

frequent feasters

Hello Frequent Feasters!

Welcome to the Summer Edition of Flip's Frequent Feasters newsletter. I love this time of year... the Christmas decorations go up... as can our weight with the abundance of food... and our blood pressure trying to get through the traffic!

But it's a great time of year. There is definitely a different feel about the place. It's a good time to reflect and celebrate the year just gone, and look forward with the hope and excitement only a new year can bring. It's certainly a time when family and friends should be the focus - and hopefully work can take a backseat for a while.

One of my favourite things to give is home made goodies - for starters it's a practical present and doesn't contribute to clutter in cupboards and closets. Secondly, there is nothing better than something made with love (as opposed to a third world sweat shop!). I've included a recipe for Shortbread which never fails to please.



food in focus cherries

Cherries are in season from November until January ONLY so get in quick to enjoy this delicious fruit. Apart from eating them raw, they make a gorgeously festive decoration in the middle of a table. (Just remember to have a small bowl nearby to collect pips and stalks.)

Cherries are high in anti-oxidants, low in fat, rich in vitamins and minerals and completely cholesterol free. They are also believed to have anti-inflammatory effects (so can assist people with arthritis and gout) and anti-carcinogenic properties (to help prevent heart disease and cancer). So it's three cheers for the cherry!

buy what's in season during summer?

- Apricots
- Berries
- Cherries
- Mango
- Melons
- Nectarines
- Oranges
- Passionfruit
- Peaches
- Pineapple
- Asparagus
- Avocado
- Capsicum
- Cucumber
- Sweetcorn
- Tomatoes
- Watercress
- Zucchini

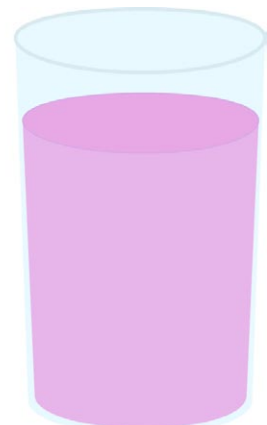
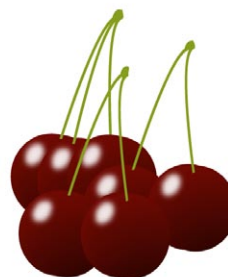
cheery cherry smoothie

1 cup of pitted cherries
½ cup ice
¼ cup yogurt
½ cup lowfat milk
sprinkling of cinnamon

optional extra - 1 banana (for a thick smoothie)
optional extra - a few shavings of chocolate (just like a cherry ripe, only liquid!)

Place all ingredients in a blender and blend until smooth.

Drink immediately.



Recipes on line

Flip Shelton's Natural Mueslis can be turned into a delicious slice and biscuits. You can find the recipes on the website. New recipes will be added throughout the year.

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make

flip's shortbread

stuff

1½ cups plain flour
2 tablespoons ground rice/rice flour (or almond meal)
¼ cup castor sugar
125 grams butter

action

Combine all ingredients and using one hand blend into a well mixed dough.

Wrap in gladwrap and place in fridge for 30-60 mins.

Turn mixture out onto a floured board and roll (using a rolling pin) out so mixture is 1 cm thick.

Using a cutter (ideally in the shape of a Christmas tree or star) cut shortbread mixture into shapes.

Prick with a fork and place on a lined baking tray.

Bake for 15-20 minutes in a slow oven (approx 160 degrees C).

Allow to cool on baking tray before moving to a wire rack to cool completely.

Wrap in cellophane and some colourful ribbon and give as a Christmas gift!

Did you know?

Shortbread is regarded as a particularly Scottish thing and the original Scottish shortbread is simply a thick layer of rich, sweetened shortcrust pastry, without any extra flavourings. The texture is delicately crumbly and it relies on the quality of the ingredients for the mild but satisfying flavour.

The classic proportions are 1 part sugar, 2 parts butter, 2 parts flour but there are a few variations to the original recipe. Queen Victoria's Balmoral recipe was seasoned with a little salt, Ayrshire shortbread has egg yolk and a little cream added for richness, Dorset has demerara sugar added while Goosnargh cakes, named after the village in Lancashire where they achieved great popularity in the 19th century, contain ground coriander and whole caraway seeds.

do

The Great Provider (Marine Parade, St Kilda, overlooking St Kilda Marina) is a gorgeous spot for breakfast, lunch, dinner or a Sunday session in the gazebo! Check out www.thegreatprovider.com.au for what's on the menu.

The Great Provider is supporting the charity StreetSmart which was established in 2003 to assist the homeless. After you have enjoyed a delicious meal or drink at The Great Provider (or any other participating StreetSmart restaurant and cafe) please donate a few dollars to help those less fortunate than you.

For more information check out:
www.streetsmartaustralia.org.



**Wishing you a very muesli Christmas
and New Year!**

more flip!

In addition to her daily "Talking TV" on Neil Mitchell's 3AW program (10.30am), Flip joins Dennis Walter each Saturday at 5.30pm. And Flip is now writing for the Herald Sun TV Guide – out each Wednesday in Melbourne.

more stockists!

There are now 22 outlets selling Flip Shelton's Natural Muesli which is very exciting and there are more on the way – including interstate and on-line!

quote: Never lose your temper – except on purpose.

Former US President, Dwight D Eisenhower