

# SIMPLE SUMMER COOKING

Our favourite plant-powered recipes  
from beachside bites to BBQ delights



*From our kitchen to yours, we've gathered our favourite summer recipes, perfect for entertaining with family and friends. There are 20 recipes, from simple starters to decadent desserts, that celebrate our passion for plants.*

*Enjoy!*





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**STARTERS / FOUR**

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**SALADS / SEVENTEEN**

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**MAINS / TWENTY EIGHT**

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**DESSERTS / THIRTY SEVEN**

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**DRINKS / FORTY FOUR**

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# STARTERS

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*Great for  
Picnics*



# BEETROOT HUMMUS

**SERVES**

6

**PREP**

10

**COOK**

15

## INGREDIENTS

2 raw beetroot, trimmed, washed and halved

1½ cup canned chickpeas, drained and rinsed

3 tbsp tahini paste

2 cloves garlic, peeled

3 tbsp lemon juice

2 tbsp vegetable stock

3 drops Tabasco sauce

*A vibrant, versatile recipe that's simple to prepare and bursting with flavour. Create as a dip for entertaining or a high fibre spread on your favourite sandwich or wrap!*

1. Microwave beetroot on high for 10-15 minutes or until tender. Slip the beets out of their skin and roughly chop.
2. Place beetroot and all of the other ingredients in a food processor and process until smooth.
3. Serve as a dip with toasted pita, crackers and fresh vegetables. Serves 6 as a starter.

## TIPS

- Tahini paste is commonly used in Middle Eastern cookery and is made from ground sesame seeds. You can purchase tahini paste in the health food section of the supermarket.
- This hummus recipe is also delicious made without the beetroot. You may find that you need to add another tbsp or so of vegetable stock until the desired consistency is achieved.



# OLIVE OIL FLATBREAD WRAPS



**SERVES**  
8



**PREP**  
45



**COOK**  
10

## INGREDIENTS

4 Sanitarium Weet-Bix™  
finely crushed

3½ cups self-raising flour

½ tsp salt

½ cup olive oil

350ml warm water

¼ cup olive oil, for cooking

*These flatbreads can be served cut into wedges with hummus, tzatziki or other dips, or made into wraps with your favourite salad ingredients and dressings.*

1. Combine Weet Bix™, flour and salt in a bowl. Separately, combine the olive oil and water.
2. Make a well in the centre of the flour and pour the water and oil in, gradually bringing the flour in from the sides. When the flour is all incorporated, you should have a soft dough.
3. Knead the dough for at least 5 minutes on a floured surface, until stretchy. If the dough is too sticky, add small amounts more flour.
4. Wrap the dough in cling wrap and allow to rest at room temperature for 30 mins. Divide the dough into 8 pieces and roll out on a floured surface as thinly as you can.
5. Heat a generous splash of olive oil in a large frypan over medium to high heat. When the oil is hot, place one piece of flatbread in the base. It will immediately start to bubble up. When the edges are starting to look golden and the bread is becoming less floury looking around the edges (about 40 second to 1 minute), flip the bread carefully with a spatula.
6. Cook for a further 40 seconds to a minute and remove to a piece of paper towel.

## TIPS

- Kneading can also be achieved by putting the ingredients into the bowl of an electric stand mixer fitted with a dough hook, and set it to a low speed to knead for 5 minutes.
- These flatbreads can be served cut into wedges with hummus, tzatziki or other dip, or made into wraps with your favourite salad ingredients and dressings.





# SMASHED BROAD BEAN & SPRING ONION DIP WITH QUINOA & SEED CRACKERS



**SERVES**  
6-8



**PREP**  
15



**COOK**  
15

## INGREDIENTS

### DIP

500g frozen or fresh broad beans

1 spring onion, finely diced

3 tbsp olive oil

1 tbsp lemon zest, grated

1 lemon, juice of

1 tbsp freshly grated parmesan, plus parmesan shavings

Salt and freshly ground black pepper to taste

To garnish, few sprigs of watercress

### QUINOA & SEED CRACKERS

1 cup (125g) quinoa flour

1½ cups (170g) plain or rice flour

6 egg whites

¼ cup margarine, melted

1 tsp mixed herbs

1 tbsp cumin or caraway seeds

1 tsp poppy or chia seeds

¼ tsp freshly ground black pepper

¼ tsp salt

*Make a lasting impression with this delicious plant-powered dip and cracker combo!*

1. Preheat oven to 180°C. Line two baking trays with baking paper.
2. In a medium sized bowl, mix together the quinoa and plain or rice flour. Add the egg whites, margarine, mixed herbs, seeds, pepper and salt. Stir until well combined. Roll out onto a floured board or bench. Roll the dough until it is about 1-2mm thick, or as thin as possible without tearing. Alternatively, run the dough through a pasta machine on the second lowest setting. Carefully, cut into long rectangles and place on the prepared baking trays.
3. Bake in oven for 12-15 minutes or until golden. Remove and place on cooling rack.
4. Cook the broad beans in a saucepan of simmering water for 3-4 minutes until just tender. Drain, cool and peel off the skins. Toss the peeled beans with olive oil, spring onions, lemon juice and zest, parmesan, salt and freshly ground black pepper and crush using a fork or use a stick blender to briefly blend, until roughly pureed.
5. Serve the broad bean spread with the crackers. Top with a few sprigs of watercress and parmesan shavings. Season to taste.

### TIP

- Use frozen peas instead of broad beans.





# FALAFEL SAUSAGE ROLLS



**SERVES**  
6



**PREP**  
15



**COOK**  
20

## INGREDIENTS

425g can chickpeas, drained and rinsed

425g can butter beans, drained and rinsed

1 small onion, roughly chopped

1 clove garlic, chopped

1 tbsp lemon juice and lemon zest

1 tsp ground cumin

1 tsp ground coriander

¼ cup parsley leaves

2 sheets puff pastry

1 tbsp sesame seeds

*A Lebanese twist on a classic recipe. The kids will love them!*

1. Place chickpeas, butter beans, onion, garlic, lemon juice, lemon zest, cumin, parsley and coriander in a food processor and process until combined.
2. Cut pastry sheets in half.
3. Spoon mixture down one edge of each strip and roll to enclose filling.
4. Cut each roll into 3 even lengths. Place on baking paper on a tray and prick with a fork. Brush with water and sprinkle with sesame seeds.
5. Bake in a hot oven, 200°C, for 15-20 minutes or until golden and crisp.

## TIPS

- Borg's puff pastry available in Woolworths is vegan
- Uncooked rolls can be frozen and baked in the oven from frozen when required
- Sprinkle with sesame seeds if desired

*Avocado  
Reinvented*



# BRUSCHETTA AVOCADO



SERVES  
8



PREP  
10



COOK  
0

## INGREDIENTS

2 punnets cherry tomatoes,  
chopped

½ small red onion, finely diced

10 basil leaves, thinly sliced

¼ tsp salt

125g feta, crumbled

4 avocados, halved, pitted

1 tbsp good quality  
olive oil

1 tbsp caramelised balsamic

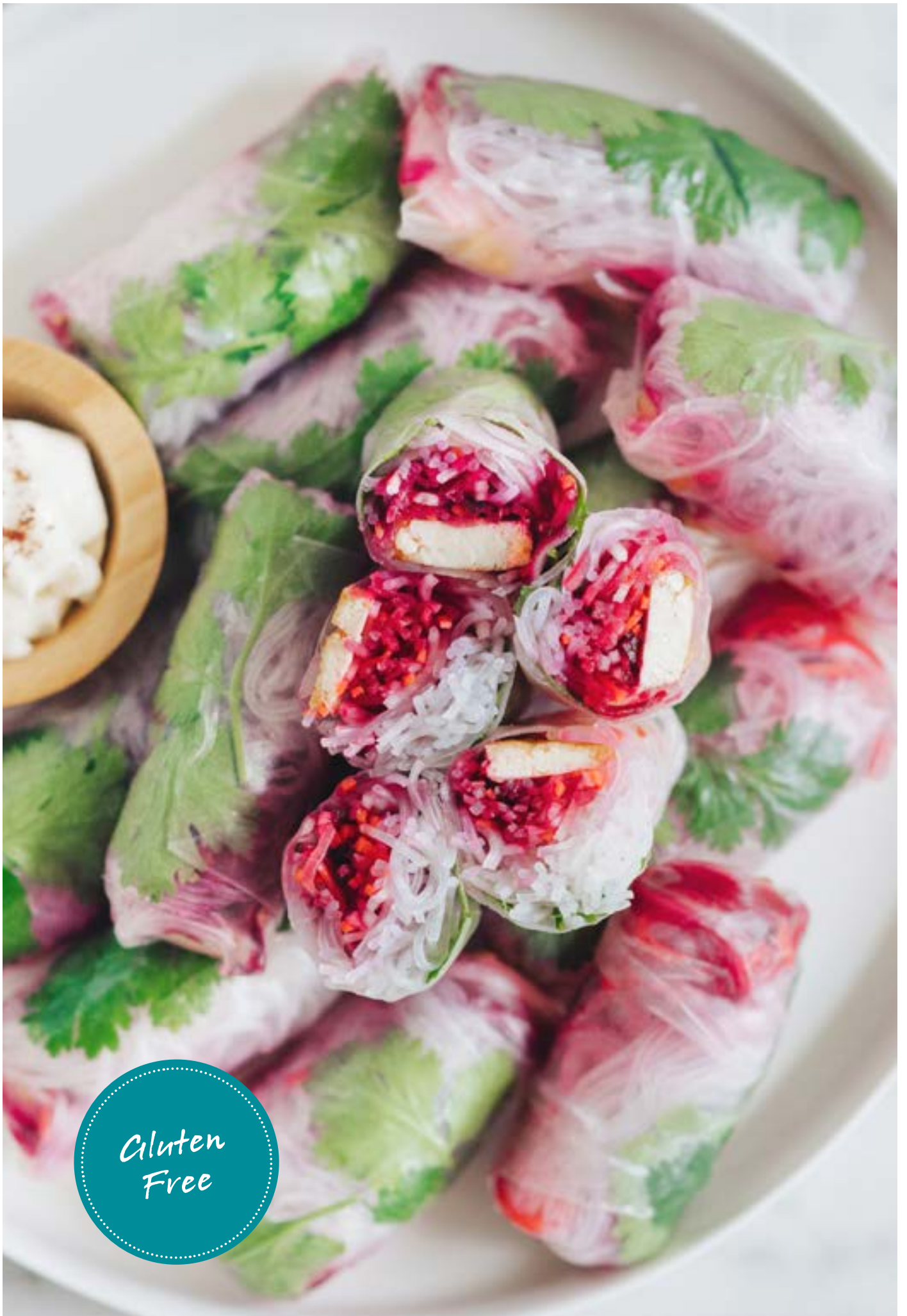
*A twist on serving salsa on bread. An easy, healthy brunch idea for avocado lovers.*

1. Combine tomatoes, onion, basil and salt in a bowl.
2. Remove skin from avocado.
3. Spoon mixture into avocados and sprinkle with crumbled feta.
4. Drizzle with olive oil and balsamic. Serve remaining bruschetta mix in a bowl beside avocados.

### TIP

- Great recipe for summer BBQ's





Gluten  
Free

# BANH MI SPRING ROLLS



SERVES

6



PREP

30



COOK

0

## INGREDIENTS

### FERMENTED VEGGIES

- 2 red radish, spiraled
- 1 carrot, spiraled
- 1 cucumber, spiraled
- 1 beetroot, spiraled
- ¾ cup rice vinegar
- ¾ cup water
- 1 tbsp honey

### ROLLS

- 2 tsp oil
- 350g packet sweet chilli tofu nuggets, thinly sliced
- 100g rice vermicelli noodles
- 24x16cm round rice paper
- ½ bunch fresh coriander leaves

*A variation on the traditional Vietnamese Banh Mi baguette. Rice paper rolls replace the bread to give a fresh gluten-free light meal.*

1. Combine vegetables, vinegar, water and honey in a large. Chill in fridge for 1 hour or overnight. Drain well.
2. Heat oil in a frypan and sauté tofu slices until lightly browned all over. Drain on kitchen paper.
3. Place the noodles in a heatproof bowl, cover with boiling water and soak for 5 minutes or until tender. Drain well.
4. Soak 1 rice paper sheet in warm water for 30 seconds or until soft. Lay on work surface.
5. Place two coriander leaves in the middle of rice sheet.
6. Top with a little vermicelli, tofu, drained fermented veggies leaving a 2cm gap at each end.
7. Fold in ends and roll up firmly to enclose filling. Repeat with remaining ingredients.
8. Serve fresh rolls with dipping sauce of choice. Makes 24.

### TIPS

- If you want to save the rolls for later, cover them with wet paper towel and store in an airtight container or wrapped in cling wrap.
- Excellent vegan & gluten free option.
- If you do not own a spiralizer vegetables can be coarsely grated.



# SALADS





*Great for  
BBQs*



# PEARL BARLEY, BEETROOT & SUMAC WARM SALAD



**SERVES**  
4



**PREP**  
10



**COOK**  
60

## INGREDIENTS

1½ cup pearl barley  
3 cups reduced salt vegetable stock  
2 cups water  
3 small beetroot, washed and cut into eighths  
2 tsp oil  
2 tsp honey  
60g feta, crumbled  
½ cup walnuts, toasted  
½ cup mint leaves, roughly torn  
1 tsp sumac (optional)

## DRESSING

2 tbsp olive oil  
1 tbsp lime juice  
1 tsp seeded mustard

*The combination of these Middle Eastern roasted ingredients creates a rustic and hearty salad with vibrant colour bursting with flavour and nutrition. Great for BBQ's or summer entertaining.*

1. Place pearl barley, stock and water in a saucepan. Bring to boil then reduce heat and simmer for 35-40 minutes. Drain.
2. Cut beetroot in eighths and toss in combined oil and honey.
3. Place on a tray lined with baking paper and bake in a moderate oven, 180°C, for 20-25 minutes.
4. Arrange on a platter pearl barley, roasted beetroot, feta, walnuts and mint leaves.
5. Combine dressing ingredients and drizzle over salad. Sprinkle with sumac.

## TIP

- Sumac is a brick red to purple middle eastern spice with a tangy lemon flavour.

Watch the video online at [sanitarium.com.au/recipes](http://sanitarium.com.au/recipes)







# PUMPKIN & WALNUT SALAD



**SERVES**  
4



**PREP**  
10



**COOK**  
30

## INGREDIENTS

Olive oil cooking spray

800g baby Kent pumpkin,  
seeded and sliced into wedges  
(peel if desired)

150g snow peas, trimmed and  
halved lengthways

¼ cup walnuts

75g baby spinach leaves

1 tbsp olive oil

2 tbs balsamic vinegar

1 tsp honey

*A deliciously simple salad bursting with flavour. Serve as a nutritious meal on its own or as a side to your favourite dish.*

1. Preheat oven to 180°C. Line a roasting tray with a sheet of baking paper. Place the pumpkin on the tray and spray with oil, bake for 25 minutes or until golden brown and cooked. Set aside to cool.
2. Place the snow peas in a heat proof bowl and cover with boiling water. Set aside for 30 seconds, drain immediately and refresh under cold running water. Heat a non stick frying pan over a moderate heat and toast the walnuts for 3 minutes. Set aside to cool.
3. Arrange the baby spinach, roast pumpkin, snow peas and walnuts on serving plates. Whisk together the olive oil, balsamic vinegar and honey. Season and drizzle over the salad. Serve immediately.

## TIPS

- Try the dressing used in this recipe on your favourite salads, it's a simple homemade alternative to bottled dressings.
- A great salad isn't just about taste, it's also about texture. Why not experiment with your own favourite salad textures and flavours?

Watch the video online at [sanitarium.com.au/recipes](http://sanitarium.com.au/recipes)



Popular  
Recipe

# MOROCCAN CHICKPEA SALAD



**SERVES**  
4



**PREP**  
20



**COOK**  
5

## INGREDIENTS

1 tbsp olive oil  
2 tsp ground cumin  
400g can chickpeas, drained and rinsed  
2 garlic cloves, finely chopped  
½ cup orange juice  
½ cup currants  
2 carrots, shredded or coarsely grated  
½ spring onion, sliced diagonally  
100g baby spinach leaves  
½ cup coriander leaves, chopped  
¼ cup tahini  
2 tbsp salad seeds (mix of sesame and sunflower seeds), toasted

*Packed full of fibre, protein and iron and low in salt, this nutritious chickpea salad has a unique flavour twist. Enjoy it on its own or as a side to your favourite dish.*

1. Heat oil in a medium non-stick frying pan, over medium heat. Add cumin, chickpeas and garlic. Cook, stirring often, for 3 minutes. Remove from heat.
2. Combine orange juice and currants in a tea-cup. Microwave for 1 minute until hot. Drain, reserve orange juice. Combine currants, chickpea mixture, carrots, onion, spinach and coriander in a large bowl.
3. To make dressing, combine tahini and reserved orange juice in a small bowl. Season to taste. Whisk to combine. Drizzle dressing over salad. Gently toss to combine. Sprinkle with salad seeds and serve.





# ROAST PUMPKIN & MACADAMIA SALAD



**SERVES**  
6



**PREP**  
10



**COOK**  
35

## INGREDIENTS

½ pumpkin or squash, peeled, deseeded

½ cup macadamia nuts

½ cup fresh parsley, chopped

50g feta cheese or vegetarian cheese, cut into cubes

To serve, rocket leaves

## CAPER & RAISIN DRESSING

1 tbs capers

1 tbs raisins

1 red chilli, halved, seeds removed and chopped

1 clove garlic, crushed

5 basil or parsley leaves

2 tsp balsamic vinegar

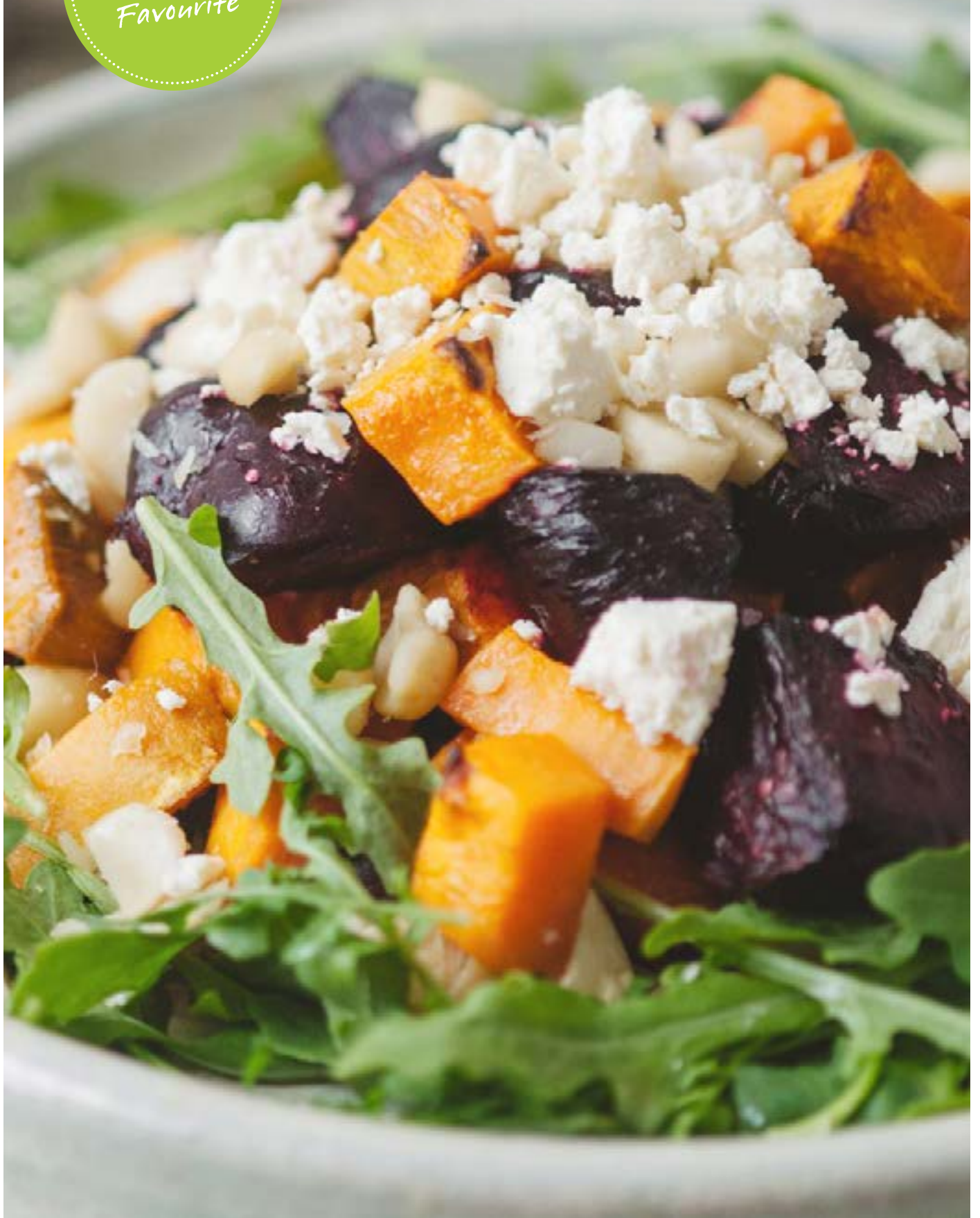
½ lemon, juice of

80ml extra virgin olive oil

*This deliciously simple salad is fantastic as a main meal or side dish.*

1. Preheat oven to 180°C. Line a roasting dish with baking paper.
2. Cut the pumpkin or squash into pieces. Spread over the baking tray and spray with olive oil. Season to taste. Roast in oven for 25 minutes.
3. On another baking tray, spread the macadamia nuts. Toast the nuts in the oven for 10-12 minutes. Allow to cool.
4. On a large serving platter or in a serving bowl, combine the pumpkin or squash with parsley and macadamia nuts. Drizzle over a little of the caper and raisin dressing. Toss together lightly to combine.
5. Sprinkle the salad with feta cheese and a few rocket leaves. Serve with extra dressing on the side.
6. To make the dressing, soak the raisins in a little warm water, then drain. Mix all the ingredients in a small blender or with hand held mixer. Season to taste.

Entertaining  
Favourite





# ROAST BEETROOT, SWEET POTATO & FETA SALAD



**SERVES**  
8



**PREP**  
10



**COOK**  
45

## INGREDIENTS

4 fresh beetroot  
2 tbsp olive oil  
500g sweet potato,  
peeled and diced  
200g rocket  
½ cup coarsely chopped  
macadamia nuts  
100g feta cheese, crumbled

## DRESSING

1½ tbs macadamia nut oil or  
rice bran oil  
1½ tbsp lite olive oil  
2 tbsp lemon juice

*A great dish to take to a barbecue - its vibrant colour will make it stand out from the rest.*

1. Remove stem and leaves from beetroot and quarter unpeeled beetroots. Toss beetroot in half the oil and place on a lined baking tray in a moderately hot oven, 190°C for 15 mins.
2. Toss sweet potato in remaining oil, place on a baking tray with beetroot and continue to bake for a further 30 minutes or until vegetables are tender. When beetroot is cool enough to handle, peel.
3. Toss rocket, beetroot, sweet potato, macadamia nuts and feta together in a large bowl.
4. Combine dressing ingredients and drizzle through the salad.

## TIP

- Try adding other vegetables of your choice, such as baby spinach leaves, snow peas or even fresh or roasted capsicum, for a fresh new flavour.

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# MAINS

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Ready  
in just 20  
minutes!





# FIVE SPICED FRIED QUINOA



SERVES

4



PREP

10



COOK

10

## INGREDIENTS

1 tbsp oil  
2 cloves garlic, crushed  
2 tsp grated fresh ginger  
4 cups chopped stir-fry vegetables  
2 eggs, lightly beaten  
4 cups cooked quinoa  
1 tsp Chinese five spice  
½ tsp salt

*A refreshing variation to fried rice using Chinese five spice and quinoa. Super quick and easy to make and a perfect post workout meal.*

1. Heat oil in wok and saute garlic and ginger for 30 seconds.
2. Add vegetables and saute for 5 minutes.
3. Push vegetables to side of wok. Add egg and saute to cook. Mix through vegetables.
4. Add cooked quinoa, Chinese five spice and salt. Saute until heated through.



# FRAGRANT COCONUT STICKY RICE WITH GRILLED MANGO & VEGETABLES



**SERVES**  
4-6



**PREP**  
20 + soaking time



**COOK**  
30

## INGREDIENTS

### STICKY RICE

2 cups (500g) medium grain brown rice

4 cups (1L) So Good™ Unsweetened Coconut Milk

1 bay leaf, 1 cinnamon quill and sprig of thyme

2 cm piece of lemon rind

½ head broccoli or 200g long stemmed broccolini

250g baby carrots, peeled, trimmed

2 heads bok choy, sliced into quarters

200g firm tofu, cut into slices

1 mango

To serve, coriander leaves and lime wedges

### SESAME & GINGER DRESSING

1 tbsp sesame seeds

1 tbsp sesame oil

2 tbsp soy sauce

2 tbsp lemon juice

4 cm ginger pieces, grated, juices squeezed

¼ tsp black pepper

*Sticky rice with grilled mango could be a new family favourite!*

1. In a large saucepan, cover the rice with So Good™ Unsweetened Coconut Milk and add the bay leaf, cinnamon quill, thyme leaves and lemon rind. Soak at room temperature for 1 hour.
2. Put the rice over a high heat and bring to the boil. Cook for 20 minutes, until just tender, then turn off the heat and cover with lid. There should still be some moisture left. Serve hot, warm or at room temperature.
3. Preheat a barbecue, grill plate or cast iron frypan. Grill the vegetables, mango and tofu, until beginning to brown.
4. To make the dressing, in a small jar with lid or glass jug, shake or mix all of the ingredients together until well combined.
5. Serve the rice in a bowl separate to a large platter with the vegetables, mango and tofu arranged. Pour the sesame dressing over the grilled vegetables. Garnish with lime wedges and coriander leaves.







# SWEET POTATO & FETA PIZZA



SERVES  
4



PREP  
15



COOK  
60

## INGREDIENTS

400g sweet potato,  
peeled and thinly sliced

1 tbsp oil

250g punnet cherry tomatoes,  
halved

1 tbsp balsamic vinegar

1 cob corn, kernels removed  
and steamed

125g reduced fat feta

1 wholemeal pizza base

Rocket leaves to serve

*Enjoy a night in with friends with this vegetarian pizza which can be perfectly paired with a roast beetroot and walnut salad or fresh green salad.*

1. Toss thinly sliced sweet potato (kumara), in oil and place on a baking tray. Bake in a hot oven, 200°C until just golden. Set aside.
2. Toss cherry tomatoes in balsamic vinegar and place on a baking tray and bake in a slow oven, 150°C for 20 minutes.
3. Top pizza base with sweet potato (kumara), cherry tomatoes, steamed corn kernels and crumbled feta.
4. Bake at 220°C for 20 minutes. Serve with rocket and balsamic vinegar.

## TIP

- For an extra twist, try spreading pasta sauce on the base before adding toppings.



Great for  
BBQs



# VEGETABLE BURGERS

**SERVES**

6

**PREP**

15

**COOK**

10

## INGREDIENTS

1 small carrot, grated  
1 small zucchini, grated  
400g can lentils, drained and rinsed  
1 small can corn kernels (no added salt)  
1 cup dry breadcrumbs  
1 tbsp mayonnaise  
1 egg  
1 tbsp chopped chives  
2 tbsp olive oil  
6 medium bread rolls  
6 tomato slices  
Lettuce leaves

*Low in saturated fat and full of flavour, a perfect addition to your next summer barbecue.*

1. Combine carrot, zucchini, lentils, corn kernels, breadcrumbs, mayonnaise, egg and chives in a bowl and shape  $\frac{1}{3}$  cup of mixture into patties. Refrigerate for 30 minutes.
2. Pre heat a non-stick frying pan over medium heat, add oil and cook burgers in batches for 5 minutes on each side or until cooked through. Place in oven for 5 minutes to cook through.
3. Serve on rolls with tomato, lettuce and salsa of your choice.

## TIPS

- Once cooked, patties can be kept refrigerated for up to 4 days.
- Try substituting different grated vegetables in place of carrot and courgette for a variety of flavours.

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# DESSERTS

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Gluten  
Free



# CHOCOLATE BEETROOT SQUARES



**SERVES**  
12



**PREP**  
10



**COOK**  
30

## INGREDIENTS

1¼ cups almond meal  
¼ cup cacao  
½ tsp baking powder  
2 eggs, lightly beaten  
⅓ cup honey  
2 tbsp olive oil  
¾ cup grated beetroot

*This recipe is a gluten free brownie. The addition of almond meal and grated beetroot makes it moist and tender.*

1. Place almond meal, cacao and baking powder into a large bowl.
2. Combine remaining ingredient and fold liquid ingredients into dry ingredients. Mix well.
3. Pour mixture into a greased and line 15cm x 25cm loaf tin.
4. Bake in a moderate oven, 180°C, for 30 minutes.
5. Cuts into 12 squares.



# ALMOND & BLACKBERRY PUDDING



**SERVES**  
8



**PREP**  
15



**COOK**  
35

## INGREDIENTS

1 cup wholemeal self-raising flour

½ cup white self-raising flour

½ cup sugar

¼ cup almond meal

2 tbs margarine, melted

¾ cup So Good lite soy milk or dairy milk

1½ cups frozen blackberries

1 cup orange juice

1 cup boiling water

¼ cup brown sugar

1 tbs margarine (extra)

*Bursting with taste, this indulgent dessert combines sweet blackberries with the nutty flavour and buttery texture of almond meal.*

1. In a large mixing bowl, combine sifted flours, sugar and almond meal. Add melted margarine to milk. Slowly add milk mixture to dry ingredients. Stir until smooth batter is formed.
2. Fold through blackberries. Place mixture into a lightly greased 2 litre baking dish.
3. In a separate bowl, combine orange juice, water, brown sugar and margarine.
4. Carefully pour orange juice mixture over the batter. Bake in a moderate oven, 180°C, for 35 minutes, or until golden. Serve warm with low-fat ice cream or So Good frozen dessert.

## TIP

- This pudding can be made with other berries in place of blackberries. Try a mix of your favourites.

Watch the video online at [sanitarium.com.au/recipes](http://sanitarium.com.au/recipes)



Summer  
Flavour



# ALMOND PISTACHIO RASPBERRY ICE CREAM



SERVES  
8



PREP  
30



COOK  
10

## INGREDIENTS

4 egg yolks

1/3 cup (75g) raw cane sugar

2 cups (500mls) So Good Almond Milk Unsweetened

1/2 cup (70g) pistachios, finely chopped

1/2 cup fresh, frozen or canned raspberries

*There's nothing quite like a cool ice cream on a hot day, so why not make your own? This delicious dairy free dessert is a wonderful blend of textures with a delightful summer flavour.*

1. Whisk together the egg yolks and sugar in a bowl, for about 5 minutes, until sugar has dissolved.
2. Pour the almond milk into a saucepan and bring to a simmer. Remove immediately then pour the hot milk slowly over the egg yolk mixture, whisking constantly.
3. Return the mixture to the clean saucepan and cook over low heat, stirring continuously with a wooden spoon until the mixture coats the back of the spoon. Do not let the custard boil.
4. Pass the mixture through a fine sieve then allow to cool. Meanwhile, clean and remove any stalks from the raspberries. Mash together the raspberries using a fork. If using canned, drain the syrup off first. Frozen raspberries can be left frozen and broken with a fork.
5. When the custard has cooled to room temperature, stir through the raspberry mash and chopped pistachios. Cover and freeze, turning every hour or so until frozen, or put in an ice cream machine and blend according to manufacturer's instructions.
6. Store in freezer in a covered container until ready to serve. Leave the ice cream to thaw for 10 minutes, before rolling into scoops. Sprinkle with chopped pistachios to serve.

## TIP

- Any berries or summer fruits like nectarines, cherries and peaches can be substituted.
- Dip in roughly chopped flaked almonds and chia seeds for extra crunch.
- Serve in an ice cream cone, or with fresh fruit salad in a bowl.

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# DRINKS

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Perfect  
for  
Summer



# BERRY SODA



SERVES  
3



PREP  
5



COOK  
0

## INGREDIENTS

150g frozen raspberries

½ lemon, juice only

1½ tbsp icing sugar

200mls cranberry juice

Ice cubes

1L bottle soda water  
(300ml per glass)

Mint leaves

Lemon, sliced

*A deliciously refreshing ice cold summer drink everyone will love. Perfect for entertaining in the summer heat.*

1. Puree raspberries, lemon juice, icing sugar and cranberry juice.
2. Divide amongst glasses, add ice cubes, top with soda and stir to combine.
3. Garnish with mint and lemon slices.





# LEMONADE



**SERVES**  
4



**PREP**  
5



**COOK**  
5

## INGREDIENTS

¾ cup lemon juice, freshly squeezed

¼ cup sugar

1.25L soda water

Ice cubes

*Bursting with the flavour of freshly squeezed lemon juice and with almost half the sugar of most commercial lemonades, it's sure to hit the spot!*

1. Place lemon juice and sugar in a medium saucepan over a low heat and stir until the sugar is dissolved. Simmer for 3 minutes to create a syrup. Cool in fridge.
2. To serve, pour cold lemon syrup into a large jug over ice and top with soda water. Stir the lemonade before serving. Garnish with mint leaves.

## TIP

- This lemonade contains 14g of sugar per serve, which is almost half that of most commercial lemonades.
- Try adding some lime juice for a twist on regular lemonade.

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*health & wellbeing*

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