





De vine way to spend weekend

MAKE note in your day and get. 25 whereas cross the three wine. It is Earth, you can get to know your friends deproted in the regions of the Moosabod Valley. The winerskess and sample the message from the Century Nine-process: Association president Sman for placed of Residence should of the With small

Total to the Coast.
"You definish the shoet see execute the year." Mr Russid.

Ne's squading more than 4000 people to come slong and sample some of the region's best whose, and we've got less music. great local Read, It's a fabulton

the Surf Coast and the Bellarine. Visitors can sample wines, me-

under through shewards, eryogial delicious Linch and be entertained. by both municions.
The Total to the Double of Beings.

from each winery kery with falls Winter in Currents feeturing accus-tic tunes from Abe Anderson, a Buth for with exposes lip, eye and hair glamour and a wineage case on photologich.
Some wineries build's up to

Tout to the Cost is or Mel- maket again for vision in pating tourns Cup wedged and insches impdired to the western. At Self-

wares from Sure on Ridge and Sta-ling Break. These will also be food same with live music and children's activities all weekend.

A shutch but will ferry guests, stress the region and buses will also maret Welbourne trains at Seelong station. When you talk to people on the weekend, the majorit yet' there are from Gesting and surrounds but increasingly people are coming down from Melbourne to spend the weekend here for the Tours "Writerraid.





Rena Patten

wither of wall of college.

is may become positive your selfalways find ... (cs) of quince in grain, fake and flow form, (cts of different points, this works. condensate, extra eigen oliveral, switz, sevice const. tioned legumes, time of lighters structure. Until di ver, superi. Inchovies, persurice and a big table of well above page. When our family calefrates _ everyone tries to organise to go somewhere solican bases break and not cook butter streets street, and uphaving screeting is my homelinery. litterer and identify coding. By last by lever it where! cook ... baked ulreaning à trode tradition i grante with you ... there extra leage. more that prepared then needed and three system to help the regaliver to so much or satisfies as they liked. A tradition I have look. The parties who have hapired my democrating the most is ... my mum. I won't compromise on ... ears righ street. Fairfreist...edis.itwith i cup of tea. I despuir récous_uperpie talingments don't his screening when they haven't even traited it. And the evel growing annual code made mediu eral stale. But I feel reality: hipper phost... the food that I was brought up with and was thought a tin std than is now considered the name and to modipaquia sincepinglisi. You're never four fo cholosowten ... you take regenative colonia time of the mentinggreen, uplose and dened remains. You'can make quick our being calender to please egabatana sekinon registrica. Resuperted poets right he help and get ... a fritara alalg and hearty quince used or some horse-made south from the age. friends a million or Burtier ... form from frus, regelables and

eggs.
Where i he comp lettely worse out and doe't have i've emergy too solt, I have ... a out of severth a turn, control colon, more and mayoringly sendeddion grain bread, Dris. horse-made quints soup from the freedom if from belogithmed. totake (kout and defraid it.) ationical with ... soups I fow home-mids scape and they IN IO HIS TO CREATE AND THE COURSE OF CREATE AND THE CREATE AND TH

It's easy to get keen on quinoa We're all good to go with quince, right? We know how to say it, we've even exten it in sature. But have you considered drucking it in soups or turning it into a pudd? Best of Outmother an extrusive range of recipes, all with quince in either a two or supporting role. Some recipes call for the grain to be cooled beforeland, others you can just throw it in uncooked. There are size calls for quince as flaters and floor. Interesting.



Creamy coconut seafood so up

TOTAL

in a record a ground was

34.0

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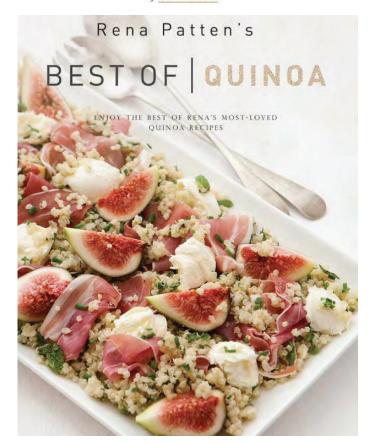
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OUTDOORS

LIFESTYLE

6 Gourmet Cookbooks We're Currently Obsessed With

by Chloe Bassett



Best of Quinoa by Rena Patten (\$40, New Holland Publishers)

OK, so not everyone knows how to pronounce it (it's Keen-wa, in case you were wondering!), but everyone is eating it! Quinoa is a grain, but it's not just any grain. Considered to be almost a complete food – high in protein, full of vitamins, gluten and wheat free, cholesterol free and usually organic – it's a true superfood... and if the recipes in Best of Quinoa are anything to go by, it can be super delicious! This is a great cook book for anyone who loves their super foods or for novices wanting to try this mega grain out for themselves, with a wonderful selection of easy to follow recipes for every palate.

http://www.queenslandhomes.com.au/6-gourmet-cookbooks-were-currently-obsessed-with/



Rena Patten - Best of Quinoa Photo: Book cover

Quinoa is fast becoming one of the most popular super-foods in Australia. And it's more versatile than you'd think...being easily worked into recipes ranging from savoury to sweet.

To tell us more, the Queen of Quinoa, Rena Patten, joined Tim Webster on 2UE Weekend Afternoons to talk about her latest cook book 'Best of Quinoa'.

LISTEN HERE:



http://www.2ue.com.au/radio/cooking-with-quinoa-20151101-gko6ef

3 SURPRISING WAYS WITH QUINOA So you know how to pronounce it ("keen-wah" for anyone who doesn't) but what are the uses

So you know how to pronounce it ("keen-wah" for anyone who doesn't) but what are the uses for this ancient grain? Enjoy it for any meal with these recipes by cookbook author Rena Patten



250g quinoa flour I tsp baking powder 1/2 tsp baking soda 1/2 tsp ground oregano I tsp garlic salt 2 ths extra virgin olive oil

TOPPING

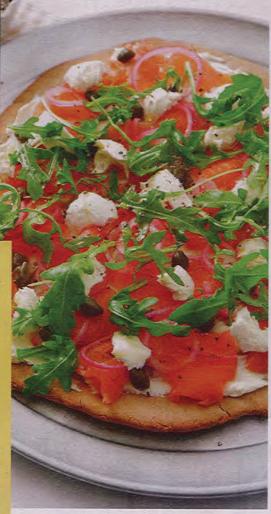
I small red onion, sliced thinly 1/4 lime, juiced 150g cream cheese Rocket leaves, to serve 150g smoked salmon, thinly sliced 250g bocconcini cheese, torn into pieces

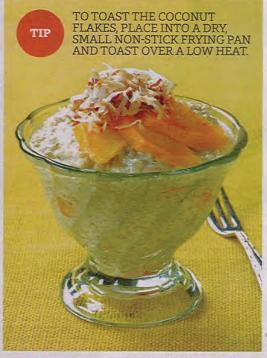
Extra virgin olive oil, for drizzling Freshly cracked black pepper

Preheat the oven to 200°C. Sift the flour into a bowl with the baking powder and baking soda. stir in the oregano and garlic salt. Make a well in the centre, pour in 150ml of warm water and the oil and with the tips of your fingers, incorporate the flour until the dough comes together.

Place the dough on a floured surface and shape into a flat disc. Place the disc onto a sheet of non-stick baking paper and roll out the pastry into a thin disc. then place with the baking paper on a baking tray. Bake the base for 15-20 minutes.

For the topping, place the onion into a bowl with the lime juice and let stand for 15 minutes. Take the base out of the oven and spread with some cream cheese, then top with the rocket leaves, salmon, bocconcini, capers and onion. Drizzle the oil on top and sprinkle with pepper. Serve.





PUDDING

serves 6-8

This pudding is a favourite with everyone - it's absolutely delicious.

140g quinoa grain, rinsed and drain 2 x 400g cans coconut milk, plus 120ml extra 150g sugar 2 fresh mangoes 40g toasted coconut flakes (see tip)

Place the quinoa in a large saucepan with all the coconut milk and the sugar. Bring to the boil, then reduce the heat, cover and simmer on low heat for 20-25 minutes, until thick and creamy.

Meanwhile, peel the mangoes. Thinly slice half of one to use as decoration later; set aside. Cut the remaining mangoes into small pieces.

When the quinoa is soft and cooked, stir through the mango pieces and pour into individual bowls or a large serving bowl. Sprinkle with the toasted coconut and decorate with the slices of mango. Refrigerate before serving.



I've used red quinoa for added crunch.

140g red quinoa, rinsed and drained 125g whole blanched 75g pepitas or pumpkin

60g sesame seeds

2 tsp ground cinnamon 1/2 tsp ground nutmeg I ths vanilla IIOg maple syrup (see tip) 70g light brown sugar, tightly packed 70g honey

2 ths vegetable or extra 150g golden raisins

125g dried cranberries

Place the quinoa into a saucepan with 350ml of water. Bring to the boil, reduce the heat and simmer for 10 minutes until all the water is absorbed. Remove from the heat, uncover and cool.

Preheat the oven to 160°C and line two large baking trays with non-stick baking paper.

In a bowl, mix in the quinoa flakes, pepitas, sunflower and sesame seeds, Add the vanilla, maple syrup, sugar, honey and oil and mix well.

Spread the mixture out over the two travs in a single layer and bake for 30-40 minutes until it's a rich golden colour, stirring once or twice through the baking time. Keep an eve on it while it's in the oven as it can burn easily.

Remove from the oven and cool, then stir in the raisins and cranberries and store quinoa grain, almonds, in an airtight container when completely cold. Serve with milk cinnamon and nutmeg. or yoghurt or sprinkle over porridge.







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Crunchy Breakfast Mix recipe: Healthy quinoa muesli from Rena Patten

Stephanie Ayre body+soul

Swap sugary laden granola for this healthy quinoa-based breakfast mix instead



Ingredients

- 140g red quinoa, rinsed and drained
- 120g quinoa flakes
- 125g whole blanched almonds
- 75g pepitas or pumpkin seeds
- 75g sunflower seeds
- 60g sesame seeds
- 2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- 1 tbsp vanilla
- 110g maple syrup (or golden syrup)
- 70g light brown sugar, tightly packed
- 70g honey
- 2 tbs vegetable or extra light olive oil
- 150g golden raisins
- 125g dried cranberries

Method

Place the quinoa into a saucepan with 350ml of water. Bring to the boil, reduce the heat and simmer for 10 minutes until all the water is absorbed. Remove from the heat, uncover and cool.

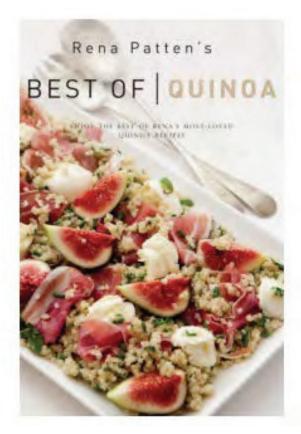
Preheat the oven to 160°C and line two large baking trays with non-stick baking paper.

In a bowl, mix in the quinoa flakes, quinoa grain, almonds, pepitas, sunflower and sesame seeds, cinnamon and nutmeg. Add the vanilla, maple syrup, sugar, honey and oil and mix well.

Spread the mixture out over the two trays in a single layer and bake for 30-40 minutes until it's a rich golden colour, stirring once or twice through the baking time. Keep an eye on it while it's in the oven as it can burn easily.

Remove from the oven and cool, then stir in the raisins and cranberries and store in an airtight container when completely cold. Serve with milk or yoghurt or sprinkle over porridge.

This is an edited extract from Rena Patten's Best of Quinoa (\$40, New Holland)



http://www.bodyandsoul.com.au/nutrition/healthy+recipes/





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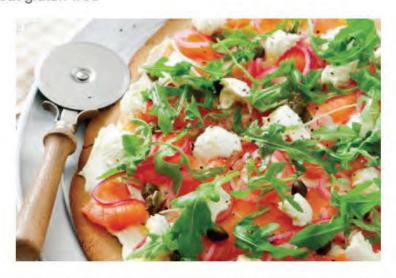
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MORE IN HEALTHY RECIPES

Quinoa recipe: Smoked Salmon Pizza from Rena Patten

BY Stephanie Ayre body+soul

The perfect dinner choice for those that love quinoa and eat gluten-free



Ingredients

Base

250g quinoa flour

1 tsp baking powder

1/2 tsp baking soda

1/2 tsp ground oregano

1 tsp garlic salt

2 tbs extra virgin olive oil

Topping

1 small red onion, sliced thinly

1/4 lime, juiced

150g cream cheese

Rocket leaves, to serve

150g smoked salmon, thinly sliced 250g bocconcini cheese, torn into pieces 2 tbsp capers Extra virgin olive oil, for drizzling Freshly cracked black pepper

Method

Preheat the oven to 200°C. Sift the flour into a bowl with the baking powder and baking soda, stir in the oregano and garlic salt. Make a well in the centre, pour in 150ml of warm water and the oil and with the tips of your fingers, incorporate the flour until the dough comes together.

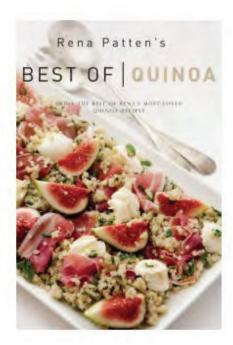
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For the topping, place the onion into a bowl with the lime juice and let stand for 15 minutes.

Take the base out of the oven and spread with some cream cheese, then top with the rocket leaves, salmon, bocconcini, capers and onion.

Drizzle the oil on top and sprinkle with pepper. Serve.

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