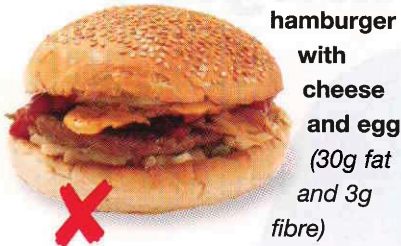


indulge

Turn 10 sinfully scrumptious treats into low-fat, high-fibre marvels! By Vanessa Jones.

IF YOU CRAVE...

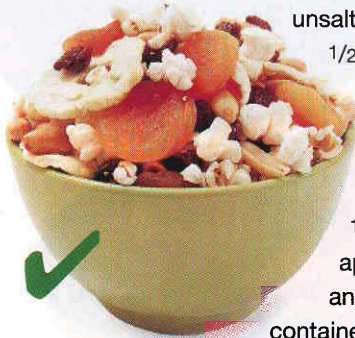


A takeaway Aussie hamburger with cheese and egg (30g fat and 3g fibre)

GIVE IN TO...

A guilt-free burger – top a wholemeal sesame seed bun with a grilled 95% fat-free beef patty, slice of Kraft Free cheese, lettuce, tomato, beetroot, pineapple ring and tomato relish. (8g fat and 7g fibre)

Dry-roasted salted peanuts (33g fat and 6g fibre per 1/2 cup)



Survival snack pack – combine 2 cups air-popped (no oil) popcorn, 1/2 cup unsalted peanuts, 1/2 cup sultanas, 1/2 cup dried apricots and 1/2 cup dried apple. Store in an airtight container. (4g fat and 3g fibre per 1/2 cup)

IF YOU CRAVE...

Takeaway hot chips (23g fat and 3g fibre per 150g bucket)



GIVE IN TO...

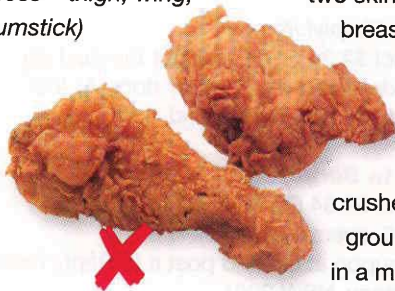
Oven-baked wedges – preheat oven to 200°C. Wash potatoes and cut into wedges, spray with canola oil and bake on a non-stick tray for 45 minutes. Sprinkle with paprika or garlic powder before serving. (1g fat and 5.5g fibre per 150g serve)

Chinese fried rice (14g fat and 3g fibre per cup)



Combination vegetables and rice – combine 1 cup cooked white rice, 1 cup steamed vegetables (a frozen stir-fry assortment works well), and a splash of reduced-salt soy sauce and Asian sesame oil. (1.5g fat and 3.5g fibre per cup)

Takeaway fried chicken (50g fat and 0g fibre for 3 pieces – thigh, wing, drumstick)



Crispy chicken bites – preheat oven to 180°C. Cut two skinless chicken breasts diagonally into 10 strips. Combine 1 egg, 1/4 tsp ground black pepper, 1/2 tsp crushed garlic and 1/4 tsp ground mustard powder in a mixing bowl. Dip chicken strips in egg mixture and coat with cornflake crumbs (1/2 cup). Place strips on a foil-lined baking tray. Bake 10-15 minutes or until crisp and golden. (3g fat, 0.5g fibre for 3 chicken strips)

Premium chocolate-coated ice-cream on a stick (28g fat and 0g fibre per ice-cream)



Frozen chocolate-coated banana – insert an ice-cream stick into one end of a peeled banana. Wrap in plastic and freeze overnight. Drizzle 2 tps of chocolate-flavoured Ice Magic onto the frozen banana and enjoy! (5g fat and 3g fibre per serve)

yourself

WITHOUT THE GUILT!

IF YOU CRAVE...

Mexican beef nachos with corn chips, cheese, guacamole and salsa (63g fat and 10g fibre per average serve)



Deluxe milkshake – prepared with ice-cream. (12g fat and 0g fibre per 300ml serve)

GIVE IN TO...

Mexican bean pizza – preheat oven to 180°C. Top 1 small pitta pocket with 1/4 cup refried beans, 1/4 cup canned Mexi Beans, 1/4 cup tomato salsa and 2 tbsps light mozzarella cheese. Cook in oven 15 minutes. Garnish with 2 thin avocado slices before eating. (7.5g fat and 10.5g fibre)

Fruit smoothie – blend 1 cup skim milk, 1/2 banana, 6 strawberries and 4 ice cubes. (1g fat and 2g fibre per serve)



IF YOU CRAVE...

Jam and cream bun (19g fat and 3g fibre)



Ham and pineapple pan pizza (21g fat and 1g fibre per 2 slices)



GIVE IN TO...

Strawberry and ricotta muffins – scrape two Hyfibre English muffin halves with 100% strawberry jam. Top with 4 large sliced strawberries and 1 tbsp reduced-fat ricotta cheese. (4g fat and 4.5g fibre)

Turkey and pineapple pizza subs – preheat oven to 180°C. Top 2 wholemeal roll halves with 1 tbsp tomato paste. Layer with 2 slices turkey pastrami, 1 canned pineapple ring, 2 sliced cherry tomatoes, 1 sliced spring onion, 2 tbsps grated light mozzarella cheese, dried oregano and paprika. Cook in oven for 15 minutes. (9g fat and 6.5g fibre per serve)

CONDITIONS OF ENTRY

- Instructions on "How to Enter" form part of these Conditions of Entry. All competitions open to Australian residents only. Employees and their immediate families of the Promoter and its agencies associated with this promotion are ineligible. Only one entry per person permitted.
- Except where otherwise stated, contests are open between 00.01 EST Wednesday 4 October and 23.59 EST Tuesday 5 December, 2000. Enter by calling the 1900 number as published or by writing your name and address on the back of an envelope and posting it to the address as published. Callers will be asked to leave their name and address details. Maximum call cost is 55c including GST (NSW, ACT, NT) and 50c including GST (Qld, SA, WA) – pending legislative change. VIC: max call cost 50c including GST. Mobile phones may attract a higher rate.
- Except where otherwise stated, winners will be randomly selected on Tuesday 12 December in Sydney by a representative of Legion Telecall, at Level 11, 153 Walker Street, North Sydney, NSW 2060, at 11am. Winners will be notified by mail and, where the value of a prize is over \$100, published in *The Australian* 19/12/00. A second chance draw for unclaimed prizes will be held at 54 Park St, Sydney, at 11am on 5 May, 2001, subject to any written directions given under Reg 37 of the Lottery and Gaming Regulations, 1993 (SA).
- Judges' decision in relation to any aspect of the competitions is final and binding on every person who enters. No correspondence will be entered into. No responsibility accepted for late, lost or misdirected mail.
- RYVITA: Total prize pool, valued on 23 August 2000, is \$3150 and consists of 18 very Italian Cheese packs (each valued at \$175). Each prize includes: a red canvas apron, basil shell pasta, pasta sauce, chilli olives, pasta spoon, Tuscan balsamic vinegar, rosemary-infused extra virgin olive oil, olives from Umbria, one packet of the new Italian Cheese Ryvita, and one packet of Original Ryvita.
- SUNBEAM SLOW COOKERS: Total prize pool, valued on 23 August 2000, is \$1600 and consists of 20 Sunbeam Slow Cookers (each valued at \$80).
- EXTRA LIFE DISCS & WILTSHIRE KNIFE: Total prize pool, valued on 23 August 2000, is \$2607 and consists of 100 prizes (each valued at \$26.07) containing four Extra Life discs and one

Wiltshire paring knife. If a winner is under the age of 16 years, the prize will be awarded to the winner's parent or guardian.

- BREVILLE MUFFIN MAKERS: Entry is open to Australian residents only whose new or renewal subscription for 6 issues or more of *SimplyLite* is received between 04/10/00 and 8pm 05/12/00 and is signed against a nominated valid credit card or, if paid by cheque, the cheque cleared for payment. The first 50 valid entries drawn will win a Breville muffin maker (valued at \$60). Total prize pool valued on 23 August 2000 is \$3000. Prize value mentioned is the recommended retail value as provided by the supplier and is correct at time of printing. The draw will take place at Level 11, 54 Park Street, Sydney, NSW 1028, at 11am on 12/12/00. Winners will be notified by mail. The Promoter shall not be liable for any loss or damage whatsoever which is suffered (including but not limited to indirect or consequential loss) or for any personal injury suffered or sustained in connection with the prize except for any liability which cannot be excluded by law.
- Prizes are not transferable or exchangeable and cannot be taken as cash. Any change in value of a prize occurring between publishing date and date the prize is claimed is not the responsibility of the promoters.
- All entries become the property of the Promoter. All entries will be entered into a database and the Promoter may use the entrants' names and addresses for future promotional, marketing and publicity purposes unless otherwise advised by the entrant.
- The Promoter is ACP Publishing Pty Ltd, 54 Park St, Sydney, NSW 1028. ABN 18 053 273 546.

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