



INTRODUCTION	M.E.B. Vitastic RECIPES
Pita Chips at home.	Using the M.E.B. Vitastic range of breads, you can make your own fresh crispy Pita chips at home. it is easy! When cooked and allowed to cool, the chips may be stored for an indefinite time in airtight containers. they are great for parties, bar-be-ques or to just nibble on. the fresh crispy crunch will have you going back for more. you'll be the popular party host as your guests ask you for the recipe. In texture, they are not unlike corn chips, but nicer. Some recipes for these chips are given below but try inventing a few of your own. Just let your imagination flow.
French Onion chips	One slice of M.E.B. Vitastic Khobz split in two. Butter both inner sides of bread lightly. Sprinkle both sides generously with Maggi French Onion Soup. Bake in a moderate oven for approx. 10 - 15 minutes or under grill until golden brown. allow to cool and break into small pieces and serve with your favourite dip. YUM!
herb & cheese Chips	<i>As above, but sprinkle lightly both sides of bread with small amount of dried oregano and grated Parmesan or Romano type cheese, then bake</i>
Garlic - Parsley Chips	<i>As above, but sprinkle both sides of bread with dried parsley flakes and garlic powder, then bake.</i>
Lentil Salad	
Ingredients	1 x cup brown lentils, 1/3 cup of lemon juice, 1/4 cup olive oil, 1/2 teaspoon ground coriander, 2 x tablespoons finely chopped parsley, 1 x clove garlic, crushed. 2 x tablespoons yoghurt, salt and pepper to taste, 1 pack of Vitastic family Pita.
Method	<i>Soak lentils in cold water overnight, drain them and place in saucepan with 4-5 cups of cold water, half cover the saucepan and simmer gently until barely tender, about 30 minutes. Drain well and cool. Add parsley and combine lemon juice, oil, garlic and ground coriander. add a little water to the yoghurt and beat, pour over the lentils and season with salt and pepper to taste. Cut top of family pocket and fill. serve cold. feeds 4.</i>
Chicken Coleslaw Salad	
Ingredients	1/4 medium cabbage- finely shredded, 1 x finely chopped green shallot, 2 x sticks celery - finely sliced, 1/4 cup mayonnaise, dash Tabasco sauce, 2 x cups diced chicken, 1 x red pepper cored - seeded and finely sliced, 1 x tablespoon French mustard , 1/2 cup sour cream. salt and pepper to taste.
Method	<i>Put cabbage, diced chicken, pepper, shallot and celery in a bowl. Combine mustard, mayonnaise, sour cream, season with Tabasco, salt and pepper and pour over cabbage. Toss until well coated with dressing. Chill until ready to serve. Fill Family pita and serve.</i>
Spicy Beef Filling	
Ingredients	4 M.E.B. Vitastic family white Pita, 1/2 kilo minced steak, 1/2 cup tomato puree, 1/4 cup sultanas, 1/4 teaspoon cumin, 1 1/2 cups grated cheese, 2 tomatoes- finely chopped, 1/4 cup slivered almonds, 1 onion chopped, 1 teaspoon chili powder, 1/4 teaspoon cinnamon, salt and pepper , 2 cups shredded lettuce
Method	Stir fry almonds over medium heat until golden. Set aside. Brown meat in pan, add onion and cook until soft. Drain fat. Mix in puree, chili powder, sultanas, cinnamon , cumin, and salt and pepper, to taste. Cook uncovered for 5 minutes , stirring often, or until liquid has evaporated. Stir in almonds. Cut M.E.B. Vitastic family white Pita in half. Spoon in hot mixture and top with cheese, lettuce and tomato.
Yoghurt & Tahini Salad filling	
Ingredients	3 M.E.B. Foods Vitastic family Pita. 1/2 cup plain yoghurt, 1/4 cup tahini paste, 1 clove garlic, 1 table spoon lemon juice, 1/2 cup grated carrot and bean sprouts. 1 tablespoon chopped green shallots and mint , 1/4 cup chopped celery and tomatoes
Method	Mix together garlic, yoghurt and tahini (add a little water if mixture is too thick). Season with salt, pepper and lemon juice. Fold yoghurt mixture through vegetable mixture. Cut tops of Pita to expose pocket. Place in individual family Pita bread and serve.
Ricotta Pita	<i>seperate M.E.B. Foods Vitastic family Pita into two layers cutting around the edges with a knife. Spread with fresh Ricotta cheese, Slices of banana, raisins, chopped walnuts. Roll it up and enjoy.</i>
Mexican Pizza	
Ingredients	5 x M.E.B. Vitastic family pita, shredded Mozzarella cheese, tomato paste, thinly sliced capsicum, salami, freshly cracked pepper, tomato, sliced champignons
method	Spread M.E.B. Vitastic family white pita with tomato paste and cover with shredded mozzarella cheese. place salami on top of cheese and top with champignons and capsicum. Sprinkle pepper and place in moderate oven for approximately 30 minutes.
Veggie Pastie	



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Ingredients	4 M.E.B. Foods Vitastic Family Pita. finely chop: 2 large carrots, 2 x stalks celery, 1/4 cabbage, 1 x cup mushrooms, 1 x large parsnip/ turnip and 1 x large onion. 1 x cup frozen peas, 1 x small can sweet corn - drained. Salt and pepper to taste.
Method	Pre - Cook carrot, parsnip, celery, onion, cabbage and peas for approximately 8 minutes (either steam cook or use a small quantity of water). Saute mushrooms in a little milk in a non - stick pan. Add to pre-cooked vegetables with sweet corn, stir through with salt and pepper and allow to cool. cut Pita in half and fill pockets with cold mixture and serve.
Apple & Apricots	Spread M.E.B. Vitastic Family Pita with ricotta or cream cheese, then peeled sliced apple and diced dried apricots. Top with honey and serve.
Pita - Tomato, Cheese & bacon breakfast	
Ingredients	6 M.E.B. Vitastic family Pita bread, Butter, 4 x large ripe tomatoes, 6 x rashers of bacon, 1 1/2 cups grated cheese, Fresh or dry basil leaves, salt & pepper to taste.
Method	<i>Seperate M.E.B. Vitastic family Pita by cutting around the edges carefully to achieve 12 thin layers. Butter the top of each one on the inside of the bread leaving the crusty baked side facing the bottom. Cut the tomatoes into thin slices and discard the seeds. Place tomato slices on the bread on top of the butter covering the surface. Season with salt, pepper and basil. Evenly cover with grated cheese and add strips of bacon. Place on baking tray, in a pre - heated oven for about 10-12 minutes or until the bacon is cooked and the bread is crispy golden brown.</i>
Delicious Egg Surprise	
Ingredients	1 x M.E.B. Vitastic family Pita, 1 x egg, Alfalfa, Butter, Mayonnaise. Salt and pepper.
Method	<i>cut M.E.B. Vitastic family Pita in half and butter inside of pockets. Place egg in a pot and bring to boil. Boil for exactly 3 and 1/2 minutes to achieve a soft yoke. remove from heat and run egg under cold water immediately then peel. (use hard boiled egg if preferred). Mash egg with mayonnaise, salt and pepper until a spreadable consistency is obtained. Place mixture in M.E.B. Vitastic Family Pita and cover with a thick layer of fresh alfalfa sprouts. add salt and pepper to taste.</i>
Ricotta & Carraway	<i>Simply combine Ricotta cheese and carraway seeds in any portion you like., Then spread on M.E.B. Vitastic wholemeal family Pita. Roll and enjoy. It can also be heated.</i>
Curried egg & Sweet Corn	<i>First, boil 2 eggs. When cooked break up and sprinkle with curry powder, lightly. Season with salt and pepper. Add a small tin of creamed sweet corn, 1 table spoon of chopped parsley and 1 tablespoon of grated cheese. seperate M.E.B. Vitastic high fiber khobz bread into 2 circles. apply mixture to half of one circle and fold the other half on top of the contents. place in sandwich maker. Heat until lightly browned and serve hot.</i>
Pudding A' La M.E.B. Vitastic Khobz	
Ingredients	3 eggs , handful of; raisins, walnuts and coconut, pinch of nutmeg, few drops vanilla, 1/2 pint milk, honey, 1 cup rice, butter
Method	Line baking tray with buttered M.E.B. Vitastic Khobz high fiber and spoon in pre-boiled rice. Dribble on honey and sprinkle nuts, coconut and raisins. Pour in mixture of milk, eggs and vanilla. Garnish with nutmeg and bake in moderate oven for approximately 25-30 minutes. serve hot or cold.
Persian Pocket	
Ingredients	4 x cups cooked chick peas, 1/2 teaspoon cumin powder, 1/2 teaspoon rock salt, pinch paprika, 2 tomatoes roughly chopped, 2 cups partly cooked vegetables - chopped, 1 clove garlic, 2 teaspoon fresh oregano or 1/2 teaspoon dried oregano, 4 x tablespoons parmesan cheese
Method	Pound in a mortar the garlic, cumin, salt and oregano to a paste. Combine in a casserole dish with chick peas. Vegetables, tomato and 2 tablespoon parmesan. Top with rest of parmesan and paprika and bake in a hot oven for 20 minutes. Serve in pockets of M.E.B. Vitastic Khobz high fiber , topped with shredded lettuce. A delicious hot or cold lunch.
Spinach Pie in Vitastic KHOBZ	
Ingredients	1 bunch spinach or silver beet, steamed until half cooked, 1 cup of ricotta or fetta cheese, 2 tablespoon lemon juice, 1 heaped tablespoon sesame seeds, Salt to taste.
Method	Add all ingredients and mix lightly. Grease a pie dish (about 7" to 10" in diameter). Split one M.E.B. Vitastic Khobz around the edge and press it into the shape of the dish. Trimming edges. Put mixture into dish , making sure that it is level with the edge. Sprinkle sesame seeds on top. Bake in a moderate hot oven for up to 60 minutes or until your skewer comes out clean. serve hot or cold



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Mexican Hot Dip	
Ingredients	2 cloves crushed garlic, 1 small green pepper chopped, 1 cup water, 1 teaspoon cumin, 2 teaspoons dry red wine, 1/4 teaspoon black pepper, 2 tablespoons tomato paste, 1 cup chopped onion, 3 cups chopped tomatoes, 1 teaspoon salt, 1/4 teaspoon ground coriander 1/4-1/2 teaspoon cayenne to taste, 1/2 teaspoon chili powder, 2 tablespoons olive oil.
Method	Saute onions, pepper and garlic in oil until onion is clear. Add spices. Transfer to saucepan and add tomatoes, water, tomato paste and wine. Cover and simmer for 1/2 and hour or longer. Several hours is best. Hot spices tend to become hotter as they cook, so it is best to add cayenne a little at a time, to your liking. This dip can be consumed hot or cold spread on a piece of M.E.B. Vitastic Khobz or Pita Pocket, with an array of salad and a large dollop of sour cream. Great compliment to the pita chips you made with Vitastic breads! (Recipe included above).
Cinnamon Crunch Chips	<i>Sprinkle both sides of buttered bread with Cinnamon Sugar, then grill or bake until lightly golden brown. YUUUUM.</i>
Shepherd's Rabbit - (Gazpacho de pastor)	
Ingredients	1 x rabbit, 150g continental ham, 200g tomatoes, 1 sliced green capsicum, 4 M.E.B. Vitastic high fiber Khobz (for serving), 2 bay leaves, 1 x sprig parsley, 3 x tablespoons oil, 1 M.E.B. Vitastic high fiber Khobz, Garlic, saffron, salt & pepper to taste
Method	Cut the rabbit in pieces. Heat oil in fry pan or saucepan: adding rabbit, garlic, bay leaves and parsley and cook slowly until tender. Remove rabbit bones. Continue to cook with chopped ham, capsicum in strips and finely cut tomatoes. Add the round of M.E.B. Vitastic high fiber Khobz bread, broken in small pieces. Season with salt and pepper. Allow to simmer until all the moisture has evaporated. Serve on rounds of M.E.B. Vitastic high fiber Khobz
Pumpkin Spread	
Ingredients	1 x cup of cooked pumpkin - baked or steamed, 1 x tablespoon tahini, 1 - 2 teaspoons white miso - (Soya bean paste), 2 tablespoons finely chopped parsley
Method	<i>Blend pumpkin with other ingredients, thoroughly. Chill. Use as a dip or spread on M.E.B. Vitastic Khobz or Pocket Pita</i>
Fruit & Veg Salad Khobz	<i>Butter one piece of M.E.B. Vitastic Khobz, then fill with cottage cheese, mixed with crushed pineapple and poppy seeds. Add sliced tomato, grated carrot, coz lettuce, diced apple and topped with sultanas and crushed nuts. Roll it up and enjoy.</i>
Coleslaw with Swiss Cheese	
Ingredients	1/4 medium cabbage- finely shredded, 1 x clove garlic - crushed, 3 x anchovy fillets, 1 x tablespoon lemon juice, 1/4 cup of olive oil, 1 x stalk celery - finely chopped, 125g Emmenthal cheese - cut into strips, 1 x teaspoon French mustard, 2 x teaspoons white vinegar, 2 x hard boiled eggs - chopped, freshly ground black pepper and salt for taste.
Method	<i>Put Cabbage, celery and cheese strips into a bowl. Mash the garlic and anchovy fillets in a small bowl until smooth. Stir in the mustard, lemon juice, vinegar and oil and beat until smooth. Pour over the vegetables, add the eggs. Toss well and season with salt and freshly ground pepper. serve on Vitastic KHOBZ.</i>
Carrot Scrummy	Split M.E.B. Vitastic Khobz in half. Lightly spread honey on one side. Cover with grated carrot, sultanas and peeled sunflower seeds or nuts. Sprinkle with allspice and a generous drizzle of tahini. If no tahini, spread one side of bread with peanut butter. Place two halves back together and bake in moderate oven until crisp. May need careful turning to ensure crispness on both sides.
Honeyed sesame seeds khobz	Heat M.E.B. Vitastic Khobz or toast until just crisp, if desired. Spread inside with butter, honey and a generous layer of toasted sesame seeds. To toast sesame seeds, place in a dry pan over a high heat, turning constantly until evenly browned.
Baba Ghannouj	Eggplant and Sesame Dip
Ingredients	1 x medium sized eggplant - approx 12 ozs - 375 grams, 1/4 cup lemon juice, 1/4 cup of Tahini (Sesame paste) 2 x cloves garlic 1 x teaspoon salt or to taste, 1 x table spoon of olive oil, 1/4 cup finely chopped parsley.



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Method	<i>Prick the outer skin of the eggplant - well with a fork - this stops it from bursting. Grill eggplant under griller for 30-40 minutes turning frequently or cook on centre shelf in a hot oven until soft, again turning often. Peel off skin while still hot, remove stem at end of eggplant. Cool then place flesh in blender and puree, blend in most of the lemon juice and gradually add tahini. Crush garlic to a paste with 1 teaspoon salt and add to eggplant. Beat well and adjust flavor with more lemon juice and salt. beat in olive oil and parsley. Place in shallow dish forming a spool pool to fill with olive oil in the centr of the plate, garnish with parsley and serve with M.E.B. Vitastic Khobz as an appetizer. you may also grill Vitastic KHOBZ until golden crisp.</i>
Sweet Banana Khobz roll	
Ingredients	1 M.E.B. Vitastic Khobz (either single or double), 1 banana sliced, Sweetened Condensed Milk, Grated Milk Chocolate.
Method	Seperate Vitastic KHOBZ into 2 layers. Arrange banana slices in a row, poor Sweetened condensed milk to cover banana, sprinkle grated chocolate generously on top, roll it up and ENJOY!
Peanut banana delight	
Ingredients	1 M.E.B. Vitastic Khobz (either single or double), 1 banana sliced, cream, butter
Method	Using the slice of bread, spread it with peanut butter in preferred thickness. Arrange sliced banana over the peanut butter. Top with whipped cream. Roll the khobz bread. Slice bread sushi style. Fasten pieces with a toothpick to serve. Enjoy
Fruit of choice crepes	
Ingredients	1 M.E.B. Vitastic Khobz (split in two), Tinned fruit (in natural juice only - no sugar) , or any stewed fruit or fruit mince., cream or natural yoghurt for serving
Method	Drain fruit, roll into split khobz, place on heat proof dish seam side down to prevent wrap from reopening. heat until warm. Serve immediately topped with yoghurt or cream.
Broad bean Dip	<i>Take a tin of broad beans and heat as directed on the label or you can cook your own small broad beans. Then place in blender, add oil, lemon juice, salt, pepper, tahini, cumin powder and a little chili powder, if you desire. Blend well. Poor in a small dip platter and spoon the inside of the mixture to form a pool. fill pool with quality olive oil. seperate Vitastic KHOBZ into 2 and cut into small triangles. Place on baking tray and grill or bake until golden brown. serve with dip as crackers.</i>
Vitastic KHOBZ Skordalia	
Ingredients	1 x M.E.B. Vitastic Khobz (a few days old) , 1 x juice of a large lemon, 1-2 cloves of garlic, 2/3 cup of olive oil, salt to taste.
Method	<i>Soak the M.E.B. Vitastic Khobz in a little water for 5 minutes, then squeeze it dry. Place the bread in an electric blender or a food processor, add the garlic, olive oil, lemon juice and salt. Mix in the blender until all ingredients are well combined. you should achieve a smooth and pale texture. If the mixture separates, blend a little cold water. Pour into a serving dish and leave to stand and soften for several hours before serving.</i>
Fattoush Salad with Crispy Vitastic bread	Toasted Bread Salad - Lebanese Salad
Ingredients	1 x M.E.B. Vitastic Khobz bread - split in two - use 1/2 only, 6 x leaves cos - remain - lettuce or 4 leaves other lettuce crisp, 1 x slender green cucumber, flesh only not seeds, 2 x medium - sized tomatoes, flesh only not seeds, 1/2 cup chopped spring onion, 1/2 cup chopped parsley, 1/4 cup chopped fresh mint or 2 teaspoons dried mint, 1 x cup chopped sweet green pepper.
dressing	Salad Dressing
	1 x clove garlic, 1/2 cup lemon juice, freshly ground black pepper, 1 x teaspoon freshly ground sea salt, 1/2 cup of olive oil.
Method	<i>seperate M.E.B. Vitastic Khobz and toast bread under a hot grill until golden brown. you need to achieve a crunchy crispy texture. Break bread into small pieces. Keep aside. Shred lettuce or break into small pieces. Peel cucumber, quarter lengthwise and cut into chunks. Cut tomatoes into small cubes. Discard seeds from both tomato and cucumber. Prepare other salad vegetable ingredients. Crush garlic in a bowl with salt and mix to a paste, stir in remaining dressing ingredients, then beat thoroughly with fork. Combine prepared vegetable ingredients and herbs in a salad bowl, pour on dressing, toss well. mix in grilled M.E.B. Vitastic KHOBZ bread last just prior to serving to retain crunch. serve.</i>
French Onion chips	<i>One slice of M.E.B. Vitastic Khobz split in two. Butter both sides of bread lightly. Sprinkle both sides generously with Maggi French Onion Soup. Bake in a moderate oven for approx. 10 - 15 minutes.</i>
Brown Bean Salad in Vitastic breads	Note: 1 cup of fried beans will expand to 2 1/2 cups after cooking. Exact cooking time is difficult, but always soak them in cold water for several hours before bringing them to a slow boil.



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Ingredients	1 cup dried brown beans or 2 cans red kidney beans drained, 1 x tablespoon chopped parsley, 1 tablespoon lemon juice , 3 tablespoons salad oil, 1 x onion, 1 clove garlic - crashed, 2 x stalks celery - finely sliced, 1 x tablespoon chopped mint or coriander, salt and pepper to taste, 1 x M.E.B. Vitastic KHOBZ.
Method	<i>Place drained beans in a salad bowl with the sliced onion, garlic, celery, parsley and mint. Combine the lemon juice and oil and mix well, pour over the beans and season with salt and pepper. Poor in plate and scoop with small pieces of KHOBZ rolled into spoon like shovels.</i>
Mexican Chips	<i>Seperate M.E.B. Vitastic KHOBZ pita into 2 layers and brush inner side with oil. Place in a baking tray iner side up and sprinkle with Mexican Seasoning. Bake until lightly Golden brown. Take out from oven and cool. Serve with your favourite dips or just on their own.</i>
Salmon - Salad Khobz	<i>1 x M.E.B. Vitastic Khobz, cut in quarters and buttered. Fill each quarter with a crisp lettuce leaf, 2 to 3 slices of tomato, celery, finely chopped, and slivered almonds. Then add some red salmon, broken roughly into chunks. Dress with mayonnaise, salt and freshly ground black pepper.</i>
Cream Cheese & Smoked Oyster dip	
Ingredients	1 x 125g Cream Cheese, 1 x tin Oysters 2 x tablespoon lemon juice.
Method	Blend well and chill prior to serving. Use with Chips made with M.E.B. Vitastic bread (recipe within).
A Healthy Handful	Spread M.E.B. Vitastic Khobz with Russell's Miso (Soya bean paste). Add 2 to 3 falafel patties, broken up. Also, add a handful of lettuce, tomato , cucumber, raw grated beetroot, carrot, cheese, bean shoots and tabouleh salad, Top with tahini and roll up.
Bacon Khobz Roll	
Ingredients	1 M.E.B. Vitastic Khobz, 1 small onion, 2 eggs, Pinch of salt and pepper, 2 bacon rashers, 1 teaspoon butter, 1 small tomato
Method	Fry finely chopped bacon and onion in hot butter in pan, until brown. Add chopped tomato and well beaten eggs - fry for one minute stirring the contents. Add spices as desired. While hot, fill M.E.B. Vitastic Khobz and roll up and secure with toothpicks. serve hot.
German Style Khobz	<i>Spread one M.E.B. Vitastic Khobz evenly with mustard and then sauerkraut. Place two Bratwurst sausages on top and some sour cream or yoghurt. Roll up and enjoy. This can be eaten hot or cold.</i>
Baked Reuben's	
Ingredients	M.E.B. Vitastic Khobz, French mustard, 1/4 kilo sliced silverside, mayonnaise, margarine, 250g mozzarella, sauerkraut
Method	Tear off 5 squares of aluminum foil. Spread M.E.B. Vitastic Khobz with margarine, French mustard and mayonnaise. Add 4 strips of Mozzarella cheese, large slices of silverside and drained sauerkraut. Roll up M.E.B. Vitastic Khobz tightly and wrap securely with foil. bake in hot oven - 250 degrees for 15 minutes or longer: until cheese has melted. Unwrap and serve as snack or with soup or salad for a quick easy meal, which can be prepared ahead of time and stored in refrigerator.
M.E.B. Vitastic Khobz & Corn cakes	
Ingredients	4 M.E.B. Vitastic Khobz or 8 Pocket Pita, Grated tasty cheese, 225g tofu - bean curd, 2 x cups kernel corn, 3/4 cup wholemeal flour, 1 teaspoon chili sauce, 1 egg - lightly beaten, finely chopped lettuce, 1/2 cup chopped shallots, 2-3 teaspoons soy sauce, water as needed, freshly ground pepper.
Method	Mash tofu with a fork, add egg, corn, wholemeal flour, shallots, soy sauce , chili sauce and pepper, adding up to 1/2 cup of water if needed. Drop heaped teaspoonful into a hot oiled pan, fry until golden brown. Drain on paper towel. Place corn cakes into M.E.B. Vitastic Khobz or pocket bread, adding lettuce and cheese. Place in a heated oven for about 5 minutes. serve hot.
M.E.B. Vitastic Khobz lentil pie	
Ingredients	2 M.E.B. Vitastic Khobz, 1 x large potato, 1 x large onion, 2 x medium tomatoes, 2 cloves garlic, 4 leaves and stalks silver beet, 2 x cups water, 1/2 cup (125g) brown lentils (soaked for an hour) salt to taste.
Method	Wash all vegetables. Chop potato, onion and tomatoes into small pieces, chop garlic finely, and slice silver beet leaves and stalks. Place these vegetables in a saucepan with the lentils, water salt and stir. Bring to boil and simmer with the lid on for 30 minutes, stirring occasionally. Add a pint of water or enough water to keep the mixture fairly liquid while cooking. Meanwhile, line a casserole dish with one piece of M.E.B. Vitastic Khobz, allowing it to turn up the sides of the casserole. Turn oven to 200 degrees and place in the oven, the other piece of M.E.B. Vitastic Khobz for a minute or so until it is just crisp. When cool, break it into small pieces, When lentil mixture is cooled, fill casserole and cover with crisp piece of bread. Bake in oven for 10 minutes and serve.



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Curry Chips	<i>seperate M.E.B. Vitastic KHOBZ into 2 layers and butter inner side of bread. Sprinkle both sides of buttered bread with Spicy Curry Powder, then bake until lightly golden brown and crunchy. Enjoy on their own or use as crackers with dips.</i>
Tortillas A'la M.E.B. Vitastic Khobz	
Method	shallow fry cubed chicken until lightly golden brown on all sides. seperate each M.E.B. Vitastic KHOBZ into 2 layers. pre heat bread in a pan for a few seconds and remove onto a shallow plate. Arrange chicken on inner side of bread ready to roll, add leetuce, tomato and onion rings, freshly grind some seas salt on top of contents to taste, add mexican sauce and roll before bread starts to crisp. place roll back in hot pan and crisp on all sides. HINT: do not over preheat bread before rolling to avoid bread crisping before you roll it.
Ingredients	250gr fresh chicken-cubed, 1 cup slice fresh ice berg lettuce, Sliced tomatoes, 1 onion sliced into rings, Mexican Tortilla Sauce, M.E.B. Vitastic Khobz. Freshly gorund sea salt.
Falafel in Vitastic KHOBZ.	
Ingredients	2 M.E.B. Vitastic KHOBZ Breads, 250gr frozen falafel paste (defrosted), 4 raddishes peeled and sliced, 1/4 cup chopped continental parsley, 1 cup Ice berg lettuce chopped, 1 cup chopped tomatoes, 2 chopped lebanese cucumbers, pickled turnips, 100gr tahini paste, filtered water, 1 clove of garlic crushed, 1 teaspoon lemon juice, salt to taste.
Method	add tahini paste, water (added gradually), lemon juice and garlic and wisk to a runny consistancy adding salt to taste. if still too thick add a little more water. form falafel paste into small patties or balls and deep fry until golden. Remove from oil and drain well. Seperate M.E.B. Vitastic KHOBZ into 2 layers and palce on to of each other with the inner side facing up. Crush falafel balls with your fingers (careful as balls might still be hot inside) and arrange on bread ready to roll. add all vegetables along with turnips. poor tahini sauce over ingredients and roll. serve hot or cold. HINT: prior to rolling, add a little fold at the bottom of the roll to prevent sauce from leaking.
Energy Square	
Ingredients	3 M.E.B. Vitastic Khobz, 2 big tomatoes - finely cut, 8 flakes garlic, 3 carrots boiled and finely cut into cube shapes, 4 small grated onions, 1 small piece of ginger, 1 teaspoon turmeric powder, 50g boiled peas, 2 green chillies(optional), vegetable oil or margarine
Method	Take out bread from the pack and with a sharp knife cut 1" square pieces and deep fry them, untill golden brown and place a side. Then, heat oil in a pan and brown onions, garlic and ginger. Add tomatoes and keep frying until tomatoes are mashed. Add tumeric powder, red chili powder and salt. Next, Place in peas and carrots and finally M.E.B. Vitastic Khobz bread pieces. Garnish with finely cut corianders, limes, and green chillies, serve hot
Method	Cover M.E.B. Vitastic Khobz with ingredients in order as the appear. Place in moderate oven for about 20 minutes. Serve hot.
M.E.B. Vitastic Khobz Pizza	
Ingredients	1 M.E.B. Vitastic Khobz, pizza sauce to cover surface, 500g Mozzarella cheese, , 150g mushrooms sliced, 1 large onion sliced, 150g salami cut in strips, 1 crushed clove garlic, Oregano, basil to taste, 2 x capsicums cut in thin strips, 200g pineapple pieces, 100g black olives, ground pepper, few drops of olive oil.
Lemon & Pepper chips	<i>One slice of M.E.B. Vitastic white or wholemeal khobz split in two. Using a spatula, butter both sides of bread lightly, more or less scrapping butter on, then off. Sprinkle both sides of buttered bread with Lemon - Pepper Seasoning. Place on pizza tray or similar and bake on second or top shelf of oven - moderate heat - for approximately 10 - 15 minutes. When cold break into bite size pieces.</i>
Nutty Vitastic KHOBZ Bread	
Ingredients	1 wholemeal M.E.B. Vitastic Khobz, sesame seeds, honey , butter , peanut butter, handful sultanas
Method	Split M.E.B. Vitastic Khobz bread in half. Butter both sides lightly. On one side spread peanut butter, sprinkle with sesame seeds and sultanas. Spread other half of M.E.B. Vitastic Khobz with honey, press bread together. Place on lightly greased oven tray and bake in a moderate oven for 10-15 minutes
Smoked Mussels & Cottage Cheese	
Ingredients	200g cottage cheese (creamed), 1 tin smoked mussels, 1 hard boiled egg, Paprika , chili powder, black pepper to taste.
Method	<i>Mash hard boiled egg. Drain smoked mussels and mash. Combine egg, mussels and cottage cheese together. Add paprika, chili powder and black pepper. Roll into KHOBZ bread and serve cold.</i>



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Salad Surprise	<i>Cut one piece of M.E.B. Vitastic Wholemeal khobz Bread into two half circle. Split each half and butter top and bottom. Fill with the following. Thin slices of cucumber, handful grated cheese, Slices of a tomato, small amount of alfalfa sprouts, squeeze of lemon juice, handful of shredded lettuce, thin slices mettworst salami, small amount of bean shoots, 5 leaves freshly chopped mint, sprinkle of dill weed, salt and pepper to taste. serve cold.</i>
Alfalfa Cheese Snack.	
Ingredients	M.E.B. Vitastic Wholemeal Khobz, Tasty Cheese, Alfalfa sprouts
Method	Cut M.E.B. Vitastic Khobz in half and butter lightly, Line with tasty cheese, sliced, Season with salt and pepper, Fill with alfalfa sprouts and close firmly with palm of hand. Place under griller with cheese on upper side. Serve hot.
Jewelled Pinwheels	
Ingredients	1 x M.E.B. Vitastic Wholemeal Khobz, 1/2 one packet French onion Soup mix, 2 x tablespoons chopped Parsley, 1/2 125g tin Liverwurst spread, 1 x 125g packet Philadelphia Cream Cheese, A little milk or cream, 1 x large tomato thinly sliced, 1 finely shredded medium carrot.
Method	<i>Carefully split the two layers of M.E.B. Vitastic Khobz bread. Soften cream cheese with milk to spreading consistency. Mix in French onion soup mix, to taste. Fold in shredded carrot and chopped parsley. Spread this on bottom layer of M.E.B. Vitastic Khobz bread. Cover with second layer, placing about one inch over front edge. Spread top layer with liverwurst and parsely with tomato. Roll up firmly and carefully from front edge making sure the outside edge adheres. Place in refrigerator for one hour. Then slice across in 1/4 inch slices with sharp knife to make attractive pinwheel savories.</i>
Apple & Cheese Roll	<i>Gently stew a sliced Granny Smith apple. When almost cool, grate 3 to 4 tablespoons of tasty cheese onto the apple, mix together, with a light sprinkle of black pepper. Fill M.E.B. Vitastic wholemeal Khobz or Pocket Pita with this mixture and place in a conventional oven for 5 minutes. turning once, and serve hot.</i>
Savory cheese pie - low calorie for weight watchers	
Ingredients	1 M.E.B. Vitastic wholemeal Khobz, 1 tablespoon dried Bacon chips, 1/2 teaspoon basil or favorite spice, 1 x egg, 300g ricotta or cottage cheese, 1 x large onion finely chopped, 1 x small can sliced mushrooms, 2 x tomatoes, freshly ground black pepper to taste, garlic optional, pinch of salt, 50-100g light Mozzarella cheese.
Method	Place half of one piece of M.E.B. Vitastic Khobz wholemeal into a lightly greased pie dish. Mix all ingredients except for tomato and cheese together and place in lined pie dish. Place sliced tomato on top, cover with the remaining piece of bread sprinkle with grated cheese and bake in a moderate oven for 30 minutes. serve with salad.
Cheese Vitastic Khobz Vegetaire	
Ingredients	1 M.E.B. Vitastic Khobz wholemeal x1, soy sauce, vegetables of your choice, 1 x cup of shredded cabbage, 1/2 teaspoon cheese, 1 teaspoon oil.
Method	Boil vegetables (not cabbage) until cooked. Sprinkle grated cheese on top of M.E.B. Vitastic wholemeal Khobz. Stir-fry cabbage in oil and sprinkle soy sauce over cabbage. Allow to cook for a couple of minutes, so cabbage is still slightly crunchy. Place bread in oven or under griller until cheese has melted. Place cooked cabbage on M.E.B. Vitastic Khobz and then mash vegetables and scoop onto bread. Roll up and it is ready to be eaten. Serves 1.
Vitastic Pani Frantay	
Ingredients	2 tablespoons olive oil, 1kg finely minced lean veal steak, 2- 425g cans tomatoes, 1 tablespoon chopped fresh or dried basil, 125g finely grated pecorino cheese, 8 poached eggs, 2 large onion finely chopped, 2 cloves garlic crushed, 1 tablespoon chopped parsley, 2 teaspoon salt, 1 x bay leaf, freshly ground black pepper, 8 rounds of M.E.B. Vitastic Khobz.
Method	Heat oil in a heavy pan and fry onion over a medium heat until soft and transparent, approximately 5 minutes. Stir in minced veal and cook, stirring occasionally, until browned. Add coarsely chopped tomatoes, garlic, herbs, salt and pepper. Cover and bring to the boil, then reduce heat and simmer for 45 minutes or until veal is cooked. Wrap the M.E.B. Vitastic Khobz wholemeal bread in foil and heat in a moderate oven, 180degrees (350f), until warm. To serve, place a round of M.E.B. Vitastic Khobz wholemeal on each of 8 hot dinner plates. Cover generously with meat sauce and sprinkle with cheese. Place a poached egg in the centre of each and serve immediately while piping hot.
Spiced Lamb balls in M.E.B. Vitastic Pitas	



INTRODUCTION	M.E.B. Vitastic RECIPES
Ingredients	1 small white onion finely chopped, 1 teaspoon peeled and grated ginger, Pinch of ground peper cloves and ceyenne, 500g lean lamb minced, 1 large egg, 2 tablespoon milk, 1/4 teaspoon each, ground cumin , cardamom and cinnamon, 4 M.E.B. Vitastic pita wholemeal, Vegetable relish and yoghurt sauce.
Method	Soak the bread in water to cover for a few seconds until soggy, then squeeze dry and break into a bowl. Add the minced lamb, onion, lightly beaten egg , milk and spices and knead in the bowl and flatten into patties. Arrange on a lightly oiled pan and cook under a moderate heat for 7 minutes, turning once. When patties are browned and springy to touch, they are ready. Meanwhile brush M.E.B. Vitastic Pita wholemeal lightly with oil and warm under griller for a few moments. Halve the M.E.B. Vitastic Pita Wholemeal breads and fill each with 2 or 3 lamb patties, topping them with a good spoonful of vegetable relish and yoghurt.
	Vegetable Relish: Combine one large tomato, peeled , seeded and diced, one finely chopped spring onion and one small carrot. Finely chopped or grated, with 2 tablespoons of lemon juice. Season with salt and freshly ground pepper. Cover for at least an hour or overnight.
Method	In a frying pan, saute onion in oil for 2 minutes. Add pine nuts, cook for one minute, add mince and increase heat. Cook on high for 3 minutes, stirring often to break up mince. Reduce heat to low, add garlic, spices, sultanas and cider or wine. Season to taste and simmer gently for 10 minutes. Meanwhile warm Vitastic Pocket high fiber breads under grill for a short time. halve cucumber lengthwise, scrape out seeds and cut into half-circle slices. Cut tomatoes into wedges and chop mint. Cut breads in half and place some cucumber, tomato and mint into pockets with lamb mince and serve garnished with olives and lemon wedges. serve hot.
Vitastic Lamb Pockets	
Ingredients	4-6 M.E.B. Vitastic high fiber Pocket Pita, 1 onion sliced, 1 tablespoon oil, 1/4 cup pine nuts, 500g lean minced lamb, 2 cloves garlic crushed, 1 teaspoon ground cumin 1/4 teaspoon chili powder (optional) , 1/3 cup sultanas, 1/4 cup apple cider or white wine, 1/2 cucumber, 2 tomatoes, handful fresh mint, 8 black olives, 1 lemon.
Method	In a frying pan, saute onion in oil for 2 minutes. Add pine nuts, cook for one minute, add mince and increase heat. Cook on high for 3 minutes, stirring often to break up mince. Reduce heat to low, add garlic, spices, sultanas and cider or wine. Season to taste and simmer gently for 10 minutes. Meanwhile warm Vitastic Pocket high fiber breads under grill for a short time. halve cucumber lengthwise, scrape out seeds and cut into half-circle slices. Cut tomatoes into wedges and chop mint. Cut breads in half and place some cucumber, tomato and mint into pockets with lamb mince and serve garnished with olives and lemon wedges. serve hot.