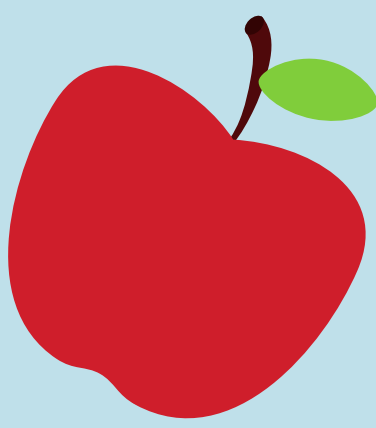


# Recipes



## Carrot Cake Bliss Balls

### Ingredients

- 3 medium carrots
- 1 Cup oats
- 1 Cup sunflower seeds
- ½ Cup dates
- 1 TBSP coconut oil or other light flavoured oil
- 1 tsp cinnamon
- ½ tsp ginger dried
- Desiccated coconut for rolling

### Instructions

1. Place carrots in a sturdy food processor and blitz until very finely chopped.
2. Add remaining ingredients, excluding the desiccated coconut and blitz
3. until the mixture comes together into a large ball. This may take some time, 5 or so minutes of blitzing but be patient it will get there
4. Using a teaspoon form balls, the mixture will be quite sticky (because of the water content of the fresh carrot) , but the texture improves once you roll in coconut. If you keep your hands damp it stops the mix sticking to your fingers, Get the kids involved they will love the mess
5. Roll the balls in desiccated coconut (You don't have to, I sometimes leave some coconut free)
6. Refrigerate

## Muesli Bar Slice

### Ingredients

- Rolled oats - 2 cups
- Cornflakes - 2 cups
- Plain flour - 1 cup
- Raw sugar - ¾ cup
- Chopped dried Apricots - ½ cup
- Chopped dried Cranberries - ½ cup
- Slivered almonds - 70 g
- Cashew pieces - 70 g
- Baking powder - 1 tsp
- Cinnamon - 1 tsp
- Butter - 200 g
- Golden syrup - ½ cup
- Sesame seeds - 1 Tbsp

### Method

1. Preheat the oven to 180°C. Line a 24cm x 30cm baking pan with baking paper.
2. Place the oats, cornflakes, flour, sugar, dried fruit, nuts, baking powder and cinnamon in a large bowl. Mix together until well combined.
3. Melt the butter and golden syrup, whisking until combined. Pour over the dry ingredients and mix well until evenly combined. Press into the prepared pan and sprinkle with sesame seeds.
4. Bake for 20 minutes until golden and firm. Leave to cool in the pan.

## Chia Seed Pudding

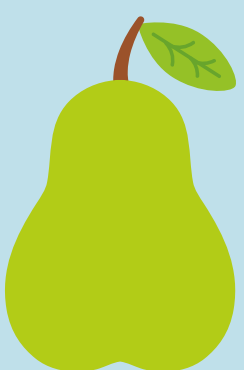
### Ingredients

- 2 tablespoon chia seeds
- ½ cup almond milk or milk of choice/ yoghurt
- 1 teaspoon honey

### Instructions

1. Pour ingredients into a jar and mix well. Let settle for 2-3 minutes then mix again very well until you see no clumping.
2. Cover the jar and store in fridge overnight or for at least 2 hours.
3. When you're ready to eat it, top with your favorite fruit and enjoy cold!

This recipe is a very basic foundation for lots of other chia seed recipes, variations such as adding fresh fruit, cocoa powder, peanut butter or spices can all change the way they taste. Explore different recipes and see what your children likes and dislikes and what is in season.



# Summary Sheet

Food Groups	Daily Intake Guidelines		
	Preschoolers (2-5yrs)	School Children (5-12yrs)	Adolescents (13-18yrs)
Fruits	2 Servings	2 Servings	2 Servings
Vegetables	2 Servings	3 Servings	5 Servings
Breads and Cereals	4 servings	5 Servings	7 Servings
Milk and Milk Products	2-3 Servings	2-3 Servings	3 Servings
Lean Meats, Chicken, Seafood, Eggs, Legumes, Nuts and Seeds	1 Serving	1 Servings	2 Servings

## Tips and Tricks

- Make sure to keep the food cold, use frozen water bottles
- Get the kids involved in choosing foods and preparing lunches
- Reduce, Reuse and Recycle the food you give them
- Cut the food into fun, easy to eat shapes
- Use hummus or nut butters as an easy way to make vegetable sticks taste better

## Including Vegetables

- Cut them into bite-sized pieces that
- Sneak them into baking
- Include frittata, pita bread pizzas and salads in wraps and sandwiches into lunches
- Include dips for veges such as hummus or a nut butter
- Don't give up!

## Lunchbox Examples

Fresh seasonal fruit & celery sticks  
Cheese cubes, cherry tomatoes,  
wholegrain rice crackers  
Brown rice sushi with tuna & carrot  
1 small banana  
Total = \$3.16

Capsicum sticks with hummus  
Natural yoghurt topped with muesli  
Air-popped popcorn  
Wholegrain wrap with chicken,  
grated carrot, lettuce  
Total = \$4.72

Carrot Sticks  
Natural yoghurt topped with frozen  
berries  
1-2 Carrot Cake Bliss Balls  
Wholemeal Sandwich with Peanut Butter  
Total = \$1.86

## Further Resources

- [https://destitutegourmet.com/products/how-to-win-at-school-lunchboxes?\\_pos=1&\\_sid=a8c9688d6&\\_ss=r](https://destitutegourmet.com/products/how-to-win-at-school-lunchboxes?_pos=1&_sid=a8c9688d6&_ss=r)
- <https://www.paknsave.co.nz/recipes/lunchbox-ideas>
- <https://assets.heartfoundation.org.nz/documents/teacher-tools/posters/loading-lunchbox-over-5-english.pdf?mtime=1606785208?1644280708>