



Recipes

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Full-of-fruit muffins



Preparation Time: 20 mins

Cooking Time: 25

Serves: 24

Ingredients

2 cups (300g/10 1/2 oz) self-raising flour

1 tsp baking powder

1 1/2 tsp ground cinnamon

1/2 cup (55g/2oz) unprocessed oat bran

1 large ripe banana

1 apple (such as Granny Smith, Royal Gala or Golden Delicious), unpeeled

150g (5 1/4oz) fresh or thawed frozen mixed berries or blueberries

1/2cup (125ml/4fl oz) pure floral honey

2eggs, lightly whisked

1/4 cup (60ml/2fl oz) buttermilk

100ml (3 1/2fl oz) canola oil



Method

- 1.Preheat oven to 190oC (375oCF/Gas 5). Line 2 x 12 hole patty pan trays with paper cases.
- 2.Sift together the flour, baking powder and cinnamon into a large mixing bowl. Stir in the oat bran. Make a well in the centre and set aside.
- 3.Use a fork to mash the banana into a medium sized mixing bowl. core and coarsely grate the apple and add to the banana. Add the berries, honey, eggs, buttermilk and oil and stir well to combine. Add the fruit to the flour mixture and fold together with a large metal spoon until just combined.
- 4.Spoon the mixture evenly into the lined patty pans and bake for 20-25minutes or until a skewer comes out clean. Remove from oven and transfer to a wire rack. Serve warm or at room temperature.

Recipe courtesy of Prof Jennie Brand-Miller, Kaye Foster-Powell, Anneka Manning and Phillipa Sandall, Photography by Ian Hofsetter from THE LOW GI COOKBOOK *Healthy Meals That Kids Will Love* Published by Hatchett Australia. This book can be purchased from

<http://www.hha.com.au/books/9780733620751.html>

Ants on a log

Preparation time: 10mins

Makes: 3 serves

Ingredients

2 large celery sticks

2 tbs cream cheese

1 tbs sultanas

Method

1. Wash celery
2. Fill the celery with cream cheese spread
3. Place the sultanas at intervals along the cheese spread to look like ants!

Banana Pops

Ingredients

1 banana

Cup of puffed rice

Tub of low fat custard or yoghurt

2 popsticks

METHOD

1. Peel banana and cut in half
2. thread each half onto a separate popstick
3. dip into the custard or yoghurt
4. roll in the puffed rice
5. eat fresh or freeze for an icy treat!

Source: Recipes adapted from Kids go for your life newsletter issue 4

[http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/Kids_news_Issue4.pdf/\\$File/Kids_news_Issue4.pdf](http://www.goforyourlife.vic.gov.au/hav/admin.nsf/Images/Kids_news_Issue4.pdf/$File/Kids_news_Issue4.pdf)

Bliss Balls

Makes 12

Preparation time 12 mins – no cooking needed

Ingredients

½ banana

3tbs sultanas

1/3 cup chopped dried apricots

1/3 cup puffed rice

1 tbs quick cooking oats

½ cup coconut (for rolling balls in)

Method

1. peel the banana and put in the mixing bowl. Using the fork, mash the banana
2. add the sultanas and dried apricots to the banana
3. using the wooden spoon, combine the banana, sultanas and apricots thoroughly
4. mix in the puffed rice, then mix in the quick cooking oats (you should end up with a moist dough like mixture)
5. if possible, allow the mixture to stand for 5 minutes to thicken
6. place the coconut in a small mixing bowl
7. using clean hands shape heaped tablespoons of the mixture into balls
8. roll the balls in the coconut and put on the serving plate
9. either serve immediately or serve frozen for a summer treat!
10. stores in the refrigerator for up to 5 days or for several weeks in a freezer bag in your freezer

Recipe adapted from Heart Foundation – Jessika Loefstedt

Pita Chips and Salsa

Ingredients

1 ½ tsp cumin
1 tsp Paprika
½ tsp Garlic Powder
Black pepper and salt, to taste
2 Pitas

1 400g tin of crushed tomatoes

1 200g tin of corn

Method

Pita chips

1. Preheat oven to 200°C
2. Line a baking tray with aluminium foil
3. Mix together cumin, paprika, garlic powder, salt and pepper
4. Cut pita into triangles and split in half to make thin chips
5. Arrange pita on the baking tray and spray with cooking spray
6. Sprinkle spice mixture to personal taste
7. Bake for 10mins or until crispy and golden

Salsa

1. Drain the tin of crushed tomatoes and the tin of corn
2. Mix tomatoes and corn and use for dipping the pita chips

Source: Adapted from recipe 'homemade pita chips'

<http://www.slashfood.com/2006/01/05/homemade-pita-chips/>

Macaroni & vegetable frittatas

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Makes: 6

Ingredients

- 120g (3/4 cup) macaroni pasta
- Olive oil, to grease
- 2 x 125g cans corn kernels, rinsed, drained
- 1 small red capsicum, halved, deseeded, finely chopped
- 1 medium carrot, peeled, coarsely grated
- 80g (1 cup) coarsely grated cheddar
- 7 eggs, lightly whisked
- 125ml (1/2 cup) milk

Method

1. Cook the pasta in a large saucepan of salted boiling water following packet directions or until al dente. Drain. Refresh under cold running water. Drain well.
2. Preheat oven to 180°C. Brush six 185ml (3/4-cup) capacity non-stick Texas muffin pans with oil to lightly grease. Combine the macaroni, corn, capsicum, carrot and cheddar in a large bowl. Spoon evenly among prepared pans.
3. Whisk together the egg and milk in a jug and pour over the macaroni mixture. Bake in preheated oven for 20-23 minutes or until just set. Remove from oven. Set aside in the pan for 5 minutes before carefully turning onto a wire rack to cool.

Notes & tips

- These frittatas will keep for up to 3 days. Store in an airtight container in the fridge and bring to room temperature before serving.
- Tuesday's lunch box: Pack a frittata with some mixed salad leaves, and a container of washed hulled strawberries and grapes. Chill some cranberry juice and pack separately.

Source

Australian Good Taste - February 2005 , Page 56

Recipe by *Kerrie Sun*

<http://www.taste.com.au/recipes/2708/macaroni+vegetable+frittatas>

Ham and vegetable rice paper rolls

Ingredients (serves 4)

- 125g shaved ham
- 1 carrot, peeled
- 1 red capsicum
- 6 iceberg lettuce leaves
- 12 small rice paper wrappers
- **Dipping sauce**
- 2 tablespoons tomato sauce
- 1 tablespoon barbecue sauce
- 1 teaspoon soy sauce
- 1 teaspoon honey

Method

1. Cut ham into thin strips. Grate carrot. Cut sides from capsicum and discard seeds and membrane. Cut capsicum into thin strips. Tear lettuce into small pieces. Place ham and vegetables in piles on a large platter.
2. Place a clean, dry tea towel on the workbench. Half-fill a large, shallow bowl with warm water. Dip 1 rice paper wrapper in water. Soak for 10 to 20 seconds or until it starts to soften. Remove, allowing excess water to drain. Place on the tea towel.
3. Place lettuce, capsicum, carrot and ham on 1 edge of rice paper, leaving about 2cm at each end (don't overfill or rice paper wrapper will split). Fold edges in and roll up to enclose filling. Place roll, seam side down, on a plate. Cover with a damp tea towel. Repeat with remaining rice paper and filling to make 12 rolls.
4. Make dipping sauce Combine ingredients in a bowl. Serve rolls with dipping sauce.

Notes & tips

- To pack for lunch, pour dipping sauce into a small container and secure lid. Wrap rice paper rolls in plastic wrap and place in lunchbox. Pack close to an ice brick.
- **Variation**

Try other combinations such as shaved turkey or salami with shredded snow peas, beansprouts or red cabbage.

Source

Super Food Ideas - July 2007 , Page 30

Recipe by *Tracy Rutherford*

<http://www.taste.com.au/recipes/17281/ham+and+vegetable+rice+paper+rolls>