

The Finest  
15 Minute  
Recipes  
From

Nature's  
Finest™



Nature's  
Finest™

# Quick Fruity PANCAKES



- Serves: 2
- Prep Time: 5mins

## What You Will Need:

- 2 x Nature's Finest Peach Snack Cups drained
- handful of chopped strawberries & blueberries
- small knob of butter, for frying
- 1 banana
- 1 egg
- 1 heaped tbsp self-raising flour
- ½ tsp baking powder
- maple syrup, to serve (optional)

## How To Prepare:

- 1 Melt the butter in a non-stick frying pan over a low-medium heat.
- 2 Add the banana, egg, flour and baking powder to a blender and blitz for 20 seconds.
- 3 Pour three little puddles straight from the blender into the frying pan.
- 4 Cook for 1 min or until the tops start to bubble, then flip with a fork and cook for 20-30 seconds more.
- 5 Repeat with the rest of the mixture to make three more pancakes.
- 6 Serve the pancakes topped with our Finest Peach chunks, chopped strawberries and a few blueberries!

*"A cooked breakfast is rarely this easy!"*

# Mango, Banana & Orange SMOOTHIE



- Serves: 4-6
- Prep Time: 5mins

## What You Will Need:

- 1 x 400g pot of Nature's Finest Mango, drained
- 1 x Snack cup Nature's Finest Mandarin, drained
- 600ml orange juice
- 2 ripe bananas
- 500g tub yogurt
- handful of ice cubes

## How To Prepare:

- 1 Put our Mango chunks, the orange juice, bananas, yogurt and ice cubes into a liquidiser and blend until smooth.
- 2 Pour into glasses and enjoy!

*"Kick-start your day with this deliciously refreshing smoothie"*

# Pear, Mango & Blueberry BREAKFAST BOWL



- Serves: 2
- Prep Time: 10mins

## What You Will Need:

- 200g of Nature's Finest Pear drained
- 200g of Nature's Finest Mango drained
- 4 tbsp oats
- 250g yogurt
- 5 tbsp skimmed milk, plus a bit extra
- 1-2 tbsp pumpkin seeds
- 2-3 handfuls blueberries

## How To Prepare:

- 1 Roughly chop our Pears and put into a bowl with our Mango, the oats, half the yogurt, the milk and most of the seeds.
- 2 Leave for 5-10 mins, then check the consistency and dilute with a little more milk or water if it is too thick.
- 3 Spoon on the remaining yogurt, pile on the berries and remaining seeds, then dig-in!

*"Pack in 2 of your 5-a-day with this start to your day!"*

# Speedy Pineapple & CHICKEN STIR-FRY



- Serves: 4
- Prep Time: 10mins

## What You Will Need:

- 1 x 400g pot Nature's Finest Pineapple, drained
- 2 tbsp sunflower oil
- 400g chicken pieces
- 3cm piece fresh ginger, grated
- 1 garlic clove, crushed
- 6 spring onions, finely sliced
- Handful of sugar snap peas
- 2 x 250g pre-cooked basmati rice pouches
- 4 tbsp soy sauce
- 3 tbsp sesame oil
- Generous handful of coriander, chopped
- Grated zest and juice 1 lime

## How To Prepare:

- 1** Heat the oil in a wok and fry the chicken until browned, then add the ginger and garlic and cook for 1 minute. Remove from the pan and set aside.
- 2** In the same pan, cook the spring onions, our Pineapple and sugar snap peas for 2 minutes over a high heat, then turn off the heat.
- 3** Return the chicken, ginger and garlic mixture along with any juices to the pan.
- 4** Microwave the rice pouches according to the pack instructions. Add to the pan with the soy sauce, sesame oil, chopped coriander and lime juice and zest.
- 5** Stir in and serve!

*"For a vegetarian supper, substitute with strips of tofu"*

# Citrus Salmon SALAD



- **Serves: 2**
- **Prep Time: 10mins**

## What You Will Need:

- 200g of Nature's Finest Mandarin, drained (keeping the juice to one side)
- 2 salmon fillets
- 100g bag watercress
- ½ pack feta cheese
- olive oil
- seasoning to taste

## How To Prepare:

- 1 Heat oven to 200C/180C fan/gas 6.
- 2 Drizzle over olive oil, and a little salt & pepper, over the salmon then roast for around 8-10 mins.
- 3 Mix the 2-3 tbsp of the Mandarin juice with 2 tbsp extra virgin olive oil to make a dressing.
- 4 Toss the watercress with the Mandarin segments, dressing and feta, and serve with the salmon, flaked into large pieces.

*"Why not add some chopped avocado or sunflower seeds for an extra taste sensation?!"*

# Tropical Vegan MUG CAKE







- Serves: 1
- Prep Time: 7mins

## What You Will Need:

- 1 x snack cup Nature's Finest Tropical Fruits, drained
- 3 tbsp dairy-free milk
- pinch lemon zest
- 1 tsp lemon juice
- 1 tbsp sunflower oil
- 4 tbsp self-raising flour
- 2 tbsp caster sugar
- pinch bicarbonate of soda
- coconut cream (to serve)

## How To Prepare:

-  Put the milk in a microwave-safe mug, add the lemon zest and juice and leave to sit for 2-3 mins. (It should start to look a bit grainy!).
-  Stir in the sunflower oil, flour, sugar and bicarbonate of soda. Mix really well with a fork until smooth.
-  Drop in 6 pieces of our Tropical Fruits then microwave on high for 1 min 30 secs, or until puffed up and cooked through.
-  Serve with a drizzle of coconut cream!

*"Satisfy a craving with this super quick mug cake!"*

# Sticky Toffee Prune & CHOCOLATE DESSERTS



- Serves: 4-6
- Prep Time: 15mins

## What You Will Need:

- 4 large chocolate muffins, crumbled
- 50g chopped Nature's Finest Prunes, drained
- small knob of butter, for greasing
- 50g light muscovado sugar
- 50g butter
- 75ml double cream
- cream & chopped walnuts (to serve)

## How To Prepare:

- 1 Heat oven to 200C/180C fan/gas 6.
- 2 Mix the muffins with the prunes in a bowl then divide between 4 buttered ramekins or one baking dish.
- 3 Cover with foil and bake for 8 mins until just warmed through.
- 4 Place the sugar, butter and cream in a small pan and gently heat together, stirring until the sugar dissolves.
- 5 Pour the sauce over the muffin mixture and serve warm with pouring cream.

*"A dessert to warm you up on a cold day"*