



ALTERNATIVES FOR DISCONTINUED INGREDIENTS

All Bran bars

Replace with Be Natural granola & seed bars OR Uncle Toby's Chewy Muesli bars (50% wholegrains). If you are having trouble finding these, you can look for ones that are similar to an all bran bar which had around 6g of fat and 5g of fibre and about 640 kilojoules (152 calories).

Butternut Cookies (Vive Lite)

Replace with same quantity of Vive Lite Pecan & Caramel Cookies.

Bega Super Slim Cheese Slices

Replace with Cowbelle Light Cheese Slices (available from Aldi) or Kraft Dairylea 25% reduced fat cheese slices.

Cadbury Lite

Replace with either 2 regular 12g freddo frogs OR 25g of normal milk chocolate.

Cheese and Leek Soup & 4 Cheese Sauce

Replace with either Continental Cheese Sauce Sachet or Gravox Cheese Sauce Sachet. The method of combining the sauce into the recipe is slightly different with these substitutes compared to the cheese and leek soup mix as you now need to boil the milk before combining with the sauce sachet and then whisk together.

NB: The Gravox brand should be in your local supermarket and the Continental brand is available in independent supermarkets such as IGA.

Coconut Essence

Coles and Woolies have unfortunately deleted it from their baking range but it is still widely available at IGAs. You can also purchase it through the Queen website:

<https://queen.com.au/product/natural-coconut-essence-50ml/>

Creole Seasoning

Replace with Cajun seasoning or Moroccan Seasoning, both work well but I do favour the Cajun as long as you don't mind it a little hot. Both are sold in the spice and herb section of your supermarket. Keep the quantities the same as the Creole in your recipe.



Darrell Lea Peppermint Nougat Bar

This product has been retained in the Darrell Lea range and is available from selected newsagents and Terry White Chemists. Some IGA and Coles stores may also stock these. It is now called Peppermint Nougat Whipp Bar. For more information <http://www.dlea.com.au/>

Four'n'Twenty Lite Meat Pies

Replace with a frozen meal or a recipe from my cookbooks of similar calorie and fat count, 336 calories (1400kj) and 13g of fat.

Garden Harvest Creamy Chicken Cup-A-Soup

Replace with Continental Cream of Chicken cup-a-soup, 97% fat free.

Garden Harvest Creamy Mushroom Cup-A-Soup

Replace with Continental Cream of Mushroom cup-a-soup, 97% fat free:-)

Jungle Curry Paste or Nyonya Curry Paste

Jungle Curry Paste and Nyonya Curry Paste are no-longer available however the Valcom Thai Style Massaman Curry Paste pictured below is a great substitute for this paste which is used in the Jungle Chicken Curry in book 7.



Mars Lite

FOR MARS BAR SLICE RECIPE: Replace with 2 normal Mars bars (1.7g of fat per slice).

Mexican Chilli Beans

The Old El Paso Mexican Chilli Beans are now called Mexe Beans.

Mushroom And Chive Cup-A Soup

Replace with Continental Cream of Mushroom Cup-a-soup, 97% fat free.





Parisian Essence

The product is no longer available for retail purchase. The purpose of this ingredient is to make the dish browner and won't affect the taste of the recipe by leaving it out.

Plum Sauce

The SPC Plum Sauce is not available in Woolworths stores however Coles and IGA are still stocking it. If you are unable to find the SPC brand you can use the Fountain Plum Sauce instead. This is used in the Chicken in Plum Sauce – book 3, Sticky Pork Chops – book 4 and Spicy Plum Chicken Kebabs – book 6.

Portuguese Marinade

Use the Masterfoods brand if you can find it otherwise use the Nando's Marinade for Peri-Peri Chicken Portuguese BBQ

Skinny Cow single serve ice cream

Replace with Streets Chocolate Paddle Pop

Sorj Wraps

Replace these with 4 sheets Mixed Grain Wraps (Helga's). These are for the Crunchy Dippers in book 7.

Spicy Bean Salsa

Replace with a 420g can of Mexe-Beans or Mexican Chilli Beans. Then using a stick blender, blend until smooth.

Thai Chilli Jam or Stir Fry Paste

The Ayam Thai Chilli Jam Paste is a suitable substitute. However if you can't find this, you can replace with 1 tablespoon of Pad Thai Paste & 1 teaspoon Red Curry Paste.

Weight Watchers Duo Bars

See All Bran bars above.

