



FUN EASY HEALTHY COOKING
WITH...



CHELTENHAM
YOUTH CLUB!

BEFORE WE BEGIN...

JUST A FRIENDLY REMINDER
THAT EVERY RECIPE CAN BE
ALTERED TO SUIT YOUR
DIETARY NEEDS!



HERE ARE SOME THINGS THAT
MIGHT NEED TO BE ALTERED
FOR YOU:

CREAM CHEESE
MEXICAN CHEESE
SWEETENED CONDENSED MILK
GREEK YOGURT
GRANOLA

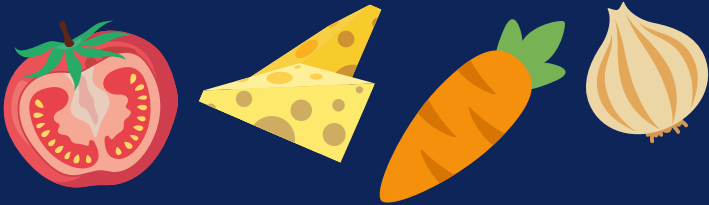
LET'S START WITH DRINKS!



1.5 CUPS/375ML APPLE JUICE
1.5 CUPS/375ML PINEAPPLE
JUICE
3 CUPS/750ML SPARKLING
WATER
1 CUP ICE
1 POMEGRANATE (SEEDS)
1/2 LIME (CUT INTO THIN
SLICES)



VEGGIE ROLL-UPS!



WHOLE WHEAT TORTILLA
WHIPPED CREAM CHEESE
ONION POWDER

BABY SPINACH CHOPPED
CARROTS SHREDDED
TOMATO CHOPPED
CUCUMBER THINLY SLICED
MEXICAN CHEESE SHREDDED
SALT AND BLACK PEPPER TO
TASTE



cream cheese

tortilla

cucumbers

tomatoes

cheese

onion
powder

spinach

carrots



MILO BALLS!



plain biscuits



milo



condensed milk



coconut

250 G MARIE BISCUITS

395 G SWEETENED

CONDENSED MILK

1 CUP DESICCATED COCONUT

1/4 CUP MILO

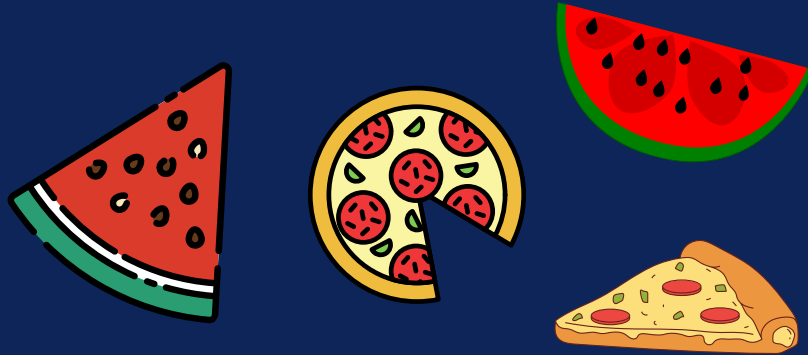
1/4 CUP DESICCATED COCONUT
(TO COAT)



milo balls

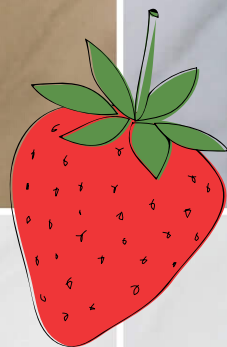


WATERMELON PIZZA



28 GRAMS CREAM CHEESE
SOFTENED
1/4 CUP VANILLA GREEK
YOGURT
1 ROUND SLICE WATERMELON
ABOUT 1-INCH THICK
SLICED OR CHOPPED FRESH
FRUIT (YOUR FAVOURITE)
GRANOLA
SHREDDED COCONUT
HONEY







THANK YOU FOR
WATCHING!

WE'LL SEE YOU
NEXT TIME!



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DON'T FORGET TO
TELL YOUR FRIENDS
ABOUT US!

