



# Kai for the whānau

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Healthy sweet  
treats





# Healthy sweet treats



LEMON



APPLE



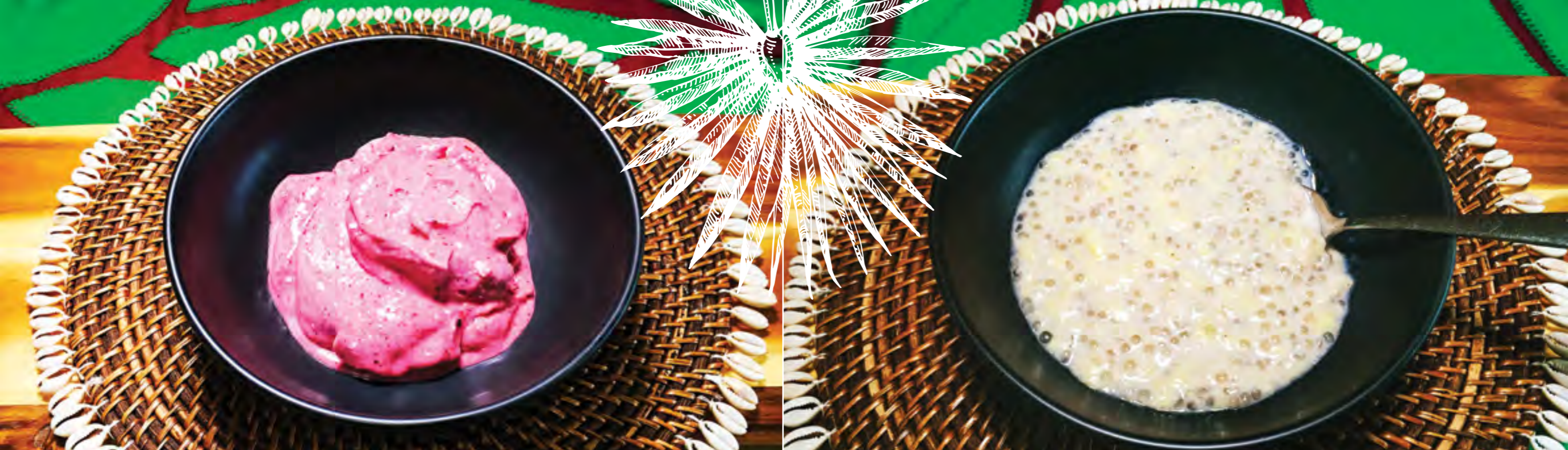
STRAWBERRY



PEAR

## Tips for cooking healthy sweet treats

1. Frozen fruit is a great option to make a smoothie or 'ice-cream' (see berry coconut ice-cream recipe)
2. Frozen grapes are a fun and easy sweet treat for the whole family.
3. Sweet treats are to be enjoyed occasionally, not every day.



## Berry and coconut ice-cream

Serves 4 | Prep time: 5 mins | Cook time: 3mins

### Ingredients:

- 3 frozen bananas
- 1 cup of frozen berries
- ¼ cup of lite coconut milk

### Step 1

Chop the frozen banana



### Step 2

Place the berries and banana in a blender



### Step 3

Add the coconut milk

### Step 4

Blend until smooth



## Saufai'

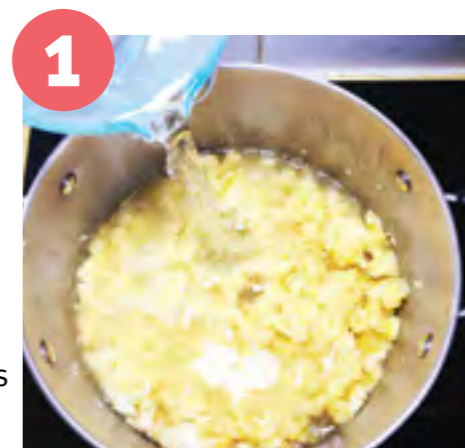
*Saufai'* is a Samoan dish made with ripe bananas, coconut milk and tapioca

Serves 6 | Prep time: 5 mins | Cook time: 50 mins

### Ingredients:

- 8 medium ripe bananas, mashed
- 4 cups of water
- ½ cup small tapioca pearls
- 1 can of lite coconut milk

**Step 1** Peel 8 ripe bananas, mash in a pot and add 4 cups of water. Simmer for 30 minutes on a low to medium heat.



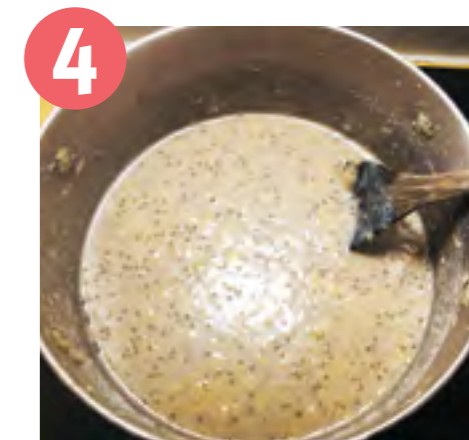
**Step 2** Stir the mixture and slowly add the tapioca.



**Step 3** Add the coconut milk and simmer for another 20 mins. Stir the mixture every few minutes so it doesn't stick.



**Step 4** The Saufai' will be ready once you can visually see the tapioca beads.





## Blueberry yoghurt stack

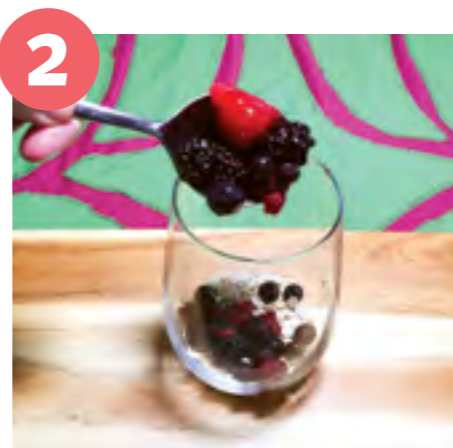
Serves 4 | Prep time: 15 mins

### Ingredients:

- 1 bag of frozen blueberries
- 1 cup of oats
- 2 cups low fat natural yoghurt

### Method

In each cup make a small layer of oats, then blueberries and yoghurt. Layer 3 times and EAT!



## Fruit crumble

Serves 4 | Prep time: 10 mins | Cook time: 25 mins

### Ingredients:

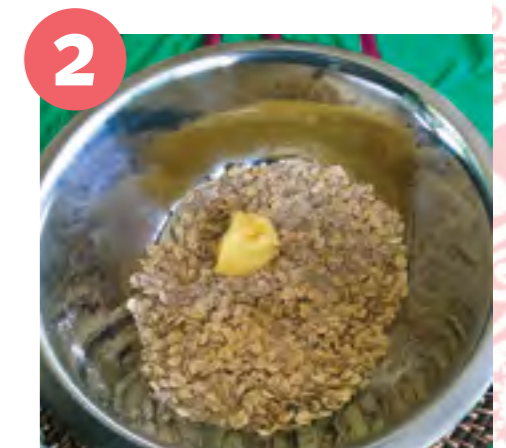
- 800g tinned fruit in juice (peaches or apple)
- 2/3 cup oats
- 1/4 cup wholemeal flour
- 1/4 cup brown sugar
- 1/2 tsp nutmeg
- 1/2 tsp of cinnamon
- 30g reduced fat margarine

**Step 1:** Preheat oven to 180 degrees. Drain the fruit and place in a shallow dish.

**Step 2:** In a bowl, add the flour, sugar, oats and cinnamon.

**Step 3:** Mix the ingredients until the butter is spread evenly through.

**Step 4:** Spread the crumble mixture over the fruit and cook for 25 minutes until golden, then serve.





# Caramel siaine

*Siaine refers to banana in the Tongan language*

Serves 4 | Prep time: 5 mins | Cook time: 10 mins

## Ingredients:

- 4 bananas
- 2 tbsp butter
- 3 tbsp brown sugar
- 1 cup low fat natural yoghurt

### Step 1

Chop bananas in a diagonal shape.

### Step 2

Melt butter in a pan on medium heat and add sugar.

### Step 3

Add the bananas and continue stirring for 5 - 10 minutes.

### Step 4

Serve with yoghurt once the mixture has caramelised.

