

# FUNKY FOOD TALK

## COMMON QUESTIONS

### What is the best way to make dips?

**Dips** – not saying make your own all the time but think about the process of buying and what to use to dip:

#### **Hummus**

Great stuff, so easy to make as well. Can buy in a 1 litre bucket and can be used as a base to other dips. It contains HDLs and is made from chick peas which are legumes. It fills you up and has protein, fibre and vitamins and minerals plus consider the other ingredients lemon juice, olive oil and garlic and tahini.

Hummus is one of the most widely consumed Middle Eastern food – the CSIRO currently recommends the middle eastern diet for weight loss for Australians.

### Any good places for dip recipes even tho I don't have a Thermie?

I don't own a thermie either. But I do find their recipe site quite inspiring for dips and other recipes. So have a look:

<https://www.recipecommunity.com.au/categories/>

My go to website is Taste.com.au

<http://www.taste.com.au/search-recipes/?q=dips>

## What other things do you serve with your dips?

What to eat it with: why not rice crackers: remember our previous facts about rice crackers and chicken crimpies (PS I put the link for this info further on)

**Rice crackers e.g. Sakata, Fantastic (about 22)**



*Less than 2g fat & 200 mg sodium\**

So you could use veggie sticks: celery, capsicum, cucumber sticks. Celery is especially good if you leave the stick as is because you can scoop the dip easily into the stick and use it as a spoon.

Other things you could use – slice up some sweet potato, parsnips and or carrot, drizzle a little olive oil in a bowl and toss slices thru and bake. Use potato skins left over from your roast.

You can use papadums which are microwaved not deep fried but be aware that each pappadum does contain 168mg of salt.

Try to avoid bread sticks – other things you might want to try:

Cauliflower bread (they use it to make pizzas!)

Snap peas

Cucumber circles

English spinach leaves

Kale chips (latest trend)

If you have a food drier, try drying some vegies and making them perfect for dips.

### What can I add to the humus to make it interesting?

- Humus can have smashed avocado added to it, roasted nuts (oven or pan toasted with no fats added). Mix through chopped or blended beetroot.
- Sweet potato is low GI (low carb) and can be boiled and mashed and mixed with yoghurt and add some spices such as cumin and paprika and drizzle some olive oil over the top – instant dip or side.

- Instead of adding sour cream or cream to recipes including some dips, try using natural greek yoghurt or my fave goats milk yoghurt. If you are lactose intolerant use lactose free yoghurt instead. Coconut milk yoghurt is always available too.
- Quinoa – great to use instead of bourghul wheat. Good for mixing through dips and using as a filler in your dips and salads.

## **Where did you say you buy your nuts from?**

**Unsalted.** (I buy mine from the **Nuts Galore at Erina fair** outside coles). When hungry I grab a handful of these to eat.

YOU CAN ALSO Pop these in a paper bag mixed with air popped popcorn and you have some great crunch for movies and picnics and music festivals.

## What websites are good for substituting snack foods?

Here are the websites I found very helpful:

<http://lifeshape.com.au/weight-loss-tips/food-and-diet/10-best-vegetables-to-go-with-dips/>

<http://www.shapeme.com.au/blog/which-crackers-should-you-choose/>

<http://www.cookinglight.com/food/recipe-finder/low-cal-dips-spreads#beet-chips-turmeric-yogurt-dip>

Here is the site I used for our snack food discussion:

<https://foodwatch.com.au/blog/healthy-weight-loss/item/8-salty-snacks-and-why-they-re-a-danger-to-your-waistline-a-visual-guide.html>

## I am gluten free, is there any websites you can recommend?

First step – check out the manufacturers you currently use for your food products and see what they say.

I took a group of food tech students to Masterfoods and asked the manufacturer what they were doing with their food and how re they reacting to the increase of gluten intolerance and coeliacs. They said they are making more of their foods gluten free but it would cost them more money to have “Gluten free” written on the label which would in effect be passed on to the consumer. So to avoid this they were making some of their products gluten free and leaving it off the label. Scroll down on this link:

[http://glutenfreefoodaustralia.com.au/?page\\_id=54](http://glutenfreefoodaustralia.com.au/?page_id=54)

If you look the manufacturer up they often have a page on their website where they list gf foods. You can also look them up on Facebook and even ask them directly.

Here is Nestle's page of GF Foods: <http://www.nestle.com.au/asset-library/documents/gluten-list.pdf>

<https://www.facebook.com/GlutenFreeInTheCentralCoastNsw/>

This company is called YES YOU CAN and have a delicious range of foods and contacts etc. I am particularly fond of their banana bread – it's the best one I have ever tried!

<https://www.saldoce.com.au/products>

This site is particularly good in telling you about "hidden sources" of gluten. Scroll down. Basically it comes down to you checking your labels. You don't have to buy the gf product in the health food aisle, you can look on the label of the baking powder for example and see if it has gluten. Icing sugar has changed with the times. It use to have wheat mixed in with it. But now it is just sugar.

<http://www.healthyfoodguide.com.au/articles/2008/march/essential-guide-going-gluten-free>

Even tho you may not be coeliac, you should check this out. There are things you need to know which contain wheat eg malt, barley and oats!

<https://www.coeliac.org.au/gluten-free/>

Finally: This is my all-time fave website when working out where I can eat.

<https://www.glutenfreeeatingdirectory.com.au>

