



Eat a Rainbow recipes – orange

Apricot and orange smoothies

Serves four to six.

Smoothies are a fast, easy way to make fresh fruit drinks that are ideal for breakfast or as an after school pick me up.

Ingredients:

200g yoghurt
2 cups apricots (could be canned)
2 oranges
50g honey
caster sugar (optional)
8 ice cubes

Equipment:

chopping board
chopping knife
measuring spoons
bowls
scraper
blender
citrus squeezer
kitchen scales

Method:

Always have an adult supervise cooking on the stove.

1. With a cutlery knife cut the apricots in half, remove the stone and roughly chop into pieces. Place in blender.
2. Cut the oranges in half and using the citrus squeezer, juice them and pour juice into the blender.
3. Add the yoghurt and honey to fruit in blender.
4. Add the ice-blocks and secure lid tightly.
5. With one hand holding the lid firmly in position carefully blend all ingredients until completely lump free and smooth.
6. Taste and adjust flavours, add a little more honey or caster sugar if necessary.



Variations:

Try any fruit combo you like and for a special treat add a scoop of icecream.

Wheat germ can be included for extra fibre and nutrition.

Soy milk can be substituted for dairy products.

Recipe courtesy Adelaide Showgrounds Farmers Market

Carrot and apple salad

Ingredients:

5 large carrots
1 large Granny Smith apple
Juice of 1/2 lemon
1 tablespoon sunflower or vegetable oil
Salt to taste
Sugar to taste

Equipment:

grater
vegetable peeler
serving bowl

Method:

1. Peel and grate carrots and apple
2. Mix in bowl with the rest of the ingredients.

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Carrot and sultana salad

Ingredients:

2 carrots
sultanas
lemon for dressing

Equipment:

grater
vegetable peeler
serving bowl

Method:

- 1 Grate carrots
- 2 Mix in bowl with sultanas and lemon juice.

Recipe by Zannie Flanagan, courtesy Adelaide Showgrounds Farmers Market

Moroccan Carrot Dip

serves 6

This beautiful bright orange dip is great served with crisp crackers or toasted foccacia.

Ingredients:

400 g carrots
¼ cup water
2 cloves garlic
½ tsp paprika
¾ tsp grated ginger (fresh or from a jar)
¼ tsp coriander
¼ tsp cinnamon
2 tsp lemon juice
2 Tbsp olive oil
Parsley (for garnish)

Equipment:

chopping knife
chopping board
vegetable peeler
garlic press
measuring spoons
small saucepan
food processor/blender
serving bowl
rubber scraper
hotplate

Method:

This recipe requires adult supervision

1. Peel, trim and cut carrots. Place in a small saucepan with the water, and cook over medium heat until tender
2. Peel and crush garlic, peel and grate fresh ginger if required.
3. Puree the carrots in a food processor or blender
4. Add the garlic, ginger, paprika, coriander, cinnamon and lemon juice, and continue to puree until the mixture is smooth
- 5 Drizzle in the oil and process until just blended
6. Transfer to serving bowl and allow to cool.

Garnish with chopped parsley just before serving.



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Pumpkin soup

Serves 4

Ingredients:

- 1 medium brown onion, chopped
- 1 clove garlic, crushed
- 1 tablespoon olive oil
- 750g pumpkin, peeled and cubed
- 1 large potato, peeled and cubed
- 4 cups vegetable or chicken stock
- ¼ cup low-fat natural yoghurt

Equipment:

- chopping board
- chopping knife
- vegetable peeler
- large saucepan
- serving bowls
- spoons



Method:

1. Heat oil in a large pot and cook onion and garlic over low heat until onion is translucent.
2. Add pumpkin, potato and stock and bring to the boil. Reduce heat and simmer for 20 minutes or until pumpkin is tender.
3. Remove from heat and cool slightly. Puree in a blender until smooth.
4. Add yoghurt to serve.

If the soup is too thick add a little low-fat milk to make desired consistency.

Variation:

Replace yoghurt with ¼ cup reduced-fat coconut milk and heat through. Sprinkle with coriander.

Recipe courtesy the Go for 2 & 5 campaign

Roasted carrot dip

Serves 6

Serve with crisp crackers or toasted foccacia.

Ingredients:

- 1kg carrots
- 1 large onion
- 2 cloves garlic
- olive oil
- sea salt to taste
- 150g quark
- 1 handful coriander leaves



Equipment:

- knife
- chopping board
- vegetable peeler
- baking dish
- serving bowl
- egg flip
- baking paper
- food processor
- rubber scraper

Method:

This recipe requires adult supervision

1. Preheat oven to 180°C. Line the baking dish with baking paper to prevent vegetables from sticking.
2. Top and tail the carrots and wash them.
3. Carefully peel the carrots on the chopping board and cut into chunks.
4. Peel the onion, cut into half and roughly chop.
5. Peel the garlic.
6. Place the carrot, onion and garlic into the baking dish and toss with a few good slurps of olive oil.
7. Roast vegetables in the hot oven until slightly caramelised, tossing frequently with the egg flip to ensure even cooking.
8. When caramelised and soft remove vegetables from the oven and allow to cool.
9. Scrape the cooled vegetables into the food processor bowl and buzz till pureed.
10. Add the quark to the carrot mixture and buzz to mix together.
11. Finally add the coriander leaves and process briefly to roughly chop the leaves.
12. Season to taste with salt.
13. Using the rubber scraper transfer the carrot and coriander puree into a serving bowl.

Recipe by Kate Sparrow, Kids' Club Coordinator and Chef
Courtesy Adelaide Showgrounds Farmers Market

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