

AMERICA

WALDORF SALAD AND CHEESE STICK (MAKES 1)

INGREDIENTS	QTY	NOTES
GREEN APPLE	1 NOS	PEELED, SEEDED & SLICED
CELERY	2 STICKS	WASHED & CUT DIAGONALLY
ROMAINE LETTUCE	½ NOS	WASHED & CHOPPED
BAKED HAM	50GM	CUT IN SMALL CUBES (OPTIONAL)
JAPANESE MAYONNAISE	1 TBLS	
LEMON	1 NOS	JUICE EXTRACTED
GRUYERE CHEESE		CUT INTO LITTLE STICKS

METHOD:

- COMBINE MAYONNAISE AND LEMON JUICE
- COMBINE ALL REMAINING INGREDIENTS AND TOSS WITH MAYONNAISE DRESSING.
- PS: (AT HOME I ADD SOME MACADAMIA NUTS FOR AN EXTRA CRUNCH)

ROAST TURKEY & AVOCADO WRAP (MAKES 4)

INGREDIENTS	QTY	NOTES
AVOCADO	1 NOS	MEDIUM SIZED, MASHED
LEMON	½ NOS	JUICE EXTRACTED
JAPANESE MAYONNAISE	1 TBSP	
WHOLEMEAL WRAPS	4 NOS	
TURKEY BREAST	200GM	SHREDDED
CARROT	1 NOS	PEELED, GRATED
BABY SPINACH	60GM	

METHOD:

- COMBINE AVOCADO, LEMON JUICE & MAYONNAISE IN A BOWL
- PLACE 1 WRAP ON A FLAT SURFACE, SPREAD WITH ¼ AVOCADO MIXTURE.
- TOP WITH ¼ TURKEY, CARROT & SPINACH.
- SEASON W/SALT & PEPPER & ROLL TO ENCLOSE FILLING.
- CUT INTO 3 PIECES & SERVE. REPEAT FOR REMAINING WRAPS.

BANANA PANCAKES (MAKES 6)

INGREDIENTS	QTY	NOTES
EGG	2 NOS	
FLOUR	100GM	SIFTED
MILK	200ML	
BROWN SUGAR	1 TSP	
RIPE BANANA	2 NOS	PEELED & SLICED
BUTTER	1 TBSP	

METHOD:

- COMBINE EGG, SUGAR & FLOUR. WHISK UNTIL SMOOTH. SLOWLY ADD MILK & REST FOR 1 HOUR
- HEAT A NON STICK PAN. MELT ½ TEASPOON BUTTER. ADD A FEW SLICES OF BANANA. POUR 1 SMALL LADLE OF PANCAKE MIX TO COVER THE PAN SURFACE BY 2MM.

- ONCE THE EDGE TURNS BROWN, FLIP THE PANCAKES AND COOK UNTIL GOLDEN BROWN.
- ALTERNATIVELY REPLACE FLOUR BY USING WHOLEMEAL FLOUR AND BANANA CAN BE REPLACED WITH APPLE, BLUEBERRY, RASPBERRIES, ETC.