**Royal pizza**

*Ingredients:*
- 2 English muffins (split into their 2 halves)
- Small tub or tin of tomato paste
- 1 red capsicum
- ½ tomato
- Grated reduced fat cheese

*Equipment:*
- chopping knife
- cutlery knife
- chopping board
- baking tray
- non-stick paper
- oven

*Method:*
1. Line baking tray with non-stick paper. Place muffin halves on top, cut surface up.
2. Spread tomato paste generously over muffins.
3. Chop capsicum finely and sprinkle over muffins.
4. Place a thin slice of tomato over each pizza.
5. Sprinkle grated cheese over pizzas.
6. Place in moderate oven (180 degrees) and cook until capsicum is soft and the cheese has melted.

*Variations:*
For variety in flavour and colour, swap red capsicum for green or yellow, add diced button mushrooms, or diced pineapple for a Hawaiian pizza.

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**Strawberry pikelets**

*Serves 2*

*Ingredients:*
- 125g self raising flour
- 3 teaspoons sugar
- 180mL low fat milk or buttermilk
- 1 egg
- 50g strawberries – washed and hulled
- oil for frying

*Equipment:*
- cutlery knife
- chopping board
- measuring spoon and cups
- bowls
- scraper
- blender

*Method:*
1. Chop strawberries finely.
2. Tip flour into a bowl and add the sugar.
3. Whisk in the egg and milk or buttermilk, then stir in the strawberries.
4. Heat frying pan and add a little oil.
5. Pour in 1 tablespoon of mixture for each pikelet. Cook for 2 minutes, until golden, and turn over.

**Tip:**
Buttermilk will give a lighter texture to the pikelets than milk.

**Raspberry pikelets:**
This recipe works well by substituting the strawberries with frozen raspberries.
Strawberry smoothie
Makes 2 glasses.

Ingredients:
½ cup strawberries
½ cup yoghurt
1 Tbsp honey or caster sugar to taste
1 cup milk
8 ice cubes

Equipment:
cutlery knife
chopping board
measuring spoon and cups
bowls
scraper
blender

Method:
1. Wash the strawberries. With a cutlery knife remove the green stems and roughly chop the berries.
2. Place the prepared strawberries in the blender with the yoghurt and milk or fruit juice.
3. Add the honey or sugar and the ice-blocks and secure lid tightly.
4. With one hand holding the lid firmly in position carefully blend all ingredients until completely lump free and smooth.
5. Taste and adjust flavours, add a little more honey or caster sugar if necessary.

Tips:
Add a little more milk if the smoothie is too thick. Fruit juices could also be used to thin it if necessary.

Soy milk can be substituted for milk.

Recipe courtesy Adelaide Showgrounds Farmers Market: