

## 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, 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 flatbread -----          | 2013, issue 3 |
| Banana foam -----               | 2013, issue 3 |
| Banana ice cream -----          | 2013, issue 3 |
| Banana omelette -----           | 2013, issue 3 |
| 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 pesto -----                      | 2014, issue 8 |

**(beetroot)**

|  |               |
|--|---------------|
| 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 |
| Extra Virgin -----       | 2006, issue 9 |

**(books)**

|                            |               |
|----------------------------|---------------|
| 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  |
| 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 |
| Corn Yoghurt bread -----                | 2011, issue 1  |
| Croissants -----                        | 2011, issue 9  |

**(bread)**

|                                      |                |
|--------------------------------------|----------------|
| 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  |
| Chocolate banana smoothie ----- | 2007, issue 10 |
| Chocolate milk & donut -----    | 2009, issue 1  |

**(Breakfast)**

|  |                |
|--|----------------|
| 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 fudge -----          | 2012, issue 4 |
| Butternut lentil Bobotie ----- | 2012, issue 4 |

**(butternut & pumpkin)**

|                                     |               |
|-------------------------------------|---------------|
| 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)**

|   |               |
|---|---------------|
| 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 |
| Greek roasted chicken -----                   | 2011, issue 1  |
| Hearty chicken pot -----                      | 2008, issue 10 |
| Honey & lemon chicken -----                   | 2008, issue 10 |

**(chicken)**

|   |                |
|---|----------------|
| 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  |

**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 |
| 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 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 curry -----                                  | 2017, issue 1 |
| Coconut milk oats overnight -----                         | 2017, issue 1 |
| Coconut milk tomato pasta sauce -----                     | 2017, issue 1 |
| Coconut milk tuna quiche crustless -----                  | 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 |
| 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 puree -----                                   | 2015, issue 10 |
| Date shake -----                                   | 2015, issue 10 |
| Date and Apple chutney -----                       | 2015, issue 10 |
| Raw Date, Apple and Oats Energy Bars -----         | 2015, issue 10 |
| Raw Date Coconut Balls -----                       | 2015, issue 10 |
| Date Crunchies / Date Fingers (Dadelvingers) ----- | 2015, issue 10 |
| Raw Date Nut Brownies -----                        | 2015, issue 10 |
| Kidney Beans and Date Brownies -----               | 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  |
| 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  |

**(Décor ideas)**

|                                       |               |
|---------------------------------------|---------------|
| 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 |
| 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 |



**(Décor ideas)**

|   |                |
|---|----------------|
| 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  |
| 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 |

**(desserts)**

|   |                |
|---|----------------|
| 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  |
| 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 tiramisù -----               | 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  |

**(Desserts)**

|   |                |
|---|----------------|
| 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 |
| 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  |

**(Desserts)**

|  |                |
|--|----------------|
| 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  |
| Goosey 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  |
| 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  |
| 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 |

**(Desserts)**

|  |                |
|--|----------------|
| 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 |

**(dips)**

|                               |                |
|-------------------------------|----------------|
| 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  |
| 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 |

**(eggs)**

|  |               |
|--|---------------|
| 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 |

**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 |
| 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 |
| 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**

|   |               |
|---|---------------|
| Avocado chocolate truffles -----                        | 2014, issue 9 |
| 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 |



**(flourless sweets and desserts)**

|   |                |
|---|----------------|
| Chocolate fudge with black olives -----                       | 2014, issue 9  |
| Chocolate mousse with 3 ingredients -----                     | 2014, issue 9  |
| Chocolate roulade -----                                       | 2014, issue 9  |
| Date Crunchies / Date Fingers (Dadelvingers) -----            | 2015, issue 10 |
| Easy chocolate fudge -----                                    | 2014, issue 9  |
| 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  |
| 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 |
| 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 |

**(Gift ideas)**

|                                |                |
|--------------------------------|----------------|
| Curry hamper -----             | 2006, issue 5  |
| D.I.Y. -----                   | 2006, issue 6  |
| Dad as King -----              | 2006, issue 6  |
| Divine truffles -----          | 2006, issue 12 |
| Dog biscuits -----             | 2008, issue 15 |
| 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, 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 |

**(hangers)**

|                                       |               |
|---------------------------------------|---------------|
| 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 |

**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 |
| 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 |
| Mayonnaise cookies with fat-free, oil-free, egg-free mayo ----- | 2014, issue 3 |
| Mayonnaise cookies with shop-bought mayo -----                  | 2014, issue 3 |
| 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 |



**(meat)**

|  |                |
|--|----------------|
| 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 |
| 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  |
| 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  |

**(muffins)**

|  |               |
|--|---------------|
| 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 |
| 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 |

**(onions)**

|  |               |
|--|---------------|
| 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 |
| 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 |

**(pancakes)**

|                                |               |
|--------------------------------|---------------|
| 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 |
| 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 dishes)**

|                                      |                |
|--------------------------------------|----------------|
| 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 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 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 |

**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 kedgeree -----           | 2014, issue 5 |
| Pilchards/Sardine on the coals -----       | 2014, issue 5 |

**(pilchards/sardines)**

|   |               |
|---|---------------|
| 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  |
| 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  |

**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 |

**(recycling)**

|   |                |
|---|----------------|
| 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  |
| 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  |
| 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 |

**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 |
| 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  |

**(soup)**

|                                     |               |
|-------------------------------------|---------------|
| 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 |
| 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 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 mangetout -----         | 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  |
| 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 |

**(starters)**

|                                 |                |
|---------------------------------|----------------|
| Pizza on a stick -----          | 2010, issue 3  |
| Samosas 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  |
| 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 |
| 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 |

**(table decorations)**

|                                 |                |
|---------------------------------|----------------|
| 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 |
| 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  |

**(vegetarian dishes)**

|   |                |
|---|----------------|
| 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  |
| 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 |

**(vegetarian dishes)**

|   |                |
|---|----------------|
| 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  |
| 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  |

**(vegetarian dishes)**

|   |                |
|---|----------------|
| 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  |
| 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  |

**(vegetarian dishes)**

|   |                |
|---|----------------|
| 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 |
| 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 |