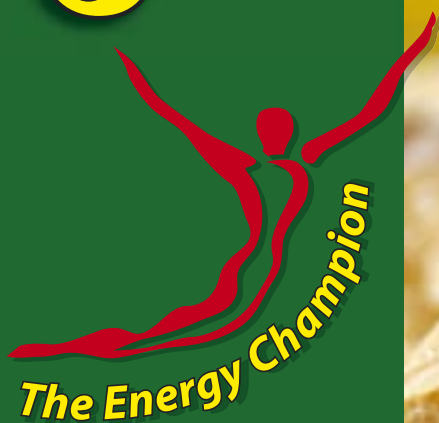




Jungle



Your Favourite
Jungle Recipes

Jou Gunsteling
Jungle Resepte



Cookies, cakes & tarts

Koekies, koeke & terte

Besonderse Appeltert

Kors

125 ml botter
180 ml suiker
250 ml koekmeel
10 ml bakpoeier
250 ml klapper
250 ml Jungle Oats

Vulsel

1 x 810 g-blikkie KOO tertappels
125 ml suiker
5 heel naeltjies
100 ml sultanas
25 ml vlapoeier
250 ml water

Voorverhit oond tot 180°C.

Kors

1. Room botter en suiker saam.
2. Sif meel en bakpoeier saam, voeg klapper en Jungle Oats by en meng.
3. Meng droë mengsel met bottermengsel.
4. Druk twee derdes van die mengsel uit in 'n 26 cm-deursnee gesmeerde tertbak.

Vulsel

1. Verhit appels, suiker, naeltjies en sultanas saam oor lae hitte.
2. Meng vlapoeier en water tot 'n pasta, voeg by appelmengsel.
3. Verhoog die hitte en kook totdat mengsel verdik. Verwyder van stoof. Laat afkoel.
4. Verwyder die naeltjies. Skep vulsel in kors.
5. Krummel orige deeg bo-oor sodat dit al die vulsel bedek. Bak vir 40 minute. Laat afkoel.
6. Sit loutewarm voor met geklopte room of roomys.

Maak 1 tert

Exceptional Apple Tart

Crust

125 ml butter
180 ml sugar
250 ml cake flour
10 ml baking powder
250 ml coconut
250 ml Jungle Oats

Filling

1 x 810 g can KOO Pie Apples
125 ml sugar
5 whole cloves
100 ml sultanas
25 ml custard powder
250 ml water

Preheat oven to 180°C.

Crust

1. Cream butter and sugar.
2. Sift flour and baking powder together, add coconut and Jungle Oats and mix.
3. Mix the dry ingredients into the butter mixture.
4. Press two thirds of the mixture into a 26 cm diameter greased pie dish.

Filling

1. Heat apples, sugar, cloves and sultanas together over a low heat.
2. Mix the custard powder and water to a paste. Add to apple mixture.
3. Increase the heat and boil until the mixture thickens. Remove from stove. Allow to cool.
4. Remove the cloves. Spoon filling into the crust.
5. Crumb the rest of the dough evenly over the filling. Bake for 40 minutes. Allow to cool.
6. Serve lukewarm with whipped cream or ice-cream.

Makes 1 tart



Gooseberry Milk Tart

Crust

250 ml cake flour
2 ml salt
25 ml sugar
3 ml baking powder
62,5 ml butter
1 egg yolk
25 ml cold water
1 tin gooseberries

Filling

500 ml milk
3 ml salt
150 ml Jungle Taystee Wheat
50 ml butter
1 egg, separated + 1 egg white
2,5 ml almond essence
5 ml vanilla essence
150 ml sugar
10 ml baking powder

Preheat oven to 190°C.

Crust

1. Sift dry ingredients together.
2. Rub butter into dry ingredients until mixture resembles bread crumbs.
3. Beat egg and water together. Mix into flour mixture until a dough is formed.
4. Press dough into a round 20 cm tart pan.
5. Drain gooseberries and arrange on the pastry. Leave some aside for garnish.

Filling

1. Heat milk and salt.
2. Add Jungle Taystee Wheat and butter.
3. Stir in egg yolk and essences and allow to cool.
4. Beat egg whites and sugar together until stiff.
5. Fold stiffly beaten egg whites and baking powder into the cooled mixture.
6. Pour mixture into pastry shell and even out slightly.
7. Bake for 40 minutes or until tart is set. Allow to cool before serving.

Makes 1 tart

Tip : If you leave the gooseberries out, you have a milk tart recipe

Appelliefiemelktert

Kors

250 ml koekmeel
2 ml sout
25 ml suiker
3 ml bakpoeier
62,5 ml botter
1 eiergeel
25 ml koue water
1 blik appelliefies

Vulsel

500 ml melk
3 ml sout
150 ml Jungle Taystee Wheat
50 ml botter
1 eier, geskei + 1 eierwit
2,5 ml amandegelursel
5 ml vanieljegeursel
150 ml suiker
10 ml bakpoeier

Voorverhit oond tot 190°C.

Kors

1. Sif droë bestanddele saam.
2. Vryf botter in droë bestanddele totdat die mengsel soos broodkruimels lyk.
3. Klits eier en water saam. Meng met meelmengsel tot 'n deeg gevorm is.
4. Druk deeg uit in 'n ronde 20 cm - tertbord.
5. Dreineer appelliefies en pak bo-op kors. Hou 'n paar oor vir versiering.

Vulsel

1. Kook melk en sout saam.
2. Voeg Jungle Taystee Wheat en botter by.
3. Meng eiergeel en geursels by en laat afkoel.
4. Klits eierwitte en suiker saam tot styf.
5. Vou styfgeklitste eierwit en bakpoeier in by afgekoelde mengsel.
6. Giet mengsel in tertkors en maak effens gelyk bo-op.
7. Bak 40 minute lank of tot gestol. Laat afkoel voor bediening.

Maak 1 tert

Wenk : As u die appelliefies uit die resep laat, het u 'n melkterresep



Neute- & Rosyntjieklokkies

Kors

125 g botter
250 ml koekmeel
50 ml bruinsuiker
Vulsel
350 ml bruinsuiker
2 eiers, gekliets
125 ml Jungle Oats
3-5 ml sout
5 ml bakpoeier
5 ml vanieljegeursel
125 ml pekanneute, grof gekap
125 ml rosyntjies

Voorverhit oond tot 180°C.

Kors

1. Meng die botter, koekmeel en suiker saam totdat dit 'n deeg vorm.
2. Druk die deeg in die bodem van 'n gesmeerde tertbord.
3. Bak 15 minute lank.

Vulsel

1. Kliets eiers en suiker baie goed saam.
2. Voeg Jungle Oats, sout en bakpoeier in en meng goed.
3. Voeg die geursel, neute en rosyntjies by en meng.
4. Skep die mengsel op die kors.
5. Bak 20 minute lank.
6. Laat afkoel. Sny in blokkies.

Lewer 20 - 30 blokkies

Nut & Raisin Squares

Crust

125 g botter
250 ml cake flour
50 ml brown sugar

Filling

350 ml brown sugar
2 eggs, beaten
125 ml Jungle Oats
3-5 ml salt
5 ml baking powder
5 ml vanilla essence
125 ml pecan nuts, coarsely chopped
125 ml raisins

Preheat oven to 180°C.

Crust

1. Mix the butter, cake flour and sugar together to form a dough.
2. Press the dough into the base of a greased ovenproof dish.
3. Bake for 15 minutes.

Filling

1. Thoroughly beat eggs and sugar together.
2. Add Jungle Oats, salt and baking powder and mix well.
3. Add the essence, nuts and raisins and mix.
4. Spoon the mixture onto the crust.
5. Bake for 20 minutes.
6. Allow to cool. Cut into squares.

Makes 20 - 30 squares

Sherry Truffles

125 g butter
500 ml icing sugar
30-50 ml medium cream sherry
10 ml vanilla essence
750 g cookie crumbs
2 x 50 g Jungle Oatso Easy, chocolate flavour
1 packet whole red cherries (can be soaked in brandy for at least 1 hour)
50 ml coconut
5 ml hot chocolate powder
50 ml Jungle Oats

1. Cream butter and icing sugar.
2. Add sherry, vanilla essence, cookie crumbs and Jungle Oatso Easy and mix well.
3. Allow mixture to rest in fridge for 30 minutes.
4. Take a teaspoonful of the mixture, enough to cover a cherry. Roll into balls.
5. Mix the coconut and hot chocolate powder together.
6. Roll half the ball in oats and the other half in the coconut and chocolate mixture.
7. Store in an airtight container in the fridge until needed.

Makes 30-40 truffles

Serve with coffee after a meal, or as sweet treats with tea

Sjerrietruffels

125 g botter
500 ml versiersuiker
30-50 ml medium-roomsjerrie
10 ml vanieljegeursel
750 g koekiekrummels
2 x 50 g Jungle Oatso Easy, sjokoladegleur
1 pakkie heel rooi kersies (kan ten minste 1 uur in brandewyn geweek word)
50 ml klapper
5 ml warsjokoladepoeier (hot chocolate)
50 ml Jungle Oats

1. Room botter en versiersuiker saam.
2. Voeg sjerrie, vanieljegeursel, koekiekrummels en Jungle Oatso Easy by en meng goed.
3. Laat rus die mengsel in die yskas vir 30 minute.
4. Skep 'n teelepeltol van die mengsel, genoeg om 'n kersie te bedek. Rol in balletjies.
5. Meng klapper en warsjokoladepoeier saam.
6. Rol die helfte van balletjie in hawermout en ander helfte in klapper- en sjokolademengsel.
7. Bêre in 'n lugdigte houer in die yskas tot benodig.

Maak 30-40 truffels

Bedien saam met koffie na ete of as 'n soethappie by 'n tee

Fruit Loaf

4 x 250 ml fruit cake mix (preferably one containing all the fruit, as well as cherries and nuts)
375 ml sugar
375 ml water
200 g butter
10 ml bicarbonate of soda
3 eggs, beaten
500 ml flour
10 ml baking powder
5 ml salt
250 ml Jungle Oats
100 ml brandy or a mixture of brandy and sherry

Preheat oven to 150°C.

1. Grease and line 2 bread pans with wax paper and grease again.
2. Boil the fruit, sugar, water and butter together for 5 minutes. Remove from stove.
3. Add the bicarbonate of soda and stir well. Allow to cool.
4. Mix in the beaten eggs.
5. Sift flour, baking powder and salt together; add Jungle Oats.
6. Blend the flour mixture with the fruit mixture.
7. Spoon mixture into pans.
8. Bake for 75 minutes.
9. Allow to cool slightly in the pans, turn out and sprinkle with brandy or brandy and sherry.
10. Allow to cool completely and store in an airtight container until needed.

Makes 2 fruit loaves

Vrugtebrood

4 x 250 ml vrugtekoekmengsel
(verkieslik een wat al die vrugte asook kersies en neute bevat)
375 ml suiker
375 ml water
200 g botter
10 ml koeksoda
3 eiers, gekliits
500 ml koekmeel
10 ml bakpoeier
5 ml sout
250 ml Jungle Oats
100 ml brandewyn of 'n mengsel van brandewyn en sjerrie

Voorverhit oond tot 150°C.

1. Smeer en voer 2 broodpanne met waspapier uit en smeer weer.
2. Kook die vrugte, suiker, water en botter saam vir 5 minute. Verwyder van stoofplaat.
3. Voeg die koeksoda by en roer goed deur. Laat afkoel.
4. Voeg die gekliits eiers by en meng.
5. Sif koekmeel, bakpoeier en sout saam; voeg Jungle Oats by.
6. Meng meelmengsel en vrugtemengsel.
7. Skep mengsel in panne.
8. Bak vir 75 minute.
9. Laat effens afkoel in die panne, keer uit en besprinkel met brandewyn of brandewyn en sjerrie.
10. Laat heeltemal afkoel en verpak dig tot benodig.

Lewer 2 vrugtebrode

Gesondheids-hawermoutkoekies

4 x 250 ml Jungle Oats
750 ml klapper
250 ml meelblom
375 ml suiker
2,5 ml sout
250 ml sonneblomsaad
125 ml lynsaad
125ml sesamsaad
5 ml fyn kaneel
250 g botter
60 ml stroop
10 ml koeksoda
180 ml melk

Voorverhit oond tot 180°C.

1. Meng droë bestanddele behalwe koeksoda, saam.
2. Smelt botter en stroop saam. Los koeksoda in melk op en voeg by stroopmengsel.
3. Voeg die droë bestanddele by die stroopmengsel en meng.
4. Druk in 'n gesmeerde bakplaat.
5. Bak 25 minute lank teen 180°C.
6. Laat effens afkoel en sny in blokkies.

Maak 20 - 30 hawermoutkoekies

Wenk : Skakel die oond af maar los die koekies in die oond. Dit maak hulle heerlik krakerig!

Health Crunchies

4 x 250 ml Jungle Oats
750 ml coconut
250 ml flour
375 ml sugar
2,5 ml salt
250 ml sunflower seeds
125 ml linseed
125 ml sesame seeds
5 ml ground cinnamon
250 g butter
60 ml syrup
10 ml bicarbonate of soda
180 ml milk

Preheat oven to 180°C.

1. Mix dry ingredients together excluding the bicarbonate of soda.
2. Melt butter and syrup together. Dissolve bicarbonate of soda in milk and add to the syrup mixture.
3. Add the dry ingredients to the syrup mixture and mix well.
4. Press into a greased baking tray.
5. Bake for 25 minutes at 180°C.
6. Cool slightly and cut into squares.

Makes 20 - 30

Tip: Switch oven off but leave crunchies in the oven. Makes even crunchier crunchies!

Fruit Pizza

Base

400 ml flour
10 ml baking powder
2,5 ml salt
75 ml sugar
60 g butter
75 ml milk
1 egg, whisked
2 ml mixed spices

Topping

60 ml brown sugar
35 ml golden syrup or honey
60 g butter
125 ml Jungle Oats
125 ml biscuit crumbs
375-500 ml dried fruit, e.g. sultanas,
cherries, nuts, glazed ginger,
watermelon or green figs,
cut into pieces.

Preheat oven to 180°C.

Base

1. Sift dry ingredients and add sugar.
2. Rub butter into dry ingredients.
3. Mix the milk and egg and blend into mixture. Mix to a pliable dough.
4. Press into a greased pizza pan or form a ring on a greased baking sheet.

Topping

1. Heat sugar, syrup and butter to boiling point.
2. Add Jungle Oats and biscuit crumbs. Leave to cool.
3. Sprinkle half the crumb mixture over the dough, then add a layer of fruit and top with the rest of the crumb mixture.
4. Bake for 25 minutes, remove from oven and allow to cool completely in pan.
5. Cut into slices and serve with cream or as dessert with coffee.

Makes 8-10 slices

Vrugtepizza

Kors

400 ml koekmeel
10 ml bakpoeier
2,5 ml sout
75 ml suiker
60 g botter
75 ml melk
1 eier, geklits
2 ml gemengde speserye

Bolaag

60 ml bruinsuiker
35 ml gouestroop of heuning
60 g botter
125 ml Jungle Oats
125 ml beskuitjekrums
375-500 ml droë vrugte, bv. sultanas,
kersies, neute, versuikerde
gemmer, waatlemoen,
groenvye in stukkies gesny.

Voorverhit oond tot 180°C.

Kors

1. Sif droë bestanddele saam en voeg suiker by.
2. Vryf botter in by droë bestanddele.
3. Meng melk en eier en voeg by. Meng tot 'n hanteerbare deeg.
4. Druk uit op die bodem van 'n gesmeerde pizzabord of druk uit in 'n ronde fatsoen op 'n gesmeerde bakplaat.

Bolaag

1. Verhit suiker, stroop en botter tot kookpunt.
2. Voeg Jungle Oats en beskuitjekrums by. Laat afkoel.
3. Sprinkel die helfte van die krummelmengsel oor die deeg in die pizzabord, dan die vrugtestukkies en dan weer orige krummelmengsel.
4. Bak 25 minute lank, verwyder uit die oond en laat goed afkoel in die pan.
5. Sny in skywe en bedien met room of as nagereg saam met koffie.

Lewer 8-10 snye



Grondboontjie Botterkoekies

250 g botter
500 ml suiker
2 eiers, geklits
125 ml Black Cat gladde
grondboontjebotter
10 ml koeksoda
25 ml melk
5 ml vanieljegeursel
500 ml koekmeel, gesif
500 ml Jungle Oats
500 ml klapper
500 ml graanvlokkies

Voorverhit oond tot 180°C.

1. Room botter en suiker saam.
2. Voeg geklitste eiers by.
3. Voeg grondboontjebotter by en meng goed.
4. Los koeksoda in melk op. Voeg geursel by. Voeg by bottermengsel en meng goed.
5. Meng die res van die bestanddele en voeg by die grondboontjebottermengsel. Meng.
6. Vorm balletjies so groot soos okkerneute. Plaas op 'n gesmeerde bakplaat en druk effens plat met 'n vurk.
7. Bak 10-15 minute lank tot goudbruin en gaar.
8. Keer uit op 'n afkoelrak. Laat afkoel en berg in 'n lugdigte houer.

Lewer ongeveer 8 dosyn koekies

Peanut Butter Cookies

250 g butter
500 ml sugar
2 eggs, whisked
125 ml Black Cat smooth peanut butter
10 ml bicarbonate of soda
25 ml milk
5 ml vanilla essence
500 ml flour, sifted
500 ml Jungle Oats
500 ml coconut
500 ml cornflakes

Preheat oven to 180°C.

1. Cream butter and sugar.
2. Add whisked egg.
3. Add peanut butter and mix well.
4. Dissolve bicarbonate of soda in milk. Add essence. Add to butter mixture and blend well.
5. Mix the rest of the ingredients. Add to the peanut butter mixture. Mix.
6. Form walnut-sized balls. Place on a greased baking tray and flatten slightly with a fork.
7. Bake for 10-15 minutes until golden brown and done.
8. Turn out onto a cooling rack. Allow to cool and store in an airtight container.

Makes appoximately 8 dozen cookies

Ongebakte Sjokoladekoekies

125 ml melk
125 ml kakao
250 g botter
500 ml suiker
650 ml Jungle Oats
250 ml klapper
sout
5 ml vanieljegeursel

1. Kook melk, kakao, botter en suiker vir 5 minute saam.
2. Verwyder van stoof.
3. Roer die res van die bestanddele vinnig by en meng goed.
4. Skep teelepelsvol op gesmeerde bakplate en laat goed koud word.
5. Bêre koekies in 'n houer in die yskas tot benodig.

Lewer 30 - 40 koekies

Wenk : Bedien in papierdoppies.

No-bake Chocolate Cookies

125 ml milk
125 ml cocoa
250 g butter
500 ml sugar
650 ml Jungle Oats
250 ml coconut
salt
5 ml vanilla essence

1. Boil milk, cocoa, butter and sugar together for 5 minutes.
2. Remove from stove.
3. Quickly stir in the remaining ingredients and mix well.
4. Spoon teaspoon-sized dollops onto greased baking trays and allow to cool well.
5. Store cookies in a container in the fridge until needed.

Makes 30 - 40 cookies

Hint : Serve in paper cups.



Cheesecake

Crust

300 ml Jungle Oats
300 ml Marie biscuits, crumbled
(about 12 biscuits)
75 ml butter, melted
15 ml brown sugar

Filling

10 ml gelatine
397 g (1 can) condensed milk
250 ml cottage cheese
175 ml plain yoghurt
75 ml lemon juice
grated zest of 1 lemon

Preheat oven to 180°C.

Crust

1. Thoroughly mix all the crust ingredients.
2. Press into the base of a greased 23 cm springform cake pan.
3. Bake for 10 minutes. Allow to cool.

Filling

1. Dissolve gelatine in 50 ml lukewarm water. Allow to cool.
2. Mix all the other ingredients and add cooled gelatine. Mix.
3. Spoon mixture into crust and leave in fridge until set.
4. Remove from pan. Garnish with fresh berries or other fruit of your choice.

Makes 1 cheesecake

Tip: This filling makes a cheesecake of medium size. For a bigger cake, double the filling ingredients.

Kaaskoek

Kors

300 ml Jungle Oats
300 ml Mariebeskuitjies, gekrummel
(ongeveer 12 beskuitjies)
75 ml botter, gesmelt
15 ml bruinsuiker

Vulsel

10 ml gelatien
397 g (1 blikkie) kondensmelk
250 ml maaskaas
175 ml ongegeurde jogurt
75 ml suurlemoensap
gerasperde skil van 1 suurlemoen

Voorverhit oond tot 180°C.

Kors

1. Meng al die bestanddele saam tot goed gemeng.
2. Druk op die bodem van 'n gesmeerde 23cm-losboompan.
3. Bak 10 minute lank. Laat afkoel

Vulsel

1. Los gelatien op in 50 ml loutwarm water. Laat afkoel
2. Meng al die ander bestanddele saam en voeg afgekoelde gelatien by. Meng.
3. Skep mengsel bo-op kors en plaas in yskas tot gestol.
4. Haal uit pan. Versier met vars bessies of ander vrugte van u keuse.

Lewer 1 kaaskoek

Wenk: Hierdie vulsel maak 'n middelmatige dikte kaaskoek. Vir 'n kaaskoek met 'n dikker vulsel moet u die bestanddele van die vulsel verdubbel.

Klapper- en Kersiebrood

1 eier
250 ml melk
5 ml vanieljegeursel
400 ml koekmeel
10 ml bakpoeier
5 ml fyn kaneel
5 ml sout
125 ml suiker
250 ml klapper
125 ml Jungle Oats
50 ml botter
50 g kersies

Voorverhit oond tot 180°C.

1. Smeer 'n mediumgrootte broodpan.
2. Meng eier, melk en vanieljegeursel saam.
3. Sif koekmeel, bakpoeier, kaneel en sout saam.
4. Voeg suiker, klapper en Jungle Oats by.
5. Voeg eiermengsel by meelmengsel.
6. Voeg gesmelte botter en kersies by en vou mengsel met metaallepel tot gemeng.
7. Skep in voorbereide broodpan en bak 45-60 minute lank of tot 'n toetspen skoon uitkom.
8. Keer die gaar brood uit en laat afkoel op 'n draadrakke.

Maak 1 brood

Wenk : Rol kersies in 'n bietjie meel om te verhoed dat hulle aan mekaar vaskleef.

Coconut & Cherry Loaf

1 egg
250 ml milk
5 ml vanilla essence
400 ml cake flour
10 ml baking powder
5 ml ground cinnamon
5 ml salt
125 ml sugar
250 ml coconut
125 ml Jungle Oats
50 ml butter
50 g cherries

Preheat oven to 180°C.

1. Grease a medium-sized bread-pan.
2. Mix egg, milk and vanilla essence.
3. Sift cake flour, baking powder, cinnamon and salt together.
4. Add sugar, coconut and Jungle Oats.
5. Add egg mixture to flour mixture.
6. Add melted butter and cherries and fold in with a metal spoon.
7. Spoon into the prepared bread-pan and bake for 45-60 minutes or until a tester comes out clean.
8. Turn out the bread and allow to cool on a cooling rack.

Makes 1 loaf

Tip : Dust cherries in a little flour to prevent them from sticking to each other.



Conversion tables

Omrekeningstabelle

Volumes Spoon & cup Equivalents	Metric / Metriek	Volumes Lepel & Koppie Ekwivalente
¼ teaspoon	1 ml	¼ teelepel
½ teaspoon	2,5 ml	½ teelepel
1 teaspoon	5 ml	1 teelepel
1 tablespoon	12,5 ml	1 eetlepel
¼ cup	62 ml	¼ koppie
⅓ cup	80 ml	⅓ koppie
½ cup	125 ml	½ koppie
1 cup	250 ml	1 koppie
4 cups	1 L	4 koppies

Oven Temperatures Temperature	°C	°F	Oondtemperature Gas	Temperatuur
very cool	130	250	½	baie koel
very cool	140	275	1	baie koel
cool	150	300	2	koel
warm	160	325	3	lou
moderate	180	350	4	matig
fairly hot	190	375	5	matig warm
fairly hot	200	400	6	matig warm
hot	220	425	7	warm
very hot	230	450	8	baie warm
very hot	240	475	9	baie warm

Millilitre to Gram Conversion Table (Approximate measures only)	Grams	Millilitre	Milliliter na Gram Omskakelingstabel (Slegs benaderd)
Ingredients			Bestanddele
Butter / Margarine	250 g	250 ml	Botter / Margarien
Breadcrumbs (dry)	120 g	250 ml	Broodkrummels (droog)
Breadcrumbs (fresh)	75 g	250 ml	Broodkrummels (vars)
Brown Sugar	200 g	250 ml	Bruinsuiker
Rice (uncooked)	200 g	250 ml	Rys (ongekook)
Rice (cooked)	250 g	250 ml	Rys (gaar)
Cake Flour	120 g	250 ml	Koekmeelblom
Self-Raising Flour	140 g	250 ml	Bruismeel
Wholewheat Flour	125 g	250 ml	Volkoringmeel
Cornflour	120 g	250 ml	Mielieblom
Jungle Oats	100 g	250 ml	Jungle Oats
Jungle Oat Bran	115 g	250 ml	Jungle Oat Bran
Jungle Taystee Wheat	180 g	250 ml	Jungle Taystee Wheat
Milk Powder	100 g	250 ml	Melkpoeier
Custard Powder	150 g	250 ml	Vlapoeier
Sugar (Granulated)	200 g	250 ml	Suiker (korrels)
Castor Sugar	210 g	250 ml	Strooisuiker
Icing Sugar	130 g	250 ml	Versiersuiker
Dates	150 g	250 ml	Dadels
Dried Fruit, Raisins, etc,	150 g	250 ml	Droëvrugte, Rosyne, ens.
Mixed Peel	150 g	250 ml	Gemengde Skil
Nuts	100 g	250 ml	Neute
Grated Cheese	100 g	250 ml	Gerasperde Kaas
Coconut	80 g	250 ml	Klapper
Honey or Syrup	400 g	250 ml	Heuning of Stroop
Jam	330 g	250 ml	Konfy
Nutty Wheat	150 g	250 ml	Nutty Wheat



**This selection of original recipes is compiled for
your enjoyment by Jungle**

**Hierdie verskeidenheid oorspronklike resepte is
saamgestel vir u genot deur Jungle**