

# Blueberry Muffins

**An easy - and very light - take on the classic blueberry muffin. If you have a few fresh blueberries to hand, feel free to throw them into the mix too.**



Preparation time: 5 to 10 minutes  
Total cooking time: 25 to 30 minutes

## *You will need:*

2 pots TOTAL 0% Greek Yoghurt with Blueberry  
250g self-raising flour  
120g caster sugar  
1 tsp baking powder  
2 large eggs  
3 tbsp milk  
6 tbsp vegetable oil

## *What to do:*

1. Preheat your oven to 180°C/ 350°F/  
Gas Mark 4
2. Mix together the dry ingredients - the flour, the sugar and the baking powder.
3. In a separate bowl, mix the egg, the Greek yoghurt, the blueberry “compote” from the pot, the milk and the vegetable oil.
4. Gently mix the wet ingredients into the dry ingredients. You don’t want to over mix or else your muffins may be a little heavy.
5. Grease your muffin tins and fill each mould to just below the top.
6. Bake in the oven for 20 minutes, or until the muffins have risen and are golden. Leave them to cool a little before removing them from the tins. They should keep for 2 days in airtight containers.

## *Nutritional Information:*

(Per muffin if making 10)

237 kcal  
4g protein  
8.5g fat  
1.5g saturated fat  
35.5g carbohydrates  
16g sugar  
0.4g salt

Makes 10-12 muffins, depending on the size of your muffin tins.

## Chocolate Mousse

**The yoghurt replaces the egg yolks in this recipe, making a light and very lovely mousse.**

Preparation time: 10 minutes

Total chilling time: 2 hours



### *You will need:*

100g dark chocolate

2 egg whites

2 tbsp caster sugar

A big heaped tablespoon of TOTAL Greek

Yoghurt (about 60-70g)

### *What to do:*

1. Melt the dark chocolate. The classic way is by putting it in a bowl and standing it in a saucepan over barely simmering water, without the bowl touching the water. For this recipe, you can just as easily melt it in a large bowl in the microwave for 2 minutes, or until it is fully melted.
2. Whisk the egg whites until they form stiff peaks then whisk in the sugar.
3. Mix the Greek yoghurt into the melted chocolate.
4. Fold about one third of the whisked eggs into the chocolate, using a metal spoon in a figure of eight motion. Gently fold in the remaining whisked egg whites until they are nicely mixed in with the chocolate.
5. Carefully spoon the mousse into four small pots - I like to use small tupperware pots as they are perfect for taking the mousse to school in.
6. Chill the mousses for at least 2 or 3 hours and they are ready to eat.

### *Nutritional Information:*

(Per mousse if making 4)

177 kcal

3.5g protein

8g fat

5g saturated fat

24g carbohydrates

23g sugar

0.1g salt

This makes 4 smallish portions, perfect for a lunchbox.

*Recipe by Nick Coffey @mydaddycooks*

## Spinach & Cheddar Muffins

**The addition of the Greek yoghurt really lightens these muffins. I strongly recommend using an extra mature cheddar for extra flavour. If you have some cherry tomatoes, you can de-seed and chop a dozen of them and add them into the mix.**



Preparation time: 15 minutes

Total cooking time: 20-25 minutes

### ***You will need:***

3 blocks of frozen spinach

100g extra-mature cheddar cheese

225g self raising flour

150ml milk

3 heaped tablespoons TOTAL Greek Yoghurt

55ml olive oil

1 egg

Salt and freshly ground pepper

### ***What to do:***

1. Preheat your oven to 200°C/ 400°F/ Gas Mark 6.
2. Defrost the spinach and then squeeze out any excess water. Chop it finely.
3. Mix together the cheese and the flour then stir in the spinach. Add the milk, the yoghurt, the olive oil and the egg and stir it into a slightly lumpy, fairly thick batter. Season with salt and pepper.
4. Lightly oil the muffin tins and fill each cup to the top with the muffin mix.
5. Bake in the oven for 20-25 minutes. The muffins are ready when they have nicely risen and are golden on top.
6. Leave them to cool for 5 or 10 minutes before removing them from their tins.
7. The muffins will keep for a couple of days in an airtight container.

### ***Nutritional Information:***

(Per muffin if making 10)

190 kcal

6g protein

11g fat

4g saturated fat

18g carbohydrates

1.5g sugar

0.5g salt

Makes 10-12 muffins, depending on the size of your muffin tins.

*Recipe by Nick Coffey @mydaddycooks*

# Feta, Bacon & Greek Yoghurt Filo Triangles

**Perfect for a lunchbox, these filo triangles are also a lot of fun to make with your kids.**



Preparation time: 20 minutes  
Total cooking time: 15 minutes

## *You will need:*

10 fresh filo pastry sheets  
100g bacon (I prefer unsmoked)  
200g feta cheese  
100g TOTAL Greek Yoghurt  
Good handful of fresh basil leaves, finely chopped  
1 egg  
Big knob of butter  
Olive oil  
Freshly ground pepper

## *Nutritional Information:*

(Per filo if making 15)

82 kcal  
4.5g protein  
7g fat  
3.5g saturated fat  
4g carbohydrates  
0.6g sugar  
0.8g salt

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## Feta, Bacon & Yoghurt Filo Triangles

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### **What to do:**

1. Preheat your oven to 200°C/ 400°F/ Gas Mark 6.
2. Chop the bacon into small pieces and fry it off in a little oil until it is golden.
3. In a bowl, mix together the feta cheese, the yoghurt, the egg, the fried bacon and the basil until you get a relatively smooth filling for your triangles.
4. Melt the butter in a bowl in the microwave for about 90 seconds and then add in approximately the same amount of olive oil.
5. Take your fresh filo pastry sheets and lay them out in front of you, long side to bottom. You want to cut them vertically into strips of about 10-12cm wide. Filo pastry can dry up very quickly so cover the sheets with a damp cloth while you make the triangles.
6. Take one strip of filo pastry, lay it flat and gently brush the melted butter and oil onto it. Take a second strip, place it directly on top of the first strip and brush butter and oil on to it too.
7. Now, take a tablespoon of your cheese mix (you don't want to overfill the triangles) and put it on the bottom left hand corner of your filo strips, about 1cm in from the edge.
8. Take the bottom right corner of the strip and fold the bottom edge, right to left, diagonally over the filling. This creates a triangle at the bottom of your strip.
9. Then continue to fold the filo pastry "over itself", along the inside edge and you will create a perfectly wrapped triangle. Seal the last fold with a little of the melted butter and olive oil then brush both sides of the triangle too.
10. Put the triangles on a lightly oiled baking dish and bake in the oven until the pastry is crisp and golden, around 20 minutes.



Makes approximately 15 triangles

*Recipe by Nick Coffey @mydaddycooks*

## Peanut Butter & Yoghurt Dip

**This dip takes no time to prepare and is a great accompaniment to fruit. Feel free to slightly up the quantity of peanut butter if you would prefer your dip to be more, well, peanut buttery!**



Preparation time: 5 minutes

### *You will need:*

3 tbsp TOTAL Greek Yoghurt  
2 tbsp smooth peanut butter  
A sprinkle of ground cinnamon  
A drizzle of honey  
Slices of fresh fruit to serve (apples, bananas - even pears)

### *What to do:*

1. Mix the yoghurt, the peanut butter and the honey together in a bowl.
2. Top with the ground cinnamon and serve it with the fruit slices to dip.

### *Nutritional Information:*

(Per serving if serves 4)

77 kcal  
2.5g protein  
4.5g fat  
1.5g saturated fat  
7g carbohydrates  
6.5g sugar  
0.1g salt

## Lamb Gyro with Tzatziki

**The gyro is the traditional greek sandwich, served in soft pitas or moist flat breads. My own preference lies with the flat bread, not least because it stays more moist for longer. You can also put more filling in!**

Preparation time: 10 minutes

Total cooking time: 5 minutes

### *You will need:*

Four soft, large pitas or flat breads  
320g lamb mince  
A pinch of ground cumin, coriander & cinnamon  
½ cucumber  
4 tbsp TOTAL Greek Yoghurt  
2 tsp mint sauce  
2 handfuls of shredded iceberg lettuce  
1 carrot, grated  
Sultanas (optional)  
Olive oil  
Salt and freshly ground pepper

### *What to do:*

1. Prepare the lamb mince by mixing it together with the spices, salt and pepper.
2. Heat up a frying pan to a medium heat, drizzle in a little olive oil and fry the mince, breaking it up into small pieces as it cooks. It will release quite a lot of liquid - you will need to cook it until it is browned and dry. If you intend to refrigerate the lamb, make sure you pat it dry with kitchen roll first to soak up the last bits of fat.
3. Make the tzatziki. Mix the yoghurt and mint sauce together in a bowl. Peel the cucumber and scrape out the seeds using a teaspoon. Grate the cucumber and squeeze out any extra liquid. Stir the cucumber into the yoghurt.
4. Fill each pita with the lamb, the lettuce, the grated carrot, a dollop of tzatziki and some sultanas (optional). If you are using a round flat bread, simply place the fillings in a line down the middle of the bread, fold in both side to create a wrap and fold over the bottom too to close it off. Wrap aluminum foil around the bottom half to keep it all well in place.

Makes 4



### *Nutritional Information:*

(Per Gyro if making 4)

405 kcal  
23g protein  
16g fat  
6g saturated fat  
45g carbohydrates  
6g sugar  
1g salt

## Red Berry Smoothie

**There is no hard and fast rule for making smoothies - and thickness is very much a question of personal taste. For these red fruit smoothies, I use a rule of thumb which is to mix double the weight of the yoghurt to the weight of the red fruit. You can experiment with these smoothies by adding some fruit juice too. Apple juice works particularly well.**



Preparation time: 2 to 3 minutes

### *You will need:*

75g red berries. Blueberries work particularly well and have the added bonus of being a super food!

150g TOTAL Greek Yoghurt

4 tbsp milk

1 very ripe banana

### *Nutritional Information:*

(Per smoothie)

146 kcal

5.5g protein

6g fat

4g saturated fat

19g carbohydrates

17g sugar

0.3g salt

### *What to do:*

1. Blend all the ingredients together in a food processor or blender. Add a little extra milk if you think the mixture is a bit thick.
2. If you like a sweeter edge to your smoothies, simply drizzle in a little honey.

Makes enough for two small tumbler glasses.

## Roasted Vegetables, Bacon and Pasta Salad

**The Greek yoghurt here serves as a lovely dressing. It is absorbed by the pasta, ensuring that the salad is still nice and moist at school. You can use any combination of vegetables.**



Preparation time: 10 minutes

Total cooking time: 45 to 50 minutes

### *You will need:*

250g farfale pasta  
100g Total Greek Yoghurt  
1 red pepper, sliced into 1cm strips  
1 red onion, sliced  
1 courgette, cut into 1cm wide sticks  
1 garlic clove, chopped  
150g mushrooms, chopped  
1 carrot, peeled and cut into sticks  
100g bacon, chopped  
A drizzle of balsamic vinegar  
Honey  
Olive oil  
Salt and freshly ground pepper

### *Nutritional Information:*

(Per portion if serves 4)

372 kcal  
15g protein  
10g fat  
3g saturated fat  
59g carbohydrates  
12g sugar  
1.1g salt

### *What to do:*

1. Preheat your oven to 200°C/ 400°F/ Gas Mark 6.
2. Mix all the vegetables and the bacon together in a large baking dish. Drizzle over some olive oil, a small drizzle of balsamic vinegar and a really good drizzle of honey. Mix well together.
3. Roast the vegetables and bacon in the oven for about an hour until they are well cooked, stirring occasionally. You want them to be soft and a little crispy.
4. Cook the pasta according to the instructions on the packet and drain.
5. Take the vegetables and bacon out of the oven and stir them into the pasta, together with the Greek yoghurt.
6. Season with salt and pepper and add a little honey if you would like the salad to be a touch sweeter.
7. Leave to cool down and store in an airtight container in the fridge.

Makes 4-6 portions for a lunch portion

Recipe by Nick Coffey @mydaddycooks

## Marinated Chicken Wings

**Ideally you would leave the chicken wings to marinade for a couple of hours but it's not a tragedy if you cook them immediately.**



Preparation time: 10 minutes

Total cooking time: 20 to 30 minutes

### *You will need:*

12 chicken wings

For the marinade:

3 tbsp TOTAL Greek Yoghurt

1 clove garlic, finely chopped

Juice and zest of 1 lemon

Salt and freshly ground pepper

### *Nutritional Information:*

(Per chicken wing)

149 kcal

20g protein

7.5g fat

2.5g saturated fat

0.5g carbohydrates

0.5g sugar

0.15g salt

### *What to do:*

1. Mix together all the ingredients for the marinade in a large bowl. Mix in the chicken wings and leave them to marinade for a couple of hours if possible.
2. Shake off any excess marinade before cooking the wings in one of two ways:
3. You can grill them in the oven for about 10 minutes on each side.
4. Or, bake them in an oven preheated to 200°C/400°F for about 30 minutes.
5. In both cases, the wings are ready when they are crisp, golden and fully cooked through.