

DAIRY DIARY

ORDER



FROM YOUR MILKMAN

ICONIC INSPIRATION *for the year ahead*



A Zest For Life
Cookbook



Dairy Diary
2021



Pocket Diary &
Meal Planner Set

“Love this diary!
Packed with interesting facts, recipes
and tips and a great week-to-view diary.”

L L Carter

WIN A
£150
GIFT CARD
OVERLEAF



£8.85



DAIRY DIARY 2021

WHY DO MILLIONS LOVE THE DAIRY DIARY?

"Absolutely love this diary ... have been using it for years & love the recipes ...tips, info, etc."

Lindsay

Dairy Diary is a quality hardback book, printed in full colour. Size: 215 x 163mm (8½ x 6¼")

Because they love the delicious recipes that can be quickly prepared from store cupboard ingredients.

They love all the invaluable reference information, inspirational lifestyle articles and useful tips.

- A5, week-to-view diary
- Delicious weekly recipes
- Plenty of writing space
- Really useful kitchen tips

They love the fact that there's plenty of room to write in the diary section and they love the stickers too.

We could go on - but perhaps instead the time has come for you to try it for yourself? You'll love it!

- Stickers to customise dates
- Useful notes pocket
- Calendars & budgeting pages
- Inspiration for home and garden



£10.99

SAVE
£2.85*

Get ahead in 2021!
Take the stress out of planning with this comprehensive set.

* Save £2.85 off the cost of buying the Dairy Diary & Pocket Diary Set separately.

NEW

DAIRY DIARY SET

EXCELLENT VALUE FOR MONEY AND A LOVELY CHRISTMAS GIFT

COMBINES

- Dairy Diary 2021
- Pocket Diary & Meal Planner Set

NEW



A ZEST FOR LIFE COOKBOOK

FRESH TASTY RECIPES TO PUT A SPRING IN YOUR STRIDE

- Bountiful Breakfasts
- Packed Lunches
- Afternoon Snacks
- Weekday Meals
- Weekend Specials

Be inspired! A Zest For Life will make eating well effortless, with easy to prepare and absolutely delicious recipes.

Packed full of colourful, energising recipes, made with ingredients that taste great and also help you to feel great!

With superfoods galore and meals that keep you full for longer, this collection of clever, nutritious recipes is one that you'll turn to time and again. All ingredients are widely available – no faddy foods here.

Be inspired with delicious recipes for a healthy lifestyle, including dishes suitable for vegetarians and vegans.

A Zest for Life is a high quality hardback cookbook, printed in full colour. Size: 205 x 275mm (8 x 10 3/4").

79 easy to follow triple-tested recipes • Inspiring photo for every recipe • Nutritional information • Cook's tips



£9.99



POCKET DIARY & MEAL PLANNER SET

KEEP TRACK OF EVENTS AND MEAL PLAN FOR THE WEEK AHEAD

Pocket Diary with week-to-view diary, useful information, ribbon marker and pen attached.

Meal Planner Pad with one sheet per week: daily lunch and evening meal columns plus a perforated weekly shopping list.

£4.99

Sizes: Pocket Diary 145mm x 85mm (5 3/4 x 3 1/4"), Meal Planner 240mm x 185mm (9 1/2" x 7 1/4").

NEW



Fragrant Baked Rice Pudding



Serves 6 Time 2½ hrs plus resting

- | | |
|--------------------------------------|--|
| Short grain rice 110g (4oz) | Cardamom pod 1, split |
| Milk 450ml (¾ pint) | Clear honey 1 tbsp |
| Double cream 100ml (3½ fl oz) | Rosewater or orange blossom water few drops |
| Caster sugar 2 tbsp | Toasted flaked almonds 3 tbsp |
| Vanilla pod 1, split | Pomegranate seeds 50g (2oz) |
| Cinnamon stick 1 | |

- 1 Preheat oven to 150°C/130°F/Gas 2. Rinse and drain rice, then spread evenly over 1.2 litre (2 pint) shallow baking dish.
- 2 Pour over milk and cream, stir in sugar and push in vanilla, cinnamon and cardamom. Cover with foil and bake for 1½ hours. Stir pudding, re-cover and cook for a further 30-45 minutes until rice is tender, most of liquid has been absorbed and loosely creamy in consistency.
- 3 Remove and discard spices. Stir in honey, sprinkle with rosewater or orange blossom water and rest, loosely covered, for 30 minutes.
- 4 Serve warm or leave to cool completely, then chill until required. Serve in small portions sprinkled with almonds and pomegranate seeds.

AN IRRESISTIBLE RECIPE FROM THE DAIRY DIARY 2021

WIN £150 TO SPEND AT M&S
IN TIME FOR CHRISTMAS!

Enter now at www.dairydiary.co.uk
or facebook.com/dairydiary

M&S Gift Cards can be used at M&S stores and online at www.marksandspencer.com



Or enter by post. Send your answer with your name, address and phone number to: Dairy Diary Competition, Barn 3, Somerford Business Court, Somerford, Congleton, CW12 4SN

QUESTION:

How many recipes are featured in the A Zest For Life Cookbook?

Don't worry, we will never pass your details on to third parties.

TERMS AND CONDITIONS:

All entries must be received by 15 December 2020. Winner will be notified by post or email. Competition manager's decision is final. One entry per household. Anyone connected with the Dairy Diary or the competition is ineligible to enter.



HAND TO YOUR MILKMAN OR PUT OUT WITH YOUR EMPTIES

Don't forget to order enough for Christmas gifts for family & friends

Name _____

Address _____

Postcode _____



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Please leave copies at £8.85 each



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Please leave copies at £4.99 each



Dairy Diary Set

Please leave copies at £10.99 each

* Save £2.85 off the cost of buying the Dairy Diary & Pocket Diary Set separately.



A Zest For Life Cookbook

Please leave copies at £9.99 each

View the products at dairydiary.co.uk

Products subject to availability.