



### **Homemade muesli bars**

**Serving Size:** Makes 24

**Special Info:** Egg free, Nut free

#### **Ingredients:**

- ½ cup (125mL) honey
- ¼ cup caster sugar
- 125g butter
- 3 cups rolled oats
- 1 cup Rice Bubbles
- 1 cup sultanas
- ½ cup chopped apricots, dates or choc chips
- ½ cup desiccated coconut
- ¼ cup pepitas (pumpkin seed kernels), sunflower or sesame seeds

#### **Method:**

- Preheat oven to 180°C. Grease and line a slice with baking paper.
- Combine honey, sugar and butter in a saucepan over medium heat.
- Cook, stirring, for 2-3 minutes until butter melts and sugar dissolves.
- Bring to the boil and cook for 2 minutes or until syrup thickens slightly.
- Remove from heat.
- Combine remaining ingredients in a large bowl.
- Pour over the hot syrup and stir to combine.
- Spoon into prepared pan and press firmly to make sure the mixture will stick together.

I wet my fingers with a bit of cold water and press the top to get a smooth finish.

Bake in oven for 15-20 minutes or until golden.

Cool and then refrigerate until well chilled and cut into 24 slices (about 2cm x 6cm).

- Do not add nuts if making for school snacks.



### **Cheese and Vegemite scrolls**

**Serving Size:** 8

**Special Info:** Egg free, Nut free

#### **Ingredients:**

- 1 ½ cups self-riasing flour
- ½ cup wholemeal flour
- 80g butter

- 2/3 cup milk
- 2/4 cup cheddar cheese, grated
- ¼ cup parmesan cheese, grated
- 1 tbsp Vegemite, heaped
- 1 tbsp milk

#### **Method:**

- Preheat oven to 200°C.
- In a medium bowl, combine both flours and butter.
- Using your fingertips, rub the butter through the flours until you have a breadcrumb consistency, then add ¾ of the cheese combination and milk and work into a dough ball with your hands.
- When these ingredients are combined, lightly flour your kitchen bench and gently push the dough out into a rectangle, approx 1 cm in depth.
- Spread Vegemite evenly over the top of the dough and sprinkle with remaining cheese.
- Roll the dough into a long rope shape, rolling it away from you. When you have a rope of dough, cut it into eight equal rounds and place them on a lined baking tray.
- Brush with milk. Bake for 20 minutes then remove from oven and cool on wire rack.

### **Homemade fruit roll-ups**

**Prep Time:** 20 minutes

**Cook Time:** 2-10 hours



#### **Ingredients:**

- 5 large apples
- 1 punnet strawberries
- 1 cup water

#### **Method:**

- Peel and core the apples, slicing thinly.
- Hull and halve the strawberries.
- Place all fruit in a pot with the water. Place a lid on.
- Cook until soft and then puree with a stick blender.
- Line a tray with baking paper and pour the fruit mix onto the baking paper.



- Spread evenly and thinly.
- Place in the oven and turn on, setting the temperature to 120°C.
- Prop the oven door open with a wooden spoon.
- This dehydrating process can take anywhere from 2 hours to 10 hours depending on the type of fruit and the level of moisture left in the mixture.
- Slice and roll up in cling film to keep.

#### Notes

- There is a huge variety of fruit that you can use to make this recipe.
- Peaches, apples, pears and pumpkin are fibrous and all make a great main ingredient.
- Strawberries, blueberries, bananas and citrus fruits all have too much moisture in them to be the main fruit but make a great minor player in the fruit leathers.



#### Homemade rice puff bars

**Serving Size:** Makes 16 bars

**Ingredients:**

- 6 cups Rice Bubbles
- ½ cup 100s and 1000s
- 1 pkt (250g) marshmallows (or chopped dried fruit)
- 125g unsalted butter, melted

#### **Method:**

- Grease a 16cm x 26cm slice tray and set aside.
- Chop 1 cup marshmallows and combine in a bowl with Rice Bubbles and 100s and 1000s.
- Melt remaining marshmallows in a heat-proof bowl in the microwave (on high for 15-20 seconds). Add melted marshmallows and melted butter to the Rice Bubble mixture. Stir well to combine.
- Transfer mixture into tray and press down with the back of a metal spoon. Refrigerate until set, and then cut into 16 bars. Store in an air-tight container in the fridge.



#### Mini quiches with hidden vegetables

**Serving Size:** Makes 24 mini

quiches

**Special Info:** Nut free

**Ingredients:**

- 2 sheets frozen puff pastry
- 4 eggs
- ¼ cup milk
- ½ cup mashed potato
- ½ cup mashed or pureed carrot
- 1 cup grated tasty cheese

**Method:**

- Place pastry sheets on a work surface to defrost for 10 minutes. Preheat oven to 180°C.
- Select a 24 small hole cupcake pan or 2 x 12 hole pans.
- Cut 12 holes from each pastry sheet with a scone cutter that is slightly larger than the holes.
- Carefully push pastry circles into pan (there's no need to grease). Divide cheese between pastry cases.
- Whisk eggs and milk together in a jug, then whisk in the mashed vegetables.
- Pour egg mixture into pastry cases to just below the top. Keep whisking the mixture to make sure the veggies are evenly distributed.
- Bake for 10-15 minutes until golden.

#### Popcorn Trail Mix

**Yield:** 5 cups

**Ingredients**

- 230grams. sultanas
- 170 grams. diced, dried fruit (apricots, apples, etc.)
- 4 cups popped popcorn (air popped)



**Method:**

- Set freshly popped popcorn in large bowl.
- Add diced fruit and sultanas.
- Toss popcorn and fruit until combined thoroughly
- Do not add nuts if making for school snacks.

### Hawaiian pizza



#### **Ingredients:**

- 4 small wholemeal pita bread
- 180g tomato-based pasta sauce
- 300g shaved ham
- 1 x tin pineapple pieces in natural juice, drained
- 1 cup mozzarella cheese

#### **Method:**

- Preheat oven to 200°C.
- Place the pita breads onto a baking tray.
- Using the back of a spoon, spread the pizza sauce evenly across the dough.
- Place the ham on the dough then add the pineapple.
- Scatter cheese across the top and bake for 20-25 mins or until golden brown.

**Note:** Ham and pineapple can be replaced with any topping you like (eg. Chopped cooked chicken, salami, bacon and sliced vegetables)



### Homemade Chicken Nuggets

#### **Ingredients:**

- 2 chicken breasts
- 1 cup natural yogurt
- 2 cups bread crumbs

#### **Method:**

- Preheat the oven to 180 degrees Celsius. So the chicken cooks all the way through, slice the chicken through the centre width way. Try making the pieces as close to similar size as you can for even cooking.
- Add the yogurt to a large dish.
- Add bread crumbs to another large dish
- Add the chicken and coat well. Shake off excess.
- Add chicken to bread crumbs
- Then transfer the chicken pieces on to trays lined with baking paper. Bake in the oven for 40 – 45 minutes. Turn the nuggets over after 30 minutes.

**Note:** Nuggets can be eaten hot or cold, with tomato sauce or mayonnaise.



### Crepes (gluten-free)

- 6 eggs
- 1 tsp coconut oil
- ½ tsp vanilla essence

- 1 Tbs coconut cream
- 1 tsp honey
- 3 Tbs coconut flour

This recipe makes thin crepes which are delicious with any kind of filling, whether savory or sweet. If using as a savory crepe eliminate the honey and vanilla essence and add a pinch of salt instead.

#### **Method:**

- Combine the eggs with the coconut oil, vanilla, coconut cream and honey and whisk until light and frothy. Add the sifted coconut flour and combine. The consistency of the batter should be the same as normal crepe batter. It should coat the back of spoon but be quite thin.
- Heat a little oil in a frying pan on medium and pour about 3 Tbs of batter into the pan. Lift the pan by the handle and roll the batter over the surface of the pan until the whole surface is covered. It only takes around one minutes for the crepe to brown on one side. Turn it over and brown on the other side.
- Use these crepes as sandwich rolls filled with your favorite filling. Great for lunch.

### Gluten-free Muffins

Makes 6

- 2 eggs
- 3 egg whites\*
- 1 tsp vanilla essence
- 150 g (½ cup) honey
- 30 g (2 Tsp) coconut oil
- 75 g (¾ cup) coconut flour
- 1 tsp bicarbonate soda
- 100 g (1 cup) apples or berries or bananas



*\*by eliminating the egg yolks the fat content of the recipe is reduced*

## Method:

- Pre-heat oven to 160°C/320 F – baking time 45 minutes
- Line a six-hole muffin tin with baking paper: To do this I tear of 6 pieces of baking paper about 10 cm wide. Then once the filling is made I mould the paper into one muffin mould first and while holding down with one hand fill it with the dough with the other hand. The paper sticks out a fair bit at the top, but that's part of the decorative look.
- Mix the eggs and egg whites with the vanilla essence, honey and coconut oil using an electric beater until well combined and frothy. Then add the sifted coconut flour and bicarbonate soda and mix well. Finally fold the fruit under and place in the oven for 45 minutes.
- Remove from the oven and lift the muffins out of the tin and place on a wire grid to cool.



## Honeyed Chicken Drumsticks

### Gluten-free

#### Ingredients

- 4 chicken drumsticks

- 2 tbspoons tomato sauce
- 2 tbspoons clear honey
- 2 tbspoons sunflower oil
- 2 tbspoons lemon juice

#### Method

- Whisk all the ingredients (except the drumsticks) together in a medium sized mixing bowl.
- Using a sharp knife, cut two or three deep slashes into each drumstick
- Leave the drumsticks to marinate in the mixture in the fridge for a couple of hours (or overnight)
- Place drumsticks on a baking tray and cover loosely with foil. Bake at 180°C / gas 5 for about 20mins then turn over and baste with the remaining mixture. Bake for a further 10mins until the juices run clear from the chicken.

- Allow to cool completely and wrap a piece of silver foil around the end of each one to avoid sticky fingers!



## Tuna melts

In a large bowl add tuna, mayonnaise,

Serving Size: 10 muffins

#### Ingredients:

- 1 pkt English muffins
- 185g tin tuna, strained
- 3 tablespoons mayonnaise
- ¼ cup grated carrot
- ¼ cup corn kernels, tinned or fresh
- ½ cup tasty cheese, shredded plus 14 cup extra salt and pepper

#### Method:

- In a large bowl add tuna, mayonnaise, carrot, corn and cheese - stir to combine and season to your liking.
- Heat your griller, cut muffins in half and spread with margarine or butter.
- Place a heaped tablespoon of mixture on each half.
- Add a touch of extra cheese on top and grill until melted and lightly brown.

#### Note:

Swap or change the vegetables to suit your family if you like

## Apricot muesli bars

#### Serving Size:

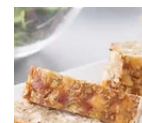
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#### Ingredients:

- ¾ cup dried apricots, chopped
- ½ cup water
- 150g butter, chopped
- ¾ cup brown sugar
- 1 ¼ cups plain flour
- 1 ½ teaspoons baking powder
- 1 cup UNCLE TOBYS ROLLED OATS
- 1 cup NESTLÉ White CHOC BITS

#### Method:

- Preheat oven to 180°C.
- Line the base of a 28cm x 18cm x 3cm tin with baking paper.





- Put the apricots and water in a saucepan, bring to the boil, simmer until the liquid is absorbed.
- Remove from heat.
- Add the butter and stir until melted.
- Stir in the brown sugar, cool.
- Sift the flour and baking powder together.
- Add to the apricot mixture with the rolled oats and NESTLÉ WHITE CHOC BITS, mix thoroughly, press into the tin.
- Bake for 30-35 minutes or until golden brown and cooked when tested with a skewer.
- Stand 10 minutes, turn out onto a rack, when cold, cut into bars.

### Chicken balls

**Serving Size:** 30 balls

**Special Info:**

Gluten free, Nut free

**Ingredients:**

1 small onion

600g chicken mince

½ cup cornflake crumbs (gluten-free)

½ cup freshly grated parmesan cheese

1 egg, lightly beaten

**Method:**

- Preheat oven to 180°C. Line a baking tray with baking paper.
- Finely chop the onion – I used the bowl attachment of my stab-mixer.
- Combine onion, chicken, cornflake crumbs, cheese and egg in a large bowl.
- Mix until well combined and roll tablespoons of mixture into small balls.
- Place balls on tray and bake for 30 minutes until golden and sizzling.

**Notes:**

- These balls are great because they are oven-baked, not fried, can be made in advance and then cooked just before serving.
- If your kids cope with Green Bits, add ¼ cup of chopped coriander or parsley leaves to the mixture.



- Cooked balls can be frozen



### Pasta salad

**Makes** 4 portions

**Prep** 10 mins

**Cook** 12 mins

**Vegetarian, Low-fat**

**Ingredients**

250g pasta shapes

140g frozen peas

pack parsley, chopped

small pack chives, snipped

zest and juice 1 lemon

2 tbsp olive oil

extra ingredients (see ideas below)

**Method**

- Cook the pasta, adding the peas for final 2 mins cooking time.
- Drain, rinse with cold water to cool, then drain again.
- Tip into a bowl with the chopped herbs, lemon zest and juice, olive oil and plenty of seasoning and mix well.
- Cover and chill, spooning out portions as and when. If you're making this for one person, by days 3 and 4 you'll need to stir in a little olive oil or something creamy to loosen the pasta.

**4 ways to vary it**

1. Add chunks of ham, salami or leftover cooked chicken.
2. Flake in hot-smoked salmon or smoked mackerel.
3. Add sundried tomatoes, olives or roasted peppers.
4. Top with crisp bacon.

### Turkey Pasta Salad

**Makes** 2 portions

**Ingredients**

50g pasta shape

100g cooked turkey or chicken, chopped

1 baby gem lettuce, chopped

100g canned sweetcorn

6 to 8 cherry tomatoes cut in half



1 or 2 spring onions, thinly sliced

### **Honey and Soy Dressing**

3 tbsp light olive oil

1 tbsp runny honey

1 tbsp soy sauce

1 1/2 tbsp freshly squeezed lemon juice



### **Method**

Cook the pasta according to the packet instructions. Meanwhile, whisk together all the ingredients for the dressing. Put the chopped turkey, gem lettuce, sweetcorn, tomatoes and spring (green) onion into a bowl together with the drained pasta and toss with the dressing.