



the light stuff

The Biggest Loser trainer
Tiffany Hall shares her recipes
for a healthy day of eating.

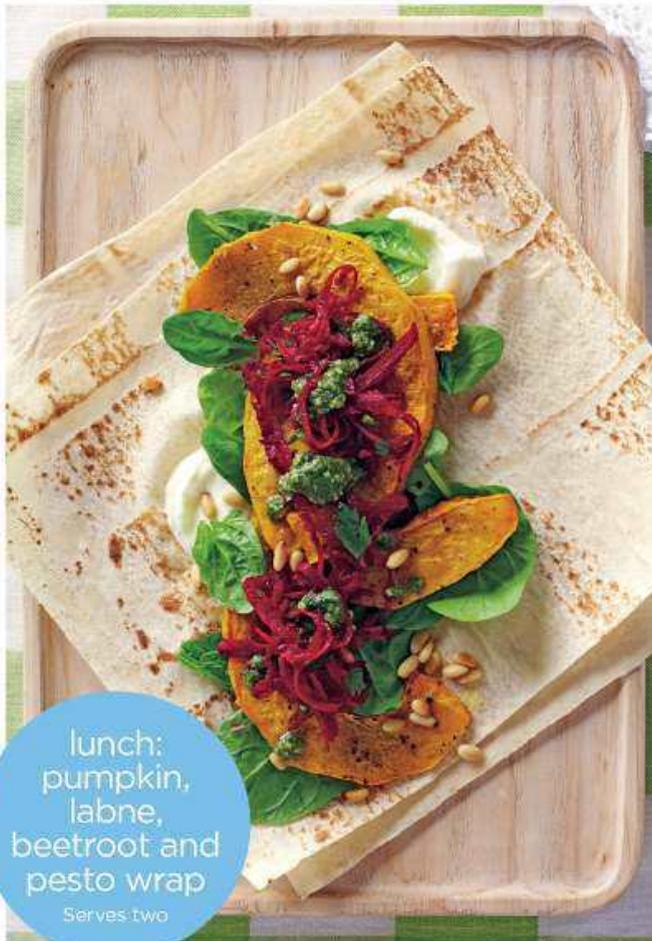
breakfast: coconut quinoa porridge

Serves four

- 1 cup reduced-fat coconut milk**
- ¾ cup water**
- 1 cup quinoa, rinsed**
- 1 cup fresh raspberries**
- 1 cup fresh blueberries**
- ½ teaspoon ground cinnamon**
- ¼ cup pepitas and sunflower seeds, mixed**
- 4 teaspoons LSA (ground linseed, sunflower and almond mix)**
- 4 teaspoons agave nectar**

- 1** Combine the coconut milk, water and quinoa in a medium saucepan and bring to the boil over a high heat.
- 2** Reduce heat, cover and simmer for 10-12 minutes or until most of the liquid is absorbed. Turn off the heat and let quinoa stand, covered, for five minutes.
- 3** Fluff the cooked quinoa with a fork and fold in the berries and cinnamon.
- 4** Top with the LSA and a drizzle of the agave nectar to serve.





**lunch:
pumpkin,
labne,
beetroot and
pesto wrap**
Serves two

200g pumpkin, peeled and finely sliced
½ tablespoon extra-virgin olive oil
Salt and freshly ground black pepper
2 beetroots, peeled and grated
2 tablespoons lemon juice
1 tablespoon flat-leaf parsley, chopped
2 wholemeal pita breads or mountain bread wraps
2 tablespoons labne
50g baby spinach
2 tablespoons pine nuts, toasted
2 tablespoons pesto

1 Preheat oven to 180°C.
2 Place pumpkin slices in a single layer on a lined baking tray. Drizzle with the oil and season with salt and pepper. Roast in the preheated oven

for 10-12 minutes, until golden brown and cooked through. Set pumpkin slices aside to cool.
3 Mix the beetroot with the lemon juice and parsley. Season with some salt and pepper.
4 To assemble, lay breads out flat and smear a tablespoon of labne down the middle of each. Cover the bottom three-quarters of the bread with a single layer of the pumpkin slices and spread half the beetroot mix over the pumpkin.
5 Top with some spinach leaves, scattered pine nuts and small dollops of pesto. Roll from the filled edge up towards the empty quarter of the bread, taking care to tuck in all of the ingredients as you go. Cut each of the wraps in half and serve.

CLEO BODY

1 tablespoon olive oil
4 small lamb shanks
2 tablespoons plain flour
3 garlic cloves, crushed
1 small carrot, diced
1 onion, diced
2 tablespoons salt-reduced tomato paste
½ cup red wine
400g tin chopped tomatoes
1 cup salt-reduced chicken stock
1 bay leaf
2 sprigs of thyme
¼ cup green olives, pitted and cut into quarters
Polenta or steamed green veggies to serve

**dinner:
slow-cooked
lamb shanks**
Serves four.

1 Heat oil over a medium-high heat in a heavy-based, lidded pan large enough to fit the shanks. Lightly dust the shanks in flour, then add to the pan and brown well. Remove from the pan.
2 Add the garlic, carrot and onion to the pan and cook for two minutes. Add the tomato paste and cook for a further two minutes. Return shanks to the pan along with the wine, tomatoes, stock, bay leaf and thyme. Cover with the lid and simmer for two hours or until the meat is falling off the bone.
3 Remove from the heat and stir in the olives.
4 Serve with polenta or steamed veggies. □



Edited extract from
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by Tiffany Hall
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