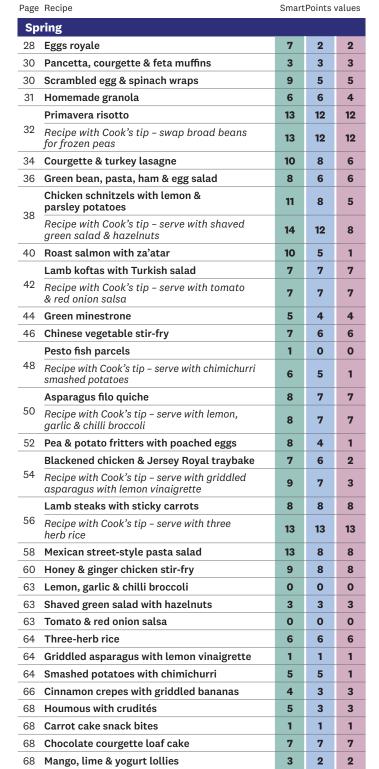
## **Freestyle**















Page Recipe SmartPoints values

Page	Recipe SmartPoints values				
Su	mmer				
74	Tropical fruit salad with oats & yogurt	4	3	2	
74	Spicy Mexican beans & avocado on toast	6	4	4	
76	Bircher muesli with peaches	7	6	2	
76	Pancakes with bacon & bananas	6	6	6	
78	Chicken & halloumi skewers	7	5	5	
	Recipe with Cook's tip – serve with a 2-ingredient flatbread	10	8	8	
80	Vietnamese beef noodle salad	8	8	8	
82	Mediterranean aubergine rolls	2	2	2	
84	Picnic frittata	6	2	1	
86	Caribbean-style salmon bowl	13	5	0	
	Italian chicken traybake	7	5	1	
88	Recipe with Cook's tip – swap chicken breasts for butternut squash & cauliflower	5	5	1	
90	Spicy black bean burgers	12	9	5	
92	Tuna, red onion & butter bean salad	2	0	0	
	Pork larb	4	4	4	
94	Recipe with Cook's tip – serve with satay noodles	10	10	10	
	Harissa salmon & prawn parcels	6	1	1	
96	Recipe with Cook's tip – serve with jewelled giant couscous	13	7	7	
	Greek chicken souvlaki wrap	6	4	4	
98	Recipe with Cook's tip – serve with roasted tomato & rocket salad	7	5	5	
	Prawn pad Thai	8	7	7	
100	Recipe with Cook's tip – swap prawns for chicken breasts	8	7	7	
102	Roasted tomato couscous with feta	9	7	7	
104	Chicken & vegetable paella	9	8	8	
	Asian-style tuna steaks	8	6	6	
106	Recipe with Cook's tip – serve with Asian cucumber salad	8	6	6	
109	Roasted tomato & rocket salad	1	1	1	
109	Asian cucumber salad	2	2	2	
109	Satay noodles	7	7	7	
110	Jewelled giant couscous	6	6	6	
110	2-ingredient flatbreads	3	3	3	
110	10-minute coleslaw	0	0	0	
112	Summer pudding	6	6	6	
114	Griddled watermelon	2	1	1	
114	Griddled spring onion dip	3	2	2	
114	Strawberry sundaes	9	7	7	
114	Banana & peanut butter 'ice cream'	3	3	3	

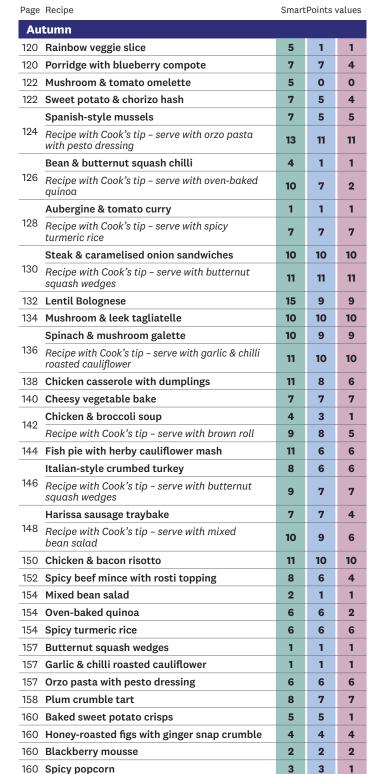


## **Freestyle**















Page Recipe	SmartPoints values
Page Recipe	SmartPoints value:

Winter							
166	Coconut chia porridge	7	7	3			
166	French toast with Black Forest compote	9	7	7			
168	Pesto shakshuka	7	5	5			
168	Veggie fry up	9	7	7			
	Beef & ale pie	10	10	10			
170	Recipe with Cook's tip – serve with bean & caramelised shallot mash	15	11	11			
172	Chicken katsu curry	8	5	5			
174	Turkey & chilli meatballs	12	10	2			
176	Tomato, pepper & lentil soup	7	6	6			
178	Easy roast chicken dinner	9	5	1			
	Melt-in-the-middle fishcakes	10	6	3			
180	Recipe with Cook's tip – serve with roasted beetroot	10	7	4			
182	Vegan sausages with carrot & swede mash	7	7	7			
	Chicken cacciatore	5	3	3			
184	Recipe with Cook's tip – serve with green veg & new potatoes	8	6	3			
186	Curried parsnip & carrot soup	3	1	1			
	Bean & sausage cassoulet	5	4	4			
188	Recipe with Cook's tip – serve with chilli-roasted Brussels sprouts	7	5	5			
	Salmon fish fingers	13	6	6			
190	Recipe with Cook's tip – serve with roasted fennel, chickpeas & potatoes	18	9	7			
192	Pork rendang	8	8	8			
	Slow-cooked salmon with chickpeas	11	3	3			
194	Recipe with Cook's tip – serve with wild rice & lentil salad	16	6	6			
196	Blue cheese cannelloni	11	10	10			
100	Bacon & cabbage braise with chicken	9	6	6			
198	Recipe with Cook's tip – serve without rolls	4	1	1			
201	Wild rice & lentil salad	5	4	4			
201	Spiced cauliflower 'rice'	0	0	0			
201	Chilli-roasted Brussels sprouts	1	1	1			
202	Bean & caramelised shallot mash	4	1	1			
202	Roasted beetroot	1	1	1			
202	Roasted fennel, chickpeas & potatoes	4	3	1			
204	Gingerbread people	3	3	3			
206	Crunchy chilli lentils	4	1	1			
206	Clementine filo mince pies	3	3	3			
206	Flourless chocolate puddings	6	4	4			
206	Lemon, ginger & pear mug cakes	7	6	6			

