

# Cookbook Conversion

Feelgood Food counts for your

## Lighter Baking Recipe Book



*flexi*fs  
*slim*  
by scottishslimmers

## Recipe

	Page	Feelgood Food	Classic Checks
Macaroons	6	3	3
Coffee cream cookies	7	FG 1	2
Chocolate cupcakes	8	FG 5.5	6
Cream cheese cupcakes	10	FG 4	5.5
Mandarin Chocolate squares	11	FG 2	3
Celery and walnut scones with parsley spread	14	FG 3	4
Potato scones	15	FG 2.5 using 1 GC	15
Low-check scones	16	FG 8	9
Cheesy nutty oatmeal scones	18	FG 7.5	8
Herby scones	20	FG 5	5
Drop scones	21	FG 2	2.5
Prune and apple muffins	24	FG 5	6
Healthy breakfast muffins	25	FG 8	9
Blueberry muffins	26	FG 5	6
Cheese muffins	28	FG 6.5	8
Orange and honey muffins	29	FG 4	5
Banana choc chip muffins	30	FG 6	7
Strawberry gateaux	34	FG 1.5	5
Cappuccino marble cake	35	FG 7	10
Chocolate raspberry roulade	36	FG 3	5
Black forest cake	38	FG 4	6
Lemon cake	40	FG 5.5	7
Pineapple upside down cake	41	FG 6	7
Fruity fridge squares	44	FG 6	6
Pumpkin seed and apricot crispy bars	45	FG 5	5
Strawberry rocky road	46	FG 4	5
Berry oatmeal bars	48	FG 4	4
Chocolate cake bake	50	FG 4	5
Almond chocolate truffles	52	FG 4.5	4.5
Chocolate crispies	53	FG 4.5	4.5
Banana bread	56	FG 5	5
Low fat malt loaf	57	6	6
Tea Loaf	58	FG 7	7
Courgette loaf cake	59	FG 5	6
Low-check carrot and apricot cake	60	FG 4.5	5
Chunky apple and sultana loaf	62	FG 4	5
Ginger Cake	63	FG 5	5