen mango to a smooth puree, adding a few tablespoons of water if needed. Set aside. Repeat with the frozen passionfruit and set aside.

Strain tapioca from ice water and place in a large bowl. The pearls should be easy to separate. Mix in the yoghurt, maple syrup or honey and vanilla essence. You could add cinnamon here if you wish.

Spoon about 4 tablespoons of tapioca mixture into 2 serving dishes. Add a layer of mango puree to each. Continue with another layer of tapioca and mango in each pot.

Finish with a layer of passionfruit puree and top with slivered almonds and coconut chips.