

# Little Lunch Boxes





## Carbohydrates

ENERGY!

CARBOHYDRATES ARE BROKEN DOWN BY THE BODY AND CONVERTED INTO GLUCOSE. THIS IS ABSORBED THROUGH THE SMALL INTESTINE WHERE IT IS ABSORBED INTO THE BLOOD STREAM.

GLUCOSE (BLOOD SUGAR) IS A SOURCE OF ENERGY FOR THE BODY, ALLOWING IT TO NOT ONLY MOVE AND EXERCISE BUT FOR MAJOR ORGANS TO FUNCTION AND CHEMICAL REACTIONS TO OCCUR.

A RAPID SPIKE IN BLOOD GLUCOSE (QUICK ABSORPTION) CAN BE DETRIMENTAL TO YOUR HEALTH AND CAUSE CONDITIONS SUCH AS DIABETES MELLITUS (TYPE II) AND CARDIOVASCULAR DISEASE WHILST CONTRIBUTING TO CHRONIC INFLAMMATORY CONDITIONS SUCH AS ARTHRITIS, IBS AND ASTHMA.

SIMPLE CARBOHYDRATES SPIKE BLOOD GLUCOSE RAPIDLY. COMPLEX CARBOHYDRATES ARE SLOWLY DIGESTED MEANING THE INCREASE IS GRADUAL. THEY GENERALLY CONTAIN OTHER BENEFICIAL NUTRIENTS FOR THE BODY AND ARE THEREFOR THE PREFERENCE.



## Protein

BUILDING BLOCKS.

PROTEIN IS INVOLVED WHERE THE BODY IS GROWING, REPAIRING OR REPLACING TISSUE.

A DIET CONSISTING OF ADEQUATE PROTEIN HELPS US TO GROW AND DEVELOP. PROTEIN HELPS WITH SATIETY (FEELING OF FULLNESS) WHICH AIDS CONSUMPTION AND WEIGHT MANAGEMENT.



## Healthy Fat

TRANSPORTATION.

HEALTHY FATS HELP TO TRANSPORT NUTRIENTS AROUND THE BODY TO WHERE THEY ARE REQUIRED MOST.

THEY ALSO HELP TO LUBRICATE JOINTS, STORE ENERGY, INSULATE AND PROTECT VITAL ORGANS.

## Macronutrients

Macronutrients are required in large amounts by the body. Macro = big!



## Minerals

### 5 MAJOR MINERALS:

(STORED IN THE BODY IN LARGE QUANTITIES)

CALCIUM  
MAGNESIUM  
POTASSIUM  
PHOSPHORUS  
SODIUM

### TRACE MINERALS:

(REQUIRED BY THE BODY IN MINIMAL AMOUNTS)

CHLORIDE  
SULFUR  
IRON  
MANGANESE  
COPPER



## Water-soluble Vitamins

### VITAMIN C

### B GROUP VITAMINS:

B1 - THIAMINE  
B2 - RIBOFLAVIN  
B3 - NIACIN  
B5 - PANTOTHENIC ACID  
B6 - PYRIDOXINE  
B7 - BIOTIN  
B9 - FOLATE  
B12 - COBALAMIN



## Fat-soluble Vitamins

VITAMIN A  
VITAMIN D  
VITAMIN E  
VITAMIN K

## Micronutrients

### Minerals Vitamins

MINERALS ARE CLASSIFIED BY THE AMOUNT STORED WITHIN THE BODY.

VITAMINS ARE CLASSIFIED ON THEIR BASIS OF SOLUBILITY.  
THEY ARE WATER OR FAT SOLUBLE.

# Bento Lunchbox Layout

FROM THE VIDEO



# Nutritious Sandwich Fillings

## Bread

- WHOLEMEAL
- LIGHT RYE
- RYE

## Cucumber & Cream Cheese

- 2-4 TEASPOONS CREAM CHEESE
- SLICED CUCUMBER

## Avocado & Tuna

- 1/4 AVOCADO
- 1 TIN TUNA (DRAINED)

## Hummus, Capsicum & Kalamata Olive

- 2-4 TEASPOONS HUMMUS
- SLICED CAPSICUM
- 4-6 OLIVES - SLICED

## Egg & Baby Spinach

- 1 HARD BOILED EGG - MASHED
- OPTIONAL - 1 TEASPOON MAYONNAISE MIXED INTO EGG MIXTURE
- SMALL HANDFUL BABY SPINACH

## Pâté & Baby Spinach

- 2-4 TEASPOONS HOMEMADE CHICKEN OR MUSHROOM PÂTÉ (SEE RECIPE)
- SMALL HANDFUL BABY SPINACH

## NUTRITION INFORMATION

- PLEASE SEE THE PREFERRED BREAD OPTIONS. IF THESE ARE NOT SUITABLE FOR YOUR FAMILY, WHITE AND MULTIGRAIN ARE STILL SUITABLE HOWEVER YOU WANT TO ENSURE YOUR SANDWICH FILLING IS NUTRITIOUS AS POSSIBLE.
- WHITE BREAD AND MULTIGRAIN BREAD (WHICH IS WHITE BREAD WITH SEEDS MIXED THROUGH) ARE A SIMPLE CARBOHYDRATE WHICH WILL SPIKE BLOOD GLUCOSE RAPIDLY.
- WHOLEMEAL AND RYE ARE COMPLEX CARBOHYDRATE OPTIONS WHICH WILL GRADUALLY ELEVATE GLUCOSE LEVELS. THIS IS BETTER FOR YOUR OVERALL HEALTH AND FOR SUSTAINING ENERGY LEVELS FOR LONGER.

# Homemade Pâté

## Chicken Liver Pâté

- 220G CHICKEN LIVERS
- 1/3 CUP SOFT BUTTER
- 2 TABLESPOONS COCONUT CREAM
- 1/2 CUP WATER
- 1 MEDIUM SHALLOT
- 1 GARLIC CLOVE (CRUSHED) OR 1 TEASPOON MINCED GARLIC
- 1 TABLESPOON DRIED THYME (OPTIONAL)
- SALT & PEPPER TO TASTE

- TRIM THE WHITE CONNECTIVE TISSUE FROM THE CHICKEN LIVERS.
- MELT 1 TABLESPOON OF BUTTER IN A MEDIUM SAUCEPAN OVER MEDIUM HEAT. ADD GARLIC AND SHALLOTS. COOK FOR 1 MINUTE.
- ADD CHICKEN LIVERS, SALT, PEPPER, THYME AND WATER. BRING TO A SIMMER. COOK COVERED WITH A LID FOR 4-8 MINUTES, STIRRING OCCASIONALLY.
- REMOVE FROM HEAT AND ALLOW TO SIT IN THE PAN FOR A FURTHER 5 MINUTES. DRAIN THE LIQUID FROM THE PAN.
- TRANSFER LIVER MIXTURE TO A BLENDER. WHILST ON LOW GRADUALLY ADD REMAINING BUTTER AND COCONUT CREAM. INCREASE SPEED. BLITZ UNTIL SMOOTH PASTE.
- TRANSFER TO AN AIRTIGHT CONTAINER AND REFRIGERATE FOR 4-6 HOURS.

## NUTRITION INFORMATION

### BENEFITS OF CHICKEN LIVERS

- LIVER IS A MORE COST EFFECTIVE ALTERNATIVE TO CUTS OF MEAT.
- IT IS A HIGH QUALITY SOURCE OF IRON AND B GROUP VITAMINS.

### BENEFITS OF COCONUT CREAM

- HEALTHY FAT

## Mushroom Pâté

- 300G MUSHROOMS - CHOPPED
- 30G BUTTER
- 1 TABLESPOON OLIVE OIL
- 2 GARLIC CLOVES (CRUSHED) OR 2 TEASPOONS MINCED GARLIC
- 1 1/2 TEASPOONS DRY THYME LEAVES
- 125G CREAM CHEESE OR CANNELLINI BEANS
- 1 TABLESPOON WATER
- OPTIONAL - 1/3 CUP FRESH PARSLEY - CHOPPED
- SALT & PEPPER TO TASTE

- HEAT BUTTER IN A LARGE SAUCEPAN OVER MEDIUM HEAT. ADD ONION AND COOK FOR 3 MINUTES.
- ADD GARLIC AND COOK FOR ADDITIONAL 1 MINUTE.
- INCREASE TO HIGH HEAT. ADD MUSHROOMS. COOK FOR 4 MINUTES.
- ADD WATER AND THYME. COOK FOR A FURTHER 1-2 MINUTES.
- REMOVE FROM HEAT AND SET ASIDE FOR 10 MINUTES.
- TRANSFER MIX TO FOOD PROCESSOR. ADD CREAM CHEESE AND PARSLEY (IF USING). SEASON WITH SALT AND PEPPER.
- PLACE IN AN AIRTIGHT CONTAINER AND REFRIGERATE FOR 1-2 HOURS.

### BENEFITS OF MUSHROOMS

- QUALITY SOURCE OF SOME B GROUP VITAMINS.
- SOURCE OF VITAMIN C AND SELENIUM

### BENEFITS OF CANNELLINI BEANS

- QUALITY SOURCE OF NON-HEME IRON, MAGNESIUM, DIETARY FIBRE AND VITAMIN B9 (FOLATE)

# Pinwheel Recipes

USING FROZEN PUFF PASTRY SHEETS

## Ham & Cheese

- HAM OFF THE BONE (SUPERMARKET DELI) SLICED INTO SMALL PIECES
- GRATED CHEESE (FROM A BLOCK OF CHEESE)

## Tuna, Cheese & Carrot

- 1 TIN TUNA - DRAINED
- GRATED CHEESE (FROM A BLOCK OF CHEESE)
- 1 CARROT - GRATED

## Mushroom, Spinach & Cheese

- 4-6 MUSHROOMS - DICED
- GRATED CHEESE (FROM A BLOCK OF CHEESE)
- A SMALL HANDFUL OF BABY SPINACH LEAVES OR 25G FROZEN SPINACH (THAWED)

## Broccoli & Cheese

- 4-6 FROZEN BROCCOLI FLORETS - DEFROSTED AND DRIED. PULSE IN A FOOD PROCESSOR TO A BREAD CRUMB CONSISTENCY
- GRATED CHEESE (FROM A BLOCK OF CHEESE)

- PREHEAT OVEN AS PER PUFF PASTRY PACK.
- PLACE ALL INGREDIENTS IN A FLAT LAYER ACROSS THE SQUARE OF PUFF PASTRY.
- ROLL THE PASTRY INTO A LOG, ENSURE YOU TUCK THE INGREDIENTS IN AS YOU ROLL ALONG.
- CUT PINWHEEL SLICES. APPROXIMATELY 2CM EACH.
- PLACE FACE UP ON A LINED BAKING TRAY.
- BAKE UNTIL THE PASTRY PUFFS AND BROWNS

## NUTRITION INFORMATION

- PINWHEELS PROVIDE A TASTY ALTERNATIVE TO SANDWICHES AND WRAPS. WHILST THE PUFF PASTRY IS A SIMPLE CARBOHYDRATE, IT CAN BE AN IDEAL OPTION TO DELIVER THE NUTRITIOUS INGREDIENTS TO SELECTIVE EATERS.
- THEIR SMALL SIZE MEANS THEY ARE IDEAL WHEN LOOKING AT PORTION CONTROL. THEY CAN BE A SMALL MORNING OR AFTERNOON SNACK, OR A LARGER QUANTITY INCLUDED AS A LUNCH.

# Cheese & Bacon

## Cheese & Bacon Toast

- WHOLEMEAL TOAST
  - GRATED CHEESE (FROM A BLOCK OF CHESSE)
  - 1 MIDDLE RASHER OF BACON - DICED AND COOKED UNTIL CRISPY
- PLACE CHEESE AND BACON ON TOAST. PLACE UNDER THE GRILL UNTIL CHEESE IS MELTED.

## Cheese & Bacon Roll

- WHOLEMEAL BREAD ROLL
  - GRATED CHEESE (FROM A BLOCK OF CHESSE)
  - 2 MIDDLE RASHERS OF BACON - DICED AND COOKED UNTIL CRISPY
- CUT THE ROLL IN HALF.
- PLACE CHEESE AND BACON ON INSIDE OF ROLL.
- PLACE UNDER THE GRILL UNTIL CHEESE IS MELTED.

## NUTRITION INFORMATION

- STORE BOUGHT CHEESE & BACON ROLLS ARE NOT A HEALTHY OPTION FOR A VARIETY OF REASONS:
  - THE WHITE BREAD ROLL IS A SIGNIFICANT SERVE OF SIMPLE CARBOHYDRATE. IT IS A SUBSTANTIAL SERVE OF SUGAR.
  - THE BREAD ROLLS ARE BAKED QUITE OFTEN USING A VARIETY OF THICKENERS AND ADDITIVES TO GIVE THEM SUCH A SOFT AND FLUFFY TEXTURE.
  - THE BACON IS COOKED AND COATED IN UNSTABLE OILS WHICH CAN BE DETRIMENTAL TO HEALTH. IT IS OFTEN ALSO COVERED WITH STABILISERS TO ENSURE EXTENDED SHELF LIFE.
  - THE CHEESE QUANTITY IS NOT SIGNIFICANT ENOUGH TO PROVIDE ANY NUTRITIONAL BENEFIT.
- HOMEMADE CHEESE & BACON TOAST:
  - INCORPORATE COMPLEX RATHER THAN SIMPLE CARBOHYDRATES.
  - THE MIDDLE RASHER BACON INCORPORATES THE HEALTHY FATS WHICH PROMOTE SATIETY.
  - THE CHEESE IS OF A QUANTITY THAT CAN CONTRIBUTE TO YOUR DAILY NUTRITIONAL INTAKE.



## STRAWBERRY FRUIT LEATHER "ROLL UP"

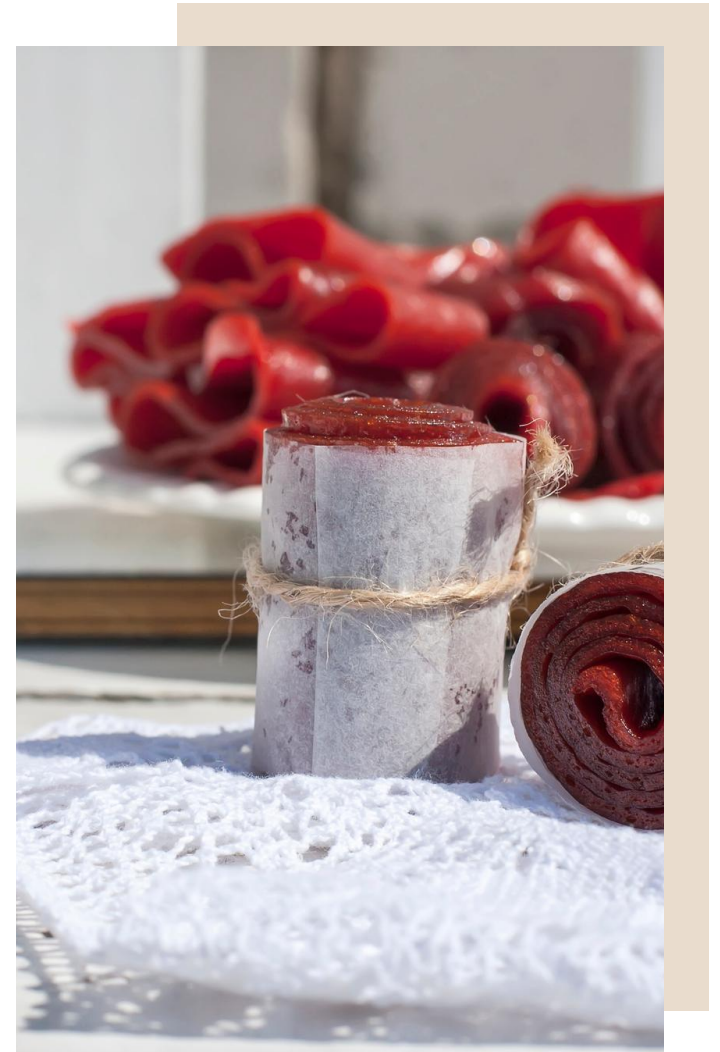
RECIPE FROM "LIVE EAT LEARN"

- 2-3 CUPS STRAWBERRIES (OR OTHER FRUIT)
- 2 TABLESPOONS HONEY
- 2 TABLESPOONS LEMON JUICE

- PREHEAT OVEN TO 170 DEGREES.
- BLITZ ALL INGREDIENTS IN A FOOD PROCESSOR UNTIL SMOOTH.
- POUR ONTO A TRAY LINED WITH BAKING PAPER.
- DEHYDRATE IN THE OVEN FOR 4-6 HOURS, UNTIL DRY ALL THE WAY TO THE MIDDLE.
- REMOVE FROM OVEN AND ALLOW TO COMPLETELY COOL.
- CUT OR TEAR INTO STRIPS.

### NUTRITION INFORMATION

- HOMEMADE FRUIT LEATHER "ROLL UPS" CONTAIN SIGNIFICANTLY LESS SUGAR, NO ADDED COLOURS, FLAVOURS AND PRESERVATIVES COMPARED TO THE STORE BOUGHT VERSION.
- DUE TO THEIR FRUIT AND HONEY CONTENT THESE SHOULD BE CONSUMED AS A TREAT AND NOT AS A REPLACEMENT FOR A DAILY SERVING OF FRUIT.



## ZUCCHINI BROWNIES (SERVES 16)

RECIPE FROM IFOODREAL

- 2 CUPS ZUCCHINI - FINELY SHREDED
- 1 LARGE EGG
- 1/2 CUP COCONUT OIL - MELTED
- 1/2 CUP MAPLE SYRUP OR HONEY
- 1 TEASPOON PURE VANILLA EXTRACT
- 1/2 CUP CACAO OR COCOA POWDER
- 1 1/2 TEASPOONS BAKING SODA
- 1/2 TEASPOON SALT
- 1 CUP WHOLE WHEAT FLOUR
- 1/4 CUP CRUSHED WALNUTS

- LINE A COLANDER WITH PAPER TOWEL. PLACE SHREDED ZUCCHINI IN COLANDER AND PRESS DOWN TO SQUEEZE WATER OUT. DO NOT COMPLETELY DRY.
- PREHEAT OVEN TO 180 DEGREES. LINE AN 8"X8" BAKING DISH WITH BAKING PAPER.
- IN A LARGE BOWL ADD EGG, OIL, MAPLE SYRUP AND VANILLA. WHISK TO COMBINE.
- ADD CACAO POWDER, BAKING SODA AND SALT. WHISK UNTIL WELL MIXED.
- ADD ZUCCHINI AND FLOUR TO BOWL AND STIR UNTIL WELL COMBINED.
- TRANSFER MIXTURE TO BAKING DISH. BAKE FOR 25 MINUTES OR UNTIL A TOOTHPICK COMES OUT CLEAN FROM THE CENTRE.
- REMOVE FROM OVEN AND IMMEDIATELY SCATTER WITH WALNUTS.
- ALLOW TO COOL FOR 1 HOUR PRIOR TO CUTTING INTO 16 PIECES.

### NOTES:

- YOU CAN ADD 1 SMALL TIN OF AYAM COCONUT MILK IF YOU WOULD LIKE TO ADD HEALTHY FATS.
- IF THE BROWNIES ARE TO BE TAKEN TO SCHOOL OR THE PARK PLEASE DO NOT ADD THE WALNUTS TO THE MIXTURE.

### NUTRITION INFORMATION

- HOMEMADE BROWNIES CONTAIN SIGNIFICANTLY LESS SUGAR AND NO THICKENERS, PRESERVATIVES OR COLOURINGS.
- THEY ARE A WAY TO INCORPORATE ADDITIONAL VEGETABLES INTO THE DIET.
- THE CACAO OR COCOA POWDER PROVIDES THE CHOCOLATE TASTE WITHOUT THE ADDITIONAL SUGAR.



# Herb & Cheese "Happy Tummy" Crackers

- 330G PLAIN WHITE FLOUR OR WHOLEMEAL FLOUR
- 2 TEASPOONS SALT
- 2 TEASPOONS DRIED MIXED HERBS
- 2-4 TEASPOONS NUTRITIONAL YEAST
- 1 TEASPOON GARLIC POWDER - OPTIONAL
- 1 TEASPOON ONION POWDER - OPTIONAL
- 3/4 CUP WATER
- 1/2 CUP OLIVE OIL OR GRAPSEED OIL

- PREHEAT OVEN TO 170 DEGREES.
- COMBINE ALL INGREDIENTS TOGETHER.
- DIVIDE INTO 4-6 PORTIONS.
- PLACE A BALL OF THE DOUGH ON A LONG SHEET OF BAKING PAPER. PLACE ANOTHER LONG SHEET OF BAKING PAPER ON TOP.
- USE A ROLLING PIN TO ROLL THE DOUGH OUT INTO A THIN LAYER.
- LEAVE AS IS TO MAKE A BARK VERSION THAT CAN BE BROKEN BY HAND OR USE A PIZZA CUTTER/SHAPR KNIFE TO CUT INTO CRACKER SQUARES.
- COOK FOR 15 MINUTES OR UNTIL THE CRACKERS ARE HARD IN THE MIDDLE.
- REMOVE FROM THE OVEN AND ALLOW TO COOL.
- REPEAT WITH THE REMAINING DOUGH.

## NUTRITION INFORMATION

- THESE CRACKERS ARE WAFER THIN. THEY PROVIDE THE CRUNCH OF CRACKERS OR CHIPS BUT AFTER NUTRITIONALLY BETTER.
- NUTRITIONAL YEAST PROVIDES A QUALITY SOURCE OF PROTEIN, CALCIUM AND A PROBIOTIC TO PROMOTE GUT HEALTH.
- OLIVE AND GRAPSEED OIL PROVIDE A SMALL AMOUNT OF HEALTH FAT.
- PREPACKAGED CRACKERS, ESPECIALLY THOSE IN SMALL BAGS, ARE FAR MORE EXPENSIVE AND GENERATE ADDITIONAL WASTE.

## CHINESE FIVE SPICE MEATBALLS

RECIPE FROM SPICE SPICE BABY

- 1 SLICE WHOLEMEAL BREAD - BLITZED INTO BREADCRUMBS OR 1/3 CUP BRAD CRUMBS
- 1 TABLESPOON OLIVE OIL
- 1/4 RED ONION - FINELY CHOPPED
- 1/2 TEASPOON GINGER - FINELY CHOPPED
- 1/2 APPLE - PEELED AND GRATED
- 1 CARROT - PEELED AND GRATED
- 125G PORK MINCE
- 125G BEEFMINCE
- 1/2 TEASPOON SALT
- 1 TEASPOON CHINESE FIVE SPICE
- 1 EGG

GLAZE:

- 1 TABLESPOON GLUTEN FREE SOY SAUCE
- 1 TABLESPOON HONEY OR BROWN RICE SYRUP
- 1 SMALL ORANGE - JUICED

- PREHEAT OVEN TO 200.

- LINE A TRAY WITH BAKING PAPER.

- IN A FRYPAN HEAT OLIVE OIL OVER MEDIUM HEAT. COOK THE ONION AND GINGER FOR 3-5 MINUTES UNTIL SOFT.

TRANSFER TO A MIXING BOWL.

- ADD BREADCRUMBS, APPLE, CARROT, MEAT, SALT, SPICES AND EGG INTO THE MIXING BOWL. USE YOUR HANDS TO COMPLETELY COMBINE.

- ROLL INTO SMALL MEATBALLS. PLACE ONTO BAKING TRAY. BAKE ON THE MIDDLE RACK FOR 15 MINUTES.

- WHILE MEATBALLS ARE COOKING MIX GLAZE INGREDIENTS TOGETHER. AFTER 15 MINUTES POUR GLAZE OVER THE TOP. RETURN TO THE OVEN FOR 5-7 MINUTES.

NOTES:

- ADD COOKED BROWN RICE TO THE MIXTURE TO EXTEND THE PORTIONS FOR MORE PEOPLE OR ADDITIONAL MEALS.

NUTRITION INFORMATION

- THESE MEATBALLS PROVIDE A BALANCED OPTION FOR MACRONUTRIENTS - COMPLEX CARBOHYDRATES, QUALITY PROTEIN AND HEALTHY FATS.
- MICRONUTRIENTS INCLUDE IRON (HEME & NON-HEME), BETA-CAROTENE AND B GROUP VITAMINS.



### **BASIC MEATBALLS**

- 500G MINCE - BEEF, PORK, CHICKEN, VEAL OR COMBINATION
- 1 SMALL ZUCCHINI - GRATED
- 1 SMALL CARROT - GRATED
- 1/4 CAPSICUM - FINELY DICED
- 4 MUSHROOMS - FINELY CHOPPED
- 5 SPRING ONIONS - FINELY CHOPPED
- 1 EGG
- 1/3 CUP GRATED CHEESE
- 1 TABLESPOON DRIED HERBS
- 1 1/2 CUP WHOLEMEAL BREADCRUMBS (STALE BREAD BLITZED INTO CRUMBS CAN BE USED INSTEAD OF PACKAGED BREADCRUMBS)
- OLIVE OIL

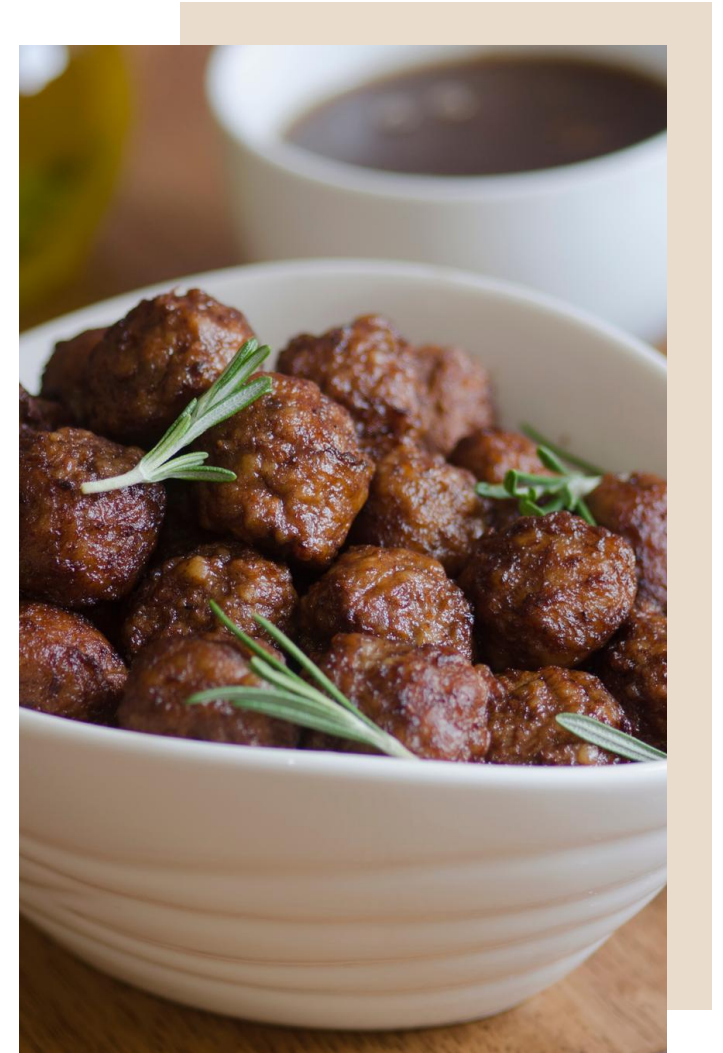
- COMBINE ALL MEATBALL INGREDIENTS IN A BOWL.
- PLACE SOME OLIVE OIL IN A FRY PAN.
- ROUND MEATBALL MIXTURE INTO SMALL GOLF BALL SIZE BALLS.
- PLACE IN THE OIL.
- COOK, ROTATING OCCASIONALLY, UNTIL COOKED ALL THE WAY THROUGH.

### **NOTES:**

- MEATBALLS ARE ABLE TO BE KEPT IN THE FRIDGE FOR UP TO 2 DAYS OR IN THE FREEZER FOR UP TO 3 MONTHS.

### **NUTRITION INFORMATION**

- MEATBALLS ARE A GREAT WAY TO HIDE SOME VEGETABLES, OR NATURALLY INCREASE THE VEGETABLE INTAKE FOR LITTLE ONES.
- USE THESE MEATBALLS AS OPTIONS IN SCHOOL LUNCH BOX'S, BUT ALSO TO ADD TO PASTA DISHES FOR LUNCH/DINNER.



## TAHINI POP BARS

RECIPE BY BROWN PAPER NUTRITION

- 1/2 CUP UNHULLED TAHINI
- 1/2 CUP RICE MALT SYRUP
- 1 TEASPOON VANILLA
- 2 TABLESPOONS HEMP FLOUR
- 2 TABLESPOONS SESAME SEEDS
- 2 CUPS PUFFED RICE
- ADD A DASH OF MELTED COCONUT OIL TO COMBINE MORE IF REQUIRED.
- ADD 1 TABLESPOON TOASTED PEPITAS FOR EXTRA CRUNCH.

- PLACE TAHINI, RICE MALT SYRUP AND VANILLA IN A SMALL SAUCEPAN ON LOW HEAT. WHISK UNTIL IT COMES TOGETHER TO FORM A THICK LIQUID. AS SOON AS THIS HAPPENS REMOVE FROM HEAT TO PREVENT OVER COOKING.

- COMBINE HALF THE HEMP FLOUR, HALF THE SESAME SEEDS AND ALL OF THE RICE PUFFS IN A BOWL. POUR OVER THE TAHNI MIX.

- COMBINE THE MIX TOGETHER USING YOU HANDS. PRESS INTO A SMALL LOAF TIN LINED WITH BAKING PAPER.

- SPRINKLE THE REMAINING INGREDIENTS OVER THE TOP AND PRESS DOWN.

- COVER WITH CLING WRAP AND PLACE IN THE FREEZER FOR 2 HOURS.

- ALLOW TO SLIGHTLY THAW BEFORE CUTTING. STORE IN THE FRIDGE OR FREEZER FOR UP TO 2 WEEKS.

### NOTES:

- THESE BARS ARE SEEDS BASED AND DO NOT CONTAIN NUTS.
- THESE BARS ARE RICH IN PROTEIN, OMEGAS AND IRON.
- THIS IS ALSO A QUALITY "GRAB'N'GO" BREAKFAST OPTION

### NUTRITION INFORMATION

- TAHINI (MADE FROM SESAME SEEDS) AND SESAME SEEDS ARE A QUALITY SOURCE OF HEALTHY FAT, NON-HEME IRON, DIETARY FIBRE, CALCIUM, MAGNESIUM AND PHOSPHORUS. ALL OF THESE ASSIST IN BOOSTING ENERGY LEVELS SUPPORTING CONCENTRATION.
- PUFFED RICE IS A COMPLEX CARBOHYDRATE, SUPPORTING THE SUSTAINABLE RELEASE OF ENERGY.
- RICE MALT SYRUP PROVIDES A QUICKER SPIKE IN GLUCOSE. GLUCOSE IS THE BRAIN'S PREFERRED FUEL SOURCE. THIS MAKES THESE BARS A GREAT OPTION FOR BREAKFAST PRIOR TO SCHOOL OR AS AN AFTERNOON PICK UP TO HELP GET LITTLE MINDS THROUGH THE REMAINDER OF THE SCHOOL DAY.



# Homemade Cordial

## Orange Cordial

- 3 ORANGES - JUICED 150ML
- 15G-30G SUGAR (OR LESS)
- 600ML BOILING WATER
- 1 TEASPOON CITRIC ACID + 2 TEASPOONS BOILING WATER

## Lemon Cordial

- 4 LEMONS - JUICED 150ML
- 90G SUGAR (OR LESS)
- 600ML BOILING WATER
- 1 TEASPOON CITRIC ACID + 2 TEASPOONS BOILING WATER

- CUT THE FRUIT IN HALF AND SQUEEZE THE JUICE USING A HAND HELD JUICER.
- PLACE JUICE AND HULLED FRUIT IN A LARGE BOWL OR SAUCEPAN.
- DISSOLVE THE SUGAR IN THE BOILING WATER AND POUR INTO BOWL WITH FRUIT AND JUICE.
- ALLOW TO STAND AT ROOM TEMPERATURE FOR 24 HOURS.
- DISSOLVE CITRIC ACID IN BOILING WATER. ADD TO CORDIAL MIX.

TO SERVE MIX 1/4 CUP CORDIAL WITH 1 CUP COLD WATER.

### NOTES:

- STORE IN AN AIRTIGHT CONTAINER IN THE FRIDGE FOR UP TO 2 WEEKS.

### NUTRITION INFORMATION

#### BENEFITS OF ORANGES & LEMONS

- LOADED WITH VITAMIN C

#### BENEFITS OF HOMEMADE CORDIAL

- NATURALLY FLAVOURED AND SWEETENED WITH FRUIT AND FRUIT JUICE.
- WHILST THESE RECIPE DO CONTAIN SUGAR, IT IS IN A SMALL AMOUNT COMPARED TO STORE BOUGHT CORDIAL.
- CITRIC ACID PREVENTS THE CORDIAL FROM FERMENTING WHILST STORED IN THE FRIDGE.
- HOMEMADE CORDIAL DOESN'T CONTAIN PRESERVATIVES, COLOURINGS, ARTIFICIAL FLAVOURINGS AND SULPHITES.