

Here are some great lunchbox recipes that kids can easily help to prepare

Fruit loaf

Makes 12 portions

Ingredients:

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|-------------------------------|------------------------------------|
| 1 cup grated carrot | ¼ cup raw sugar |
| ½ cup dried apricots, chopped | ½ cup plain flour |
| ½ cup sultanas | 1 teaspoon baking soda |
| 1 medium apple, chopped | 1 teaspoons ground cinnamon |
| ½ cup apple juice | 2 bananas sliced thinly |
| ¾ cup water | 1 cup wholemeal self-raising flour |



Method:

- Preheat oven to 180°C. Line loaf tin with baking paper.
- Place carrot, apricot, sultanas, apple, juices, water and sugar in medium saucepan.
- Bring to the boil then simmer uncovered for 15 minutes.
- Cool to room temperature.
- Stir in the sifted dry ingredients and banana. Spread mixture into loaf tin and bake for an hour.
- Once cooled slice loaf and store in airtight container, or freeze individual portions in cling wrap.

Apple Scrolls

Ingredients

- 1 ½ cups wholemeal SR flour
- 1 ½ cups SR flour
- 45gr margarine
- 1 cup low fat milk
- 2 large apples
- 1 cup sultanas
- 2 tsp mixed spice

Method

- Sift flours into a large bowl - rub in margarine until looks like bread crumbs
- Add milk gradually and mix into a soft dough
- Roll dough into a rectangle about 30cm x 23cm - put some extra flour under dough
- Mix apples in a bowl with sultanas and spice and sprinkle evenly over dough
- Roll up lengthwise, seal join with a little water. Brush roll with extra milk.
- Cut roll into 12 circles and lay flat around in a pie plate that has been sprayed.
- Bake for 25-30 mins. Remove and brush with extra milk. Sprinkle with 1 tsp sugar. Bake another 5 minutes.

Mini Pizza's

Ingredients

- BASE – use half an English muffin or a pocket bread or ½ bread roll
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|---------------|---------|
| Tomato paste | Oregano |
| Grated cheese | |
- And choose from: Diced capsicum, Button mushrooms, Tomato slices, Onion rings, Pineapple, Ham

Method

- Spread base with tomato paste, top with as many toppings as desired
- Sprinkle with oregano and cheese
- Place under grill until cheese melts

Veggie pikelets

Makes 6 portions (2 pikelets per portion)

Ingredients:

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|-------------------------------------------------|-------------------------|
| 1 small zucchini, grated | 1 medium carrot, grated |
| 1 orange (or 1 tablespoon of 100% orange Juice) | |
| 1 cup self-raising wholemeal flour | 1 tablespoon sugar |
| 1 egg | ¾ cup reduced-fat milk |



Method:

- Squeeze the juice from the orange (if using).
- Grate the zucchini and carrot and put them in a saucepan over medium heat.
- Add orange juice to vegetables.
- Cook vegetables until soft, about 3 minutes.
- 5. Sift flour into a bowl.
- Stir in sugar, egg and milk to make a smooth batter.
- Mix the cooked vegetables into the batter.
- Heat a frying pan and add oil and cover the bottom of the pan with the oil.
- Drop a tablespoon of mixture into frying pan.
- Cook until bubbles appear, then turn over and cook the other side.
- Wrap individually in cling wrap and store in the freezer until needed (take out in the morning before school).

Yoghurt and Muesli Snack

Ingredients

- Tub of yoghurt
- Handful of muesli

Mix ingredients together and enjoy!

Quick Fruit Loaf

Ingredients

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|---------------|-----------------|
| 1 cup raisins | 1 cup currants |
| 1 cup sugar | 1 cup water |
| 1 egg | 2 cups SR flour |

Method

- Put first 5 ingredients in a saucepan and bring to boil. Simmer for 7 minutes. Remove from heat and cool.
- When cool add flour and egg. Mix well and pour into loaf tin.
- Bake at 180C for 1 hour. Allow to cool and sit overnight before slicing. Wrap lightly buttered slices and freeze ready for lunchbox.

Zucchini and Corn Pies

Ingredients

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|----------------------------------|------------------|
| 6 slices sandwich bread | ½ large zucchini |
| small tin corn kernels - drained | 3 eggs |
| 50 grams grated cheese | 2 shallots |

Method

- Turn oven on to 180C to heat up
- Cut the crusts off the bread
- Grate zucchini
- Finely chop shallots
- Mix the eggs together in a bowl
- Grease a 6 cup muffin pan
- Push one piece of bread into each muffin cup to form a case
- Divide zucchini, corn kernels, cheese and shallots evenly between cases. (for the variation below, divide spinach, shallots and cheeses between cases)
- Pour egg mixture into the bread cases
- Bake at 180C for 10-15 minutes or until bread is golden and filling has set.
- Serve warm or cold. Great for a snack for your lunch box.

Spinach and Cheese Pies (variation)

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|----------------------------|------------------------|
| 6 slices sandwich bread | 3 eggs |
| ½ cup chopped spinach | 2 shallots |
| 50 grams feta cheese cubed | 50 grams grated cheese |

Use these ingredients instead of the above ones and follow the same method

Salmon \ Tuna Patties

Ingredients

1 tin tuna or salmon – 370 gram - drained
Left over steamed potato – either sweet or normal
2 Celery sticks – finely chopped Parsley – finely chopped
1 onion – finely chopped 1 egg - beaten
1 egg Breadcrumbs
Plain flour Oil

Method

- In a bowl combine the tuna, mashed potato, parsley, celery and onion.
- Take 1 heaped tablespoon of the mixture and roll it in flour
- Dip it into the egg then roll into breadcrumbs
- Heat oil in a pan and fry until golden. Turn over and fry until second side is golden.
- Cool, wrap individually and freeze for lunchbox

Savoury Pinwheels

Ingredients

1 cup low fat cheese grated 1 small onion chopped
2 rashers lean bacon chopped 1 cup parsley chopped
1 ½ cups wholemeal SR flour 1 ½ cups SR flour
60gr margarine 1 cup low fat milk
2 tbs extra milk

Method

- Heat oven to 200 degrees Celsius.
- Sift flours together - rub in margarine until mixture looks like fine breadcrumbs.
- Add milk and mix to a soft dough
- Roll dough to a rectangle approx 30cm x 23cm – put some flour under dough. Brush top side of dough with extra milk
- Sprinkle with grated cheese, onion, bacon and parsley
- Firmly roll up dough (from long side) and brush the top with extra milk.
- Cut the roll into 8 slices. Lay each roll flat on a sprayed tray. Bake for 30–35 mins on middle shelf of oven
- Cool on trays, wrap individually and freeze ready for lunchbox

Zucchini, Corn and Cheese Muffins

Ingredients

3 eggs ½ cup canola oil
½ cup grated cheese 1 ½ - 2 cups plain flour
1 cup wholemeal plain flour 2 teaspoons brown sugar
1 tbs baking powder 2 tbs chopped parsley
1 cup milk 1 cup corn kernels
Pinch salt 1 tsp baking soda

Method

- Combine wet ingredients and cheese then fold into the dry ingredients until just combined
- Spoon into greased muffin pans and bake at 170 degrees Celsius for 25-30 mins

Potato Salad

Ingredients

1 potato ½ med sized sweet potato
1-2 slices of ham ½ capsicum
2 tbs of low-fat mayonnaise Salt and pepper to taste

Method

- Peel potatoes and cut into bit size pieces.
- Cook in boiling water until cooked but still quite firm
- Finely chop the ham and capsicum
- Drain potatoes and mix with ham, capsicum, mayonnaise, salt and pepper
- Spoon into individual containers for lunch and pack with a plastic fork or spoon.

Fried Rice

Ingredients

½ cup of rice 1 egg
½ can of peas and corn ½ capsicum
2 spring onions 1-2 slices of ham
2 tbs soy sauce

Method

- Cook rice according to directions
- Beat egg and fry until cooked
- Remove from pan and slice finely
- Stir-fry capsicum and spring onions for 2-3 minutes, add peas, corn & ham and cook for another minute
- Add cooked rice and egg. Finally, add the soy sauce
- Spoon into individual containers for lunch and pack with a plastic fork or spoon



Healthy Lunchbox Recipes

