



colour me in!



# FRIED RICE CUPS

**Make ahead of time and pop into the freezer for school lunches**

## Ingredients:

- 1 cup brown rice
- 2 teaspoons extra virgin olive oil
- 1 small brown onion, finely chopped
- 2 shortcut bacon rashers, trimmed, finely chopped (leave out for a vegetarian option)
- 12 square wonton wrappers
- 1/2 cup frozen peas
- 300g can corn kernels, drained
- 2 tablespoons hoisin sauce
- 3 eggs, lightly beaten

## Method:

### Step 1

Cook rice following absorption method on packet

### Step 2

Meanwhile, heat oil in a frying pan over medium-high heat. Add onion. Cook for 5 minutes or until softened. Add bacon. Cook for 5 minutes or until golden. Add to rice. Set aside for 10 minutes to cool.

### Step 3

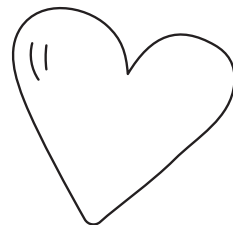
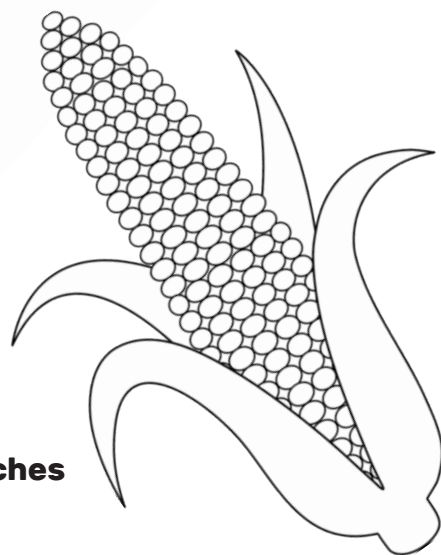
Preheat oven to 220°C/200C fan-forced. Grease a 12-hole muffin pan. Line holes with wonton wrappers.

### Step 4

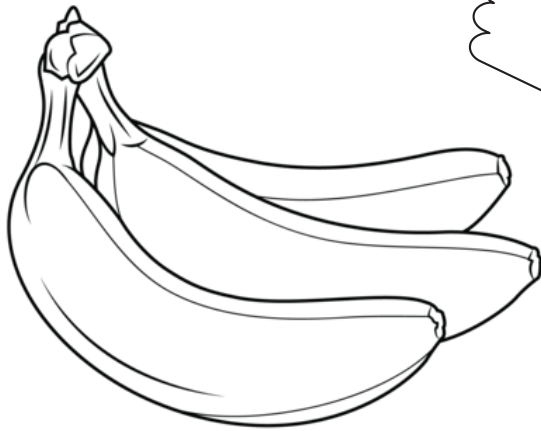
Add peas, corn, hoisin sauce and egg to rice mixture. Stir to combine. Spoon mixture into prepared pan holes, pressing to compact. Bake for 20 to 22 minutes or until golden and just firm to touch.

### Step 5

Stand in pan for 10 minutes. Using a butter knife, carefully lift cups from pan and transfer to a wire rack to cool completely. Once cold, wrap individually and freeze for up to 2 months.



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# SUGAR-FREE BANANA BREAD

**A healthy alternative to a family favourite**

Ingredients:

4 very ripe bananas

2 eggs

1/2 cup olive oil

1/4 cup milk

1 teaspoon vanilla bean paste

1 teaspoon ground cinnamon

1 cup wholemeal flour

1 cup plain flour

1 teaspoon baking powder

1 teaspoon bicarbonate of soda

Method:

Step 1

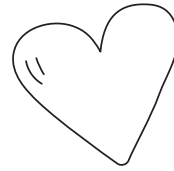
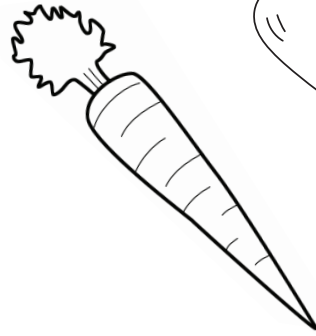
Preheat the oven to 160C/ 140C fan-force.  
Grease and line a loaf pan with baking paper.

Step 2

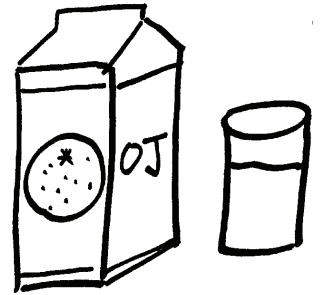
Mash bananas in a large bowl with a fork until smooth. Add eggs, oil, milk and vanilla and stir until combined. Sift flours, cinnamon, baking powder and bicarbonate over banana mixture. Stir until combined. Spoon into prepared pan. Bake for 1 hour 10 minutes or until a skewer inserted in centre comes out clean. Stand in pan for 5 minutes. Transfer to a wire rack to cool.



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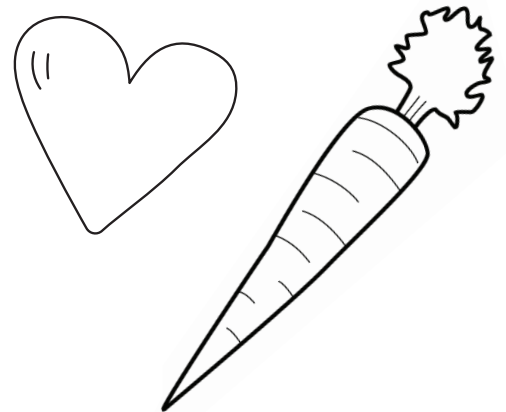
# NUT-FREE APRICOT BLISS BALLS



**Packed with goodness these bliss balls will make your kids smile and giggle!**

## Ingredients:

200g dried apricots, coarsely chopped  
2 tablespoons white chia seeds  
125ml (1/2 cup) fresh orange juice  
10 medjool dates, pitted  
75g (3/4 cup) rolled oats  
70g (1/2 cup) grated carrot  
2 tablespoons moist coconut flakes, plus 20g (1/3 cup), extra  
Pinch of ground cinnamon



## Method:

### Step 1

Combine the apricot, chia and orange juice in a shallow dish. Set aside, stirring occasionally, for 15 minutes to soak.

### Step 2

Transfer apricot mixture to a food processor. Add the dates, oats, carrot, coconut and cinnamon. Process until finely chopped and evenly combined.

### Step 3

Place extra coconut on a plate. Roll tablespoon sized mixture into balls and roll in coconut. Store in an airtight container in the fridge for up to 4 days. Alternatively, freeze for up to 1 month.



  
Smiggle

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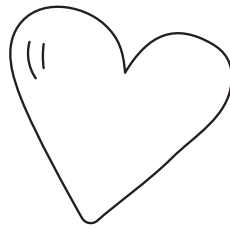


# MACARONI BOLOGNESE CUPS

**Holy macaroni! Make these for lunches or use left overs from dinner for growing kids lunchboxes**

## Ingredients:

2 teaspoons extra virgin olive oil  
1 small brown onion, finely chopped  
2 garlic cloves, crushed  
1 large carrot, grated  
1 large zucchini, grated  
500g lean beef mince  
2 tablespoons tomato paste  
400g can diced tomatoes  
3/4 cup dried macaroni  
1 tablespoon finely chopped fresh oregano leaves  
1 tablespoon finely chopped fresh basil leaves  
2 eggs, lightly beaten  
1/4 cup dried multigrain breadcrumbs  
1/2 cup grated extra light tasty cheese



## Method:

### Step 1

Preheat oven to 180C/160C fan-forced. Grease a 12-hole (1/3-cup-capacity) muffin pan. Line base and sides of each hole with strips of baking paper.

### Step 2

Heat oil in a large frying pan over medium-high heat. Add onion. Cook for 5 minutes. Add garlic, carrot and zucchini. Cook, stirring occasionally until vegetables are tender. Add mince. Cook, breaking up mince with a wooden spoon, for 5 minutes or until browned. Add tomato paste, tomatoes and 1/2 cup water. Bring to the boil. Reduce heat to low. Simmer for 10 to 15 minutes or until thickened. Set aside to cool.

### Step 3

Meanwhile, cook pasta following packet directions. Drain.

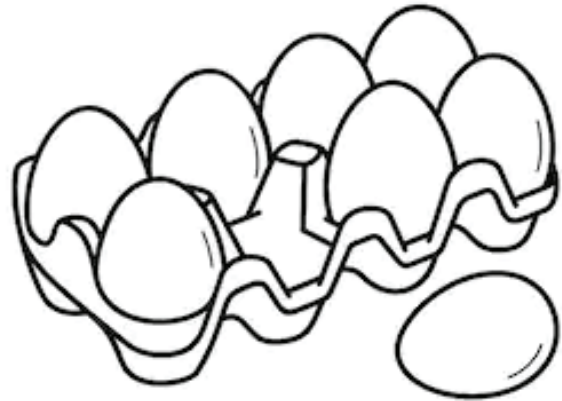
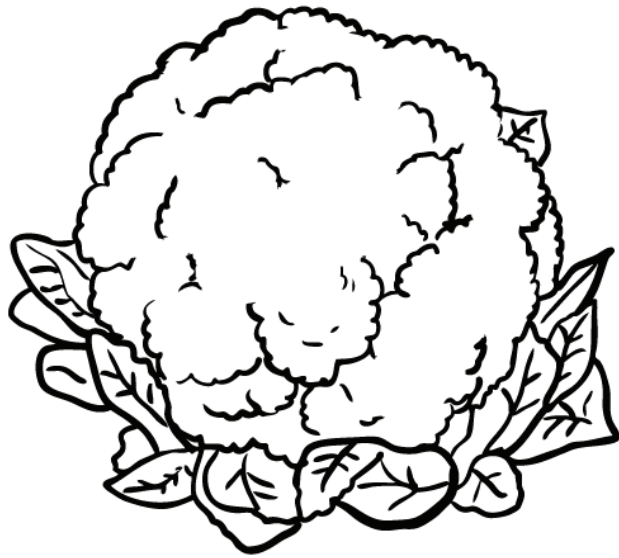
### Step 4

Add oregano, basil, egg, breadcrumbs and pasta to mince mixture. Season with pepper. Stir to combine. Spoon among prepared pan holes, lightly pressing with the back of the spoon to compact. Sprinkle with cheese. Bake for 20 to 25 minutes or until golden and firm to touch.

### Step 5

Stand in pan for 10 minutes. Transfer to a wire rack to cool completely. Once cold, wrap individually. Freeze for up to 2 months. Thaw in the fridge overnight before placing into lunchboxes.

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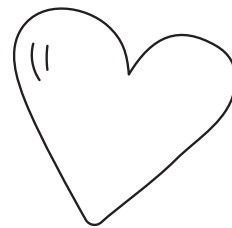
# CAULIFLOWER FLAT BREAD



**Pop them in the lunchbox with a serving of hummus, or on their own for a quick snack!**

## Ingredients:

275g cauliflower florets  
2 eggs  
100g mozzarella, grated  
3 garlic cloves, crushed  
1 1/2 tablespoons finely chopped flat-leaf parsley



## Method:

### Step 1

Preheat oven to 220C/200C fan forced. Line a large baking tray with baking paper.

### Step 2

Process the cauliflower in batches into rice size pieces. Place in a microwave safe bowl. Microwave, covered, on high for 7 minutes or until tender. Cool slightly.

### Step 3

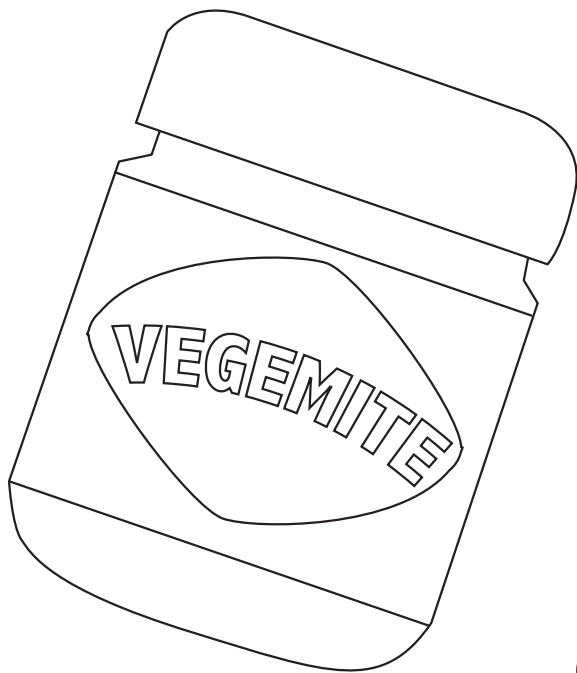
Combine eggs, mozzarella, garlic and parsley in a large bowl. Add cauliflower. Season and stir to combine. Spoon onto prepared tray and shape into a 17cm x 28cm rectangle, using spatula to line edges. Bake for 25 minutes or until golden.

### Step 4

Transfer to a board. Stand for 5 minutes. Cut into half lengthways. Cut each half into 4 triangles. Serve warm or at room temperature.



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# CHEESY-MITE SCROLLS

**An Aussie classic perfect for school lunches!**

Ingredients:

- 30g butter
- 2 cups self-raising flour, sifted
- 3/4 cup milk
- 1 tablespoon Vegemite
- 3/4 cup tasty cheese
- Extra milk, to brush
- 1/4 cup grated cheese

Method:

Step 1

Preheat oven to 220C/200C fan-forced.

Step 2

In a bowl, using your fingers, rub butter into sifted self-raising flour until mixture resembles breadcrumbs. Make a well in centre. Add 3/4 cup milk. Stir with a butter knife until mixture forms a soft dough, adding extra milk if necessary. Turn onto a lightly floured surface and knead gently until smooth.

Step 3

Roll out dough to form a 20cm x 30cm rectangle. Spread Vegemite over dough, leaving a 1cm strip along 1 long side. Sprinkle over 3/4 cup tasty cheese. Roll up firmly from long side. Trim ends. Cut into 8 x 2.5cm thick slices. Place 3cm apart onto 2 baking paper-lined baking trays. Brush with extra milk. Sprinkle with 1/4 cup grated cheese. Bake for 20 minutes or until golden. Cool and store in an airtight container for up to 2 days.

Transfer to a board. Stand for 5 minutes. Cut into half lengthways. Cut each half into 4 triangles. Serve warm or at room temperature.