SOUTH BEACH DIET 2020-2021

EASY AND DELICIOUS. HEALTHY LIVING

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SOUTH BEACH DIET
2020-2021

COOKBOOK

TURNER
MEGAN

CONTENTS

PART I

1. Easy Recipes
2. Healthy For Teens & Adults

PART II

3. Healthy Quick
4. Kid Favorites

PART III

5. Healthy Quick
6. Kid Favorites

PART IV

7. BONUS

This book took me a lot of time to compose so **please rate this book on Amazon to help us improve it**

Sincerely and thanks

INTRODUCTION

Yes! You finally bought an Recipes ! Perhaps you don't know what to make with it or exactly how to use it. Not to worry.. Be prepared to become an aficionado!

If it weren't for the constant emails from Brand fans asking me for all recipes, I probably wouldn't have discovered what all the fuss was about. I resisted buying an recpies for quite a while because I really didn't want another gadget or cooking appliance taking up space in my kitchen.

My thought was, What can the Recipes do that I can't do with my oven? I admit I was skeptical. The first recipe I tested was my Buttermilk Oven 'Fried" Chicken from my first cookbook for adults, teens (beginners) . The recipe came out perfectly crispy—golden chicken that was juicy and perfectly cooked on the inside—and in half the time it would have taken in the oven.

PART 1

1

PART 1

Nanna's KLMPO

KLMPO

- This old fashioned custard slice with a passionfruit icing is certain to be a hit with the complete circle of relatives. There are masses of shortcuts so it's a breeze to make

Nanna's KLMPO

Nanna's KLMPO

Prep Time : 15 min

Cook Time : min

Total Time : min

INGREDIENTS :

- 1/3 cup boiling water
- 3 tsp gelatine
- 900g thick custard
- 1 pkt Arnott's Lattice biscuits

FOR THE ICING

- 1 cup icing sugar
- 3 tbsp passionfruit pulp
- 1 tsp margarine

- 10–12 ounces of skinless chicken (2 medium chicken breast work best)
- 3–4 tbsp sesame oil (additional tbsp for noodles)
- 2– 3 tbsp tamari or gluten free soy sauce
- 1/2 tsp minced garlic or garlic powder
- 2 –3 baby bok choy, sliced in half (length wise). Substitutes- 1/2 to 1 whole regular bok choy 2 cups asian cabbage, chopped (see notes)
- Optional chopped green onion or micro greens to top.
- Chili pepper flakes and crushed nuts for topping

METHOD :

1. Place boiling water in a small bowl and sprinkle over gelatine. Go away for a minute to melt, then whisk in with a fork until absolutely dissolved. Vicinity custard in a huge bowl. Upload gelatine mixture and whisk to combine.
2. Line a 20cm square cake tin with baking paper, allowing some to overhang. Arrange Lattice biscuits upside down in the base. Pour over custard, then arrange the remaining biscuits on top, right side up. You may need to cut some biscuits to make it fit.
3. Refrigerate for 2 hours to set the custard.
4. To make icing, sift icing sugar into a bowl. Mix in passionfruit pulp and margarine to form a smooth icing. Add a little milk if it's too thick. Use overhanging baking paper to carefully lift slice out of tin. Drizzle icing over slice, then cut into squares and serve.

Fat	55 g(85%)
Calories	204
Saturated Fat	? g(67%)
Polyunsaturated	5g
Monounsaturated	30g

Nutrition Information	
Protein	27g(51%)
Cholesterol	60mg(14%)
Carbohydrates	88g(22%)
Sodium	700 mg(55%)

Information PREP

If you don't have rice wine vinegar for the pesto, try using apple cider vinegar. Taste may vary.

2

PART 1

Caramel ANZAC

Caramel

- Certainly I'm all approximately food holidays this 12 months after sharing not one, but recipes for countrywide Grilled Cheese Day:) And don't worry, I've already got something deliberate for country wide Chocolate-Chip Cookie Day . Nowadays, however, we're getting ready to have fun countrywide Shrimp Day, and we're doing it via making some wonderful Cilantro Lime Shrimp Bowls.

Caramel

Caramel ANZAC

Prep Time : 10 min

Cook Time :

Total Time :

INGREDIENTS :

- 1 cup rolled oats
- 1 cup plain flour
- 1 cup desiccated coconut
- 3/4 cup brown sugar
- 125g butter
- 2 tbs golden syrup
- 1/2 tsp bicarb soda

FOR THE CARAMEL

- 395g tin condensed milk
- 125g butter
- 1/2 cup brown sugar

FOR THE TOPPING

- 200g dark chocolate
- 1 tsp vegetable oil

METHOD :

1. Preheat oven to 170C. Grease and line an 18cm x 27cm slice tin.
2. In a bowl, combine oats, flour, coconut and sugar. Soften butter with golden syrup in a saucepan over mild warmth or in the microwave. Integrate bicarb soda with 2 tbsp warm water, then stir into melted butter combination. Permit it to froth, then add to dry substances and stir properly to combine. Press into an excellent layer in slice tin and bake for 15 mins.
3. Meanwhile, combine ingredients for caramel layer in saucepan and stir over low heat until butter melts. Continue stirring while the mixture cooks gently for a further five minutes. Pour onto hot slice layer, spread out evenly and return to the oven for a further 10 minutes.

4. Melt chocolate with vegetable oil in short bursts in the microwave. Pour onto baked slice and spread out evenly. Refrigerate until set. Slice into squares to serve.

Fat	50 g(22%)
Calories	504
Saturated Fat	14 g(17%)
Polyunsaturated	11g
Monounsaturated	4.5g

Nutrition Information	
Protein	7 g(10%)
Cholesterol	20mg(1%)
Carbohydrates	15g(5%)
Sodium	721mg(33%)

Information PREP

Desired and enjoy!

3

PART 1

Custard cream

cream

• Candy Potatoes with Quinoa Tabbouleh. Wholesome and completely vegan, those baked candy potatoes are crowned with sparkling, vibrant substances for a exceptional, enjoyable meal!	Custard cream

Custard cream

Prep Time : 15 min

Cook Time :

Total Time :

INGREDIENTS :

- 200g unsalted butter, chopped
- 200g milk chocolate buttons
- 3 eggs, lightly whisked
- 1 cup white sugar
- 2/3 cup plain flour
- 1/3 cup cocoa powder
- 12 custard cream biscuits

METHOD :

1. Preheat oven to 180C/160C fan forced. Line a 20cm rectangular cake pan with baking paper, allowing 2 facets to overhang.Place the butter and chocolate in a heatproof bowl over a saucepan of simmering water (don't let the bowl touch the water). Stir with a metal spoon until melted. Remove from heat. Set aside to cool slightly.
2. Stir the eggs, sugar, flour and cocoa powder into the butter mixture until just combined. Pour into the prepared pan. Bake for 20 minutes. Remove from the oven and arrange the biscuits on top. Bake for a further 25 minutes or until a skewer inserted in the centre comes out with moist crumbs clinging. Set aside to cool completely.
3. Cut into squares to serve.

Fat	20 g(10%)
Calories	405
Saturated Fat	12 g(20%)
Polyunsaturated	12g
Monounsaturated	13g

Nutrition Information	
Protein	15 g(33%)
Cholesterol	19mg(14%)
Carbohydrates	20g(20%)
Sodium	540 mg(19%)

Information PREP

If you have leftover quinoa mixture, store this in the fridge in an airtight container for up to 2 days.

4

PART 1

Nan's poor

— Nan's poor —

- You don't need to head with out dessert if all you've got is some basics in the pantry and fridge. This easy pudding is an old-fashioned price range delight that you may whip up in no time at all.

Nan's poor

Nan's poor

Prep Time : 14 min

Cook Time :

Total Time :

INGREDIENTS :

- 1/2 cup caster sugar
- 60g (1/4 cup) butter, melted
- 1 egg
- 1 1/2 cups self-raising flour
- 1 cup milk
- 1 cup brown sugar
- 30g (2 tbsp) butter, melted, extra

METHOD :

1. Preheat oven to 180C. Grease a 6 cup potential ovenproof dish.
2. In a large bowl, whisk sugar with butter. Whisk in egg until smooth and pale. Add flour and milk gradually, whisking to form a smooth batter. Pour into prepared dish.
3. In a jug, whisk together brown sugar, extra butter and 3/4 cup boiling water. Carefully pour syrup over batter. Bake for 30 minutes until golden.

Fat	17 g(22%)
Calories	540
Saturated Fat	7 g(20%)
Polyunsaturated	12g
Monounsaturated	20g

Nutrition Information	
Protein	20 g(20%)
Cholesterol	30 mg(10%)
Carbohydrates	4g(13%)
Sodium	670 mg(30%)

Information PREP

Enjoy!

5

PART 1

Grandma's rice Stew

- This Moroccan STYLE
- It may be unfashionable, however Grandma knew what she changed into speaking about when it came to rice pudding. Spiked with cinnamon and nutmeg and studded with raisins, this creamy pudd will warm you all the way on your ft.

Grandma's rice

Grandma's rice

Prep Time : 15 min

Cook Time :

Total Time :

INGREDIENTS :

- 40g butter
- 1/2 cup brown sugar
- 1/2 cup arborio rice
- 3 cups milk
- 1/2 tsp ground cinnamon
- 1/8 tsp ground nutmeg, plus extra to serve

- 1 tsp vanilla paste
- 1/2 cup raisins
- 300ml cream, plus extra to serve

METHOD :

1. Preheat oven to 150C. Grease a 1 litre ability oven-evidence dish.
2. Heat butter in a saucepan and add sugar and rice. Stir for 1 minute to fully coat rice. Remove from heat and wish in milk, spices and vanilla. Stir through raisins then pour into prepared dish.
3. Bake for 30 minutes, then remove from the oven and stir well. Drizzle over cream and return to the oven for a further hour. Check that rice is cooked through. Return to the oven for 15-30 minutes if required.
4. Serve with extra cream and nutmeg.

Fat	20 g(33%)
Calories	400
Saturated Fat	10g
Polyunsaturated	2g
Monounsaturated	6g

Nutrition Information	
Protein	23 g(42%)
Cholesterol	25 mg(9%)
Carbohydrates	30 g(14%)
Sodium	1000 mg(50%)

Information PREP

Enjoy!

6

PART 1

Chewy golden — syrup cookies —

- Those chewy golden syrup cookies are perfect for filling the biscuit tin with some homemade goodness. They're outstanding for lunch boxes and hungry afternoon tea visitors. Whip up a batch in much less time than it takes to force to the grocery store.
- SPPT

syrup cookies

Chewy golden

Prep Time : 18 min

Cook Time :

Total Time :

INGREDIENTS :

- 125g unsalted butter
- 1/2 cup brown sugar
- 3 tbs golden syrup, plus extra for drizzling
- 1 1/2 cups self-raising flour
- 3/4 cup rolled oats
- 1/2 tsp bicarb soda

- 1 1/2 teaspoon dried rosemary
- 1/2 cup |120 ml dry white wine (or just use more chicken broth)
- 1 cup uncooked wild rice blend (check label to verify gluten free) If using long grain wild rice instead of blend see notes
- 1 pound skinless chicken breast
- 3 tablespoons tapioca flour or corn starch + 1/2 cup water (mixed together in a small cup)*
- 4 cups chicken stock, aim for low sodium
- 1/2 teaspoon sea salt or more to taste

METHOD :

1. Preheat oven to 170C. Line two oven trays with baking paper.
2. add butter, brown sugar and golden syrup in a saucepan and stir over mild warmth till melted and clean.
3. In a large bowl, combine flour, oats and bicarb soda. Add butter mixture and mix to combine.
4. Place dessert spoon size balls of mixture onto prepared baking paper, leaving plenty of space for spreading. Bake for 8-10 minutes.
5. Allow to cool on the tray, then remove to a cooling rack and drizzle with extra golden syrup.

Fat	41 g(33%)
Calories	700
Saturated Fat	10 g(49%)
Polyunsaturated	19g
Monounsaturated	14g

Nutrition Information	
Protein	23g(42%)
Cholesterol	40 mg(12%)
Carbohydrates	70 g(22%)
Sodium	750 mg(31%)

Information PREP

Enjoy!!

7

PART 1

Golden Syrup

Melting

- A winter classic recipes
- Regardless of the event you're baking for, those golden syrup melting moment cookies are a real treat.

Melting

Golden Syrup

Prep Time : 20 min

Cook Time :

Total Time :

INGREDIENTS :

- 250g unsalted butter, softened
- 1/2 cup icing sugar
- 1/4 cup golden syrup
- 1 3/4 cup plain flour
- 1/4 cup custard powder

ICING

- 100g unsalted butter, softened
- 1 tbs golden syrup
- 1 cup icing sugar, sifted

METHOD :

1. Preheat oven to 160C. Line two oven trays with baking paper.
2. In a stand mixer or the usage of hand-held beaters, beat butter, icing sugar and golden syrup until faded and fluffy. Sift over flour and custard powder and fold via to mix.
3. Roll mixture into small balls and place onto prepared trays, allowing a little room for spreading. Dip a fork in flour and press onto each ball to flatten slightly. Bake for 14 - 16 minutes until golden. Set aside to cool.
4. Meanwhile, make the icing by beating together butter and golden syrup until pale. Gradually add icing sugar and continue beating until well combined.
5. Spread icing onto half of the cooled biscuits, then sandwich together with remaining biscuits.

Fat	41 g(33%)
Calories	700
Saturated Fat	10 g(49%)
Polyunsaturated	23g
Monounsaturated	14g

Nutrition Information	
Protein	16g(42%)
Cholesterol	40 mg(12%)
Carbohydrates	75 g(22%)
Sodium	1108 mg(46%)

Information PREP

Brown meat on saute placing. Drain the grease, cast off meat from the immediately pot. Area onion in instant pot and prepare dinner on saute placing for 2 minutes. Add the meat, sweet potato (no want to steam), cauliflower, broth, spices, and chipotle peppers. Blend and cowl. Pressure cook dinner for 18 minutes, sluggish release. Salt and Pepper to taste.

8

PART 1

Easy Golden

Golden

• If you're seeking out an smooth dessert it really is made from pantry components then this three ingredient golden syrup pudding is for you. It is a piece like a roly poly and tastes simply as appropriate.	Golden

Easy Golden

Prep Time : 22 min

Cook Time :

Total Time :

INGREDIENTS :

- 1 sheet puff pastry defrosted
- 1/2 cup golden syrup
- 1/2 cup milk

- 1 tablespoon butter
- 2 tablespoons lemon juice
- ¼ teaspoon garlic powder
- ⅛ teaspoon red pepper flakes and/or fresh thyme (optional)

METHOD :

1. Preheat oven to 220C (200C fan-pressured). Set aside a small baking or gratin dish. Spread golden syrup over the pastry sheet.
2. Take one corner and fold 3cm towards the centre, then continue to fold over and over.
3. Fold pointed ends to the centre and place in a small baking dish. Pour the milk evenly over the roll.
4. Bake for 25 minutes.

Fat	41 g(33%)
Calories	12 g(18%)
Saturated Fat	7g
Polyunsaturated	2
Monounsaturated	10g

Nutrition Information	
Protein	6 g(12%)
Cholesterol	49 mg(16%)
Carbohydrates	3 g(22%)
Sodium	250 mg(12%)

Information PREP

veggies - You don't have to feel limited to using broccolini here. Use whatever veggies you like.

9

PART 1

Easy Bake Golden

#2

• Short, clean, low-budget and sooo delicious.	#2

Easy Bake Golden

Prep Time : 25 min

Cook Time :

Total Time :

INGREDIENTS :

- 1 cup self-raising flour
- 1/2 cup sugar
- 65 g butter
- 3/4 cup milk
- 1 1/2 cup vanilla custard *to serve
- SAUCE
- 60 g butter
- 4 tbs golden syrup
- 1 cup boiling water

METHOD :

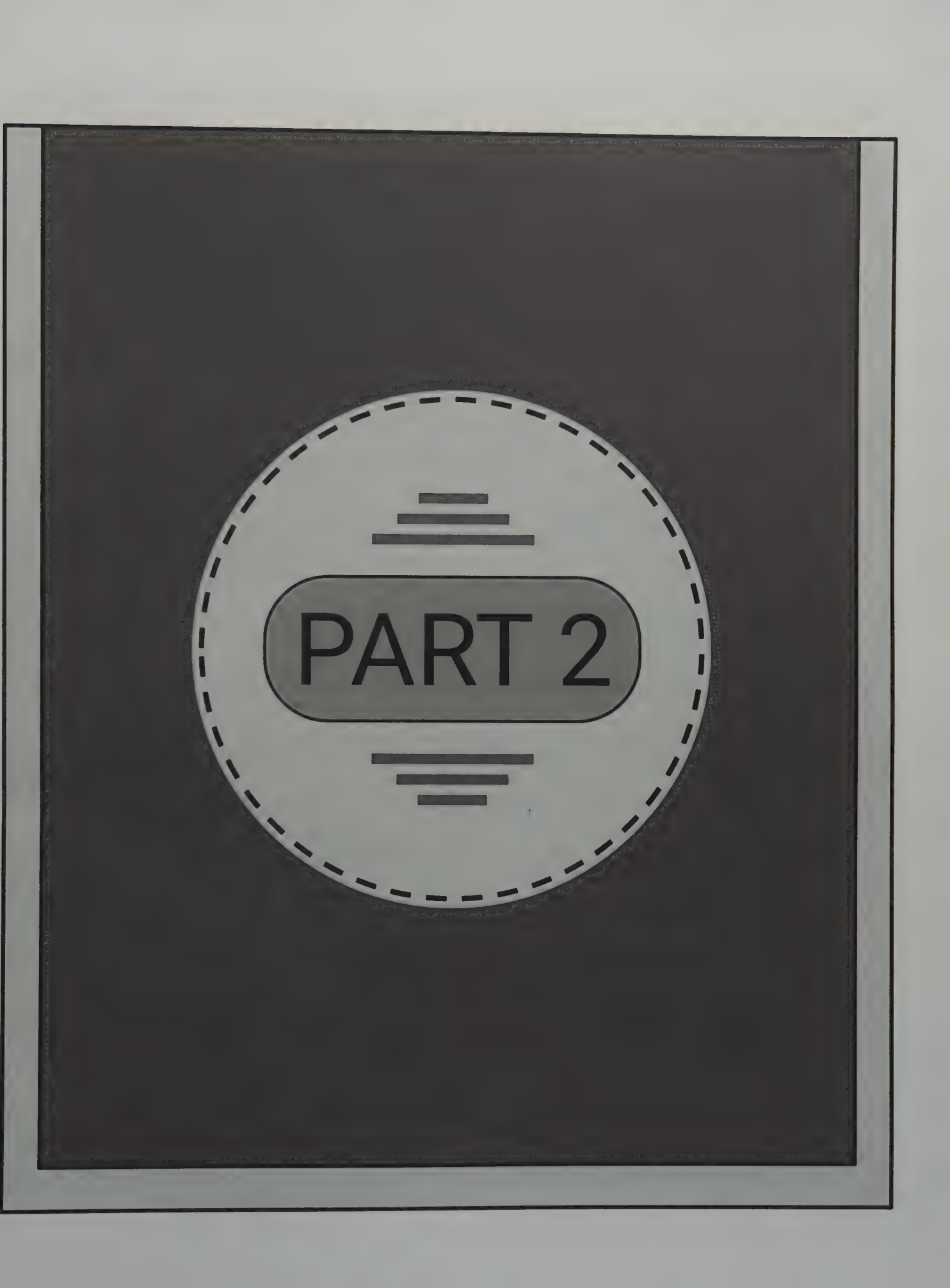
1. Pre-heat oven to 170C stages (or one hundred sixty fan forced). Grease a deep pie dish with a number of the melted butter.
2. Melt butter in a saucepan over low heat.
3. Stir dry elements collectively in a bowl.
4. Add milk and melted butter to dry ingredients and stir with large spoon to combine well.
5. To make the sauce, melt butter in a saucepan. Dip a tablespoon in and use the greased spoon to easily measure golden syrup. To the melted butter, add golden syrup and boiling water. Bring to the boil and pour over pudding mixture.
6. Cook for approximately 35 minutes. Serve with a delicious dollop of Pauls Smooth Creamy Double Thick French Vanilla Custard.

Fat	20g(33%)
Calories	22 g(18%)
Saturated Fat	10g
Polyunsaturated	2g
Monounsaturated	9g

Nutrition Information	
Protein	6 g(12%)
Cholesterol	50 mg(16%)
Carbohydrates	15 g(22%)
Sodium	320 mg(12%)

Information PREP

1 saucepan
1 glass pie pan


PART 2

10

PART 2

Rosemary

BEST

- This recipe is each candy and savoury. Make the biscuits flat and skinny and use them with cheese as a splendid opportunity to crackers.

Rosemary

Rosemary

Prep Time : 25 min

Cook Time :

Total Time :

INGREDIENTS :

- 1 1/4 cups plain flour sifted
- 1 tsp ground cinnamon myrtle
- 1 cup rolled oats
- 3/4 cup shredded coconut
- 1/4 cup caster sugar
- 4 blood limes zested

- 2 long sprigs of sea rosemary coarsely chopped stems removed and discarded
- 1/2 tsp Murray River pink salt plus extra for sprinkling
- 1 tbs golden syrup
- 1 tbs honey
- 150g unsalted butter chopped
- 1/2 tsp bicarbonate of soda
- 1 1/2 tbs water

METHOD :

1. Preheat the oven to 185C. Line 2 baking trays with baking paper.
2. In a big bowl, region the flour, cinnamon myrtle, oats, coconut, sugar, lime zest, sea rosemary and salt, and stir to combine.
3. In a small saucepan, place the golden syrup, honey and butter and stir over low heat until the butter has melted. Remove from the heat. Mix the bicarbonate of soda with the water and add to the golden syrup mixture. Pour into the dry ingredients and mix together until fully combined.
4. Roll tablespoonfuls of the mixture into balls and place on baking trays, pressing down on the top to flatten. Sprinkle with a little salt, to taste.
5. Bake for 12–20 minutes until golden brown, depending on the thickness of your biscuit.

Fat	41 g(64%)
Calories	705
Saturated Fat	10 g(49%)
Polyunsaturated	20
Monounsaturated	17g

Nutrition Information	
Protein	12 g(12%)
Cholesterol	20 mg(16%)
Carbohydrates	20 g(22%)
Sodium	504 mg(12%)

Information PREP

Enjoy !!

11

PART 2

Tabasco ANZAC

AMAZING

- Are you recreation sufficient to boost your ANZAC Day baking?

Tabasco ANZAC

Tabasco ANZAC

Prep Time : 25 min

Cook Time :

Total Time :

INGREDIENTS :

- 85g porridge oats
- 85g desiccated coconut
- 85g sultanas
- 100g plain flour
- 100g caster sugar
- 100g butter
- 1 tbs golden syrup

- 2 tsp Tabasco
- 2 tbs hot water
- 1 tsp bicarbonate of soda

METHOD :

1. Preheat fan assisted oven to 160C.
2. Positioned the oats, raisins, coconut, flour and sugar in a bowl.
3. Soften the butter in a small pan and stir inside the golden syrup, Tabasco sauce and water.
4. Add the bicarbonate of soda and mix well.
5. Add the liquid to the bowl and mix together well until all the ingredients are combined.
6. Using a dessert spoon, spoon the mixture onto a buttered baking sheet. Leave about 2.5cm in-between each spoonful to allow room for spreading.
7. Bake in batches for 8-10 minutes until golden.
8. Place the cooked biscuits onto a wire rack to cool.

Fat	41 g(64%)
Calories	705
Saturated Fat	10 g(49%)
Polyunsaturated	20
Monounsaturated	17g

Nutrition Information	
Protein	12 g(12%)
Cholesterol	20 mg(16%)
Carbohydrates	20 g(22%)
Sodium	504 mg(12%)

Information PREP

Enjoy !!

12

PART 2

Easter Bunny

EASTER

- The kids will love adorning a tray full of bunny bums for Easter!

Easter Bunny

Easter Bunny

Prep Time : 25 min

Cook Time :

Total Time :

INGREDIENTS :

- 170 g butter
- 1 1/4 cups icing sugar mixture
- 1 tsp vanilla extract
- 1 pinch salt
- 3 egg yolks
- 2 1/2 cups plain flour
- 12 marshmallows
- 24 Nestle Smarties pink
- 72 Ferrero Tic Tacs pink

- 3 drops liquid food colouring pink

ROYAL ICING

- 2 egg whites
- 2 tsp lemon juice
- 3 cups icing sugar sifted

METHOD :

1. Preheat the oven to a hundred and seventy°C.
2. Whisk the butter by means of hand until it is smooth and creamy.
3. Blend within the icing sugar then add the egg yolks, vanilla and salt. Stir until blended.
4. Add the flour and blend it loosely with a wooden spoon till the dough comes together.
5. Turn it out onto a floured surface and knead until the dough is smooth. Shape it into a disc and wrap it in cling wrap. Refrigerate the dough for 30 minutes.
6. Roll out the dough to about 1cm thick. Use a 5 - 6cm round cookie cutter to cut 12 bunny butt shapes out of the dough. Then use a small egg-shaped cookie cutter to create 24 bunny feet.

7. Place the cookies onto two baking trays lined with baking paper. Bake in the oven for 10 - 15 minutes until just browned around the edges. Cool on a cooling rack while you make some royal icing.
8. Divide the icing into two halves. Colour one half with a few drops of rose food colouring to make it very light 'bunny' pink.
9. Ice half of your biscuits with pink and half white. Add two bunny's feet to each round circle. Add a marshmallow tail and then a Smartie as a paw pad and three tic tacs for the paw toes.

10. Icing: The use of an electric powered mixer, whisk egg whites with the lemon juice till blended.
11. Regularly upload in sifted icing sugar on low pace till clean.
12. Add meals color of your preference.
13. Pipe onto bunny biscuits.
14. Leave for 2-three hours to set difficult.

Fat	41 g(64%)
Calories	705
Saturated Fat	10 g(49%)
Polyunsaturated	20
Monounsaturated	17g

Nutrition Information	
Protein	12 g(12%)
Cholesterol	20 mg(16%)
Carbohydrates	20 g(22%)
Sodium	504 mg(12%)

Information PREP

You can get a small egg-shaped cookie cutter (for the bunny's feet) in the baking aisle at Spotlight.
And enjoy

13

PART 2

Butter Spritz Cookies

- Baking with those easy condensed milk spritz cookies.

Cookies

Butter Spritz

Prep Time : 25 min

Cook Time :

Total Time :

INGREDIENTS :

- 500g butter, cubed
- 1 cup white sugar
- 400g tin sweetened condensed milk
- 5 cups self-raising flour
- 2 tsp almond essence
- Cachous *to decorate
- Almonds *to decorate

METHOD :

1. Preheat oven to 170C.
2. Place butter in a saucepan and soften over low heat. Add sugar and stir so the sugar begins to dissolve. Take away the saucepan from the heat. Permit to chill barely, then stir in condensed milk and almond essence.
3. Place the flour in a large bowl and gradually stir in the cooled condensed milk mixture.
4. Pipe the biscuits and place on a greased cookie tray. Place a cachous or half an almond in the middle of the biscuit. Bake at 170C for 10 - 15 minutes. Allow to cool slightly and place on a cooling rack. Store in an airtight container.

Fat	41 g(64%)
Calories	705
Saturated Fat	10 g(49%)
Polyunsaturated	20
Monounsaturated	17g

Nutrition Information	
Protein	12 g(12%)
Cholesterol	20 mg(16%)
Carbohydrates	20 g(22%)
Sodium	504 mg(12%)

Information PREP

Enjoy !!

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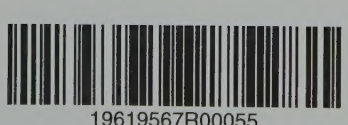
13 September 2020



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