

## frequent feasters



### Hi Frequent Feasters!

It's Autumn and with it comes the latest seasonal edition of Flip's Frequent Feasters Newsletter. I hope it provides some inspiration and enjoyment.

Until next time, remember to take time to reflect on Anzac Day (the dawn service is always a spine tingling experience) and have a happy Easter with family and friends.

Cheers  
Flip



What a great time of year! The Christmas chaos is now a distant happy memory, the summer holidays are over but hopefully you are still feeling the benefits, and now we are all into a routine which includes a balance of work and play, good food and some indulgences.

Routine can be a great thing (it can also be really bad – but let's focus on the positives here!). Routine provides the building blocks for good eating and exercising habits. And remember it takes 21 days to change, make or break a habit.

Some good habits include:

#### 1. Keeping a food diary.

Every now and again, it's worth while monitoring what we eat. A daily food diary kept over 2 weeks, helps us track how much and what food we are eating and when which will in turn highlight where we are falling down and where we do well. It's a great self education tool and no one else need see it.

#### 2. Keeping an exercise diary.

An exercise diary is a brilliant way to record our achievements and show our commitment – whether it started 5 days or 5 years ago, and it will help with motivation by providing a record of achievements.

Allan Borushek's Nutrition and Exercise Manager available on the web is a terrific program to use to keep tabs on energy in and energy out.

#### 3. Be prepared.

Always carry nuts, dried fruits, carrots, celery and resilient fruits like apples, oranges and bananas in the car or your handbag/suitcase. Grapes and other soft fruits are not the best passengers.

Take lunch to work so you don't have to go to the café or canteen where you will be confronted by other food options. And it's so much cheaper.

#### 4. Shop Smart

A shopping list will help you shop smart at the supermarket and grocer. It will save you time and money.

Shop regularly so there is always fresh fruit and vegetables in da house! Shopping is not my favourite activity especially when you have to find a carpark and battle crowds. But I'll let you into a secret – I now shop at the supermarket on Thursdays 7am and the market on Fridays also at 7am. It means that there a fewer crowds and I always get a carpark right out the front! It also means I am not tired, hungry and emotional – which are the worst times to shop because that's when the chocolate always falls into the trolley!

### buy what's in season during autumn?

- Apples
- Bananas
- Raspberries
- Grapes
- Kiwi
- Rhubarb
- Quince
- Garlic
- Ginger
- Avocados
- Capsicum
- Carrot
- Cauliflower
- Celery
- Fennel
- Mushrooms
- Peas
- Potato
- Pumpkin
- Silver beet
- Sweet potato
- Zucchini

Flip Shelton's Natural Muesli has been on the shelves for one year!  
Thank you for your continued support.

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### make flip's anzacs

These are fabulous because they are easy to make. They travel well and they are not too bad as far as fat content and calories go.

#### stuff

1 cup rolled oats  
1 cup wholemeal plain flour  
1 cup shredded coconut  
½ cup brown sugar  
25 grams butter  
3 tablespoons golden syrup (or honey, rice syrup etc)  
1 teaspoon bicarb soda  
4 tablespoons boiling water

#### action

Preheat oven to 150-160° C (gas mark 2/3)

Line a few baking trays with grease proof paper.

In a bowl, combine rolled oats, flour, coconut and sugar and stir.

In a saucepan, combine butter and rice syrup over a low heat and stir until well combined.

Pour butter and honey into rolled oats mixture and stir.

Mix together bicarb soda and water before adding to other ingredients.

Using a wooden spoon, stir until ingredients are well combined and form a thick mixture.

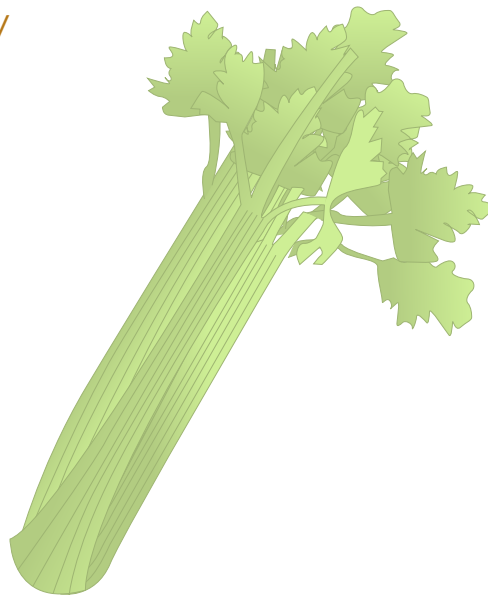
Form balls of mixture and place on baking tray, leaving plenty of room between each ball. Squash gently with a fork or the back of a spoon.

Bake for 15-20 minutes or until golden brown.

The longer you cook the crisper the biscuits get. If you want them a bit chewy, only cook for 13-15 mins.

Allow to cool a little before transferring to a wire rack to cool completely.

### food in focus celery



Celery is a much-maligned vegetable because it has long been associated as a food for dieters, but this large and leafy veg is actually very versatile in the kitchen.

Sautéed with a little carrot and onion, no soup, stew, sauce or stock is without a stick of celery to start proceedings.

Ricotta cheese mixed with cinnamon and sultanas and smoothed into the celery groove is a fabulous snack.

A celery juice is a great way to detox the body – as it assists elimination and digestion.

Celery is an essential ingredient in Waldorf salad while celery seeds make a lovely soothing tea.

And it was Hippocrates who believed celery was a calming food. So all you stress heads out there – get thee some celery!

#### Did you know?

According to the Australian War Memorial website, Anzacs were originally called the army biscuit, ANZAC Wafer or ANZAC Tile. It had a long shelf-life and was a substitute for bread. Unlike bread though, the biscuits were very, very hard. Some soldiers preferred to grind them up and use them as porridge. They would sometimes add water and sugar, cook, and serve with a generous dollop of jam.

#### do

The second Celluloid Cycles Film Festival is taking place on Thursday 29 March – Sunday 1 April 2007 at RMIT's Kaleide Theatre, Swanston Street, City. This is an absolute ripper of a festival organised by Tim Sheedy. Having seen friends miss out on tickets last year, I recommend you get in early for the sessions and soak it all up. Support a locally organised, totally inspired event. Website: [www.celluloidcycles.com.au](http://www.celluloidcycles.com.au)

**"The thought of two thousand people crunching celery at the same time horrified me"**

George Bernard Shaw, refusing (not so politely) to attend a vegetarian gala dinner.