

XCentric Ideas Issues – Index – 2006 till now

3 Ingredients Only

Bean pasta salad -----	2010, issue 6
Butternut with brown onion soup -----	2010, issue 6
Caramel balls -----	2010, issue 6
Carrots in orange juice -----	2010, issue 6
Cheese dip -----	2010, issue 6
Cherry tomatoes, stuffed -----	2010, issue 6
Chicken & potato dish -----	2010, issue 6
Chickpeas, crispy -----	2010, issue 6
Chocolate mousse -----	2010, issue 6
Coke chicken -----	2010, issue 6
Curried Fish quiche -----	2010, issue 6
Fruitcake -----	2010, issue 6
Ginger bubble pudding -----	2010, issue 6
Goey chocolate mug cake -----	2010, issue 6
Maize & sweetcorn bake -----	2010, issue 6
Marmalade & chilli chicken -----	2010, issue 6
Mayonnaise & gherkin Fish -----	2010, issue 6
Mushroom potatoes -----	2010, issue 6
Mushroom salad -----	2010, issue 6
Onions with cream & Parmesan cheese -----	2010, issue 6
Pear foam pudding -----	2010, issue 6
Pineapple cake -----	2010, issue 6
Potato soufflé -----	2010, issue 6
Red pepper fish -----	2010, issue 6
Tomato, green pepper & onion salad -----	2010, issue 6

Apples

Apple and cheese toasted sandwich -----	2011, issue 7
Apple and date relish -----	2011, issue 7
Apple and oats muffin -----	2011, issue 7
Apple Celery Nutty Wheat cake -----	2014, issue 4
Apple jam in microwave -----	2011, issue 7
Apple pan cake -----	2011, issue 7
Apple pie energy balls -----	2018, issue 4
Apple raisin energy balls -----	2018, issue 4
Apple, potato & onion soup -----	2011, issue 7
Apple, sausage & onion stew -----	2011, issue 7
Apple, Vienna, cheese & onion quiche -----	2011, issue 7

Alternative cake / dessert ideas

Biltong -----	2015, issue 11
Biltong cutter -----	2015, issue 11
Brownie stack -----	2015, issue 11
Candy assortment -----	2015, issue 11
Cheese bread bar -----	2015, issue 11
Cheese fruit bar -----	2015, issue 11
Chocolate slab tower -----	2015, issue 11
Chocolate strawberries -----	2015, issue 11
Cookie tower -----	2015, issue 11
Crème Bruleé tower -----	2015, issue 11
Doughnut tower -----	2015, issue 11
Droëwors -----	2015, issue 11
Fancy chocolate slab tower -----	2015, issue 11
Fruit and yoghurt in a glass -----	2015, issue 11
Fruit bar -----	2015, issue 11
Ice cream on a stick -----	2015, issue 11
Ice pops on a stick -----	2015, issue 11
Individual fruit pies -----	2015, issue 11
Individual ice creams on ice -----	2015, issue 11
Koeksister cake -----	2015, issue 11
Lamington tower -----	2015, issue 11
Lemon bars, fudge, etc -----	2015, issue 11
Lollipop assortment -----	2015, issue 11
Meringue tower -----	2015, issue 11
Milk in glass with cookie -----	2015, issue 11
Oreo tower -----	2015, issue 11
Popcorn bags -----	2015, issue 11
Sandwich cake -----	2015, issue 11
Shot glass dessert -----	2015, issue 11
Sushi cake -----	2015, issue 11
Toffee apple tower -----	2015, issue 11
Twinkies (Hostess cakes) -----	2015, issue 11
Watermelon cake -----	2015, issue 11
Watermelon cupcake -----	2015, issue 11
Watermelon layered cake -----	2015, issue 11

Avocado

Avocado & Spinach Pesto -----	2012, issue 2
Avocado beauty uses -----	2012, issue 2
Avocado Breakfast Bowl -----	2012, issue 2
Avocado Chocolate Truffles -----	2012, issue 2
Avocado Mayo Potato Salad -----	2012, issue 2
Avocado Mousse -----	2012, issue 2
Avocado Peppadew Bread -----	2012, issue 2
Avocado, Peppadew & Spinach Quiche -----	2012, issue 2

Baby marrows / zucchini / courgettes

Baby marrows / zucchini / courgettes pesto -----	2015, issue 3
Baby marrows / zucchini / courgettes pickles -----	2015, issue 3
Baby marrows / zucchini / courgettes chutney -----	2015, issue 3
Baby marrows / zucchini / courgettes 'pasta' -----	2015, issue 3
Baby marrows / zucchini / courgettes quiche -----	2015, issue 3
Baby marrows / zucchini / courgettes lasagna, no pasta -----	2015, issue 3

Bananas

Banana bacon cheese bread -----	2013, issue 3
Banana bread pudding -----	2013, issue 3
Banana Bruleé -----	2013, issue 3
Banana choc bark -----	2013, issue 3
Banana date energy balls -----	2018, issue 4
Banana flatbread -----	2013, issue 3
Banana foam -----	2013, issue 3
Banana ice cream -----	2013, issue 3
Banana omelette -----	2013, issue 3
Banana peanut butter scones -----	2018, issue 2
Banana pinwheel -----	2013, issue 3
Banana S'mores -----	2013, issue 3
Banana tarte tatin -----	2013, issue 3

Beetroot

Beetroot stains -----	2014, issue 8
Beetroot bread -----	2014, issue 8
Beetroot cooked -----	2014, issue 8
Beetroot falafels -----	2014, issue 8
Beetroot fridge cheesecake -----	2017, issue 6
Beetroot frittata -----	2014, issue 8
Beetroot hash with cabbage and eggs -----	2017, issue 6

(beetroot)

Beetroot pesto -----	2014, issue 8
Beetroot relish -----	2017, issue 6
Beetroot risotto -----	2014, issue 8
Beetroot schnitzel (vegetarian) -----	2017, issue 6
Beetroot tzatziki -----	2014, issue 8
Beetroot Wellington (vegetarian) -----	2017, issue 6

Beans

Black bean brownies -----	2013, issue 1
Caribbean rice -----	2011, issue 6
Chocolate date squares with butter beans -----	2011, issue 6
Four bean quiche -----	2011, issue 6
Hummus -----	2011, issue 6
Kidney Beans and Date Brownies -----	2015, issue 10
Kidney bean pâté -----	2011, issue 6
Lemon flourless chickpea cake -----	2011, issue 6
White bean muffins -----	2013, issue 1
White beans with artichoke hearts -----	2011, issue 6
Winter warmer -----	2011, issue 6

Blend your food

Beef bourguignon -----	2012, issue 6
Boerewors with tomato sauce -----	2012, issue 6
Breakfast Tagine (tomato, onion, sausage, potatoes, eggs) -----	2012, issue 6
Chicken and cheese pie -----	2012, issue 6
Chocolates -----	2012, issue 6
Date and nut muffin -----	2012, issue 6
Grilled chicken, spinach, tomato, cheese -----	2012, issue 6
Ostrich curry -----	2012, issue 6
Peanut butter, jam & banana sandwich -----	2012, issue 6
Pizza slice -----	2012, issue 6
Potato fries with vinegar -----	2012, issue 6
Spaghetti bolognese -----	2012, issue 6
Spare ribs -----	2012, issue 6
Waffle with bacon, eggs & cheese -----	2012, issue 6

Books

A Year in Provence -----	2006, issue 9
Bon Appetit -----	2006, issue 9
Bramasole -----	2007, issue 5
Chocolat -----	2007, issue 7

(books)

Extra Virgin -----	2006, issue 9
Pomegranate soup -----	2006, issue 9
Under the Tuscan Sun -----	2007, issue 5

Bovril / Marmite / Vegemite

Bovril hot drink -----	2016, issue 7
Bovril/Marmite/Vegemite baked chicken in oven -----	2016, issue 7
Bovril/Marmite/Vegemite cheese puffs -----	2016, issue 7
Coconut flour brownies with Bovril/Marmite/Vegemite -----	2016, issue 7
Flourless peanut butter Bovril/Marmite/Vegemite cookies -----	2016, issue 7
Oven-baked Bovril/Marmite/Vegemite Cashews -----	2016, issue 7
Weet(a)bix cheese Bovril/Marmite/Vegemite balls -----	2016, issue 7

Bread

20-minute Beef-mushroom pita -----	2009, issue 5
20-minute chicken bunny chow -----	2009, issue 5
3 ingredient no fuss, no yeast bread rolls -----	2018, issue 2
5-minute bread sushi -----	2009, issue 5
Ash Cake -----	2007, issue 9
Avocado Peppadew Bread -----	2012, issue 2
Banana bacon cheese bread -----	2013, issue 3
Banana flatbread -----	2013, issue 3
Bread and butter pudding -----	2008, issue 5
Bread balls -----	2014, issue 2
Bread basil pesto -----	2014, issue 2
Bread lasagna -----	2014, issue 2
Bread menu-holder -----	2008, issue 5
Bread tomato egg salad -----	2014, issue 2
Breadcrumb uses -----	2014, issue 2
Breadcrumb apple pie in a mug -----	2014, issue 2
Breakfast apricot & nut bread -----	2011, issue 9
Breakfast strata -----	2008, issue 5
Bruschetta a la mangetout -----	2007, issue 5
Bruschetta a la tomato -----	2007, issue 5
Bun cocktail stick holder -----	2008, issue 5
Chakalaka bread -----	2011, issue 9
Cheese dip in bread -----	2008, issue 5
Choc chip, almond & coconut bread -----	2011, issue 9
Cinnamon bread rolls -----	2014, issue 2
Coconut flour bread -----	2015, issue 9
Corn & Pineapple Bread -----	2011, issue 11

(bread)

Corn Yoghurt bread -----	2011, issue 1
Croissants -----	2011, issue 9
Double bagel -----	2006, issue 12
Egg in bread basket -----	2008, issue 5
French toast -----	2008, issue 5
Fried bread and egg salad -----	2008, issue 5
Frosted party sandwiches -----	2008, issue 5
Grapes, garlic & bread soup -----	2008, issue 5
Grilled coconut bread -----	2008, issue 13
Mayo bread, 1-2-3 -----	2014, issue 3
No-fuss rolls -----	2011, issue 9
Peanut bagel -----	2009, issue 1
Pumpnickel bread dip -----	2008, issue 5
Raisin bread -----	2011, issue 9
Rosemary Couscous bread -----	2011, issue 2
Sandwich cake/bun -----	2014, issue 2
Scone bread – no yeast -----	2015, issue 1
Savoury bread & butter pudding -----	2008, issue 11
Stale bread griddle cakes -----	2008, issue 5
Tomato & bread soup -----	2008, issue 5
Tomato onion bread -----	2011, issue 9
Tuna ghost sandwiches -----	2008, issue 5
Turkish dish -----	2008, issue 5
Whole-wheat bread -----	2011, issue 9

Breakfast

Apple pie smoothie -----	2007, issue 10
Apple, cheese, nuts -----	2009, issue 1
Avocado breakfast bowl -----	2012, issue 2
Banana breakfast smoothie -----	2007, issue 10
Banana omelette -----	2013, issue 3
Beta carotene smoothie -----	2007, issue 10
Bran flakes -----	2009, issue 1
Brandy coffee smoothie -----	2007, issue 10
Breakfast gift -----	2006, issue 2
Breakfast in a glass -----	2006, issue 4
Breakfast strata -----	2008, issue 5
Broccoli smoothie -----	2007, issue 10
Bruschetta a la tomato -----	2007, issue 5
Cantaloupe smoothie -----	2007, issue 10
Cheesy egg dish -----	2006, issue 4

(Breakfast)

Chocolate banana smoothie -----	2007, issue 10
Chocolate milk & donut -----	2009, issue 1
Coconut flour pancakes / flapjacks -----	2015, issue 9
Coconut flour cheddar cheese drop scones -----	2015, issue 9
Cucumber mint smoothie -----	2007, issue 10
Double bagel -----	2006, issue 12
Egg and onion -----	2006, issue 4
Egg in bread basket -----	2008, issue 5
Egg muffin & orange -----	2008, issue 1
Eggs on bacon -----	2006, issue 4
Fig and rice smoothie -----	2007, issue 10
Florentine egg dish -----	2006, issue 4
Florentine egg dish -----	2006, issue 4
French toast with a difference -----	2006, issue 4
Grape cherry smoothie -----	2007, issue 10
Guava smoothie -----	2007, issue 10
Muesli -----	2008, issue 16
Orangy eggs -----	2006, issue 4
Peanut bagel -----	2009, issue 1
Peanut butter jelly smoothie -----	2007, issue 10
Peppermint smoothie -----	2007, issue 10
Pineapple colada smoothie -----	2007, issue 10
Pizza -----	2008, issue 1
Plum smoothie -----	2007, issue 10
Raisin bread with cream cheese -----	2008, issue 1
Siesta smoothie -----	2007, issue 10
Spiced date smoothie -----	2007, issue 10
Spicy hard-boiled eggs -----	2006, issue 4
Tropical fruit smoothie -----	2007, issue 10
Watermelon ecstasy smoothie -----	2007, issue 10

Broccoli

Broccoli, pear and blue cheese quiche -----	2015, issue 2
Mash with broccoli and cheeses -----	2015, issue 2
Raw broccoli balls -----	2015, issue 2
Raw broccoli pesto -----	2015, issue 2
Steamed broccoli couscous -----	2015, issue 2

Butternut & Pumpkin

Baked butternut fritter -----	2012, issue 4
Butternut cranberry bars -----	2012, issue 4

(butternut & pumpkin)

Butternut fudge -----	2012, issue 4
Butternut lentil Bobotie -----	2012, issue 4
Butternut Mash -----	2012, issue 4
Butternut Pecorino au Gratin -----	2012, issue 4
Butternut pie -----	2007, issue 6
Chocolate butternut muffin -----	2012, issue 4
Pumpkin & orange soup -----	2009, issue 4
Pumpkin au gratin pie -----	2007, issue 6
Pumpkin curry -----	2007, issue 6
Pumpkin drop scones -----	2007, issue 6
Pumpkin flower holder -----	2007, issue 6
Pumpkin fritters -----	2007, issue 6
Pumpkin pie cocktail -----	2007, issue 6
Pumpkin smoothie -----	2007, issue 6
Pumpkin, feta & spinach salad -----	2007, issue 6
Roasted butternut wedges -----	2012, issue 4
Roasted pumpkin seeds -----	2007, issue 6

Cabbages

Cabbage and tomato quiche -----	2013, issue 6
Cabbage décor -----	2013, issue 6
Cabbage lasagna -----	2013, issue 6
Cabbage, bacon & cheese quiche -----	2013, issue 6
Cheeses on cabbage -----	2013, issue 6
Cumin grilled cabbage -----	2013, issue 6
Curry cabbage -----	2013, issue 6
Quick, easy sauerkraut -----	2013, issue 6
Sausage, cabbage & potatoes -----	2013, issue 6

Carrots

Carrot chutney -----	2014, issue 6
Carrot coconut orange muffins -----	2014, issue 6
Carrot dumplings -----	2014, issue 6
Carrot egg salad sandwich -----	2014, issue 6
Carrot oven fries -----	2014, issue 6
Carrot pizza crust -----	2014, issue 6
Carrot ribbon pasta -----	2014, issue 6
Carrot veggie burger -----	2014, issue 6

Cauliflower

Cauliflower mash -----	2015, issue 4
Cauliflower rice -----	2015, issue 4
Cauliflower pesto -----	2015, issue 4
Cauliflower 'nachos' -----	2015, issue 4
Cauliflower pickle -----	2015, issue 4
Cauliflower soufflé -----	2015, issue 4
Cauliflower 'tato' salad -----	2015, issue 4
Cauliflower cheese sticks -----	2015, issue 4
Cauliflower gluten free pizza bread -----	2015, issue 4
Cauliflower bake -----	2015, issue 4

Celery

Grow celery at home -----	2014, issue 4
Celery blue cheese dip -----	2014, issue 4
Celery, pear and cheese spread -----	2014, issue 4
Celery salt -----	2014, issue 4
Celery pesto -----	2014, issue 4
Marinated celery -----	2014, issue 4
Celery and cheese gratin -----	2014, issue 4
Celery risotto -----	2014, issue 4
Celery Tatin -----	2014, issue 4
Celery Apple Nutty Wheat cake -----	2014, issue 4

Chicken

20-minute chicken bunny chow -----	2009, issue 5
20-minute curry couscous -----	2009, issue 5
Bovril/Marmite/Vegemite chicken in oven -----	2016, issue 7
Chicken & potato dish -----	2010, issue 6
Chicken & sun-dried tomato pasta -----	2008, issue 12
Chicken Biryani -----	2008, issue 10
Chicken Biryani -----	2011, issue 1
Chicken livers on coals -----	2014, issue 1
Chicken pieces baked with mayonnaise -----	2014, issue 3
Chicken pieces on a stick -----	2010, issue 3
Chicken with lemon & olives -----	2008, issue 10
Chilli chicken one-pot -----	2008, issue 10
Citrus chicken marinade -----	2008, issue 16
Coffee-chicken macaroni -----	2008, issue 12
Coke chicken -----	2010, issue 6
Cream chicken -----	2008, issue 8
Easy chicken tagine -----	2008, issue 10

(chicken)

Greek roasted chicken -----	2011, issue 1
Hearty chicken pot -----	2008, issue 10
Honey & lemon chicken -----	2008, issue 10
KFC Smash Powder Oven chicken -----	2015, issue 1
Marmalade & Chilli chicken -----	2010, issue 6
Minted spatchcocks chicken -----	2009, issue 2
Mustard chicken -----	2008, issue 13
One pan chicken couscous -----	2011, issue 2
One pot chicken & chickpea pilau -----	2008, issue 10
One pot chicken with braised vegetables -----	2008, issue 10
Orange tomato chicken -----	2011, issue 1
Oven-baked Chicken Schnitzel -----	2012, issue 5
Spanish chicken with potatoes -----	2008, issue 10
Thai coconut chicken -----	2008, issue 10
Tomato chicken -----	2007, issue 8

Chicken breasts

Chicken corn chowder -----	2018, issue 3
Chicken breast pizza crust -----	2018, issue 3
Chicken green curry with cashews -----	2018, issue 3
Chicken red curry -----	2018, issue 3
Chicken breast in muffin pan -----	2018, issue 3
Nut crusted chicken schnitzel -----	2018, issue 3

Christmas Ideas

Advent calendar -----	2008, issue 15
Canary pet treat -----	2008, issue 15
Choc-dipped cookies -----	2006, issue 12
Christmas tree decorations -----	2006, issue 12
Coffee ice cream -----	2008, issue 15
Divine truffles -----	2006, issue 12
Dog biscuits -----	2008, issue 15
Energy snack mix -----	2006, issue 12
Fruitcake fridge tart -----	2008, issue 15
Homemade cheese spread -----	2006, issue 12
Homemade muesli -----	2006, issue 12
Horse treats -----	2008, issue 15
Kitty treats -----	2008, issue 15
Ribbon ceiling -----	2008, issue 15
Toasted coconut & peach ice cream -----	2008, issue 15

Citrus

Beetroot salad with orange, bacon -----	2009, issue 4
Citrus & honey microwave cake -----	2009, issue 4
Citrus peel brownie energy balls -----	2018, issue 4
Lemon muffins -----	2009, issue 4
Microwave kumquat jam -----	2009, issue 4
Microwave lemon curd -----	2009, issue 4
Microwave marmalade -----	2009, issue 4
Naartjie meringue kisses -----	2009, issue 4
No-bake lemon cookies -----	2009, issue 4
Pumpkin & orange soup -----	2009, issue 4
Citrus cake with mayonnaise -----	2014, issue 3

Cleaning house eco-friendly

Baking soda around the house -----	2010, issue 2
Baking soda in bathroom -----	2010, issue 2
Baking soda in kitchen -----	2010, issue 2
Baking soda in laundry -----	2010, issue 2
Baking soda for pet care -----	2010, issue 2
Lemon juice around the house -----	2010, issue 2
Lemon juice in bathroom -----	2010, issue 2
Lemon juice in kitchen -----	2010, issue 2
Lemon juice in laundry -----	2010, issue 2
Lemon juice for pet care -----	2010, issue 2
Recycle your own cleaning tools -----	2010, issue 2
White vinegar around the house -----	2010, issue 2
White vinegar in bathroom -----	2010, issue 2
White vinegar in kitchen -----	2010, issue 2
White vinegar in laundry -----	2010, issue 2
White vinegar for pet care -----	2010, issue 2

Coconut flour recipes

Coconut flour	
Coconut flour basic scone -----	2016, issue 8
Coconut flour bread -----	2015, issue 9
Coconut flour brownies with Bovril/Marmite/Vegemite -----	2016, issue 7
Coconut flour carrot cake -----	2015, issue 9
Coconut flour cheddar drop scones -----	2015, issue 9
Coconut flour chocolate cake -----	2015, issue 9
Coconut flour chocolate, cherry and peanut scone -----	2016, issue 8
Coconut flour fruitcake with bananas -----	2015, issue 9
Coconut flour fruitcake without bananas -----	2015, issue 9
Coconut flour marshmallow brownies -----	2016, issue 6

(coconut flour)

Coconut flour no-bake brownies -----	2016, issue 6
Coconut flour pancakes /flapjacks -----	2015, issue 9
Coconut flour peanut butter and jelly tot scone -----	2016, issue 8
Coconut flour pear and blue cheese scone -----	2016, issue 8
Coconut flour pie crust / pizza crust -----	2015, issue 9
Coconut flour roasted onion cream cheese scone -----	2016, issue 8
Coconut flour salmon cream cheese olive oil scone -----	2016, issue 8
Coconut flour salmon cream cheese sunflower oil scone -----	2016, issue 8
Coconut flour shortbread cookies -----	2015, issue 9
Coconut flour smoked ham cream cheese scone -----	2016, issue 8
Coconut flour sundried tomato and feta scone -----	2016, issue 8

Coconut milk

Banana pineapple coconut milk ice cream no churning -----	2017, issue 1
Coconut milk cacao orange rice pudding in oven -----	2017, issue 1
Coconut milk chicken marinade -----	2017, issue 1
Coconut milk coconut flour cinnamon muffin -----	2017, issue 1
Coconut milk coconut flour crumpets -----	2017, issue 1
Coconut milk cranberry gluten free scones -----	2018, issue 2
Coconut milk curry -----	2017, issue 1
Coconut milk oats overnight -----	2017, issue 1
Coconut milk tomato pasta sauce -----	2017, issue 1
Coconut milk tuna quiche crust-less -----	2017, issue 1
Make your own coconut milk -----	2017, issue 1

Cookies

Chocolate and Rice Krispies clusters, no-bake -----	2009, issue 10
Coconut and carrot sweets, no-bake -----	2009, issue 10
Coconut flour shortbread cookies -----	2015, issue 9
Coffee and walnut brittle, no-bake -----	2009, issue 10
Flourless peanut butter Bovril/Marmite/Vegemite cookies -----	2016, issue 7
Ginger cookies (old-fashioned) -----	2017, issue 5
Mayonnaise cookies with shop-bought mayo -----	2014, issue 3
Mayonnaise cookies with fat-free, oil-free, egg-free mayo -----	2014, issue 3
Milk chocolate fudge, no-bake -----	2009, issue 10
Old-fashioned ginger cookies -----	2016, issue 6
Oreo & peanut butter treats, no-bake -----	2009, issue 10
Powdered ginger balls, no-bake -----	2009, issue 10

Cooked Leftover chicken

Chicken balls -----	2015, issue 6
Chicken corn soup -----	2015, issue 6
Chicken pancake cannelloni -----	2015, issue 6
Chicken nachos -----	2015, issue 6
Chicken pita pizza -----	2015, issue 6
Chicken red curry -----	2015, issue 6
Chicken bread pudding -----	2015, issue 6
Chicken quiche suggestion -----	2015, issue 6
Chicken stew suggestion -----	2015, issue 6
Chicken pasta sauce suggestion -----	2015, issue 6
Chicken quesadilla suggestion -----	2015, issue 6
Chicken stuffed pita suggestion -----	2015, issue 6
Chicken stir-fry suggestion -----	2015, issue 6

Corn & Maize

Apple Crumble -----	2011, issue 11
Apricot muffins -----	2011, issue 11
Baked sweetcorn risotto -----	2011, issue 11
Chicken corn chowder -----	2011, issue 11
Corn & Pineapple Bread -----	2011, issue 11
Maize balls -----	2011, issue 11
Maize cups -----	2014, issue 1
Maize lasagna -----	2014, issue 1
Sweetcorn Cake -----	2011, issue 11

Couscous

Apricot & nut couscous stuffing -----	2011, issue 2
Beetroot, spinach, cheese & couscous salad -----	2011, issue 2
Breakfast couscous quiche -----	2011, issue 2
Chocolate couscous frosting for cake -----	2011, issue 2
Dried fruit & nut couscous snack -----	2011, issue 2
Lamb, couscous & bean stew-----	2011, issue 2
One-pan chicken couscous -----	2011, issue 2
Rosemary couscous bread -----	2011, issue 2
Tomato couscous soup -----	2011, issue 2

Cream Crackers

Caramel balls -----	2012, issue 5
Choc Orange Ginger Biscuit -----	2012, issue 5
Crabstick cakes -----	2012, issue 5
Cream cracker kuih -----	2012, issue 5

(cream crackers)

Lasagna -----	2012, issue 5
Microwave meatballs -----	2012, issue 5
Oven-baked Chicken Schnitzel -----	2012, issue 5
Tiramackersu -----	2012, issue 5
Tomato Tartlets -----	2012, issue 5

Cucumbers

Cucumbers for beauty -----	2009, issue 7
Cucumber salad mousse -----	2009, issue 7
Cucumber ribbon parcel -----	2009, issue 7
Cucumber ribbon salad -----	2009, issue 7
Cucumber cake -----	2009, issue 7
Cucumber ice cream -----	2009, issue 7
Cucumber cocktail -----	2009, issue 7
Cucumber shot glasses -----	2009, issue 7

Cupcakes decorate

BBQ cupcake -----	2016, issue 10
Burger cupcake -----	2016, issue 10
Campfire cupcake -----	2016, issue 10
Campfire pretzel marshmallow cupcake -----	2016, issue 10
Cappuccino cupcake -----	2016, issue 10
Caramel popcorn on cupcake -----	2016, issue 10
Chocolate blocks / small chocolates on cupcake -----	2016, issue 10
Clown hat ice cream cone on cupcake -----	2016, issue 10
Coconut decorated cupcake -----	2016, issue 10
Egg cupcake -----	2016, issue 10
Halloween worms on cupcake -----	2016, issue 10
Jelly bear on beach cupcake -----	2016, issue 10
Jelly candy fish / jelly sweets on cupcake -----	2016, issue 10
Koeksisters on cupcake -----	2016, issue 10
Liquorice Allsorts on cupcake -----	2016, issue 10
Lollipops on cupcake -----	2016, issue 10
Macaron on cupcake -----	2016, issue 10
Meatballs and spaghetti iced cupcake -----	2016, issue 10
Mini marshmallows on cupcake -----	2016, issue 10
Minnie Mouse cupcake -----	2016, issue 10
Nut brittle on cupcake -----	2016, issue 10
Oreo cookie / wafers / cookies on cupcake -----	2016, issue 10
Pie (red and blue sweets) cupcake -----	2016, issue 10
Speckled eggs on nest cupcake -----	2016, issue 10
Strawberry Santa's hat cupcake -----	2016, issue 10

Dates

Date and Apple chutney -----	2015, issue 10
Date apple energy balls -----	2018, issue 4
Date apple pie energy balls -----	2018, issue 4
Date apricot energy balls -----	2018, issue 4
Date banana energy balls -----	2018, issue 4
Date citrus salted brownie energy balls -----	2018, issue 4
Date coconut 2 ingredients energy balls -----	2018, issue 4
Date coconut pineapple energy balls -----	2018, issue 4
Date Crunchies / Date Fingers (Dadelvingers) -----	2015, issue 10
Date puree -----	2015, issue 10
Date salted brownie energy balls -----	2018, issue 4
Date shake -----	2015, issue 10
Date spiced pear energy balls -----	2018, issue 4
Kidney Beans and Date Brownies -----	2015, issue 10
Raw Date Coconut Balls -----	2015, issue 10
Raw Date Nut Brownies -----	2015, issue 10
Raw Date, Apple and Oats Energy Bars -----	2015, issue 10

Décor ideas

African stools whitewashed -----	2008, issue 3
Apples in pot -----	2007, issue 3
Armchair oars -----	2008, issue 4
Bathroom calabash -----	2007, issue 1
Bathroom chairs -----	2006, issue 7
Bathroom gallery -----	2006, issue 7
Bathroom in lime -----	2007, issue 3
Bathroom library -----	2006, issue 7
Bed base -----	2008, issue 3
Bed canopy -----	2008, issue 3
Bedroom olive-green walls -----	2007, issue 3
Birdcage candle -----	2006, issue 7
Book shelves dinghy -----	2008, issue 4
Book side table -----	2009, issue 9
Book tower -----	2006, issue 7
Box set -----	2009, issue 9
Bucket table -----	2009, issue 9
Bunk beds -----	2007, issue 1
Candelabra -----	2008, issue 3
Candle corbels -----	2008, issue 3
Candle shells -----	2008, issue 4

(Décor ideas)

Candles in a bunch -----	2006, issue 12
Ceiling apples -----	2008, issue 3
Chair surfboard -----	2008, issue 4
Chandelier driftwood -----	2008, issue 4
Chandelier of beads -----	2008, issue 3
Chest storage -----	2007, issue 1
Coat rack oars -----	2008, issue 4
Coffee table dinghy -----	2008, issue 4
Coffee table surfboard -----	2008, issue 4
Collector plates in bathroom -----	2006, issue 7
Crate storage -----	2006, issue 7
Curtain of shells -----	2008, issue 3
Cutlery holders -----	2008, issue 3
Dining chair cover-up -----	2006, issue 7
Dining chairs rattan -----	2008, issue 3
Dining room chairs -----	2007, issue 1
Dining table instantly -----	2006, issue 7
Dishwashing bottles -----	2008, issue 3
Drawer roll-away -----	2007, issue 1
Figurines in gold -----	2008, issue 3
Fire ambience -----	2008, issue 3
Firewood art -----	2006, issue 7
Frames -----	2006, issue 7
Fridge brooch magnets -----	2008, issue 3
Fridge soft drink magnets -----	2008, issue 3
Garage storage -----	2007, issue 1
Garden decoration anchor -----	2008, issue 4
Garden fence surfboard -----	2008, issue 4
Garden jewels -----	2007, issue 3
Hair elastic solution -----	2009, issue 9
Hallway storage -----	2007, issue 1
Hallway-wow -----	2006, issue 7
Handbags on chair -----	2008, issue 3
Hanger for spectacles -----	2016, issue 2
Hanger for ribbon spools -----	2016, issue 2
Hanger for jewelry -----	2016, issue 2
Hanger for scarves / pashminas -----	2016, issue 2
Hanger for flip-flops -----	2016, issue 2
Hanger for gloves, etc -----	2016, issue 2
Hanger for towels -----	2016, issue 2
Hanger for magazines -----	2016, issue 2

(Décor ideas)

Hanger as coatrack -----	2016, issue 2
Decorate hangers with wool -----	2016, issue 2
Bend hanger for magazine rack -----	2016, issue 2
Hanger as creative wall hanging -----	2016, issue 2
Hanger for keys -----	2016, issue 2
Hanger as recipe book holder -----	2016, issue 2
Hangers as part of wall art -----	2016, issue 2
Hangers as advent calendars -----	2016, issue 2
Headboard gate -----	2008, issue 3
Headboard squares -----	2006, issue 7
Hook-a-mirror -----	2007, issue 1
Hunting trophies -----	2006, issue 7
Ice box dinghy - -----	2008, issue 4
Kitchen buckets -----	2007, issue 1
Kitchen ceiling -----	2007, issue 1
Kitchen open shelves -----	2007, issue 3
Lamp driftwood -----	2008, issue 4
Lamp from candlestick -----	2008, issue 3
Landscaping dinghy -----	2008, issue 4
Lolly stirrer -----	2009, issue 9
Magazine hide-away -----	2007, issue 1
Mirror frame driftwood -----	2008, issue 4
My drink -----	2009, issue 9
Painting solution -----	2008, issue 3
Pantry see-through -----	2007, issue 1
Patio chairs -----	2007, issue 1
Patio green door -----	2007, issue 3
Patio seating -----	2006, issue 10
Patio table hay bay -----	2008, issue 3
Patio table pallet -----	2008, issue 3
Photo in a vase -----	2009, issue 9
Plant holder shells -----	2008, issue 4
Planter table -----	2009, issue 9
Rescue life ring frame -----	2008, issue 4
Rescue life ring mirror -----	2008, issue 4
Ribbon ceiling -----	2008, issue 15
Romantic décor -----	2012, issue 1
Scatter cushion décor -----	2008, issue 3
Sewing kit -----	2009, issue 9
Shelves & pegs -----	2007, issue 1
Shutter for cd's -----	2007, issue 1

(Décor ideas)

Side table trunk -----	2006, issue 7
Soap holder shells -----	2008, issue 4
Study storage -----	2006, issue 7
Toilet paper holder -----	2009, issue 9
Toilet space -----	2007, issue 1
Vanity tray -----	2009, issue 9
Veggie rack -----	2007, issue 1
Wall décor -----	2006, issue 12
Wall decoration oar -----	2008, issue 4
Wall mounted anchors & propellers -----	2008, issue 4
Wine décor -----	2007, issue 1

Desserts

5-minute Banoffee spoon -----	2009, issue 5
5-minute Chocolate muffin -----	2009, issue 5
5-minute Passion fruit micro fridge tart -----	2009, issue 5
5-minute Trifle galore -----	2009, issue 5
Apple cider granita -----	2007, issue 3
Apple crumble -----	2008, issue 14
Apple Crumble with maize -----	2011, issue 11
Apple crumble mix in a jar -----	2008, issue 16
Apple feta crumble cake -----	2011, issue 3
Apple pan dowdy (cake) -----	2011, issue 7
Avocado chocolate truffles -----	2012, issue 2
Baked granadilla cheesecake -----	2009, issue 3
Banana bread pudding -----	2013, issue 3
Banana Bruleé -----	2013, issue 3
Banana choc bark -----	2013, issue 3
Banana foam -----	2013, issue 3
Banana ice cream -----	2013, issue 3
Banana pinwheel -----	2013, issue 3
Banana S'mores -----	2013, issue 3
Banana tarte tatin -----	2013, issue 3
Banoffee cheesecake -----	2011, issue 1
Banoffee muffin -----	2011, issue 1
Beetroot fridge cheesecake -----	2017, issue 6
Berry Bruleé -----	2009, issue 6
Berry cheesecake pots -----	2008, issue 9
Black bean brownies -----	2013, issue 1
Black forest gateau -----	2007, issue 11
Bread and butter pudding -----	2008, issue 5

(desserts)

Breadcrumb apple pie in a mug -----	2014, issue 2
Brie, watermelon & biscuit cake -----	2006, issue 10
Butternut pie -----	2007, issue 6
Butternut cranberry bars -----	2012, issue 4
Butternut fudge -----	2012, issue 4
Camembert / Brie with nuts & figs -----	2006, issue 3
Cappuccino tiramisu -----	2008, issue 9
Caramel balls -----	2010, issue 6
Caramel balls -----	2012, issue 5
Carrot cake -----	2009, issue 6
Celery Apple Nutty Wheat cake -----	2014, issue 4
Cheesecake, easiest ever -----	2007, issue 11
Chelsea bun pudding -----	2009, issue 6
Cherry chocolate bars -----	2008, issue 9
Chilli, strawberry, peach dessert -----	2012, issue 9
Chocolate butternut -----	2012, issue 4
Choc chip cookie & ice cream -----	2008, issue 9
Choc delight -----	2006, issue 3
Choc muffin tower -----	2006, issue 3
Choc truffle loaf -----	2008, issue 9
Choc-dipped cookies -----	2006, issue 12
Chocolate turtle apple slices -----	2016, issue 11
Chocolate banana -----	2009, issue 1
Chocolate couscous frosting for cake -----	2011, issue 2
Chocolate fettuccini -----	2008, issue 12
Chocolate fudge on a stick -----	2010, issue 3
Chocolate fudge with olive twist -----	2008, issue 14
Chocolate mousse -----	2010, issue 6
Chocolate sauce -----	2008, issue 16
Chocolate tramezinni -----	2006, issue 10
Chocolate yoghurt & strawberry -----	2009, issue 1
Chocolate-coconut cherries -----	2007, issue 11
Choco-mel muffins -----	2008, issue 9
Cinnamon bread rolls -----	2014, issue 2
Citrus cake with mayonnaise -----	2014, issue 3
Citrus & honey microwave cake -----	2009, issue 4
Coconut flour chocolate cake -----	2015, issue 9
Coconut flour fruitcake with bananas -----	2015, issue 9
Coconut flour fruitcake without bananas -----	2015, issue 9
Coconut flour carrot cake -----	2015, issue 9
Coconut ice -----	2008, issue 14

(desserts)

Banana pineapple coconut milk ice cream no churning -----	2017, issue 1
Coconut milk cacao orange rice pudding in oven -----	2017, issue 1
Coffee ice cream -----	2008, issue 15
Cream cracker kuih -----	2012, issue 5
Croissant deluxe -----	2006, issue 10
Cucumber cake -----	2009, issue 7
Cucumber ice cream -----	2009, issue 7
Cupcakes on a stick -----	2010, issue 3
Dark chocolate chilli tartlets -----	2009, issue 6
Date Crunchies / Date Fingers (Dadelvingers) -----	2015, issue 10
Divine truffles -----	2006, issue 12
Festive ice cream -----	2006, issue 10
Folded peach tart with mascarpone -----	2007, issue 5
French toast -----	2008, issue 5
Fresh strawberry crustless pie -----	2012, issue 9
Frozen Tutti-Frutti -----	2009, issue 6
Fruit and dip -----	2016, issue 11
Fruit mini pizzas -----	2016, issue 11
Fruit nachos -----	2016, issue 11
Fruit on a stick -----	2010, issue 3
Fruit tacos -----	2016, issue 11
Fruitcake fridge tart -----	2008, issue 15
Fruitcake, easiest ever -----	2010, issue 6
Ginger biscuit deluxe -----	2006, issue 3
Ginger bubble pudding -----	2010, issue 6
Ginger, nut and date balls (gluten free) -----	2017, issue 5
Ginger caramel balls -----	2017, issue 5
Ginger biscuits, old-fashioned -----	2017, issue 5
Ginger loaf -----	2017, issue 5
Goey chocolate mug cake -----	2010, issue 6
Gorgonzola in dark chocolate -----	2008, issue 14
Green fig and almond nougat, no-bake -----	2009, issue 10
Grilled coconut bread -----	2008, issue 13
Kidney Beans and Date Brownies -----	2015, issue 10
Lavender sables -----	2008, issue 13
Lemon muffins -----	2009, issue 4
Milk brawn -----	2007, issue 9
Mint choc chip cookies -----	2009, issue 2
Mint-infused cream fridge tart -----	2009, issue 2
Naartjie meringue kisses -----	2009, issue 4
No-bake lemon berry tartlets -----	2008, issue 9

(Desserts)

No-bake lemon cookies -----	2009, issue 4
Nutella Oreo Brownie Cupcakes -----	2015, issue 1
Orange Coconut Flour Gluten-Free Cake -----	2015, issue 8
Oreo cookies & milk -----	2007, issue 7
Passion Pina colada -----	2008, issue 9
Pear foam pudding -----	2010, issue 6
Pears in mascarpone custard -----	2007, issue 5
Peppermint crisp tart -----	2008, issue 9
Pineapple cake -----	2010, issue 6
Pineapple cherry bites -----	2008, issue 9
Potato macaroon bars -----	2008, issue 2
Pumpkin drop scones -----	2007, issue 6
Raspberry & milk chocolate cheesecake -----	2008, issue 9
Raisin, date nut balls – no bake -----	2018, issue 1
Raisin energy bars – no bake -----	2018, issue 1
Raw Date Coconut Balls -----	2015, issue 10
Raw Date Nut Brownies -----	2015, issue 10
Raw Date, Apple and Oats Energy Bars -----	2015, issue 10
Romantic desserts -----	2012, issue 1
Shot-glass sweets -----	2006, issue 3
Snickers, deep-fried, on a stick -----	2010, issue 3
Strawberry & cream choc cake -----	2006, issue 10
Strawberry and Blueberry crumble Bruleé -----	2012, issue 9
Strawberry and pineapple soup -----	2012, issue 9
Strawberry mess -----	2008, issue 9
Sweetcorn Cake -----	2011, issue 11
Strawberry soufflé -----	2012, issue 9
Sweet Potato Brownie Flourless -----	2013, issue 7
Sweet Potato Cake Flourless -----	2013, issue 7
Sweet Potato chocolate cake -----	2009, issue 6
Sweet Potato Fudge -----	2013, issue 7
Sweets on a stick -----	2010, issue 3
Tiramackersu -----	2012, issue 5
Toasted coconut & peach ice cream -----	2008, issue 15
Tortilla cinnamon chips with fruit salsa -----	2016, issue 11
Vanilla strawberry -----	2009, issue 1
Vodka grapes -----	2007, issue 11
Watermelon pizza -----	2007, issue 11
Watermelon skewer dessert -----	2006, issue 10
White chocolate grape poppers -----	2016, issue 11
Worm dirt dessert -----	2009, issue 8

Dinner party themes

Arty-farty dinner -----	2006, issue 8
Coogul (koo-girl) dinner -----	2006, issue 8
Doggy night -----	2006, issue 8
Eco-friendly dinner -----	2006, issue 8
Fish night -----	2008, issue 8
French night -----	2008, issue 13
Hamburger night -----	2008, issue 8
Mexican night -----	2008, issue 8
Pasta night -----	2008, issue 8
Pool party -----	2006, issue 10
Soup night -----	2008, issue 8
Sport-lover night -----	2006, issue 8
Sweet-tooth dinner -----	2006, issue 8

Dips

Biltong dip -----	2012, issue 10
Celery blue cheese dip -----	2014, issue 4
Condensed Milk Coconut Passion Fruit dip -----	2012, issue 10
Mushroom Blue Cheese dip -----	2012, issue 10
Peanut Butter Strawberry dip -----	2012, issue 10
Pineapple dip -----	2012, issue 10
Potato Garlic Bacon dip -----	2012, issue 10
Tuna Mint dip -----	2012, issue 10

Drinks

Bloody Mary cocktail -----	2007, issue 8
Cape Velvet liqueur -----	2008, issue 16
Coffee mix -----	2008, issue 16
Cream liqueur -----	2006, issue 4
Cucumber cocktail -----	2009, issue 7
Cucumber shot glasses -----	2009, issue 7
Date shake -----	2015, issue 10
Eyeball shooter jellies -----	2009, issue 8
Fruity iced tea -----	2008, issue 16
Hot chocolate mix -----	2008, issue 16
Milktart shooter -----	2009, issue 6
Orange smoothie -----	2015, issue 8
Pimms No 1 -----	2006, issue 9
Pumpkin pie cocktail -----	2007, issue 6
Pumpkin smoothie -----	2007, issue 6

(drinks)

Punchy green -----	2007, issue 3
Shooter tray -----	2006, issue 10
Sparkling wine on arrival -----	2006, issue 3
Thirst quencher -----	2006, issue 10
Vodka Gibson cocktail -----	2008, issue 1
Worm ice cubes -----	2009, issue 8

Eggs

Breakfast in a glass -----	2006, issue 4
Cheesy egg dish -----	2006, issue 4
Curried eggs -----	2006, issue 4
Egg and onion -----	2006, issue 4
Egg and spinach salad -----	2006, issue 4
Egg fillings -----	2006, issue 4
Egg in bread basket -----	2008, issue 5
Egg sauce for cooked green beans -----	2006, issue 4
Eggs on bacon -----	2006, issue 4
Eggy onion dish -----	2008, issue 1
Florentine egg dish -----	2006, issue 4
French toast with a difference -----	2006, issue 4
Fried bread and egg salad -----	2008, issue 5
Frittata -----	2014, issue 1
Ham, egg & asparagus salad platter -----	2006, issue 4
Marrow & egg salad -----	2006, issue 4
Orangy eggs -----	2006, issue 4
Spicy hard-boiled eggs -----	2006, issue 4

Energy balls

Apple date balls -----	2018, issue 4
Apricot raisin balls -----	2018, issue 4
Pina Colada balls -----	2018, issue 4
Spiced pear date balls -----	2018, issue 4
Apple pie balls -----	2018, issue 4
Date coconut balls -----	2018, issue 4
Banana date balls -----	2018, issue 4
Salted brownie balls -----	2018, issue 4
Salted citrus brownie balls -----	2018, issue 4

Father's Day gift ideas

Arty gift from kid -----	2006, issue 6
BBQ fan -----	2006, issue 6
Camping -----	2006, issue 6
Chef -----	2006, issue 6
D.I.Y. -----	2006, issue 6
Dad as King -----	2006, issue 6
Farming -----	2006, issue 6
Fisherman -----	2006, issue 6
Golf lover -----	2006, issue 6
Love notes -----	2006, issue 6

(father's day gift ideas)

Placemats -----	2006, issue 6
Racing cars -----	2006, issue 6
Snapshots -----	2006, issue 6
Travel -----	2006, issue 6

Favourites' Issue

Artichoke & Olive pasta -----	2010, issue 4
Chicken Bunny Chow -----	2010, issue 4
Chocolate Fudge with an Olive twist -----	2010, issue 4
Corncakes with fresh coriander & tomato -----	2010, issue 4
Cucumber and Mint Pâté -----	2010, issue 4
Cucumber cocktail -----	2010, issue 4
Frozen Tutti-Frutti -----	2010, issue 4
Jalapeno & Feta rice -----	2010, issue 4
Milk chocolate fudge -----	2010, issue 4
Mushroom Burger -----	2010, issue 4
Pumpkin and Orange Soup -----	2010, issue 4
Tuna Mint Dip -----	2010, issue 4
Worm Dirt Dessert -----	2010, issue 4

Feta

Apple feta crumble cake -----	2011, issue 3
Feta cheese baked with tomatoes -----	2011, issue 3
Feta cheese puffs -----	2011, issue 3
Feta cheese truffles -----	2011, issue 3
Feta on beetroot -----	2011, issue 3
Feta on pasta -----	2011, issue 3
Feta on soup -----	2011, issue 3
Feta on watermelon in salad -----	2011, issue 3
Feta spinach scones -----	2018, issue 2
Marinated feta -----	2011, issue 3

Fish / Seafood

Coconut Fish Curry -----	2010, issue 5
Crispy fried pilchards -----	2014, issue 1
Curried fish quiche -----	2010, issue 6
Fish finger surprise -----	2010, issue 5
Fish-roe soup -----	2007, issue 9
Hake fillets in sour cream sauce -----	2010, issue 5
Mayonnaise & gherkin fish -----	2010, issue 6
Muffin Fishcakes -----	2010, issue 5
Pigeon with crayfish -----	2007, issue 9
Pilchards balls baked -----	2014, issue 1
Red Pepper fish -----	2010, issue 6
Snoek, Asparagus & Peppadews quiche -----	2010, issue 5
Sour cream hake fillets -----	2008, issue 8
Sweet Potato Tuna Burger -----	2013, issue 7
Tuna & mushroom pasta -----	2010, issue 5
Tuna & rice bake -----	2009, issue 3
Tuna and olive pasta bake -----	2008, issue 8
Tuna Dip -----	2010, issue 5
Tuna ghost sandwiches -----	2008, issue 5
Tuna Mint Dip -----	2012, issue 10
Tuna mint dip -----	2008, issue 13
Tuna-stuffed tomato -----	2007, issue 8

Flourless sweets and desserts

Apple date balls -----	2018, issue 4
Apple pie balls -----	2018, issue 4
Apricot raisin balls -----	2018, issue 4
Avocado chocolate truffles -----	2014, issue 9
Banana date balls -----	2018, issue 4
Beetroot fridge cheesecake -----	2017, issue 6
Black bean brownies -----	2014, issue 9
Blondies with bananas, nut butter and cranberries -----	2016, issue 6
Carrot sweets – no bake -----	2014, issue 9
Chilli peach strawberry dessert -----	2014, issue 9
Chocolate fudge with black olives -----	2014, issue 9
Chocolate mousse with 3 ingredients -----	2014, issue 9
Chocolate roulade -----	2014, issue 9
Coconut cranberry scones -----	2018, issue 2
Date coconut balls -----	2018, issue 4
Date Crunchies / Date Fingers (Dadelvingers) -----	2015, issue 10

Easy chocolate fudge -----	
Flourless peanut butter Bovril/Marmite/Vegemite cookies -----	2016, issue 7
Fridge cheesecake -----	2014, issue 9
Fruit mince nut crust balls -----	2014, issue 9
Fruit mince pies with nut crust -----	2014, issue 9
Ginger, date and nut balls -----	2017, issue 5
Honey orange cranberry chocolate muffins -----	2016, issue 6
Kidney Beans and Date Brownies -----	2015, issue 10
Nutty cake-----	2014, issue 9
Oil-less fudge muffins -----	2016, issue 6
Orange coconut flour gluten free cake -----	2015, issue 8
Peanut butter, seed & nuts no-bake bars -----	2016, issue 6
Pina Colada balls -----	2018, issue 4
Pumpkin fritter muffin -----	2014, issue 9
Raw Date Coconut Balls -----	2015, issue 10
Raw Date Nut Brownies -----	2015, issue 10
Raw Date, Apple and Oats Energy Bars -----	2015, issue 10
Salted brownie balls -----	2018, issue 4
Salted citrus brownie balls -----	2018, issue 4
Spiced pear date balls -----	2018, issue 4
Strawberry soufflé -----	2014, issue 9
Sweet potato chocolate cake -----	2014, issue 9
Walnut brittle -----	2014, issue 9
White bean carrot cake muffins -----	2014, issue 9
White bean carrot cake squares -----	2014, issue 9
White chocolate bark with cranberries and almonds -----	2014, issue 9

Food on a Stick

Bloody Mary's on a stick -----	2010, issue 3
Chicken pieces on a stick -----	2010, issue 3
Chocolate fudge on a stick -----	2010, issue 3
Deep-fried Snickers on a stick -----	2010, issue 3
Fruit on a stick -----	2010, issue 3
Greek lamb kebabs on a stick -----	2010, issue 3
Mini cupcakes, choc truffles, Koeksisters, doughnuts on a stick -----	2010, issue 3
Pizza on a stick -----	2010, issue 3
Salad on a stick -----	2010, issue 3
Samosas, Mini Prego Rolls & Mini Hamburgers on stick -----	2010, issue 3
Sandwich on a stick -----	2010, issue 3
Spaghetti Bolognese on a stick -----	2010, issue 3
Sweets on a stick -----	2010, issue 3
Vegetables on a stick -----	2010, issue 3

Fruit, fresh, serving ideas

Apple grape turtle -----	2016, issue 11
Banana tropical trees and apple grape cars -----	2016, issue 11
Chocolate turtle apple slices -----	2016, issue 11
Cookie cutters for fruit -----	2016, issue 11
Dessert nachos -----	2016, issue 11
Fruit and dip -----	2016, issue 11
Fruit ice cubes -----	2016, issue 11
Fruit kebab arrangement -----	2016, issue 11
Fruit tacos -----	2016, issue 11
Fruit trays -----	2016, issue 11
Melon and grapes on skewers -----	2016, issue 11
Mini fruit pizzas -----	2016, issue 11
Owl fruit tray -----	2016, issue 11
Prevent browning of cut fruit -----	2016, issue 11
Rainbow fruit platter -----	2016, issue 11
Reasons to eat more fruit -----	2016, issue 11
Santa hats -----	2016, issue 11
Sugar wafer cones with fruit -----	2016, issue 11
Tortilla cinnamon chips with fruit salsa -----	2016, issue 11
White chocolate grape poppers -----	2016, issue 11

Gift ideas

Angel lover -----	2006, issue 5
Apple crumble mix in a jar -----	2008, issue 16
Arty gift from kid -----	2006, issue 6
Arty person -----	2006, issue 5
Bakers' delight -----	2006, issue 5
Basil pesto -----	2008, issue 16
Bbq fan -----	2006, issue 6
Breakfast gift -----	2006, issue 2
Camping -----	2006, issue 6
Canary pet treat -----	2008, issue 15
Cape Velvet liqueur -----	2008, issue 16
Chef -----	2006, issue 6
Choc-dipped cookies -----	2006, issue 12
Chocolate sauce -----	2008, issue 16
Citrus chicken marinade -----	2008, issue 16
Coffee mix -----	2008, issue 16
Coffee/tea hamper -----	2006, issue 5
Curried bean salad -----	2008, issue 16

Curry hamper -----	
D.I.Y. -----	2006, issue 6
Dad as King -----	2006, issue 6
Divine truffles -----	2006, issue 12
Dog biscuits -----	2008, issue 15
(Gift ideas)	
Entertainment fan -----	2006, issue 5
Farming -----	2006, issue 6
Fisherman -----	2006, issue 6
French hamper -----	2006, issue 5
French salad dressing -----	2008, issue 16
Fruit & nut snack -----	2008, issue 16
Fruity iced tea -----	2008, issue 16
Fruity treat -----	2008, issue 16
Gardener -----	2006, issue 2
Garlic mustard -----	2008, issue 16
Golf lover -----	2006, issue 6
Gift vouchers -----	2012, issue 1
Herb rice mix -----	2008, issue 16
Homemade cheese spread -----	2006, issue 12
Horse treats -----	2008, issue 15
Hot chocolate mix -----	2008, issue 16
Ice cream lover -----	2006, issue 2
Innovative gift vouchers -----	2006, issue 5
Kitty treats -----	2008, issue 15
Lemon rosemary dressing -----	2008, issue 16
Love notes -----	2006, issue 6
Magazine fan -----	2006, issue 5
Marinated mushrooms -----	2008, issue 16
Muesli -----	2008, issue 16
Nail polish basket -----	2006, issue 5
Pasta lover -----	2006, issue 2
Pasta soup jar mix-----	2008, issue 16
Peanuts & raisins -----	2008, issue 16
Photo fan -----	2006, issue 5
Placemats -----	2006, issue 6
Racing car lover-----	2006, issue 6
Relaxation basket -----	2006, issue 2
Romantic gifts -----	2012, issue 1
Rose lover -----	2006, issue 5
Snapshots -----	2006, issue 6
Sport fan -----	2006, issue 2

(gift ideas)

Tomato sauce -----	2008, issue 16
Travel -----	2006, issue 6
Travel memories -----	2006, issue 5
Wine lover -----	2006, issue 5

Gift wrapping

Baby blanket -----	2008, issue 6
Buttons -----	2008, issue 6
Calendar -----	2008, issue 6
CD inspiration -----	2006, issue 12
Coffee tin -----	2006, issue 12
Cornflake box -----	2006, issue 12
Electric cord -----	2008, issue 6
Forks -----	2008, issue 6
Garden inspirations -----	2006, issue 2
Gift bag -----	2006, issue 2
Ice cream tub -----	2006, issue 12
Keys -----	2008, issue 6
Kitchen inspirations -----	2006, issue 2
Kitchen towels -----	2008, issue 6
Lunchbox gift -----	2008, issue 6
Maps -----	2008, issue 6
Mosaic pieces -----	2008, issue 6
Newspaper -----	2006, issue 12
Paper bags -----	2006, issue 12
Photo collage -----	2008, issue 6
Pillow talk -----	2008, issue 6
Puzzle pieces -----	2008, issue 6
Scarf -----	2008, issue 6
Scrap booking -----	2008, issue 6
Shoe laces -----	2008, issue 6
Silicone bread pan -----	2008, issue 6
Suitcase -----	2008, issue 6
Teddy -----	2008, issue 6
Tissue box -----	2008, issue 6
Wax paper -----	2008, issue 6

Ginger

Gingersnap gravy -----	2017, issue 5
Ginger jam -----	2017, issue 5
Ginger jam Muffin -----	2017, issue 5

(ginger)

Ginger, date and nut muffin -----	2017, issue 5
Ginger, date and nut balls (gluten free) -----	2017, issue 5
Ginger caramel balls -----	2017, issue 5
Ginger and pear chutney -----	2017, issue 5
Ginger biscuits, old-fashioned -----	2017, issue 5
Ginger loaf -----	2017, issue 5

Green Beans

Baked green bean dish with cottage cheese and crumbs -----	2016, issue 5
Green bean and spinach leaf quiche -----	2016, issue 5
Green bean cheese bread – no flour -----	2016, issue 5
Green bean cottage pie -----	2016, issue 5
Green bean frikadelle (vege-balls) -----	2016, issue 5
Oven baked green beans with egg and Parmesan cheese -----	2016, issue 5
Raw green bean pesto -----	2016, issue 5
Raw green beans and feta mixture -----	2016, issue 5
Raw green beans chopped -----	2016, issue 5

Halloween

Halloween history -----	2009, issue 8
Dead man's fingers sandwiches -----	2009, issue 8
Tombstone sandwiches -----	2009, issue 8
Bat's wings -----	2009, issue 8
Eyeball shooter jellies -----	2009, issue 8
Worm dirt dessert -----	2009, issue 8
Worm ice cubes -----	2009, issue 8

Hangers

Hanger for spectacles -----	2016, issue 2
Hanger for ribbon spools -----	2016, issue 2
Hanger for jewelry -----	2016, issue 2
Hanger for scarves / pashminas -----	2016, issue 2
Hanger for flip-flops -----	2016, issue 2
Hanger for gloves, etc -----	2016, issue 2
Hanger for towels -----	2016, issue 2
Hanger for magazines -----	2016, issue 2
Hanger as coatrack -----	2016, issue 2
Decorate hangers with wool -----	2016, issue 2
Bend hanger for magazine rack -----	2016, issue 2
Hanger as creative wall hanging -----	2016, issue 2
Hanger for keys -----	2016, issue 2

(hangers)

Hanger as recipe book holder -----	2016, issue 2
Hangers as part of wall art -----	2016, issue 2
Hangers as advent calendars -----	2016, issue 2

Healthier eating

Black bean brownies -----	2013, issue 1
Burger buns -----	2013, issue 1
Cauliflower mash -----	2013, issue 1
Cauliflower pizza crust -----	2013, issue 1
Cauliflower rice -----	2013, issue 1
No oil frying -----	2013, issue 1
Potato crisps in microwave -----	2013, issue 1
White bean muffins -----	2013, issue 1
Yoghurt cheese sauce -----	2013, issue 1
Zucchini pasta ribbons -----	2013, issue 1

Honey

Coconut flour marshmallow brownies -----	2016, issue 6
Coconut flour no-bake brownies -----	2016, issue 6
Flourless blondies with banana, nut butter, cranberries and orange -----	2016, issue 6
Flourless oil-less fudge muffins -----	2016, issue 6
Flourless orange cranberry honey muffins -----	2016, issue 6
Old-fashioned ginger cookies -----	2016, issue 6
Peanut butter nut 3 ingredient bars -----	2016, issue 6

Jams and Preserves

Apple jam in microwave -----	2011, issue 7
Apricot & red onion chutney -----	2008, issue 1
Carrot chutney -----	2014, issue 6
Ginger jam -----	2017, issue 5
Kumquat jam in microwave -----	2009, issue 4
Lemon curd in microwave -----	2009, issue 4
Marmalade in microwave -----	2009, issue 4
Raisin Orange Jam -----	2018, issue 1
Raisin, date and fig chutney -----	2018, issue 1
Strawberry, pineapple and mint jam in the oven -----	2012, issue 9

Kitchen tips

Camera safe -----	2009, issue 9
Candle lighter -----	2009, issue 9
Corn threads -----	2009, issue 9
Egg-slicer -----	2009, issue 9
Moist paintbrush-----	2009, issue 9
Mouse cover -----	2009, issue 9
Rolling solution -----	2009, issue 9
Tidy bags -----	2009, issue 9
Tomato squeeze bottle -----	2009, issue 9
Toothpick marker -----	2009, issue 9

Lettuce

Fried lettuce balls -----	2014, issue 7
Grilled lettuce -----	2014, issue 7
Lettuce mousse -----	2014, issue 7
Lettuce pesto -----	2014, issue 7
Lettuce quiche -----	2014, issue 7

Lifestyle

Ambience of love -----	2007, issue 2
Atmosphere creativity -----	2008, issue 7
Bath soak creativity -----	2008, issue 7
Car singing creativity -----	2008, issue 7
Change of routine creativity -----	2008, issue 7
Clothes creativity -----	2008, issue 7
Cooking creativity -----	2008, issue 7
Creativity -----	2008, issue 7
Cucumber beauty tips -----	2009, issue 7
Curiosity creativity -----	2008, issue 7
Doodle creativity -----	2008, issue 7
Exercise tips -----	2007, issue 4
Eye beauty tips -----	2007, issue 4
Foot beauty tips -----	2007, issue 4
Gestures of love -----	2007, issue 2
Gifts of love -----	2007, issue 2
Hair beauty tips -----	2007, issue 4
Hand beauty tips -----	2007, issue 4
Healthier eating -----	2009, issue 1
House personal décor creativity -----	2008, issue 7
Housework creativity -----	2008, issue 7
Inspirations file creativity -----	2008, issue 7

(lifestyle)

Mouth beauty tips -----	2007, issue 4
Music listening creativity -----	2008, issue 7
New experiences creativity -----	2008, issue 7
Notepad creativity -----	2008, issue 7
Practice creativity -----	2008, issue 7
Reading creativity -----	2008, issue 7
Recipes of love -----	2007, issue 2
Rest period creativity -----	2008, issue 7
Rock alone creativity -----	2008, issue 7
Romantic gestures -----	2012, issue 1
Routine breaking creativity -----	2008, issue 7
Self-massaging tips -----	2010, issue 2
Skin beauty tips -----	2007, issue 4
Tea sketches creativity -----	2008, issue 7
Travel review creativity -----	2008, issue 7
Treats of love to yourself -----	2007, issue 2
Uniqueness creativity -----	2008, issue 7
Walking in nature creativity -----	2008, issue 7
Writing creativity -----	2008, issue 7

Lunchboxes

Basis of your lunchbox -----	2015, issue 5
Protein of your lunchbox -----	2015, issue 5
Add-ons of your lunchbox -----	2015, issue 5

Mayonnaise

Chicken pieces baked with mayonnaise -----	2014, issue 3
Citrus cake -----	2014, issue 3
Fat-free, Oil-free, Egg-free mayonnaise -----	2014, issue 3
Ginger-Orange mayonnaise -----	2014, issue 3
Hot spinach cheesecake -----	2014, issue 3
Mac `n Cheese -----	2014, issue 3
Mayo bread, 1-2-3 -----	2014, issue 3
Mayo Vienna cheese scones -----	2018, issue 2
Mayo spinach feta scones -----	2018, issue 2
Mayo nutty wheat cheese scones -----	2018, issue 2
Mayo cranberry orange scones -----	2018, issue 2
Mayo peanut butter banana scones -----	2018, issue 2
Mayo gluten, sugar and dairy free coconut cranberry scones -----	2018, issue 2
Mayonnaise cookies with fat-free, oil-free, egg-free mayo -----	2014, issue 3
Mayonnaise cookies with shop-bought mayo -----	2014, issue 3

(mayonnaise)

Meatballs -----	2014, issue 3
Mushroom cake -----	2014, issue 3

Meat

20-minute Beef-mushroom pita -----	2009, issue 5
20-minute spaghetti bolognese -----	2009, issue 5
Bean soup balls -----	2012, issue 8
Biltong dip -----	2012, issue 10
Brain cakes -----	2007, issue 9
Burger buns -----	2013, issue 1
Burger patties -----	2015, issue 1
Chilli con carne -----	2008, issue 8
Lamb kebabs on a stick -----	2010, issue 3
Lamb, couscous & bean stew -----	2011, issue 2
Lasagna -----	2012, issue 5
Meatballs -----	2014, issue 3
Meatballs in microwave -----	2012, issue 5
Microwave yoghurt meatballs -----	2011, issue 1
Mince in peppers -----	2011, issue 1
Mince Bread pudding -----	2012, issue 8
Oink balls -----	2012, issue 8
Ox and sheep's hearts -----	2007, issue 9
Pancake mince cannelloni -----	2012, issue 8
Partridge in clay -----	2007, issue 9
Porcupine crackling -----	2007, issue 9
Python -----	2007, issue 9
Sausage marinated in red wine or lemon juice -----	2015, issue 1
Sausage, cabbage and potatoes -----	2013, issue 6
Sheep's tongue with celery -----	2007, issue 9
Stewed pig's trotters -----	2007, issue 9
Tomato stew -----	2007, issue 8
Tortilla Mexicana -----	2012, issue 8
Tortilla stack -----	2012, issue 8
Upside down mince pie -----	2012, issue 8

Mince

Bean soup balls -----	2012, issue 8
Mince Bread pudding -----	2012, issue 8
Oink balls -----	2012, issue 8
Pancake mince cannelloni -----	2012, issue 8
Tortilla Mexicana -----	2012, issue 8

(mince)

Tortilla stack -----	2012, issue 8
Upside down mince pie -----	2012, issue 8

Mint

Avocado & mint pasta -----	2009, issue 2
Cucumber & mint paté -----	2009, issue 2
Greek potato salad -----	2009, issue 2
Mint choc chip cookies -----	2009, issue 2
Minted pea & yoghurt dip -----	2009, issue 2
Minted spatchcocks chicken -----	2009, issue 2
Mint-infused cream fridge tart -----	2009, issue 2
Yoghurt & mint mayonnaise -----	2009, issue 2

Mother's day gift ideas

Angel lover -----	2006, issue 5
Arty person -----	2006, issue 5
Bakers' delight -----	2006, issue 5
Coffee/tea hamper -----	2006, issue 5
Curry hamper -----	2006, issue 5
Entertainment fan -----	2006, issue 5
French hamper -----	2006, issue 5
Innovative gift vouchers -----	2006, issue 5
Magazine fan -----	2006, issue 5
Nail polish basket -----	2006, issue 5
Photo fan -----	2006, issue 5
Rose lover -----	2006, issue 5
Travel memories -----	2006, issue 5
Wine lover -----	2006, issue 5

Muffins

Anchovy paste muffins -----	2017, issue 9
Apricot muffins -----	2011, issue 11
Baklava muffins -----	2011, issue 8
Banoffee Muffins -----	2011, issue 8
Brownie muffins -----	2017, issue 9
Butternut chocolate muffin -----	2012, issue 4
Carrot coconut orange muffins -----	2014, issue 6
Carrot, Pineapple, Fruitcake mix muffins -----	2011, issue 8
Cheese buttermilk muffins -----	2017, issue 9
Cheese spread muffins -----	2017, issue 9
Chocolate Prune muffins with coffee syrup -----	2011, issue 8

(muffins)

Coconut milk coconut flour cinnamon muffin -----	2017, issue 1
Flourless oil-less fudge muffins -----	2016, issue 6
Flourless orange cranberry honey muffins -----	2016, issue 6
Ginger Jam muffins -----	2017, issue 5
Ginger, date and nut muffins -----	2017, issue 5
Grenadella muffins -----	2011, issue 8
Kiwi and Coconut muffins -----	2017, issue 9
Mango (dried) and coconut muffins -----	2017, issue 9
Passionfruit and white chocolate muffins -----	2011, issue 8
Pear and toffee muffins -----	2011, issue 8
Pineapple coconut muffins -----	2011, issue 8
Raisin Orange Jam muffins -----	2018, issue 1
Raisin bread muffins with honey glaze -----	2018, issue 1
Sandwich spread muffins -----	2017, issue 9
Strawberry and Orange muffins -----	2011, issue 8
Sweetcorn muffins -----	2017, issue 9
Tiramisu cupcakes -----	2011, issue 8
White bean muffins -----	2013, issue 1

Mushrooms

Cleaning, buying and storing -----	2010, issue 1
Mushroom Blue Cheese dip -----	2012, issue 10
Mushroom & Brie bunny chows -----	2010, issue 1
Mushroom & marrow quiche -----	2010, issue 1
Mushroom Bobotie -----	2010, issue 1
Mushroom burger -----	2010, issue 1
Mushroom cake -----	2014, issue 3
Mushroom pâté -----	2010, issue 1
Mushroom pizza grill burger -----	2010, issue 1
Mushroom puff roll -----	2010, issue 1

No Bread Burger or Sandwiches

Apple slice burger/sandwich -----	2016, issue 1
Cold Mozzarella slice burger -----	2016, issue 1
Fresh raw tomato slice sandwich -----	2016, issue 1
Ham slice burger -----	2016, issue 1
Long cucumber slice burger -----	2016, issue 1
Patty burger as your bun sandwich -----	2016, issue 1
Portobello Mushroom burger -----	2016, issue 1
Raw bell pepper sandwich -----	2016, issue 1
Round cucumber slice burger -----	2016, issue 1

Onions

Apricot & red onion chutney -----	2008, issue 1
Balsamic onions -----	2007, issue 5
Beer/cola onions -----	2008, issue 1
Blue cheese & onion flan -----	2008, issue 1
Caramelized onions -----	2008, issue 1
Condensed milk onion salad -----	2008, issue 1
Curried onions & eggs -----	2012, issue 3
Eggy onion dish -----	2008, issue 1
French onion soup -----	2008, issue 1
Onion & cheese pastry -----	2008, issue 1
Onion & leek quiche -----	2012, issue 3
Onion & mint relish -----	2012, issue 3
Onion bread & butter pudding -----	2012, issue 3
Onion muffins -----	2008, issue 1
Onion tart -----	2008, issue 1
Onion Tarte Tatin -----	2012, issue 3
Onions baked with rosemary & cream -----	2008, issue 1
Red onion marmalade -----	2012, issue 3
Vodka Gibson cocktail -----	2008, issue 1

Oranges

Orange chilli sauce a la Alma -----	2015, issue 8
Orange Coconut Flour Gluten-Free Cake -----	2015, issue 8
Orange curd -----	2015, issue 8
Orange curd uses -----	2015, issue 8
Orange ginger mayonnaise -----	2015, issue 8
Orange pesto -----	2015, issue 8
Orange pickles -----	2015, issue 8
Orange smoothie -----	2015, issue 8
Orange uses -----	2015, issue 8

Pancakes – uses for leftover pancakes

Austrian torn pancakes with apples – Kaiserschmarrn -----	2017, issue 4
Baklava pancakes -----	2017, issue 4
Banana pancake flourless -----	2017, issue 4
Coconut flour pancake -----	2017, issue 4
Oats and egg pancake flourless -----	2017, issue 4
Pancake blueberry French toast pudding -----	2017, issue 4
Pancake cannelloni -----	2017, issue 4
Pancake crepe cake -----	2017, issue 4

(pancakes – uses for leftover pancakes)

Pancake lasagna -----	2017, issue 4
Pancake parcels -----	2017, issue 4
Pancake quesadilla -----	2017, issue 4
Pancake sausage bread pudding -----	2017, issue 4
Pancake trifle -----	2017, issue 4
Pancake wrap -----	2017, issue 4
Pig in a pancake blanket -----	2017, issue 4
Rainbow pancake cake -----	2017, issue 4

Party decorations

Beach party lighting -----	2006, issue 10
Bunchy candles -----	2006, issue 12
Cabbage flowerpot -----	2006, issue 12
Candles on rocks -----	2006, issue 10
Ceiling twigs -----	2006, issue 12
Chair Hors d' Oeuvre -----	2006, issue 10
Flower in glass -----	2006, issue 12
Lemon skewer -----	2006, issue 12
Paper bag candles -----	2006, issue 10
Petals in bathroom -----	2006, issue 12
Place cards -----	2006, issue 12
Silver leaf on wall -----	2006, issue 12

Passion fruit (Granadilla)

Passion fruit (Granadilla) cordial -----	2017, issue 2
Passion fruit (Granadilla) syrup -----	2017, issue 2
Passion fruit (Granadilla) chutney -----	2017, issue 2
Passion fruit (Granadilla) chilli sauce -----	2017, issue 2
Passion fruit (Granadilla) steamed chicken -----	2017, issue 2
Passion fruit (Granadilla) coconut flour muffins -----	2017, issue 2

Pasta dishes

20-minute spaghetti bolognese -----	2009, issue 5
Artichoke & olive pasta -----	2008, issue 12
Avocado & mint pasta -----	2009, issue 2
Bacon & mushroom pasta -----	2008, issue 12
Basil pesto penne -----	2008, issue 12
Carrot ribbon pasta -----	2014, issue 6
Chicken & sun-dried tomato pasta -----	2008, issue 12
Chocolate fettuccini -----	2008, issue 12

(pasta dishes)

Coffee-chicken macaroni -----	2008, issue 12
Crisp hash brown / rosti -----	2015, issue 1
Florentine egg dish -----	2006, issue 4
Mac `n Cheese -----	2014, issue 3
Macaroni & cheese cupcakes -----	2008, issue 12
Pancake cannelloni -----	2015, issue 1
Pasta soup jar mix-----	2008, issue 16
Spaghetti Bolognese on a stick -----	2010, issue 3
Spaghetti Carbonara -----	2007, issue 5
Spaghetti Carbonara (2) -----	2008, issue 8
Spaghetti Odori -----	2007, issue 5
Spaghetti pancake -----	2014, issue 1
Spinach & feta pasta -----	2008, issue 12
Tagliatelle con Funghi Porcini -----	2007, issue 5
Three cheese macaroni -----	2008, issue 11
Tomato pizza-pasta -----	2007, issue 8
Tuna and olive pasta bake -----	2008, issue 8
Zucchini pasta ribbons -----	2013, issue 1

Peanuts and Peanut Butter

3 Ingredient peanut butter cookies -----	2016, issue 4
4 Ingredient flourless peanut butter Bovril/Marmite/Vegemite cookies -----	2016, issue 7
Peanut apple pie energy balls -----	2018, issue 4
Peanut apple raisin energy balls -----	2018, issue 4
Peanut apricot raisin energy balls -----	2018, issue 4
Peanut banana date energy balls -----	2018, issue 4
Peanut brittle -----	2016, issue 4
Peanut butter balsamic vinegar vinaigrette -----	2016, issue 4
Peanut butter banana Bruleé -----	2016, issue 4
Peanut butter banana muffins (grain, gluten, sugar free) -----	2016, issue 4
Peanut butter banana scones -----	2018, issue 2
Peanut butter fudge -----	2016, issue 4
Peanut butter ginger balls -----	2016, issue 4
Peanut butter jelly tot coconut flour scone -----	2016, issue 8
Peanut butter nut 3 ingredient bars -----	2016, issue 6
Peanut butter oatmeal bars -----	2016, issue 4
Peanut butter oreo truffles -----	2016, issue 4
Peanut butter raisin seed balls -----	2016, issue 4
Peanut coconut pineapple energy balls -----	2018, issue 4
Peanut salted brownie balls -----	2018, issue 4
Peanut salted brownie citrus balls -----	2018, issue 4
Peanut spiced pear energy balls -----	2018, issue 4

Peas

Baked onion, pea, bacon risotto -----	2012, issue 7
Frozen pea salad -----	2012, issue 7
Mushy peas -----	2012, issue 7
Pea mash -----	2012, issue 7
Pea mousse -----	2012, issue 7
Pea potato soufflé -----	2012, issue 7
Pea, chorizo, cheddar cheese pizza -----	2012, issue 7

Pilchards / Sardines

Pilchards/Sardine fish cakes in oven -----	2014, issue 5
Pilchards/Sardine kedgerree -----	2014, issue 5
Pilchards/Sardine on the coals -----	2014, issue 5
Pilchards/Sardine pasta quiche -----	2014, issue 5
Pilchards/Sardine pâté -----	2014, issue 5
Pilchards/Sardine scotch eggs in oven -----	2014, issue 5
Pilchards/Sardine soup -----	2014, issue 5
Pilchards/Sardine Tatin -----	2014, issue 5

Potatoes

Baby potatoes with rosemary -----	2007, issue 5
Bacon-wrapped potato wedges -----	2008, issue 2
Bombay potato -----	2008, issue 2
Creamy feta potato dish -----	2008, issue 13
Greek potato salad -----	2009, issue 2
Honey-mustard potato salad -----	2010, issue 7
Instant potato flake pancakes -----	2014, issue 1
Instant potato flake pizza crust -----	2104, issue 1
Mash-a-la-Kara -----	2011, issue 1
Mashed potato & anchovy starter-----	2008, issue 2
Mashed potato with cabbage -----	2010, issue 7
Mashed potato puffs -----	2008, issue 2
Potato balls -----	2010, issue 7
Potato bread -----	2010, issue 7
Potato crisps in microwave -----	2013, issue 1
Potato Dauphinoise -----	2008, issue 2
Potato Garlic Bacon dip -----	2012, issue 10
Potato macaroon bars -----	2008, issue 2
Potato pancakes -----	2008, issue 2
Potato pate -----	2010, issue 7
Potato pizzas -----	2008, issue 2
Potato raisin biscotti -----	2010, issue 7

(potatoes)

Potato spring roll -----	2010, issue 7
Potatoes with chorizo -----	2007, issue 11
Potatoes with tail fat -----	2007, issue 9
Roast tomato & potato salad -----	2008, issue 2
Roasted potato garlic soup -----	2008, issue 2

Raisins

Raisin apple date energy balls -----	2018, issue 4
Raisin apricot date energy balls -----	2018, issue 4
Raisin bread muffins with honey glaze -----	2018, issue 1
Raisin energy bars – no bake -----	2018, issue 1
Raisin Orange Jam -----	2018, issue 1
Raisin Orange Jam muffins -----	2018, issue 1
Raisin, Fig and Date chutney -----	2018, issue 1
Raisins, nuts and date balls – no bake -----	2018, issue 1

Recycling

Cheese grater -----	2013, issue 10
Cutlery -----	2013, issue 10
Egg cartons -----	2013, issue 10
Food cans -----	2013, issue 10
Ice cube tray -----	2013, issue 10
Jam/Mason jar -----	2013, issue 10
Plastic cake tray -----	2013, issue 10
Spice rack -----	2013, issue 10
Teacup, tea saucer and/or tea plate -----	2013, issue 10
Tuna cans -----	2013, issue 10
Whisky, wine or water glass -----	2013, issue 10
Wine bottles -----	2013, issue 10
Wooden spoon -----	2013, issue 10

Restaurants

Emma's, Perth, Australia -----	2006, issue 9
Petit Verdot floating boat, Gauteng -----	2006, issue 9
Reuben's, FranschHoek, Western Cape -----	2006, issue 9
River canteen, Brisbane, Australia -----	2006, issue 9
The Cradle, Gauteng -----	2006, issue 9
The Oyster Box Hotel, Umhlanga, KZN -----	2006, issue 9

Rice

Asparagus, marrow, mangetout risotto -----	2013, issue 4
Bacon, onion, pea risotto -----	2013, issue 4
Baked granadilla cheesecake -----	2009, issue 3
Baked sweetcorn risotto -----	2011, issue 11
Blue cheese & walnut spread -----	2009, issue 3
Chicken Biryani -----	2008, issue 10
Easy vegetable Biryani -----	2008, issue 11
Fish, celery, lemon risotto -----	2013, issue 4
Herb rice mix -----	2008, issue 16
Jalapeno & feta cheese rice -----	2009, issue 3
Mushroom risotto -----	2013, issue 4
Pea risotto -----	2013, issue 4
Peach rice salad -----	2009, issue 3
Red pepper, green bean, corn risotto -----	2013, issue 4
Rice nut loaf -----	2014, issue 1
Rice muffin with dried fruit -----	2014, issue 1
Spanish green bean, tomato risotto -----	2013, issue 4
Strawberry and veg risotto in the oven -----	2012, issue 9
Tomato entrée -----	2006, issue 3
Tuna & rice bake -----	2009, issue 3

Risotto

Asparagus, marrow, mangetout risotto -----	2013, issue 4
Bacon, onion, pea risotto -----	2013, issue 4
Fish, celery, lemon risotto -----	2013, issue 4
Mushroom risotto -----	2013, issue 4
Pea risotto -----	2013, issue 4
Red pepper, green bean, corn risotto -----	2013, issue 4
Spanish green bean, tomato risotto -----	2013, issue 4

Salads

5-minute butter bean salad -----	2009, issue 5
Avocado Mayo Potato Salad -----	2012, issue 2
Bean & pasta salad -----	2010, issue 6
Beetroot salad with orange, bacon -----	2009, issue 4
Beetroot, spinach, cheese & couscous salad -----	2011, issue 2
Bread tomato egg salad -----	2014, issue 2
Caprese salad -----	2007, issue 5
Caprese bites -----	2013, issue 8
Condensed milk onion salad -----	2008, issue 1
Cucumber ribbon salad -----	2009, issue 7

(salad)

Cucumber salad mousse -----	2009, issue 7
Curried banana salad -----	2007, issue 11
Curried bean salad -----	2008, issue 16
Egg & spinach salad -----	2006, issue 4
Fried bread and egg salad -----	2008, issue 5
Frozen pea salad -----	2012, issue 7
Greek potato salad -----	2009, issue 2
Ham, egg and asparagus salad platter -----	2006, issue 4
Honey-mustard potato salad -----	2010, issue 7
Lentil salad -----	2008, issue 13
Marinated mushrooms -----	2008, issue 16
Marrow & egg salad -----	2006, issue 4
Mushroom salad -----	2010, issue 6
Peach rice salad -----	2009, issue 3
Pear & feta salad -----	2007, issue 11
Pumpkin, feta & spinach salad -----	2007, issue 6
Roast tomato & potato salad -----	2008, issue 2
Salad on a stick -----	2010, issue 3
Spiced carrot salad -----	2007, issue 11
Sweet Potato Crushed Salad -----	2013, issue 7
Tomato & spinach salad -----	2007, issue 11
Tomato, feta & basil salad -----	2007, issue 8
Tomato, green pepper & onion salad -----	2010, issue 6

Sauces & Relishes

Avocado & Spinach Pesto -----	2012, issue 2
Beetroot Pesto -----	2011, issue 5
Beetroot Relish -----	2011, issue 5
Chilli paste -----	2011, issue 5
Date and Apple chutney -----	2015, issue 10
Fig, Date and Raisin chutney -----	2011, issue 5
Garlic pickles -----	2011, issue 5
Honey-Mustard Sauce -----	2011, issue 5
Mayonnaise -----	2011, issue 5
Olive & tomato relish -----	2011, issue 5
Orange chilli sauce a la Alma -----	2015, issue 8
Pepper relish -----	2011, issue 5
Raisin, fig and date chutney -----	2018, issue 1
Red Bell Pepper Spread -----	2011, issue 5
Sweet Potato Chutney -----	2013, issue 7
Tomato Salsa -----	2011, issue 5
Yoghurt cheese sauce -----	2013, issue 1

Sausages

Butter chicken sausage dish -----	2016, issue 3
Chorizo onion bread -----	2016, issue 3
Sausage and apple pot -----	2016, issue 3
Sausage cottage pie -----	2016, issue 3
Sausage macaroni n cheese -----	2016, issue 3
Sausage meatballs -----	2016, issue 3
Sausage rolls -----	2016, issue 3
Sausage vegetable stew -----	2016, issue 3
Vienna apple cheese onion quiche -----	2016, issue 3

Scones

Avocado, feta, parsley self-raising scone -----	2016, issue 8
Baklava self-raising scone -----	2016, issue 8
Basic coconut flour scone -----	2016, issue 8
Chocolate, cherry and peanut coconut flour scone -----	2016, issue 8
Peanut butter and jelly tot coconut flour scone -----	2016, issue 8
Pear blue cheese coconut flour scone -----	2016, issue 8
Roasted onion cream cheese coconut flour scone -----	2016, issue 8
Salmon cream cheese coconut flour olive oil scone -----	2016, issue 8
Salmon cream cheese coconut flour sunflower oil scone -----	2016, issue 8
Self-raising lemonade scone -----	2016, issue 8
Smoked ham cream cheese coconut flour scone -----	2016, issue 8
Sundried tomato feta coconut flour scone -----	2016, issue 8

Scones with mayonnaise

3 ingredient scones -----	2018, issue 2
Nutty Wheat cheese scones -----	2018, issue 2
Spinach Feta scones -----	2018, issue 2
Vienna Cheese scones -----	2018, issue 2
Cranberry Orange scones -----	2018, issue 2
Peanut butter and banana scones -----	2018, issue 2
Coconut cranberry scones – gluten, sugar and dairy free -----	2018, issue 2

Smoothies

Apple pie smoothie -----	2007, issue 10
Banana breakfast smoothie -----	2007, issue 10
Beta carotene smoothie -----	2007, issue 10
Brandy coffee smoothie -----	2007, issue 10
Broccoli smoothie -----	2007, issue 10
Cantaloupe smoothie -----	2007, issue 10

(smoothies)

Chocolate banana smoothie -----	2007, issue 10
Cucumber mint smoothie -----	2007, issue 10
Date Shake -----	2015, issue 10
Fig and rice smoothie -----	2007, issue 10
Grape cherry smoothie -----	2007, issue 10
Guava smoothie -----	2007, issue 10
Orange smoothie -----	2015, issue 8
Peanut butter jelly smoothie -----	2007, issue 10
Peppermint smoothie -----	2007, issue 10
Pineapple colada smoothie -----	2007, issue 10
Plum smoothie -----	2007, issue 10
Sangria smoothie -----	2007, issue 10
Siesta smoothie -----	2007, issue 10
Spiced date smoothie -----	2007, issue 10
Tropical fruit smoothie -----	2007, issue 10
Watermelon ecstasy smoothie -----	2007, issue 10

Serving Soup

Soup in bread bun -----	2016, issue 9
Soup in mason / jam jars -----	2016, issue 9
Soup in raw bell peppers -----	2016, issue 9
Soup in shot glasses -----	2016, issue 9
Soup in teacup -----	2016, issue 9

Soup

5-minute instant soup -----	2009, issue 5
Apple, potato & onion soup -----	2011, issue 7
Bare cupboard soup-----	2006, issue 1
Bean soup balls -----	2012, issue 8
Blood soup -----	2007, issue 9
Chicken corn chowder -----	2011, issue 11
Cucumber & lettuce soup -----	2007, issue 3
Dutch potato soup -----	2008, issue 8
French onion soup -----	2008, issue 1
Grapes, garlic & bread soup -----	2008, issue 5
Pumpkin & orange soup -----	2009, issue 4
Quick bean soup -----	2008, issue 8
Roasted potato garlic soup -----	2008, issue 2
Salad soup -----	2008, issue 2
Spicy tomato soup -----	2007, issue 8
Strawberry and pineapple soup -----	2012, issue 9

(soup)

Sweet Potato Pear Soup -----	2013, issue 7
Tomato & bread soup -----	2008, issue 5
Tomato couscous soup -----	2011, issue 2
Tortoise soup -----	2007, issue 9

Soup toppings

Bread in bottom of soup bowl -----	2016, issue 9
Seeds and nuts on soup -----	2016, issue 9
Bacon, Pancetta, Salami or Pepperoni on soup -----	2016, issue 9
Cheese toast on soup -----	2016, issue 9
Hard boil egg slices on soup -----	2016, issue 9
Kidney / Black beans on soup -----	2016, issue 9
Fried mushrooms on soup -----	2016, issue 9
Pasta on soup -----	2016, issue 9
Shrimp/Prawns on soup -----	2016, issue 9
Olives on soup -----	2016, issue 9
Popcorn on soup -----	2016, issue 9
Rice on soup -----	2016, issue 9
Tortilla chips / Dorito chips on soup -----	2016, issue 9

Spinach

Baked spinach chips -----	2013, issue 8
Caprese bites -----	2013, issue 8
Spinach feta scones -----	2018, issue 2
Spinach pesto -----	2013, issue 8
Spinach hummus -----	2013, issue 8
Spinach pizza crust -----	2013, issue 8
Spinach quiche -----	2013, issue 8

Starters

5-minute avo starter -----	2009, issue 5
5-minute bread sushi -----	2009, issue 5
5-minute butter bean salad -----	2009, issue 5
Avocado mousse -----	2012, issue 2
Baguette-kebabs -----	2007, issue 11
Bat's wings -----	2009, issue 8
Bruschetta a la mange tout -----	2007, issue 5
Bruschetta a la tomato -----	2007, issue 5
Camembert / Brie with nuts & figs -----	2006, issue 3
Cheese balls -----	2006, issue 3
Cheese dip in bread -----	2008, issue 5

(starters)

Cheese dip in bread -----	2010, issue 6
Cherry tomatoes, stuffed -----	2010, issue 6
Chickpeas, crispy -----	2010, issue 6
Crabstick cakes -----	2012, issue 5
Cucumber ribbon parcel -----	2009, issue 7
Dead man's finger sandwiches -----	2009, issue 8
Double bagel -----	2006, issue 12
Frankfurter-kebabs -----	2007, issue 11
Fruit on a stick -----	2010, issue 3
Marinated mushrooms -----	2007, issue 11
Marinated mushrooms -----	2008, issue 13
Marinated olives -----	2007, issue 5
Mashed potato & anchovy starter-----	2008, issue 2
Minted pea & yoghurt dip -----	2009, issue 2
Muffin fishcakes -----	2010, issue 5
Mushroom & Brie bunny chows -----	2010, issue 1
Mushroom pâté -----	2010, issue 1
Mushroom pizza grill burger -----	2010, issue 1
Mushroom puff roll -----	2010, issue 1
Mushroom and marrow quiche -----	2010, issue 1
Nachos -----	2008, issue 8
Nachos with tuna and pilchards -----	2015, issue 1
Pea mousse -----	2012, issue 7
Pea potato soufflé -----	2012, issue 7
Pizza rolls with puff pastry -----	2015, issue 1
Prego rolls on a stick -----	2010, issue 3
Potato soufflé -----	2010, issue 6
Puff pastry pinwheels -----	2008, issue 13
Pumpernickel bread dip -----	2008, issue 5
Rosemary cheese straws -----	2007, issue 11
Pizza on a stick -----	2010, issue 3
Samoosas on a stick -----	2010, issue 3
Sandwiches on a stick -----	2010, issue 3
Stuffed cherry tomatoes -----	2006, issue 3
Stuffed mushrooms -----	2006, issue 3
Tomato entrée -----	2006, issue 3
Tomato tartlets -----	2012, issue 5
Tombstone sandwiches -----	2009, issue 8
Tortilla Mexicana -----	2012, issue 8
Tuna mint dip -----	2008, issue 13
Tuna-stuffed tomato -----	2007, issue 8

(starters)

Turkish dish -----	2008, issue 5
Upside down mince pie -----	2012, issue 8
Yoghurt & mint mayonnaise -----	2009, issue 2

Storage ideas

Bathroom calabash -----	2007, issue 1
Book shelves dinghy -----	2008, issue 4
Bunk beds -----	2007, issue 1
Chest storage -----	2007, issue 1
Dining room chairs -----	2007, issue 1
Drawer roll-away -----	2007, issue 1
Gift bag organiser -----	2008, issue 3
Hook-a-mirror -----	2007, issue 1
Kitchen buckets -----	2007, issue 1
Magazine hide-away -----	2007, issue 1
Nuts, bolts & screws -----	2007, issue 1
Patio chairs -----	2007, issue 1
See-through pantry -----	2007, issue 1
Shelves & pegs -----	2007, issue 1
Shutter for cd's -----	2007, issue 1
Toilet space -----	2007, issue 1
Trellis on ceiling -----	2007, issue 1
Veggie rack -----	2007, issue 1
Wicker hallway -----	2007, issue 1
Wine décor -----	2007, issue 1

Strawberries

Chilli, strawberry, peach dessert -----	2012, issue 9
Fresh strawberry crustless pie -----	2012, issue 9
Strawberry and Blueberry crumble Bruleé -----	2012, issue 9
Strawberry and pineapple soup -----	2012, issue 9
Strawberry and veg risotto in the oven -----	2012, issue 9
Strawberry Apple tower -----	2017, issue 8
Strawberry Banana tower -----	2017, issue 8
Strawberry Brownie Marshmallow kebabs -----	2017, issue 8
Strawberry butter -----	2017, issue 8
Strawberry Chicken, Basil & Avo on a bun -----	2012, issue 9
Strawberry Chicken, Basil Quiche Muffin -----	2012, issue 9
Strawberry Coconut muffin -----	2017, issue 8
Strawberry muffin -----	2017, issue 8
Strawberry Oats Bars -----	2017, issue 8

(strawberries)

Strawberry pineapple & mint jam in the oven -----	2012, issue 9
Strawberry shortbread tower -----	2017, issue 8
Strawberry Shortcake cookies -----	2017, issue 8
Strawberry soufflé -----	2012, issue 9
Strawberry yoghurt cake topping -----	2012, issue 9

Sweet Potatoes

Sweet Potato Biscotti -----	2013, issue 7
Sweet Potato Brownie Flourless -----	2013, issue 7
Sweet Potato Cake Flourless -----	2013, issue 7
Sweet Potato Chutney -----	2013, issue 7
Sweet Potato Crushed Salad -----	2013, issue 7
Sweet Potato Fudge -----	2013, issue 7
Sweet Potato Oven Fries -----	2013, issue 7
Sweet Potato Pasta -----	2013, issue 7
Sweet Potato Pear Soup -----	2013, issue 7
Sweet Potato Tuna Burger -----	2013, issue 7

Table decorations

Apples in pot -----	2007, issue 3
Autumn decorations-----	2006, issue 1
Beach picnic -----	2006, issue 10
Box centrepiece -----	2008, issue 3
Bread menu-holder -----	2008, issue 5
Bun cocktail stick holder -----	2008, issue 5
Cabbage décor -----	2013, issue 6
Cabbage flowerpot -----	2006, issue 12
Cake stand -----	2006, issue 3
Cake stands various -----	2011, issue 10
Candles -----	2011, issue 10
Candle holder -----	2006, issue 3
Chocolates tied on chair -----	2006, issue 10
Craft & sewing drawer -----	2011, issue 10
Double bagel -----	2006, issue 12
Felt placemats -----	2006, issue 10
Flower in glass -----	2006, issue 12
Fruit/Veg arrangements -----	2007, issue 3
Funky candle -----	2006, issue 3
Garden lounge -----	2006, issue 10
Gift place holder -----	2011, issue 10
Guitar centrepiece -----	2008, issue 14
Hangover Kit -----	2006, issue 10
Leaves -----	2011, issue 10

(table decorations)

Lemon skewer -----	2006, issue 12
Mirror centrepiece -----	2008, issue 15
New uses for old things -----	2011, issue 10
Newspaper tablecloth -----	2008, issue 3
Pantry cupboard -----	2011, issue 10
Patio seating -----	2006, issue 10
Peg seat names -----	2008, issue 3
Picnic style -----	2006, issue 10
Pineapple flower pot -----	2006, issue 10
Place mats -----	2006, issue 3
Place name ideas -----	2011, issue 10
Place cards -----	2006, issue 12
Pool party -----	2006, issue 10
Pretty books -----	2011, issue 10
Pumpkin flower holder -----	2007, issue 6
Rose glass -----	2006, issue 3
Sea shells -----	2011, issue 10
Tea cup salad -----	2008, issue 3
Teapot honey -----	2006, issue 10
Tomatoes -----	2007, issue 8
Vegetables & fruit galore -----	2011, issue 10
Vinyl placemats -----	2006, issue 3
Wine bottles -----	2011, issue 10

Toilet roll inners – recycling

Bird feeder -----	2013, issue 11
Bunnies -----	2013, issue 11
Cable tidy -----	2013, issue 11
Crackers -----	2013, issue 11
Cuff bracelet -----	2013, issue 11
Desk organiser -----	2013, issue 11
Fire starter -----	2013, issue 11
Gift boxes -----	2013, issue 11
Lanterns -----	2013, issue 11
Monsters -----	2013, issue 11
Music shakers -----	2013, issue 11
Napkin rings -----	2013, issue 11
Seedlings -----	2013, issue 11
Thank you cards -----	2013, issue 11
Toilet roll gift wrap -----	2013, issue 11
Wreath -----	2013, issue 11

Tomatoes

Bloody Mary cocktail -----	2007, issue 8
Bloody Mary's on a stick -----	2010, issue 3
Bruschetta a la tomato -----	2007, issue 5
Cherry tomato Clafoutis -----	2015, issue 7
Fresh tomato spice cake -----	2015, issue 7
Kidney bean and tomato muffins -----	2015, issue 7
Pickled cherry tomatoes -----	2015, issue 7
Spicy tomato soup -----	2007, issue 8
Stuffed cherry tomatoes -----	2006, issue 3
Tomato & bread soup -----	2008, issue 5
Tomato & spinach salad -----	2007, issue 11
Tomato 'bruschetta' -----	2015, issue 7
Tomato chicken -----	2007, issue 8
Tomato décor -----	2007, issue 8
Tomato pizza-pasta -----	2007, issue 8
Tomato puree a la Alma -----	2015, issue 7
Tomato quiche -----	2008, issue 11
Tomato side-dish -----	2007, issue 8
Tomato stew -----	2007, issue 8
Tomato tartlets -----	2012, issue 5
Tomato, feta & basil salad -----	2007, issue 8
Tomato, fried -----	2007, issue 5
Tuna-stuffed tomato -----	2007, issue 8

Tuna canned

Coconut milk tuna quiche crustless -----	2017, issue 1
Egg roll-ups with tuna -----	2017, issue 3
Sweet Potato Tuna Burger -----	2013, issue 7
Tuna & mushroom pasta -----	2010, issue 5
Tuna & rice bake -----	2009, issue 3
Tuna and olive pasta bake -----	2008, issue 8
Tuna cupcake with cottage cheese frosting -----	2017, issue 3
Tuna flapjacks -----	2017, issue 3
Tuna ghost sandwiches -----	2008, issue 5
Tuna Mint dip -----	2012, issue 10
Tuna nachos -----	2017, issue 3
Tuna Spaghetti Cake -----	2017, issue 3
Tuna tart 'sandwich' -----	2017, issue 3
Tuna-stuffed tomato -----	2007, issue 8
Using empty tuna cans -----	2017, issue 3

Vegetarian Dishes

5-minute avo starter -----	2009, issue 5
5-minute bread sushi -----	2009, issue 5
5-minute butter bean salad -----	2009, issue 5
Artichoke & olive pasta -----	2008, issue 12
Artichokes with penguin eggs -----	2007, issue 9
Asparagus in the oven -----	2007, issue 5
Asparagus, marrow, mangetout risotto -----	2013, issue 4
Avocado & mint pasta -----	2009, issue 2
Baby marrows / zucchini / courgettes pesto -----	2015, issue 3
Baby marrows / zucchini / courgettes pickles -----	2015, issue 3
Baby marrows / zucchini / courgettes chutney -----	2015, issue 3
Baby marrows / zucchini / courgettes 'pasta' -----	2015, issue 3
Baby marrows / zucchini / courgettes quiche -----	2015, issue 3
Baby potatoes with rosemary -----	2007, issue 5
Bacon, onion, pea risotto -----	2013, issue 4
Baked green bean dish with cottage cheese and crumbs -----	2016, issue 5
Balsamic onions -----	2007, issue 5
Basil pesto -----	2008, issue 16
Basil pesto penne -----	2008, issue 12
Beer/cola onions -----	2008, issue 1
Beetroot bread -----	2014, issue 8
Beetroot cooked -----	2014, issue 8
Beetroot falafels -----	2014, issue 8
Beetroot frittata -----	2014, issue 8
Beetroot hash with cabbage and eggs -----	2017, issue 6
Beetroot pesto -----	2014, issue 8
Beetroot risotto -----	2014, issue 8
Beetroot schnitzel (vegetarian) -----	2017, issue 6
Beetroot tzatziki -----	2014, issue 8
Beetroot Wellington (vegetarian) -----	2017, issue 6
Blue cheese & onion flan -----	2008, issue 1
Blue cheese & walnut spread -----	2009, issue 3
Bombay potato -----	2008, issue 2
Breakfast strata -----	2008, issue 5
Broccoli, pear and blue cheese quiche -----	2015, issue 2
Butternut fritter baked -----	2012, issue 4
Butternut lentil Bobotie -----	2012, issue 4
Butternut mash -----	2012, issue 4
Butternut Pecorino au Gratin -----	2012, issue 4
Butternut wedges roasted -----	2012, issue 4

(vegetarian dishes)

Butternut with brown onion soup -----	2010, issue 6
Cabbage and tomato quiche -----	2013, issue 6
Caramelized onions -----	2008, issue 1
Carrot veggie burger -----	2014, issue 6
Carrots in orange juice -----	2010, issue 6
Cauliflower mash -----	2013, issue 1
Cauliflower pizza crust -----	2013, issue 1
Cauliflower rice -----	2013, issue 1
Cauliflower pesto -----	2015, issue 4
Cauliflower `nachos` -----	2015, issue 4
Cauliflower pickle -----	2015, issue 4
Cauliflower soufflé -----	2015, issue 4
Cauliflower `tato` salad -----	2015, issue 4
Cauliflower cheese sticks -----	2015, issue 4
Cauliflower gluten free pizza bread -----	2015, issue 4
Celery and cheese gratin -----	2014, issue 4
Celery risotto -----	2014, issue 4
Celery Tatin -----	2014, issue 4
Cheese balls -----	2006, issue 3
Cheese dip in bread -----	2008, issue 5
Cheeses on cabbage -----	2013, issue 6
Cherry tomato Clafoutis -----	2015, issue 7
Corncakes with fresh tomato -----	2008, issue 11
Creamy feta potato dish -----	2008, issue 13
Cucumber & mint pâté -----	2009, issue 2
Cumin grilled cabbage -----	2013, issue 6
Curry cabbage -----	2013, issue 6
Curried bean salad -----	2008, issue 16
Easy vegetable Biryani -----	2008, issue 11
Egg in bread basket -----	2008, issue 5
Egg sauce for cooked green beans -----	2006, issue 4
Eggy onion dish -----	2008, issue 1
Falafel burgers -----	2008, issue 11
Fish, celery, lemon risotto -----	2013, issue 4
Florentine egg dish -----	2006, issue 4
French salad dressing -----	2008, issue 16
Fried bread and egg salad -----	2008, issue 5
Fried lettuce balls -----	2014, issue 7
Garlic mustard -----	2008, issue 16
Grapes, garlic & bread soup -----	2008, issue 5
Green Beans with Parmigiano -----	2007, issue 5

(vegetarian dishes)

Green bean and spinach leaf quiche -----	2016, issue 5
Green bean cheese bread flourless -----	2016, issue 5
Green bean 'frikadelle' (meatballs) -----	2016, issue 5
Green bean cottage pie -----	2016, issue 5
Grilled lettuce -----	2014, issue 7
Jalapeno & feta cheese rice -----	2009, issue 3
Lemon rosemary dressing -----	2008, issue 16
Lentil Bobotie -----	2008, issue 11
Lentil salad -----	2008, issue 13
Lettuce mousse -----	2014, issue 7
Lettuce pesto -----	2014, issue 7
Lettuce quiche -----	2014, issue 7
Mash with broccoli and cheeses -----	2015, issue 2
Maize & sweetcorn bake -----	2010, issue 6
Marinated mushrooms -----	2008, issue 13
Marinated mushrooms -----	2008, issue 16
Mashed potato puffs -----	2008, issue 2
Minted pea & yoghurt dip -----	2009, issue 2
Muesli -----	2008, issue 16
Mushroom & Brie bunny chows -----	2010, issue 1
Mushroom & marrow quiche -----	2010, issue 1
Mushroom burger -----	2010, issue 1
Mushroom cake -----	2014, issue 3
Mushroom pâté -----	2010, issue 1
Mushroom pizza grill burger -----	2010, issue 1
Mushroom potatoes -----	2010, issue 6
Mushroom puff pastry roll -----	2010, issue 1
Mushroom risotto -----	2013, issue 4
Nachos -----	2008, issue 8
Onion & cheese pastry -----	2008, issue 1
Onion muffins -----	2008, issue 1
Onion tart -----	2008, issue 1
Onions baked with rosemary & cream -----	2008, issue 1
Onions with cream & Parmesan cheese -----	2010, issue 6
Oven baked green beans with egg and Parmesan cheese -----	2016, issue 5
Pea potato soufflé -----	2012, issue 7
Pea risotto -----	2013, issue 4
Peach rice salad -----	2009, issue 3
Potato Dauphinoise -----	2008, issue 2
Potato pancakes -----	2008, issue 2
Potato pizzas -----	2008, issue 2

(vegetarian dishes)

Potato soufflé -----	2010, issue 6
Puff pastry pinwheels -----	2008, issue 13
Puffy mushroom parcel -----	2008, issue 11
Pumpernickel bread dip -----	2008, issue 5
Pumpkin & orange soup -----	2009, issue 4
Pumpkin au gratin pie -----	2007, issue 6
Pumpkin curry -----	2007, issue 6
Pumpkin fritters -----	2007, issue 6
Purslane stew -----	2007, issue 9
Raw broccoli balls -----	2015, issue 2
Raw broccoli pesto -----	2015, issue 2
Raw green beans chopped -----	2016, issue 5
Raw green beans and feta mixture -----	2016, issue 5
Raw green bean pesto -----	2016, issue 5
Red pepper, green bean, corn risotto -----	2013, issue 4
Savoury bread & butter pudding -----	2008, issue 11
Spaghetti Odori -----	2007, issue 5
Spanish green bean, tomato risotto -----	2013, issue 4
Spinach cheesecake -----	2014, issue 3
Spinach & feta pasta -----	2008, issue 12
Spinach, cheese & olive tart -----	2008, issue 11
Steamed broccoli couscous -----	2015, issue 2
Stuffed cherry tomatoes -----	2006, issue 3
Stuffed mushrooms -----	2006, issue 3
Tagliatelle con Funghi Porcini -----	2007, issue 5
Three bean, tomato & spinach stew -----	2008, issue 11
Three cheese macaroni -----	2008, issue 11
Tomato & bread soup -----	2008, issue 5
Tomato entrée -----	2006, issue 3
Tomato quiche -----	2008, issue 11
Tomato sauce -----	2008, issue 16
Tomato side-dish -----	2007, issue 8
Tomato, fried -----	2007, issue 5
Yoghurt & mint mayonnaise -----	2009, issue 2
Zucchini pasta ribbons -----	2013, issue 1

Waffles

Waffle recipe -----	2011, issue 4
Biltong waffle -----	2011, issue 4
Breakfast waffle -----	2011, issue 4
Caprese salad waffle -----	2011, issue 4

(waffles)

Chocolate waffle -----	2011, issue 4
Citrus peel waffle -----	2011, issue 4
Coffee waffle -----	2011, issue 4
Curry paste waffle -----	2011, issue 4
Dried fruit waffle -----	2011, issue 4
Sandwich waffle -----	2011, issue 4
Spaghetti Bolognese waffle -----	2011, issue 4
Tuna mayonnaise waffle -----	2011, issue 4

What's for dinner

Chicken livers on coals -----	2014, issue 1
Crispy fried pilchards -----	2014, issue 1
Frittata -----	2014, issue 1
Instant potato flake pancakes -----	2014, issue 1
Instant potato flake pizza crust -----	2104, issue 1
Maize cups -----	2014, issue 1
Maize lasagna -----	2014, issue 1
Pilchards balls baked -----	2014, issue 1
Rice muffin with dried fruit -----	2014, issue 1
Rice nut loaf -----	2014, issue 1
Spaghetti pancake -----	2014, issue 1

Wool/Yarn

Adult beanie pattern -----	2013, issue 9
Child beanie pattern -----	2013, issue 9
Crochet beanie idea -----	2013, issue 9
Earflap beanie pattern (1) -----	2013, issue 9
Earflap beanie pattern (2) -----	2013, issue 9
Knit a square ideas -----	2013, issue 9
Making pom-poms -----	2013, issue 9
Yarn over instructions -----	2013, issue 9

Yoghurt

Banoffee Muffin -----	2011, issue 1
Chicken Biryani -----	2011, issue 1
Corn Yoghurt Bread -----	2011, issue 1
Greek Roasted chicken -----	2011, issue 1
Mash a-la-Kara -----	2011, issue 1
Microwave yoghurt meatballs -----	2011, issue 1
Mince in peppers -----	2011, issue 1
Orange tomato chicken -----	2011, issue 1
Yoghurt cheese sauce -----	2013, issue 1