Curried Nuts

Servings: 10 x 50g

500g Mixed Nuts / Seeds
1 Egg White
2 Tbsp Curry Powder
1 Tsp Ground Cumin

Preheat oven to 150 C / 300 F / Gas 2

Spread the nuts and seeds in a single layer on a baking tray and roast for 10 mins.

Whisk the egg white until frothy, then add the nuts, curry powder, cumin and 1 Tsp of salt. Toss together and return to the oven for a further 10-15 minutes. Allow to cool.

Nutrition (approx.): Per 50g serving = Kcal 300, Carbs 2.5g, Protein 9g, Fat 18g (Saturated 4g)

Parmesan Wafers

Servings: Makes 50

1 ¼ Cups (125g) Parmesan (freshly grated)
1 Tbsp Plain Flour
2 Tbsp Thyme

Preheat oven to 220 C / 425 F / Gas 7

Line two baking trays with baking paper .

Toss the cheese and flour together in a bowl, then sprinkle 2 teaspoons of the mixture at a time onto the baking tray approx. 2 inches apart. Sprinkle a little thyme over each one.

Bake in batches for about 3 minutes or until melted but not firm. Using a spatula or fish slice, turn the rounds over and cook for a minute more, or until they are firm and light golden. Remove each round from the tray and drape over a rolling pin or bottle until cool. Repeat with the rest of the ingredients.

Nutrition (approx.) each wafer = 10 Kcal, Carb 0.10g, Protein 0.9g, Fat 0.65g (Saturated 0.4g)