

coconut jam slice

RECIPE BY **CWA VICTORIA**

SERVES 25 | PREP 20 MINS | COOK 25 MINS

125g butter

½ cup (115g) caster sugar

1 egg

1½ cups (225g) low FODMAP self-raising flour

Raspberry jam

TOPPING

2 eggs, beaten

1 cup (220g) caster sugar

2 cups (180g) desiccated coconut

- 1 Line a 25x30cm slice tin with baking paper.
- 2 Beat the butter with the caster sugar. Add the egg and beat again. Mix in the flour. (Can be done in the food processor.) This pastry is very soft.
- 3 Roll pastry out on a pastry sheet, place the lined tin over the rolled-out pastry, then carefully invert. Patch up any pastry holes with spare pastry.
- 4 Mix together the topping ingredients in a bowl. Spread jam over the base, then spoon over the topping. Bake in a 170°C oven for 25 minutes.



Text from *Thrifty Cooking* by CWA Victoria, Inc.
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strawberry rhubarb crumble

RECIPE BY **ANGELA LEE**

www.everydaynutrition.com.au

SERVES 6 | PREP 15 MINS | COOK 20 MINS

250g fresh rhubarb, roughly chopped

250g frozen strawberries

Zest of 1 orange

¼ cup soft brown sugar

TOPPING

¼ cup soft brown sugar

½ cup (100g) plain flour

1 cup (100g) whole rolled oats

60g polyunsaturated margarine (I use Nuttalex Buttery)

- 1 Place the chopped rhubarb in a baking pan with the brown sugar, orange zest and frozen strawberries. Bake in 200°C oven for 20 minutes or until the rhubarb is soft.
- 2 Place all the dry topping ingredients into a large bowl. Rub the margarine into the dry ingredients with your fingertips, until it resembles breadcrumbs.
- 3 Remove baking pan from the oven, top with crumble mixture. Return to the oven for a further 10 to 15 minutes or until the crumble is golden brown in colour.
- 4 Serve in individual dishes, garnish with berries as shown. Serve with lactose-free custard, ice cream or Greek yoghurt.