

Camp Australia's Healthy Eating Cookbook



About Camp Australia's Healthy Eating Program

The rates of overweight and obesity amongst children have almost doubled over the last two decades. Currently 1 in 4 Australian children are overweight or obese. This problem is of significant concern, because dietary habits are formed in childhood and being overweight and obesity are associated with a wide range of debilitating and life-threatening conditions.

Camp Australia is committed to ensuring that children in our care receive a variety of healthy food choices to meet their nutrition requirements for a healthy body and mind. We also ensure that our Educators are supported in their important role of helping children develop a positive attitude towards healthy choices.

Camp Australia's Healthy Eating Program operates in every service every day, including Holiday Clubs. Since its introduction in 2016, our Healthy Eating Program consistently receives overwhelmingly positive feedback from Educators, children, families and schools.

How to implement our Healthy Eating Program

Camp Australia's Food Safety Plan is supported by our Healthy Eating Program to ensure that all services are providing a safe food environment and work towards Quality Area 2 in the National Quality Framework.

It is important that Educators:

1. Ensure your service adheres to our Nutrition and Health Care policies
<https://oneteam.campaustalia.com.au/info/daytoday.html>
2. Are familiar with and follow Camp Australia's Food Safety Plan provided on One Child
3. Review the Healthy Eating information on CANVAS
<https://oneteam.campaustalia.com.au/>
4. Use the Healthy Eating Advisory Service Food and Drink Checklist for Outside School Hours Care to plan and review each Weekly Menu. This ensures that all food and drinks provided are in line with the *Australian Dietary Guidelines* and the *Australian Guide to Healthy Eating*.
<https://oneteam.campaustalia.com.au/info/assets/documents/ECS-Food-and-drink-checklist-forOSHC.pdf>
5. Display a written Weekly Menu to meet the recommendations of the National Quality Framework. Educators then include the completed Weekly Menu in the service's Reflection Journal.
https://oneteam.campaustalia.com.au/info/assets/documents/Weekly-Menu_FINAL.pdf
6. Use food provided by Camp Australia to create recipes from our Cookbook. (Herbs etc. grown as part of a school/service sustainability program can be used).



About Camp Australia's Healthy Eating Cookbook

Camp Australia's cookbook has been developed to cater for the range of different cooking facilities available at different services. Services without kitchens can still make many of recipes provided as recipes marked # do not require an oven to make.

Our cookbook contains around 80 delicious and easy to prepare savoury, sweet and no bake recipes from around the world.

Fresh fruit and/or vegetables make up 75% of the menu each day, with fresh water to be available throughout each service. Services are also provided with a range of pre-packaged snacks e.g. rice crackers and additional food items so that cooking activities can be offered 1-2 times per week to compliment the fresh fruit/vegetables/snacks provided.

All Educators can contribute to Camp Australia's Healthy Eating Program. Educators who have healthy recipes using approved food items or feedback about any of the current recipes can use the recipe template provided on <https://oneteam.campaustalia.com.au/info/daytoday.html> so that your recipe can be considered and added to the next edition of our cookbook.

Camp Australia's Cookbook is reviewed and updated regularly. Educators are encouraged to reuse previous editions of our cookbook by offering favourite recipes to families or using the cookbook to promote our healthy eating program in your service.

Many thanks to the following Educators who submitted healthy recipes and feedback.

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Savoury Snacks

Australian Damper

Damper is the bush-bread of Australia. Drovers baked Damper in camp ovens buried in the hot ashes of their camp fires in the Outback. You can also make damper in your oven.

Serves 12

Ingredients

- ☐ 4 cups self-raising flour
- ☐ ½ teaspoon salt
- ☐ 1 ½ cups reduced fat milk
- ☐ Extra flour

Method

1. Pre-heat oven to 220°C
2. Sift the flour and salt into a bowl and make a well in the middle
3. Pour in the milk and mix
4. Dust a baking tin with extra flour then place dough in the tin
5. Cut a cross in the top surface of the dough
6. Bake in oven for approx. 30 mins



Baked Beans/Spaghetti Muffins

These muffins are a fun way of serving traditional baked beans/spaghetti on toast. They can also be made the day before and served for breakfast.

Serves 12

Ingredients

- ☐ Bread
- ☐ Salted reduced Baked Beans/Spaghetti
- ☐ Reduced fat cheese
- ☐ Vegetable Oil

Method

1. Preheat oven to 180°C
2. Using paper towel, lightly grease 12-hole muffin tin with vegetable oil
3. Using muffin tins, make bread cups
4. Bake for 5 minutes
5. Remove from oven then add baked beans/spaghetti and a slice of cheese
6. Bake for another 5 mins



Bean Bruschetta

Bruschetta is a traditional Italian food consisting of toasted bread and can be topped with vegetables

Serves 6

Ingredients

- ☐ Bread (toasted)
- ☐ 1 tin chick peas (drained and rinsed with water)
- ☐ Vegetable oil

Method

1. Combine chick peas and oil until smooth
2. Use as a dip or on sandwiches, Lebanese bread and/or rice cakes



Beetroot Dip

This can be served as a spread for sandwiches and Lebanese bread wraps or served with vegetable sticks e.g. carrot/celery, rice cakes, crackers etc.

Serves 12

Ingredients

- ☐ 2 tins of beetroot (drained)
- ☐ 2 tablespoons lemon juice
- ☐ 2 tablespoons vegetable oil
- ☐ ½ teaspoon ground coriander
- ☐ ½ teaspoon ground cumin
- ☐ ½ teaspoon ground cinnamon
- ☐ Optional: ½ cup fresh mint (if available from school/service vegetable garden)

Method

1. Discard all the liquid from the can of beetroot
2. Place all ingredients (drained beetroots, lemon juice, olive oil, coriander, cumin, cinnamon and mint (if available) and mash or blend until it's smooth then serve



Carrot Dip

Carrots are tasty, they are also good for your body's overall health, especially that of the skin, eyes, digestive system and teeth.

Serves 6

Ingredients

- ☐ 1 kg carrots, cleaned and coarsely chopped
- ☐ ¼ cup vegetable oil
- ☐ ¼ cup water
- ☐ ½ teaspoon cinnamon
- ☐ ½ teaspoon ground coriander
- ☐ ½ teaspoon ground cumin

Method

1. Cook the carrots until tender in pan of boiling water or microwave. Drain then cool
2. Place carrots, oil, cinnamon and cinnamon in a blender (if provided) or mash in bowl until smooth
3. Transfer to a serving bowl and serve with rice cakes, Lebanese bread or chopped vegetables.



Cheese Damper

Ingredients

- ☐ 4 cups self-raising flour
- ☐ 5 heaped tablespoons of grated reduced fat cheese
- ☐ Enough reduced fat milk to make a smooth dough

Method

1. Preheat an oven to 180°C
2. Mix all ingredients and kneed well
3. Spread dough onto a baking tray
4. Bake for approx. 30 mins.
5. Remove from oven and service with salsa, vegemite, etc.



Cheesemite Scrolls

This hearty snack can be enjoyed all year round.

Serves 6

Ingredients

- ☐ 4 cups self-rising flour plus extra flour for dusting
- ☐ 1 ½ cups of reduced fat milk
- ☐ 1 cup of reduced fat cheese (grated)
- ☐ Vegemite

Method

1. Preheat an oven to 220°C
2. Sift the 4 cups of flour into a bowl then mix in milk
3. When combined into a dough put extra flour on bench and roll out the pastry flat
4. Spread a thin amount of vegemite and grated cheese onto dough then roll from one side to the other
5. Cut into 2-3cm pieces and bake in oven for approximately 30 mins.



Cheesy Muffins

Serves 6

Ingredients

- ☐ 1 ½ cup flour
- ☐ ½ teaspoon baking soda
- ☐ 1 cup reduced fat milk
- ☐ 1 cup of reduced fat grated cheese

Method

1. Preheat an oven to 180°C
2. Using paper towel, lightly grease muffin tin with vegetable oil
3. Mix all ingredients together then spoon into muffin tin
4. Cook until golden (approx. 15 mins)
5. Cool slightly before removing from muffin tin
6. You can also add chopped tomatoes to vary this recipe



Cheese Naan Bread

Naan bread was once considered a delicacy in India. It is pronounced NAHN and sometimes spelled nan. It is similar to pita bread and is great served with dips and/or salsa.

Ingredients

- ☐ 1 ½ cup flour
- ☐ 1 tablespoon sugar

- ☐ ½ teaspoon baking soda
- ☐ 1 cup milk
- ☐ 1 cup of reduced fat grated cheese

Method

1. Mix ingredients together and make into a dough
2. Divide dough into equal pieces then cook in a frypan (same way as pancakes)



Cheese Rolls

Ingredients

- ☐ Bread
- ☐ Reduced fat cheese grated

Method

1. Sprinkle the cheese on one slice of bread
2. Roll the bread into shape and toast

Chick Pea Curry

Ingredients

- ☐ 2 tins of chick peas (*rinsed and drained*)
- ☐ 1 tin of Tomatoes
- ☐ ½ teaspoon ground cinnamon
- ☐ ½ teaspoon cumin
- ☐ ½ teaspoon ground coriander

Method

1. Discard all the liquid from the tins of chick peas
2. Put the tomatoes in sauce pan and heat up
3. Mash the tomatoes then add chickpeas to the tomato
4. Add ground cinnamon, cumin and ground coriander and mix together. Service with Naan or Chipati



Chick Pea Salad

This recipe is so versatile you can use any veggies provided.

Serves up to 8

Ingredients

- ☐ 1 tin of chick peas (drained)
- ☐ 1 cucumber
- ☐ 2 carrots (grated)
- ☐ 1 lettuce
- ☐ ½ packet of reduced fat cheese (cut into small cubes)
- ☐ ½ tablespoon of vegetable oil for dressing (optional)



Method

1. Drain chick peas
2. Prepare all vegetables
3. Cut cheese into small cubes
4. Mix all ingredients together in a bowl and pour dressing over (if using)

Chinese Pancakes

Delicious Chinese inspired noodle veggie pancakes. These are very easy to make, but it is best to prepare ahead of snack time as it takes about 1 hour to cook the whole batch of pancakes. Recipe can be varied by adding different vegetables provided, herbs, spices and chick peas.

Serves 36-40

Ingredients

- ☐ 1 Pack of Rice Noodles
- ☐ 2 large carrots
- ☐ 2 tins of corn Kernels
- ☐ 5 Cups of Plain Flour
- ☐ 3 teaspoons Bi carb soda
- ☐ 4 Cups - Water
- ☐ 2-3 teaspoons Paprika
- ☐ ½ Cup of vegetable oil for cooking

Method:

1. Pre-cook noodles by placing them in an electric frypan with enough water to nearly cover noodles



2. Gently simmer the noodles for 2-5 minutes, until softened, but not too soggy then drain and put in a large bowl to cool down.
3. Cut carrots into approx. 5mm rings. Place in a microwave safe bowl, cover with a little water and cook on High for 4-6 mins, checking and stirring every 2 mins –then leave to cool
4. Drain the liquid from 2 tins of corn then place in a bowl
5. Place cooled carrots and cooking water into the Nutri ninja blender and blend until smooth. Scrape into a bowl and set aside
6. In a large bowl combine Flour, bi carb soda and paprika. Stir with a wooden spoon to evenly combine, adding 1 cup of water at a time until the mixture is like pancake batter. Stir thoroughly to remove any lumps
7. Add corn kernels and carrot mixture to the batter- stir to combine.
8. Add cooked noodles to batter mixture- stir gently (with tongs) to combine.
9. Pre- heat frying pan for 1 min – then add 2 teaspoons of oil for cooking
10. Using tongs place approx. 1/3 cup of mixture into the heated frying pan – and spread gently to approx. 8-10 cm diameter so that 6 serves will fit in the fry pan at the same time
11. Cook for 2-5 mins on each side until bubbles appear and the pancake is golden and crispy on each side. Add a little more oil as needed for each batch of pancakes cooked
12. Can be served with a salsa or hummus dip

Chipati

This delicious flatbread is from India and is also known as roti. Serve with spreads or dips or use as a wrap for vegetables.

Ingredients

- ☐ 1 cup plain flour
- ☐ 1 tablespoon oil
- ☐ ¼ teaspoon salt
- ☐ Warm water

Method

1. Mix a little bit of warm water with flour until combined
2. Place one teaspoon oil then bind the flour again
3. Roll it out like little pizza dough and cook it in a slightly oiled pan



Corn Fritters

Fritters can be made in an electric frying pan. You can also vary the recipe by adding grated carrot.

Makes 25 fritters

Ingredients

- ☐ 80 g plain flour
- ☐ 1 tablespoon of baking soda (bi carb)
- ☐ 7 tablespoons of water
- ☐ 1 tin of sweetcorn (drained)
- ☐ 1-2 tablespoons of vegetable oil (in total)

Method

1. Sift the dry ingredients into a bowl
2. Stir in water to make a smooth but thick paste
3. Add the tin of drained sweetcorn
4. Fry spoonful of corn fritters in vegetable oil, until golden on both sides then serve



Crunchy Chick Pea Nuggets

This easy to make recipe can also be served with salsa.

Serves 25

Ingredients

- ☐ 2 tins chick peas (drained)
- ☐ 1 cup rolled oats
- ☐ 4 pieces of bread made into breadcrumbs
- ☐ 2 tablespoons of vegetable oil

Method

1. Preheat oven to 180°C
2. Blend bread into breadcrumbs (use blender if provided or cut up/grate bread finely)
3. Blend drained chickpeas until smooth (use blender if provided)
4. Add rolled oats and bread
5. Roll mixture into balls and roll in prepared breadcrumbs
6. Bake in oven for 20 mins



Hummus

The word hummus is an Arabic word meaning “chickpea.” It is one of the oldest known prepared foods.

Serves 20

Ingredients

- ☐ 1 tin chickpeas (drained but reserve some liquid for blending)
- ☐ 1-2 tablespoons of vegetable oil
- ☐ Juice of one orange

Method

7. Blend all ingredients until smooth (use blender if provided, otherwise use fork)
8. Use as a spread for sandwiches/wraps, toasted bread (bruschetta), chapatti, rice cakes or as a dip with veggie sticks, plain crackers



Lebanese Pizza

This pizza can be cooked in an electric frying pan.

Serves up to 30

Ingredients

- ☐ 3 cups of self-raising flour
- ☐ ½ cup water
- ☐ ½ cup milk
- ☐ ¼ cup vegetable oil
- ☐ 2 tins tomatoes (crushed)
- ☐ 1 tin kidney beans
- ☐ 1 cup grated low fat cheese
- ☐ Grated capsicum and carrot for topping (optional)



Method

1. Combine flour, milk, water and vegetable oil to make smooth (like a puree)
2. Pour pizza mixture into electric frying pan
3. Add crushed tomatoes, kidney beans, and shredded vegetables
4. Cook on low heat for up to 30 mins



Mexican Bean and Corn Dip

This quick and easy dip can be varied by adding cheese and/or diced fresh tomato on top. It can also be served hot or cold.

Serves between 40-50

Ingredients

- ☐ 2 tin of beans (use salt reduced baked beans or kidney beans)
- ☐ tins corn
- ☐ One jar of salsa
- ☐ ½ cup grated reduced fat cheese
- ☐ 5-6 medium cherry tomatoes diced or 1 tin of tomatoes



Method

1. Pre-heat the oven to 180°C if serving this dip warm
2. Refrigerate the cheese provided for 5 mins so that it is easier to grate
3. If serving this dip warm, heat oven at
4. Drain excess sauce off beans and corn but do not rinse
5. Mix salsa and beans together
6. Place grated cheese and tomato on top
7. Place cheese and tomato on top
8. Bake for 5-10 mins or serve cold with vegetables and plain crackers

Mexican Bean Salsa

This is a great way to add kidney beans into food when children are hesitant. It can also be served as a dip with carrot sticks, cucumber, apple slices or toasted sandwiches

Serves 6

Ingredients

- ☐ 1 jar salsa
- ☐ 1 tin kidney beans
- ☐ 3 tablespoons reduced fat cheese

Method

1. Put all ingredients together in a bowl
2. Mix together in blender (if provided) or by mash until beans are crushed then serve



Mexican Corn

Serves 6

Ingredients

- ☐ 2 tins whole kernel corn, drained
- ☐ 1 cup reduced fat cheese

Method

1. In an electric frying pan or medium saucepan combine corn and cheese
2. Cook over medium heat for approximately 10 minutes, stirring constantly until cheese begins to melt.



Mexican Mix

Enjoy the flavours of Mexico with this colourful Mexican Mix.

Serves 6

Ingredients

- ☐ 1 medium green capsicum chopped into small pieces
- ☐ 1 medium red capsicum chopped into small pieces
- ☐ ½ cucumber chopped into small pieces
- ☐ 1 carrot chopped into small pieces
- ☐ 1 tin chickpeas (drained)
- ☐ 1 tin corn (drained)
- ☐ 2 tablespoons of salsa
- ☐ 1 cup shredded reduced fat cheese (optional)

Method

1. Chop all vegetables into small pieces
2. Mix vegetables, chick peas, corn, and salsa together
3. Top with cheese (if required)
4. Serve mix on plate with bread/toast/Lebanese Bread



Mini Pizzas

Pizzas are thought to be of Italian origin. They consist of a shallow bread-like crust covered with tomato salsa. Children can choose their own toppings.

Serves 10

Ingredients

- ☐ Bread (toasted) or rice cakes (not toasted)
- ☐ Salsa
- ☐ Grated cheese and sliced vegetables e.g. carrot, cucumber

Method

1. Spread salsa on toasted bread or rice cakes
2. Grate vegetables and cheese then put on top of toast or rice cakes
3. Place toast in the oven till cheese melts and serve
4. If using rice cakes just add the graded vegies and the toppings



Mixed Vegetable Bake

This delicious snack can be made using any vegetables provided. Below is one suggestion.

Serves 6

Ingredients

- ☐ 2 carrots washed and chopped *
- ☐ 1 large capsicum chopped
- ☐ 1 tin tomatoes
- ☐ 1 tin of corn
- ☐ Combine *Vitabrits* crushed
- ☐ ½ cup breadcrumbs (can be made from left over bread)

*leaving the skin on veggies increases fibre and saves the nutrients under the peel

Method

1. Pre-heat oven to 200°C.
2. Bring a large saucepan of water to the boil. Add carrots and cook until tender.
3. Add capsicum and cook for a further 2 minutes, then drain well.
4. Place vegetables in a bowl and mix through tomatoes then pour into an oven proof dish.
5. Combine *Vitabrits* and breadcrumbs then sprinkle over vegetables and bake for 15 mins.



Nachos

Nachos are associated with Mexican food. It is thought this dish was first served in 1943.

Serves 6

Ingredients

- ☐ 1 packet of Lebanese wholemeal bread (cut up and lightly toasted)
- ☐ 1 tin of Kidney beans (drained and rinsed with water)
- ☐ 1 tin of corn (drained)
- ☐ ¼ cup grated reduced fat cheese
- ☐ ¼ cup salsa
- ☐ Use any vegetables provided e.g. lettuce, capsicums as topping



Method

1. Refrigerate the cheese provided for 5 mins so that it is easier to grate
2. On a microwave plate arrange Lebanese bread pieces in a single layer
3. Top with kidney beans and grated cheese
4. Microwave uncovered on High for approx. 1 minute, until heated and cheese has melted.
5. Top with salsa and toppings

Oats Pancakes

This recipe is easy to make. It can also be varied adding different vegetables provided. *Serves 10*

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Ingredients

- ☐ 2 cups oats
- ☐ 1 cup grated carrot
- ☐ ½ cup chopped capsicum
- ☐ 1 tablespoon of vegetable oil
- ☐ Water to make batter

Method

1. Combine the oats, grated carrot and chopped capsicum
 2. Pour the water and use a spoon or whisk to stir until smooth
 3. Heat a medium non-stick frying pan over medium heat and lightly brush with oil
 4. Pour ¼ cup of batter into the pan for pancakes or smaller amount for pikelets
 5. Cook for 1-2 minutes or until bubbles rise to the surface and base is golden. Use a spatula to turn and cook a further 1-2 minutes until cooked through.
- Transfer to a plate and cover with foil to keep warm. Repeat with remaining batter.



stir



Pasta

Pasta is a staple food of traditional Italian cuisine. Children will enjoy preparing and assembling. E.g. making into balls, rolling, cooking cutting. You can also boil pasta in an electric frying pan.

Serves 15

Ingredients

- ☐ 2 cups plain flour
- ☐ 1 cup water
- ☐ Reduced fat cheese (optional to make macaroni cheese)
- ☐ Salsa (optional)

Method

1. Combine flour and water together to a soft dough consistency
2. Roll dough into little balls then roll out with a rolling pin
3. Lightly cook rolled out dough in frying pan so it minimises dough sticking together
4. Once cooled (approx. 1-2 mins) cut into strips as preferred
5. Add into boiling water for approx. 5-6 mins then strain
6. Add optional items if desired



Pizza Dough

Pizza is mostly associated with Italian food. This dough can be used as the base for savoury or sweet pizzas.

Serves 10

Ingredients

- ☐ 1 ½ cup plain flour
- ☐ 1 teaspoon baking powder
- ☐ ½ teaspoon salt
- ☐ ½ cup milk
- ☐ 2 tablespoons vegetable oil

Method

1. Mix the flour, baking powder and salt together.
2. Add milk and oil and mix until combined
3. Knead together so it forms a ball and leave in warm place to rise.
4. Cover in cling wrap and put in fridge or freezer until require



Quesadilla

The word "quesadilla" roughly translates to "little cheesy pastry" in Mexican

Serves 25

Ingredients

- ☐ 2 cups plain flour
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup warm water
- ☐ 3 carrots (grated)
- ☐ 1 jar of salsa
- ☐ ½ cup of reduced fat cheese (grated)
- ☐ 1 tin of kidney beans (drained and mashed)

Method

1. Preheat oven to 150°C
2. Line two baking trays with foil
3. Make a dough with flour, vegetable oil and warm water
4. Roll out dough to make a wrap then spread salsa, kidney beans, carrots and cheese on one side
5. Fold the other side of the wrap over then bake in oven for 5 mins. 6. Remove from oven, cut into slices and serve



Ravioli

The dough for this easy recipe can also be prepared beforehand and children can roll out the dough using a rolling pin, place the cheese and fold the pasta.

Serves 15

Ingredients

- ☐ 2.5 cups Plain flour
- ☐ 1 cup Water
- ☐ Pinch of salt
- ☐ Reduced fat cheese (grated)
- ☐ Salsa if desired as a sauce

Method

1. Mix the flour, baking powder and salt together.
2. Flatten dough with a rolling pin or hands
3. Cut pasta into small squares and place a small amount of grated cheese on one side
4. Fold and press sides of pasta together
5. Cook in boiling salted water in a pan or microwave for a few minutes until al dente (cooked but still firm) then serve



Rice Paper Rolls

Vietnamese rice paper rolls are full of flavour and can be customised to taste preferences.

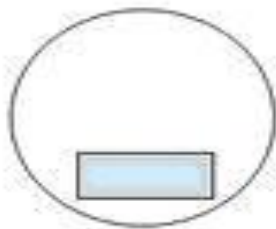
Serves 15

Ingredients

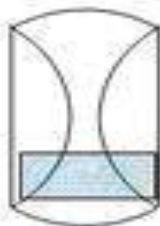
- ☐ 4 carrots (sliced into match sticks)
- ☐ 1 cucumber (sliced into match sticks)
- ☐ ½ capsicum (sliced into match sticks)
- ☐ 1 Rice paper roll per child
- ☐ ½ tin corn (drained)
- ☐ 1 pack Vermicelli Noodles

Method

1. Prepare rice noodles using instructions on the packaging.
2. Dip a sheet of rice paper into warm water, lay flat on a dry surface.
3. Fill by following instructions below



Filling at edge of circle



Flip sides of wrapper in over filling



Roll from bottom to encase filling



Viola, spring roll



Roasted Chickpeas

Chickpeas are legumes. They provide lots of protein and can also be sweet.

Serves 6

Ingredients

- ☐ 1 tin chickpeas, rinsed and drained
- ☐ 1 tablespoon vegetable oil
- ☐ ½ teaspoon cinnamon and/or ½ teaspoon cumin

Method

1. Heat oven to 230 degrees Celsius and line a rimmed baking tin with aluminium foil.
2. Place chickpeas, oil, and cinnamon in a bowl and mix well.
3. Spread on baking sheet in one layer.
4. Place in the oven and bake for about 15 minutes.
5. Remove pan, shake around to ensure chickpeas brown evenly
6. Return to oven for another 15 minutes until brown and crunchy.
7. Serve warm or at room temperature.



Salad Sandwiches

Recipe can be adjusted to suit taste preference.

Each sandwich serves 2

Ingredients

- ☐ Wholemeal bread or Lebanese bread
- ☐ Carrots
- ☐ Tomatoes
- ☐ Cucumber
- ☐ Lettuce
- ☐ Optional: reduced fat cheddar cheese (grated) and/or spread of beetroot dip

Method

1. Shred and /or slice vegetables provided
2. Add shredded cheese on bread (optional)
3. Cut into halves and serve or if using Lebanese bread, roll then cut into halves



Savoury Crepes with tomato salsa

The word “crepe” is French. Crepes are a national dish in France.

Serves 6

Ingredients

- ☐ 1 cup plain flour
- ☐ 1 teaspoon bi-carb soda
- ☐ 1 ½ - 2 cups reduced fat milk
- ☐ ⅓ cup grated carrot (tightly packed and excess moisture squeezed out)
- ☐ 6 tablespoons of grated reduced fat cheese (optional)
- ☐ 1 jar of Tomato Salsa



Method

1. Prepare the carrot and celery leaves as described above
2. Place the flour and soda into a mixing bowl and mix thoroughly with a wooden spoon
3. Thoroughly combine the vegetables with the flour
4. Making a well in the centre of the bowl
5. Gradually add the milk; stirring constantly until the mix forms a smooth paste
6. Heat a non-stick frying pan and make the pancakes as usual
7. Top with tomato salsa to taste
8. You can also add some cheese to these crepes before topping with tomato salsa
9. Stir in beans and sauce.
10. Heat for an additional 3 to 4 minutes.

Savoury Pizza

Serves 10

Ingredients

- ☐ Pizza dough (see recipe provided in this cookbook)
- ☐ Salsa
- ☐ 1 tin of tomatoes
- ☐ ½ cup of reduced fat cheese (grated)

Method

1. Preheat the oven to 180°C
2. Spread the salsa over the top of the pizza base
3. Top with tinned tomatoes then add the grated cheese.
4. Bake for 10 minutes or until cheese has melted
5. Take out of the oven. Slice and serve



Shreik Green Smoothie

This recipe is easy to make. Just three ingredients make this deliciously fresh green smoothie.

Serves 3

Ingredients

- ☐ ½ cup green grapes
- ☐ ½ cup chopped lettuce
- ☐ ½ medium apple, seeded
- ☐ 1 cup water

Method

1. Pour water into blender if provided
2. Add all other ingredients
3. Blend until combined and serve immediately



Singapore Style Noodles

This rice noodle dish originated in Asia and now is an important part of many cuisines. Our recipe is quick and easy.

Serves 15

Ingredients

- ☐ 6 cakes of rice vermicelli noodles
- ☐ 2 cups of diced vegetables
- ☐ 1 tin of beans (chick peas or kidney beans)
- ☐ 1 tin corn
- ☐ 75 grams of honey
- ☐ ½ teaspoon ground coriander
- ☐ ½ teaspoon ground cumin
- ☐ ½ teaspoon ground cinnamon
- ☐ 1 tin of tomatoes (optional)

Method

1. Cook vermicelli noodles following packet directions
2. Cooked diced vegetables in a small amount of vegetable oil until soft
3. Drain water from noodles and add to vegetables then add spices and honey



Spaghetti and Baked Bean Bites

Serves 12

Ingredients

- ☐ Bread
- ☐ Tin of Reduced Salt Spaghetti and/or Baked Beans

Method

1. Pre-heat the oven to 180°C
2. Cut the crust off the bread and put the square into a muffin tray
3. Cook for 10 mins or when they are crunchy then remove from tray
4. Put a spoonful of spaghetti or baked bean into each bite



Spaghetti Scrolls

Recipe can also be used to make vegemite and cheese scrolls. Just add vegemite.

Serves 15

Ingredients

- ☐ Pizza dough (recipe provided in this cookbook)
- ☐ Tin of Spaghetti
- ☐ Reduced Fat Cheese
- ☐ Vegemite (optional)

Method

1. Pre-heat oven to 180°C
2. Roll the dough out and spread tinned spaghetti and sprinkle cheese on top
3. Roll the dough and cut it individual pieces
4. Bake for 10 mins.



Sushi Sandwiches

This is a great way to present healthy sandwiches.

Ingredients

- ☐ Bread
- ☐ Assorted fillings e.g. salad, vegemite, cheese etc.

Method

1. Make sandwiches then cut into strips.
2. Roll up and thread onto wooden skewers



Tortilla

Tortillas are flat breads, mostly associated with Mexican cuisine. They can also be used as a pizza base or as a wrap if vegetables are provided.

Serves 15

Ingredients

- ☐ 3 cups flour
- ☐ 1 teaspoon baking powder
- ☐ ⅓ cup vegetable oil
- ☐ 1 cup warm water

Method

1. Combine flour and baking powder in a bowl and mix until well combined
2. Add oil and water then stir until mixture comes together. Continue to mix for approx. 1 minute
3. Transfer to well-floured work surface. Divide dough in half, then half again until you have 16 portions.
4. Roll each piece into a ball then flatten with your hand. If dough is sticky, use a bit more flour
5. Cover flattened balls of dough with a clean paper towel and allow to rest for 15 minutes but don't stack uncooked tortillas on top of each other or they will get soggy
6. Heat a large pan over medium-high heat then place one dough circle into pan and allow to cook about 1 minute or until bottom surface has a few pale brown spots
7. Flip to other side and cook for about 30 seconds then remove from pan with tongs and stack in a covered container or zippered bag till all tortillas are cooked. This will keep them soft and pliable
8. Wipe out pan in between tortillas if flour is started to accumulate. Serve warm or cool for later use



Vegetable Chapatti Roll

This recipe is easy to make and is very popular.

Serves 6

Ingredients

- ☐ 3 cups plain flour
- ☐ 2 tablespoons vegetable oil
- ☐ water to make dough
- ☐ 1 capsicum (chopped)
- ☐ 1 carrot (grated)
- ☐ ½ block of reduced fat cheese (grated)
- ☐ 1 chopped or diced tomato

Method

1. Combine flour, 1 tablespoon of vegetable oil and water. Knead until soft dough
2. Roll chapatti by taking small portion of dough then cook in pan with ½ tablespoon of vegetable oil
3. Heat remaining ½ tablespoon of vegetable oil in the pan add chopped capsicum, grated carrot and diced tomato then let mixture cool then put filling inside the chapatti and serve

Vegetable Kebabs

This easy recipe can be made using any vegetables provided.

Ingredients

- ☐ Carrots slice
- ☐ Cucumber sliced
- ☐ Tomatoes sliced
- ☐ Capsicum sliced
- ☐ Lettuce cut into bite size pieces
- ☐ Cheese sliced
- ☐ Salsa sauce (optional)

Method

1. Cut vegetables into small slices/pieces
2. Thread slices onto wooden skewers



Vegetable Hotpot with Noodles

This delicious hot pot can be prepared early and varied using any vegetables provided. *Serves 10*

Ingredients

- ☐ Vegetables e.g. carrots, capsicums
- ☐ Vegetable oil
- ☐ 1 tin tomatoes
- ☐ 1 tin chickpeas
- ☐ 1 tin corn
- ☐ Tomato salsa
- ☐ Noodles

Method

1. Cut vegetables into small pieces.
2. Heat oil in a large pot over medium heat. Add tomatoes and tomato salsa.
3. Stir and bring mixture to a simmer.
4. Drain and rinse chickpeas.
5. Add vegetables, chickpeas and water to the pot. Stir to mix.
6. Cover and cook until all vegetables are soft. You can also serve with cooked noodles



Vegetable Pot Pie

You can vary this recipe by adding any vegetables you have available
Serves 12

Ingredients

- ☐ 1 tin tomatoes
- ☐ 1 tin chickpeas (drained)
- ☐ 2 carrots chopped finely
- ☐ 2 capsicums chopped finely
- ☐ ½ teaspoon of mixed herbs
- ☐ Pastry: 6 tablespoons of vegetable oil for pastry
- ☐ Pastry: 1½ cups of flour
- ☐ Pastry: ¼ cup of water

Method

1. Pre-heat oven to 180°C.
2. Cut vegetables into small pieces.
3. Put tomatoes, drained chick pieces, chopped vegetables and herbs into pot and cook for 15 mins then tip into a baking dish
4. Mix all pastry ingredients together then roll out across the top of the baking dish
5. Put a few cuts across the pastry then bake in oven for around 20 minutes until crispy and golden



Wholemeal Pizza

This easy recipe is another way of serving wholemeal or Lebanese bread.

Serves 10

Ingredients

- ☐ Lebanese bread or slices of wholemeal bread
- ☐ Crushed tinned tomatoes or salsa
- ☐ Reduced fat Cheddar Cheese Block (grated)
- ☐ Sliced vegetables for topping e.g. celery, capsicum

Method

1. Pre-heat oven to 180°C.
2. Place bread onto baking trays
3. Place 1 tablespoon of crushed tomatoes onto bread
4. Scatter sliced vegetables over tomato base
5. Grate cheese block and sprinkle cheese onto each slice of bread
6. Place in oven until toasted



Sweet Snacks

Please note: icing sugar increases the amount of sugar consumed and should not be used for decoration.

Anzac Biscuits

Anzac biscuits have long been associated with the Australian and New Zealand Army Corps (ANZAC) established in World War I. Biscuits were sent by wives to soldiers abroad because these biscuits did not break easily when transported. You can add more water for a chewier mixture.

Serves 20

Ingredients

- ☐ 1 cup rolled oats
- ☐ 1 cup plain flour
- ☐ ¼ cup sugar
- ☐ ½ cup coconut
- ☐ ½ teaspoon ground cinnamon
- ☐ 1 tablespoon golden syrup
- ☐ ½ teaspoon baking soda
- ☐ ½ cup water



Method

1. Pre-heat oven to 170°C. Line two baking trays with baking paper
2. Mix together all ingredients
3. Using wet hands, take small amount of dough and shape into a ball
4. Bake for approx. 20 mins or until golden
5. Remove from tin and cool

Apple Chips

These crispy chips are low in fat and high in flavour. They are sure to be very popular.

Serves 6

Ingredients

- ☐ 4 apples (thinly sliced)
- ☐ 1 teaspoon cinnamon

Method

1. Preheat oven to 150°C fan-forced. Line two baking trays with baking paper
2. Remove the apple cores. Slice into 2mm slices and lay on the baking trays.
3. Sprinkle with cinnamon.
4. Bake for 2 hours, stopping after the first hour to turn the slices over. 5. Store in an airtight container when cooled



Apple and Cinnamon Muffins

Serves 12

Ingredients

- ☐ 1 ½ cups self-raising flour
- ☐ ½ cup plain flour
- ☐ ¼ cup sugar
- ☐ 1 teaspoon of vanilla essence
- ☐ ⅓ cup vegetable oil
- ☐ ¾ reduced fat milk
- ☐ 1 teaspoon cinnamon
- ☐ 1 apple with skin on grated

Method

1. Preheat an oven to 210°C
2. Using paper towel, lightly grease muffin tin with vegetable oil
3. Sift flours and cinnamon into a bowl
4. Grate apple then add to mixture and stir
5. Add vegetable oil, vanilla essence and milk
6. Stir until flour is all mixed through
7. Spoon into muffin tin
8. Cook for approx. 15 minutes
9. Cool slightly before removing from muffin tin



Apple Crumble with Oats

Serves 12

Ingredients

- ☐ 4 granny smith apples with peel on, chopped (Can be made with other fruit)
- ☐ ½ cup squeezed orange juice
- ☐ 2 tablespoons dried fruit
- ☐ ½ teaspoon of Vanilla essence
- ☐ 1 teaspoon cinnamon
- ☐ ½ cup oats
- ☐ ½ cup plain flour
- ☐ 1 tablespoon coconut
- ☐ 1 tablespoon vegetable oil

Method

1. Pre-heat an oven to 180°C.
2. In a saucepan, stew the apples in the orange juice until soft.
3. Mix the flour, coconut, oil and oats together in a mixing bowl
4. Pour stewed apples into a tray and sprinkle the oat mixture on top.
5. Bake for 20 minutes then serve warm



Apricot Banana Bread

Ingredients

- ☐ 1 cup plain flour
- ☐ 1 teaspoon baking soda
- ☐ ¼ cup sugar
- ☐ 1 cup dried apricots chopped
- ☐ ½ cup reduced fat milk
- ☐ ⅓ cup vegetable oil
- ☐ 1 ripe banana mashed

Method

1. Pre-heat an oven to 180°C.
2. Using paper towel, lightly grease a cake tin with vegetable oil
3. In a large bowl combine flour, baking soda. Add chopped apricots and combine
4. Make well in centre of dry mixture
5. In another bowl mix milk and oil then fold in banana
6. Pour wet mixture into dry ingredients and mix until just combined
7. Pour into a greased
8. Bake 65-70 mins until browned



Apricot Balls

Ingredients

- ☐ 200g dried apricots
- ☐ ¼ cup desiccated coconut
- ☐ 2 Vitabrits
- ☐ 1 tablespoon water

Method

1. Place apricots, coconut and vitabrits into a bowl and mash until smooth.
2. Add water gradually and continue to mix until well combined.
3. Using wet hands, form mixture into balls and roll in coconut



Apricot Smoothie

Children can create their own snack by select different ingredients from the list to add.

Serves 1 (Note: the below amounts are the maximum each child can have in their serve)

Ingredients

- ☐ 1 cup milk
- ☐ 2 dried Apricots chopped
- ☐ 1 tablespoon Rice Bubbles
- ☐ 1 tablespoon Cornflakes
- ☐ 1 tablespoon Coconut
- ☐ 1 teaspoon Honey
- ☐ Pinch of cinnamon (optional)



Method

1. Gather cups. 1 per child.
2. Place ingredients in separate bowls.
3. Children select the ingredients they wish to have for their smoothie and put it into their cups.
4. Pour milk into each cup.
5. Pour the contents of the cup into a sealed milkshake cup or blender if provided and mix
6. Pour the mixture back into the child's cup.

Banana Bread

You can vary this recipe by adding coconut, sultanas, apricots and/or cinnamon.

Serves 24

Ingredients

- ☐ 5 mashed bananas
- ☐ 2 cups self-raising flour
- ☐ ¼ cup sugar
- ☐ 1 teaspoon baking soda
- ☐ ½ cup reduced fat milk
- ☐ 1 teaspoon vanilla essence
- ☐ 1 pinch of cinnamon

Method

1. Pre-heat an oven to 170°C
2. Mix all ingredients together and bake for approx. 20 mins or until golden



Banana Bread Cupcakes

These cupcakes can be cooked in a microwave!

Serves 24

Ingredients

- ☐ 2 cups of self-raising flour
- ☐ ¼ cup of sugar
- ☐ 4 ripe bananas
- ☐ Reduced fat milk
- ☐ 1 tablespoon of honey

Method

1. Mix all ingredients together
2. Microwave from 2 – 3 mins (depends on how powerful microwave is)



Banana Bread with Coconut

Great recipe for using up any overripe bananas.

Serves 20

Ingredients

- ☐ 1 ½ cups bananas (mashed)
- ☐ ½ cup of vegetable oil
- ☐ ½ cup milk
- ☐ 2 ½ cups of self-raising flour
- ☐ ½ cup sugar
- ☐ 1 tablespoon golden syrup
- ☐ ½ teaspoon bicarb of soda (baking soda)
- ☐ 1 cup desiccated coconut

Method

1. Preheat oven to 180 C
2. Using paper towel, lightly grease 10cm x 20cm loaf tin with vegetable oil then line base and sides with baking paper. Leave 5cm over the sides.
3. Combine banana, golden syrup, oil and milk in a small bowl.
4. Combine sifted flour, sugar and bicarbonate of soda with coconut in a large bowl. Make a well in the centre. Pour banana mixture into the well; stir to combine. Spoon mixture into pan; smooth surface.
5. Bake for 1 ¼ hours or until a skewer inserted into the centre comes out clean
6. Stand bread in pan 5 minutes before turning, top-side up, onto a wire rack to cool.



Banana French Bake

A quick snack that you can also add more fruit to.

Serves 30

Ingredients

- ☐ 1 banana
- ☐ ½ loaf of wholemeal bread
- ☐ Juice from one tin of drained chick peas
- ☐ 1 cup milk
- ☐ 1 tablespoon honey
- ☐ Sprinkle of cinnamon (optional)

Method

1. Preheat oven to 180 C
2. Blend banana, juice from chick peas, milk and honey (use blender if provided)
3. Cut bread into pieces to fill baking tray (ensure there are no gaps)
4. More liquid over the top of bread (add more milk if required) then sprinkle with cinnamon
5. Bake for 20 mins

Banana Ice-cream

You can vary this by adding ½ cup frozen pineapple, 2 tablespoons of cocoa cinnamon.

Serves 6

Ingredients

- ☐ 3 Bananas

Method

1. Peel and chop bananas then freeze until solid
2. Put frozen bananas and any extra items in a bowl or blender if provided then mix until creamy.



Banana and Oats Biscuits

These simple biscuits are delicious!

Serves 36

Ingredients

- ☐ 1 cup plain flour
- ☐ ½ teaspoon bicarb soda
- ☐ ¼ cup sugar
- ☐ 2 cups rolled oats
- ☐ 1 tablespoon honey
- ☐ 160g vegetable oil
- ☐ 2 handfuls dried fruit
- ☐ Ripe banana, mashed



Method

1. Pre-heat oven to 180°C.
2. Soak oats and dried fruit in water for 5 - 10 minutes then drain.
3. Combine all dry ingredients in a bowl and stir the oats and dried fruit through.
4. Warm up oil and honey and stir until combined.
5. Pour into the flour mixture, mix well then add mashed bananas to this mixture
6. Roll into balls and press with a fork and bake for 20 mins or until just brown 7. Leave to cool before removing from the tray

Banana and Oats Muffins

Makes 30 mini muffins

Ingredients

- ☐ 1 ¼ cup rolled oats
- ☐ 1 ¼ cup plain flour
- ☐ ¼ cup sugar
- ☐ 1 ½ teaspoon baking soda
- ☐ ¼ teaspoon cinnamon
- ☐ ½ cup vegetable oil
- ☐ 2 cups ripe bananas, mashed

Method

1. Preheat an oven to 190°C.
2. Using paper towel, lightly grease muffin tins with vegetable oil
3. Combine dry ingredients in large bowl and mix well
4. Beat banana and oil together then add to dry ingredients. Mix until just combined 5. ¾ fill muffin tins
6. Bake for 20 – 25 mins or until cooked through



Banana Muffins

These muffins are light and fluffy and a great afternoon snack. You can also vary this recipe by adding 1 teaspoon cinnamon and/or half a cup of sultanas.

Makes 30 mini muffins

Ingredients

- ☐ 3 cups self-raising flour
- ☐ 2 cups mashed banana
- ☐ ¼ cup sugar
- ☐ ½ cup vegetable oil
- ☐ ½ teaspoon cinnamon
- ☐ 2/3 cup water
- ☐ ½ cup milk



Method

1. Preheat an oven to 190°C
2. Using paper towel, lightly grease muffin tins with vegetable oil
3. Stir dry ingredients in a bowl
4. Add wet ingredients and mix until thoroughly blended
5. Place in muffin tray and bake for 15-20 minutes

Banana, oats and sultana cake

Easy to make, however allow time for cooking time and cooling time. Recipe can be varied by adding unsweetened dried fruit e.g. dried apricots

Serves 40

Ingredients:

- ☐ 3 cups of self-raising flour
- ☐ 3 cups of rolled oats
- ☐ ¼ cup of sugar
- ☐ 2 tablespoons of honey
- ☐ 200ml vegetable oil
- ☐ 2 cups of sultanas
- ☐ 4 ripe bananas (mashed)
- ☐ 2 cups of water for soaking oats and sultanas



Method

1. Pre-heat an oven to 190°C (fan forced if possible)
2. Soak oats and dried fruit in 2 cups of water for 10 min until sultanas are soft, then drain
3. Combine all dry ingredients in a bowl and stir the oats and dried fruit through
4. Add oil and honey and stir until combined. Then add mashed bananas
5. Pour combined mixture in 2 cake tins lined with baking paper
6. Bake in oven for 40-45 ins. Take cake out when it's golden brown and has crust on top of cake. Place cakes on a cooking rack and allow the cakes to cool for 1 hour



Banana Smoothie

Delicious and easy to prepare smoothie.

Serves 3

Ingredients

- ☐ 1 banana
- ☐ 1 cup milk
- ☐ 1 teaspoon cinnamon

Method

1. Peel the banana and break into pieces
2. Blend all ingredients until smooth (use blender if provided, otherwise use fork)
3. Serve cold



Banana Sushi

You can also vary this recipe by adding sultanas, cooked apples and/or cinnamon.

Serves 20

Ingredients

- ☐ 10 slices of bread
- ☐ 4 bananas thinly slice
- ☐ ¼ cup honey (in total)

Method

8. Roll the bread with rolling pin until flat
9. Spread some honey on bread, add a piece of banana, then roll this up

Bliss Balls

Bliss balls are fun to make and a great afternoon snack.

Serves 10

Ingredients

- ☐ 1 banana, mashed
- ☐ 3 tablespoons sultanas
- ☐ ½ cup dried apricot (chop finely)
- ☐ ⅓ cup rice bubbles
- ☐ 1 tablespoon cooking oats
- ☐ ¼ cup coconut

Method

1. Mash banana and add dried fruit and combine in a mixing bowl
2. Mix in rice bubbles and then cooking oats (allow to thicken for 5 mins)
3. Place coconut in a bowl, roll the mixture into balls and toss in coconut. Refrigerate



Bunny Fruit Platter

Ingredients

- ☐ 1 kiwi
- ☐ 3 oranges
- ☐ 2 cups of grapes
- ☐ 2 cups melon
- ☐ 5 small apples
- ☐ 1/8 cup orange juice
- ☐ 8 cups water

Method

1. Wash fruit.
2. Peel oranges and apples.
3. Remove skin from kiwi.
4. Dice apples into small pieces and put them in a mixing bowl with water and orange juice (this will keep the apples from turning brown).
5. Arrange fruit as per image



Carrot Cake

This recipe is simple to make and great for children with dairy intolerance.

Serves 20

Ingredients

- ☐ 2 carrots, grated
- ☐ 1 ripe banana, mashed
- ☐ ¼ cup vegetable oil
- ☐ 2 ¾ cups self-raising flour
- ☐ ⅓ cup sugar
- ☐ 1 ½ cups water
- ☐ 1 teaspoon vanilla essence
- ☐ 2 teaspoons cinnamon

Method

1. Preheat oven to 180c
2. Put all ingredients into bowl and mix
3. Pour into greased or baking paper lined square or loaf pan
4. Cook for 30 mins, check with skewer if comes out clean its ready.
5. Let cool before cutting.



Carrot Pudding

Simple to make recipe can be varied by adding dried fruit

Serves 24

Ingredients

- ☐ 2 kg carrots
- ☐ ½ cup milk
- ☐ ¼ teaspoon cinnamon
- ☐ ¼ cup sugar

Method

1. Wash, peel and grate carrots
2. Mixed grated carrot with milk and place a wide-mouthed pan on medium-high heat.
3. Allow the milk to boil then simmer to allow carrot to cook in the milk. (20-30 minutes)
4. Stir the content from time to time to prevent scorching.
5. The carrot will absorb the milk then add in the sugar and mix well.
6. Reduce flame to medium. Once sugar is added, the content tends to liquefy.
7. Stir at regular intervals until the mixture thickens then serve

Carrot and Sultana Muffins

Serves 12

Ingredients

- ☐ 2 carrots
- ☐ 1 ripe banana, mashed
- ☐ ¼ vegetable oil
- ☐ 1 tablespoon honey
- ☐ ⅓ cup sultanas
- ☐ ¼ cup milk
- ☐ 1 ¾ self-raising flour

Method

1. Pre-heat oven to 200°C and prepare 12-hole muffin tray
2. Wash and grate carrots
3. Add mashed banana to carrot with oil, honey, sultanas, milk and mix
4. Stir in flour and stir until just combined
5. Spoon into muffin trays and bake for 20 mins or until cooked



Cinnamon Apple Cake

Serves 24

Ingredients

- ☐ ¼ cup sugar
- ☐ ⅓ cup cocoa
- ☐ 1 cup milk with 1 teaspoon of vinegar mixed in
- ☐ 1 teaspoon of baking soda
- ☐ 1 teaspoon of vanilla essence
- ☐ 2 ½ cups of plain flour
- ☐ 1 ½ cups of chopped or grated apples (leave the skin on)
- ☐ For topping: 1 teaspoon of cinnamon and tablespoon of vegetable oil



Method

1. Pre-heat oven to 160°C
2. Using paper towel, lightly grease a baking tin with vegetable oil
3. Mix all ingredients (except those for topping) and pour into cake tin
4. Combine topping ingredients and spread evenly across cake
5. Bake for 45 mins. It's extra delicious when served warm

Chocobanana Cake or Muffins

Serves 40

Ingredients

- ☐ 3 cups flour
- ☐ ½ cup sugar
- ☐ ⅓ cup cocoa
- ☐ 2 cup water
- ☐ ¾ cup vegetable oil
- ☐ 2tsp vanilla essence
- ☐ 1 tsp white vinegar
- ☐ 2 tbs baking soda
- ☐ 1 Ripe banana, mashed

Method

1. Pre-heat oven to 170°C
2. Mix all ingredients and pour into 2 cake tins or muffin pans
3. Bake for 10-15 mins then cool



Coconut Bananas

Serves 6

Ingredients

- ☐ 2 bananas, peeled and chopped
- ☐ 1 tablespoon squeezed lemon/orange juice
- ☐ $\frac{3}{4}$ cup coconut

Method

1. Peel and chop bananas into a mixing bowl
2. Squeeze lemon/orange juice over chopped bananas
3. Sprinkle coconut over bananas and serve



Coconut Bread

Easy recipe great for children with dairy intolerances as you can also use soy milk.

Serves 10

Ingredients

- ☐ 1 cup self-raising flour
- ☐ 1 cup coconut
- ☐ 2 tablespoons sugar
- ☐ $\frac{3}{4}$ cup reduced fat milk or soy (if provided)

Method

1. Pre-heat oven to 170°C
2. Grease and line base of loaf pan/square tin
3. Add all ingredients in a bowl and mix until combined
4. Pour mixture into loaf pan and cook for 35-40 mins or until skewer comes out clean



Coconut Biscuits

Serves 12

Ingredients

- ☐ ½ cup coconut
- ☐ ¼ cup vegetable oil
- ☐ 1 tablespoon milk
- ☐ ¼ cup sugar
- ☐ 1 cup self-raising flour
- ☐ 1 cup dried fruit (e.g. sultanas) or crushed cornflakes



Method

1. Preheat an oven to 180°C.
2. Using paper towel, lightly grease a baking tin with vegetable oil
3. Place coconut, flour sugar in a bowl then add dried fruit, cornflakes oil and milk
4. Roll into balls and press to flatten (makes 12 biscuits)
5. Cook for approx. 15 mins or until golden brown

Fruit Muffins

You can add 1 cup of any fruit provided e.g. chopped apples, pears etc.

Serves 12

Ingredients

- ☐ 2 cups self-raising flour
- ☐ 2 tablespoons sugar
- ☐ ¼ cup vegetable oil
- ☐ 1 tablespoon golden syrup
- ☐ 1 cup reduced fat milk
- ☐ 1 teaspoon vanilla essence
- ☐ 1 cup diced fruit

Method

1. Preheat an oven to 180°C.
2. Using paper towel, lightly grease 12-hole muffin tin with vegetable oil
3. Sift flour and baking soda into medium size bowl
4. Stir in sugar and diced fruit and make a well in the centre
5. Combine oil, golden syrup, milk and vanilla then pour into dry ingredients
6. Beat for 2 mins or until mixture is smooth
7. ¾ fill prepared muffin tin
8. Bake for 15 mins or until cooked
9. Stand for 5 mins then turn out onto a wire rack to cool.



Dessert Pizza

Ingredients

- ☐ Pizza Dough (recipe provided in Savoury Snacks)
- ☐ 1 pinch of cinnamon
- ☐ Sliced fruit

Method

1. Preheat an oven to 180°C
2. Sprinkle pizza dough with cinnamon and add fruit
3. Bake until slightly brown



Easter Muffins

Use any of the muffin recipes in this cookbook then mix together flour and water for white crosses or flour, water and cocoa for dark crosses. Spoon mixture into a zip lock bag with very small corner cut out. Pipe cross/shape across the top of the muffin.

Method

1. Cut fruit in half
2. Use hand juicer or if blender is provided peel fruit and blend
3. Pour juice into jug, add water then stir to combine
4. Serve cold with ice cubes (if available)



French Toast

This is easy recipe can be varied using different fruit provided.

Serves 10

Ingredients

- ☐ 10 slices wholemeal bread
- ☐ 3 cups milk
- ☐ 2 teaspoons vanilla essence
- ☐ 2 teaspoons cinnamon
- ☐ 1 teaspoon vegetable oil
- ☐ Toppings – cut up fruit

Method

1. Warm frying pan (use electric frying pan if available)
2. In a shallow dish combine milk, vanilla essence and cinnamon
3. Using a paper towel, wipe oil over the frying pan to coat
4. Dip slice of bread in liquid mixture for 3-5 seconds then flip bread over and soak.
5. Put slice of bread into frying pan and cook for 2 mins (edges will be crispy with bread soft in middle).
6. Remove from pan and add toppings



Frozen Fruit Icy poles or Slushes

Ingredients

- ☐ Fruit such as banana, grapes, peeled oranges

Method

1. To make an icy pole, spear fruit with icy-pole stick and freeze
2. To make slushes, freeze the fruit in zip lock bags during BSC then at ASC you can smash them up to make slushies



Frozen Fruit Smoothies

This snack is great on hot days and can be varied by adding any fresh fruit provided

Serves 16

Ingredients

- ☐ 1 large tin of peaches
- ☐ 2 diced fruit (e.g. pineapple, apples etc.)
- ☐ Enough milk/soy milk for smoothie consistency

Method

1. Blend/mash fruit to smooth consistency
2. Add milk
3. Divide into CA blue cups (fill just over half way)
4. Place in freezer until frozen then serve with a spoon



Fruit and Oat Muffins

This recipe can make muffins or one large cake.

Serves 24

Ingredients

- ☐ 1 cup diced fruit (e.g. pineapple, apples etc.)
- ☐ Rind ½ orange finely grated or chopped
- ☐ ½ mashed banana
- ☐ 2/3 cup milk
- ☐ 2 cups oats
- ☐ 1 cup plain flour
- ☐ ½ cup coconut
- ☐ ¼ cup honey
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tsp bicarb soda



Method

5. Preheat oven to 180°C
6. Using paper towel, lightly grease mini muffin tray or cake tin with vegetable oil
7. Mix oats, coconut, baking powder and bicarb soda, in a bowl.
8. In a separate bowl, mix mashed banana, milk, oil and orange rind.
9. Add to dry mix but don't over mix
10. Gently mix through the sliced fruit.
11. Spoon into cake tin or muffin tray
12. Bake for 30 minutes or until brown on top.
13. Leave to cool and then serve

Fruit Buns

Serves 24 small buns

This recipe can be changed in lots of ways. Plain buns – don't add cinnamon. Fruit buns – add diced apples, sultanas etc. They can also be made into Easter buns

Ingredients

- ☐ 2 cups plain flour
- ☐ 2 teaspoons baking powder
- ☐ 1 ½ tablespoons of cinnamon (if desired)
- ☐ 1 cup milk with 1 ½ tablespoons of vinegar to make buttermilk
- ☐ 80ml oil
- ☐ ¼ cup sugar
- ☐ 1 large ripe banana mashed
- ☐ 1 tablespoon vanilla essence



- ☐ 1 tablespoon cocoa + 1 ½ of hot water (for the cross)
- ☐ ¼ cup sugar added to 1/3 cup of warm water for the bun glaze

Method

1. Preheat oven to 180°C
2. Dip paper towel in small dish of oil, wipe over muffin tray to grease all holes
3. Put vinegar in a tall glass, add milk and stir - leave this to sit for 10 minutes, to slightly thicken.
4. Mix together flour, baking powder and cinnamon
5. In a larger bowl pour in milk/vinegar mix, oil and sugar.
6. Mix until it is well combined - oil and milk will not separate and sugar will be dissolved
7. Mash the banana until it is smooth (using a little of the milk/oil mix if needed) and add to the wet mixture, continue mixing whilst adding the vanilla essence.
8. Pour dry mix into the wet mix. Mix until all dry ingredients are added and combined.
9. Spoon mixture into the muffin tray filling until 3/4 full.
10. In a small cup mix cocoa and warm water until it forms a thick paste.
11. Spoon paste into a zip lock bag with very small corner cut out. Pipe cross/letter/shape onto buns.
12. Place tray in oven and bake for 20-30 minutes, or until a skewer is inserted and comes out clean.

To make Easter Buns

1. Just before getting the buns out of the oven mix the sugar and warm water in a cup
2. Educator to brush glaze mix onto hot bun when they are taken out of the oven
3. Let buns with glaze cool for 10 minutes before serving.

Fruit Crispies

Serves 24

Ingredients

- ☐ ¼ cup dried apricots (chopped)
- ☐ ⅓ cup sultanas
- ☐ ¼ cup rice bubbles
- ☐ ¼ cup oats
- ☐ 1 tablespoon golden syrup
- ☐ ¼ cup vegetable oil

Method

1. Combine dried fruit in bowl then mix in rice bubbles and oats
2. Mix syrup and oil until combined then heat in pan or microwave for 2 mins then cool for 5 mins
3. Pour wet mix over dry ingredients then mix all together
4. Pour into lamington or slice tray
5. Refrigerate then cut into slices



Fruit Kebabs/Shapes

Can be made with any fruit provided. Below are examples and quantities required

Ingredients	6 serves	25 serves	60 serves
Oranges	1	3	5
Kiwifruit	2	7	15
Melons	$\frac{1}{4}$	$\frac{1}{2}$	1
Wooden skewers	6	25	50



Method

1. Peel oranges and cut into cubes.
2. Rinse strawberries, remove stalks and cut in half.
3. Peel kiwifruits and cut into quarters.
4. Remove skin from melon and cut into cubes.
5. Arrange fruit on a platter and thread pieces onto wooden skewers or arrange in shapes

Fruit Loaf

Serves 15

Ingredients

- ☐ 1 cup chopped sultanas/apricots
- ☐ 1 teaspoon baking soda
- ☐ $\frac{1}{4}$ cup sugar
- ☐ $\frac{1}{4}$ cup vegetable oil
- ☐ 1 tablespoon golden syrup
- ☐ 1 cup boiling water
- ☐ 2 cups plain flour

Method

1. Preheat oven to 180°C
2. Put chopped dried fruit, baking soda, sugar, golden syrup and oil into medium size bowl
3. Add the boiling water and leave to cool
4. Sift the flour and stir into cooled fruit mixture
5. Pour into a 11 x 22 loaf tin
6. Bake for 1 hour. Leave in tin for 5 mins before turning out



Fruit Rolls

Serves 15

Ingredients

- ☐ 3 cups sultanas and dried apricot
- ☐ 1 cup rolled oats
- ☐ ½ cup vegetable oil
- ☐ 2 tablespoons cocoa
- ☐ 1 teaspoon vanilla

Method

1. Mix all ingredients together and roll into thin rolls
2. Toss in coconut
3. Wrap in glad wrap to tighten and refrigerate



Fruit Smoothie

This easy to make smoothie can be varied by using any fresh fruit provided.

Serves 3

Ingredients

- ☐ 300 mls of water
- ☐ ½ banana, peeled
- ☐ ½ cup diced fruit e.g. apples
- ☐ ¼ chopped carrots
- ☐ ¼ cup orange segments
- ☐ ¼ teaspoon cinnamon (optional)

Method

1. Pour water into blender if provided
2. Combine all other ingredients
3. Blend until combined then serve



Gluten and Dairy Free Pear Cupcakes

Serves 8

Ingredients

- ☐ Rice cakes blended to make 100g rice flour
- ☐ ½ teaspoon bicarbonate of soda
- ☐ 1 pear (grated)
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons golden syrup

Method

1. Preheat oven to 190°C
2. Combine flour and bi-carb then add grated pear. Mix
3. Add the oil and golden syrup and beat all ingredients together
4. Put into patty pans and bake in oven for 25 minutes.



Gluten and Dairy Free Fruit Crumble

Easy to make and can be enjoyed by all.

Serves 12

Ingredients

- ☐ 10 rice cakes- blended to a fine powder
- ☐ 1 teaspoon cinnamon
- ☐ 1 tin peaches
- ☐ 1 tin two fruits or 1 cup of diced fresh fruit

Method

1. Preheat oven to 180°C
2. Blend rice cakes until they resemble a fine powder, and blend to mix thoroughly.
3. Strain juice out of tinned fruit (can be kept to flavour muffins etc.)
4. Pour fruits into serving tray.
5. Sprinkle powdered rice cake mix over the top of fruits.
6. Place in oven for 15 minutes- top will brown slightly
7. Allow to cool for 5 minutes before serving as the fruits will be very hot



Gluten Free Pancakes

Serves 12

Ingredients

- ☐ 10 rice cakes- blended to a fine powder
- ☐ 2 bananas (mashed)
- ☐ 1 cup milk
- ☐ 1 teaspoon vanilla essence
- ☐ 1 tablespoon sugar
- ☐ Vegetable oil- for pan

Method

1. Blend 10 rice cakes to a fine powder
2. In a bowl mash the bananas, add blended rice cakes, milk, vanilla and sugar then mix
3. Heat teaspoon of vegetable oil in frying pan and spoon in pancake mix
4. Allow each side to cook for 2-3 minutes before flipping.
5. Leave as circles or cut into fun shapes or characters

Granola

Very easy recipe that can be served as a crumble with cooked apples or fresh bananas.

Serves 20

Ingredients

- ☐ 4 cups oats
- ☐ 1 cup coconut
- ☐ $\frac{3}{4}$ sultanas
- ☐ $\frac{1}{2}$ cup diced apricots
- ☐ 1 tablespoon cinnamon
- ☐ $\frac{1}{2}$ cup vegetable oil
- ☐ $\frac{1}{4}$ cup golden syrup
- ☐ 1 zest of mandarin/orange (if provided).



Method

6. Preheat oven to 180°C
7. Mix all dry ingredients into large bowl
8. Add vegetable oil, golden syrup and mix to dry ingredients
9. Pour mixture into oven tray and bake for 25 mins (turning every 5 mins)
10. Cut into thin strips



Hummingbird Cake

This cake was named after the bird because it was sweet enough to attract hummingbirds (who eat only nectar). It was invented in Jamaica in the 1960's.

Recipe makes one cake or 24 mini muffins.

Ingredients

- ☐ 1 ¼ cup self-raising flour
- ☐ ¼ cup sugar
- ☐ ½ cup coconut
- ☐ 1 teaspoon bicarb soda
- ☐ 400gms tinned fruit
- ☐ 2 ripe bananas
- ☐ ¾ vegetable oil

Method

1. Preheat an oven to 180°C
2. Using paper towel, lightly grease muffin tin with vegetable oil
3. Combine dry ingredients in a bowl.
4. Add tinned fruit and oil. Mix until just combined
5. Spoon mixture into cake tin or divide into muffin tins
6. Cook for approx. 30 mins



Muesli Slice with Corn Flakes

Serves 24

Ingredients

- ☐ ½ cup vegetable oil
- ☐ 4 tablespoons honey (reserve 1 tablespoon to drizzle on top)
- ☐ ½ cup of milk
- ☐ 1 cup coconut
- ☐ 3 cups rolled oats
- ☐ 4 cups cornflakes
- ☐ Handful of dried fruit e.g. sultanas

Method

1. In a saucepan or microwave add oil and honey and boil gently for 5 mins
2. Mix all other ingredients together in a bowl. Add dried fruit if using
3. Add boiled mixture to dry ingredients
4. Press into lamington or slice tray, drizzle with 1 tablespoon of honey (to help keep slice together).
5. Cut into slices when cool



Muesli Slice with Rice Bubbles

Serves 25

Ingredients

- ☐ ½ cup vegetable oil
- ☐ ½ cup milk
- ☐ 4 tablespoons honey (reserve 1 tablespoon to drizzle on top)
- ☐ 1 cup oats
- ☐ 2 cups rice bubbles
- ☐ ½ cup flour
- ☐ ½ cup coconut
- ☐ ⅓ cup sultanas
- ☐ ⅓ cup apricots



Method

1. Pre-heat an oven to 170°C
2. Whisk vegetable oil, milk and honey together
3. Combine all dry ingredients
4. Add the wet ingredients to the dry ingredients and push into tray.
5. Drizzle with 1 tablespoon of reserved honey to help keep slice together
6. Bake for 10-15 minutes until golden.

Oaty Banana Clusters

Large services may prefer to make this as a slice then cut into squares.

Serves 20.

Ingredients

- ☐ 3 bananas (small, over-ripe)
- ☐ 2 cup rolled oats
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons vanilla essence
- ☐ 1 tsp ground cinnamon
- ☐ 2 tablespoons vegetable oil

Method

1. Pre-heat oven to 180°C
2. Line an oven tray with baking paper.
3. Mix all ingredients together and allow to sit for 15 minutes.
4. Drop tablespoons of mixture onto lined baking tray and bake for 15-20 minutes until golden brown and firm to the touch.
5. Remove from oven and allow to cool.



Oats Biscuits

Oats are associated with porridge which is a Scottish breakfast dish, but oats also make great biscuits

Serves 20

Ingredients

- ☐ 1 cup plain flour
- ☐ 1 teaspoon baking powder
- ☐ ½ teaspoon bicarb soda
- ☐ 1 tablespoon coconut
- ☐ ¼ cup sugar
- ☐ 2 cups rolled oats (toasted or plain)
- ☐ 1 tablespoon honey
- ☐ 100g vegetable oil
- ☐ 2 handfuls dried fruit



Method

1. Pre-heat an oven to 180°C
2. Cover & soak rolled oats and dried fruit (5 - 10 mins) then drain.
3. Combine all dry ingredients in a bowl and stir the dried fruit through.
4. Warm up oil and honey and stir until combined. Then mix into flour mixture
5. Press firmly into slice tray and bake for 20 mins or until just brown 6. Leave to cool before removing from the tray and then cut into slices.

Orange and Sultana Biscuits

Serves 24

Ingredients

- ☐ 1 cup self-raising flour
- ☐ ⅓ cup coconut
- ☐ ⅓ cup rolled oats
- ☐ ½ cup vegetable oil
- ☐ ⅓ cup honey
- ☐ ½ teaspoon orange rind and 2 tablespoons orange juice
- ☐ ⅓ cup dried fruit

Method

1. Pre-heat an oven to 170°C
2. Mix dry ingredients together. In another bowl mix oil, honey, orange rind and juice
3. Pour this into dry ingredients bowl then add dried fruit and mix well
4. Leave for 10 mins then roll into balls. Press thumb into centre of ball
5. Bake for approx. 15 mins



Orange Muffins

Serves 12

Ingredients

- ☐ 2 cup plain flour
- ☐ 1 ¼ teaspoon baking soda
- ☐ ¼ cup sugar
- ☐ 2-3 tablespoons orange or lemon zest
- ☐ 2/3 cup milk
- ☐ 2/3 cups orange juice
- ☐ ¼ cup vegetable oil



Method

1. Pre-heat an oven to 180°C and prepare either a 12 x 23cm loaf tin or muffins tins
2. Sift flour and baking soda into medium size bowl.
3. Stir in sugar and orange or lemon zest. Make well in centre
4. Combine milk, orange juice and oil and stir into dry ingredients
5. Bake for 55-60 mins or until cooked when tested then stand for 5 mins

Pancakes/Pikelets

You can vary this recipe by adding ripe mashed bananas or top with other fruit.

Serves 12

Ingredients

- ☐ 1 cup self-raising flour
- ☐ ½ tsp bicarb soda
- ☐ 1 cup milk
- ☐ 2 tsp vinegar
- ☐ 1 tablespoon of Vegetable Oil
- ☐ 1 teaspoon vanilla extract



Method

1. Combine the flour, bicarbonate of soda and make a well in the centre.
2. Pour the milk, vinegar into the well and use a spoon or whisk to stir until smooth.
3. Heat a medium non-stick frying pan over medium heat and lightly brush with oil
4. Pour ¼-cupful of batter into the pan for pancakes or smaller amount for pikelets
5. Cook for 1-2 minutes or until bubbles rise to the surface and base is golden. Use a spatula to turn and cook a further 1-2 minutes until cooked through.
6. Transfer to a plate and cover with foil to keep warm. Repeat with remaining batter then serve



Peach Upside Down Cake

You can also use oranges instead of peaches in this cake.

Serves 20

Ingredients

- ☐ 2 cups self-raising flour
- ☐ ¼ cup of sugar
- ☐ ½ cup of water
- ☐ Mash up a few peaches to add to mixture
- ☐ Add some juice from tinned peaches

Method

1. Preheat an oven to 180°C
2. Mix flour, sugar and water
3. Line baking tin with baking paper then put tin of peaches or oranges in baking tin
4. Cook for 30 mins approx.



Pear Cake

Serves 20

Ingredients

- ☐ ¾ cup plain flour
- ☐ 1 ½ teaspoons baking soda
- ☐ ¼ cup sugar
- ☐ 1 pear (or apple) grated
- ☐ 2 tablespoons golden syrup
- ☐ 2 tablespoons vegetable oil

Method

1. Preheat an oven to 180°C
2. Mix together flour and baking soda then add sugar and grated pear or apple then mix
3. Add oil and golden syrup to mixture then stir until combined
4. Pour into cake tin or slice tin and cook for approx. 25 mins

Pureed Fruit

Pureed fruit can be used by itself used on pancakes etc. instead of spreads

Ingredients

- ☐ Fruit like apples and pears work well

Method

1. Peel, core and cut fruit into slices/chunks
2. Place slices or chunks into a microwave or pan with just enough water to slightly cover fruit
3. Cook until tender and mash fruit to get desired consistency (add reserved water for smooth, thin puree)



Rice Bubble Hedgehog

Serves 24

Ingredients

- ☐ 1 cup Dried fruit
- ☐ ¼ cup honey
- ☐ ¼ cup cocoa
- ☐ ½ cup coconut
- ☐ ½ cup rice bubbles

Method

1. Finely chop the dried fruit
2. Melt the honey so it is warm and runny
3. Add all the ingredients together until well mixed.
4. This can be rolled into balls, put into muffin tins or made as a slice
5. Refrigerate until set and then serve



Rice Noodle Pudding

Serves 20

Ingredients

- ☐ 1 Litre of milk
- ☐ Half packet of rice noodles
- ☐ ¼ cup sugar
- ☐ Chopped fresh fruit or tinned fruit
- ☐ Cinnamon (optional)

Method

1. In a bowl crush the rice noodles into tiny pieces as much as you can
2. Place milk and sugar in a pot and bring to boil
3. Reduce to low-medium heat, then add rice noodles and keep stirring
4. Cook 10-15 mins until noodles cook and soften
5. Place in bowls, add fresh or tinned fruit then sprinkle cinnamon (optional)
6. Eat warm or put in fridge and serve cold



Scones

Some say the word “Scone or Skone” comes from the Dutch word 'schoonbrot', which means beautiful bread, while others think they were invented in Scotland. You can also make scones savoury by adding diced vegetables.

Serves 12

Ingredients

- ☐ 1 ¾ cup self-raising flour
- ☐ 1 tablespoon honey
- ☐ ¼ cup vegetable oil
- ☐ ¾ cup milk
- ☐ dried apricots and/or sultanas (optional)
- ☐ 1 cup diced vegetables (savory option)

Method

1. Pre-heat an oven to 200°C
2. Using paper towel, lightly grease baking tray with vegetable oil
3. Place flour in bowl and make well in the middle
4. Dissolve honey in oil and pour into well along with milk
5. Stir with blunt knife until dough forms
6. Add dried fruit if required
7. Roll out dough and cut small circles (recipe makes approx. 8 scones)
8. Place on tray and bake for 10-12 minutes



Truffles

Serves 24

Ingredients

- ☐ 2 cups oats
- ☐ 2 tablespoons water
- ☐ 2 cups diced dried apricots and/or sultanas
- ☐ 2 teaspoons cinnamon, ground
- ☐ 1 tablespoons honey
- ☐ Desiccated coconut

Method

1. Mix the oats, water, apricots and cinnamon
2. Add the honey and mix with a wooden spoon or spatula to make a sticky consistency.
3. Roll 1 teaspoon of the mixture into balls. (add more water if required)
4. Lightly roll each ball in coconut then refrigerate for 30 mins before serving.
5. You can also vary this recipe by adding zest of lemons/oranges



Two Fruit Muffins

Serves 12

This easy recipe can be varied to accommodate food intolerances. If making gluten free use gluten free self-raising flour, 1 cup milk and 1 whole mashed banana.

Ingredients

- ☐ 2 cups self-raising flour
- ☐ ¼ cup sugar
- ☐ ½ cup milk (or 1 cup soy milk if making vegan)
- ☐ ½ vegetable oil
- ☐ 1 tin two fruits (including juice)
- ☐ ½ mashed banana

Method

1. Pre-heat an oven to 160°C
2. Using paper towel, lightly grease 12-hole muffin tin with vegetable oil
3. Mix all dry ingredients together in bowl
4. Add oil, milk, tin of two fruits (including juice) and banana
5. Mix together until combined
6. Cook for approx. 20 minutes



Vitabrits Biscuits

Serves 15

Ingredients

- ☐ 4 crushed vitabrits
- ☐ 1 cup coconut
- ☐ 1 tablespoon golden syrup
- ☐ 1 cup self raising flour
- ☐ ¼ cup vegetable oil

Method

1. Pre-heat an oven to 170°C
2. Using paper towel, lightly grease a lamington or slide tray with vegetable oil
3. Mix golden syrup and vegetable oil and heat slightly
4. Add all other ingredients and mix well
5. Press into slide tin
6. Bake for approx. 15 mins



Weekly Menu Plan Template

To meet the recommendations of the National Quality Framework a written Weekly Menu must be displayed on each service's board.

The Weekly Menu Template can be downloaded from One Team, alongside this Cookbook on the Day to Day page.

Weekly Menu

Your OSHC.



This weekly menu is planned using the Healthy Eating Advisory Service's Food and Drink Checklist for Outside School Hours Care to ensure that all food provided meets the Australian Dietary Guidelines. Fresh water is provided throughout all sessions.
Cooking activities using recipes from the Camp Australia's Healthy Eating Cookbook are provided 1-2 times per week.

Week Commencing:

	Before School Care	After School Care	
Monday	Cereals: Spreads: Drinks: Cooking Activity:	Fruit: Snacks: Cooking Activity:	Vegetables: Drinks:
Tuesday	Cereals: Spreads: Drinks: Cooking Activity:	Fruit: Snacks: Cooking Activity:	Vegetables: Drinks:
Wednesday	Cereals: Spreads: Drinks: Cooking Activity:	Fruit: Snacks: Cooking Activity:	Vegetables: Drinks:
Thursday	Cereals: Spreads: Drinks: Cooking Activity:	Fruit: Snacks: Cooking Activity:	Vegetables: Drinks:
Friday	Cereals: Spreads: Drinks: Cooking Activity:	Fruit: Snacks: Cooking Activity:	Vegetables: Drinks:

Educators are required to include each week's completed Weekly Menu in the service's Reflection Journal.



Food and drink checklist for Outside School Hours Care

Educators are required to use the Healthy Eating Advisory Service Food and Drink Checklist for Outside School Hours Care to plan and review their written Weekly Menu.

Please note: whilst Camp Australia is unable to provide every food item in this checklist e.g. yoghurt Educators can use other healthy food provided such as milk, cheese, to complete this checklist.



Use the *Food and drink checklist for outside school hours care* to plan or review your menu.

This checklist will help you provide healthy foods and drinks for children that are in line with the *Australian Dietary Guidelines*¹ and the *Australian Guide to Healthy Eating*².

Food and drink checklist for outside school hours care

Breakfast	Tick if meets guideline				
Breakfast is planned and documented on the menu.	☐				
Breakfast is based on grain (cereal) foods. <i>Examples include bread, breakfast cereal, rice and noodles.</i>	Mon ☐	Tues ☐	Wed ☐	Thu ☐	Fri ☐
There is at least one wholemeal or wholegrain choice for each type of grain provided every day. <i>Examples include wholemeal bread, high fibre breakfast cereal.</i>	Mon ☐	Tues ☐	Wed ☐	Thu ☐	Fri ☐
Breakfast cereals are low in added sugars. <i>(Less than 15g of sugar per 100g if dried fruit is not an ingredient, or less than 25g per 100g if dried fruit is an ingredient.)</i>	☐				
A choice of milk, yoghurt, cheese and/or alternatives (such as soy drink) are provided every day.	Mon ☐	Tues ☐	Wed ☐	Thu ☐	Fri ☐
Milk, yoghurt, cheese and alternatives are mostly reduced fat.	☐				
Plain reduced fat milk is available as a drink every day.	Mon ☐	Tues ☐	Wed ☐	Thu ☐	Fri ☐
Afternoon tea	Tick if meets guideline				
Afternoon tea is planned and documented on the menu.	☐				
Afternoon tea includes vegetables.	Mon ☐	Tues ☐	Wed ☐	Thu ☐	Fri ☐
Afternoon tea includes fruit.	Mon ☐	Tues ☐	Wed ☐	Thu ☐	Fri ☐
Dried fruit is not provided every day.	☐				
Afternoon tea includes milk, yoghurt, cheese and/or alternatives such as soy drink.	Mon ☐	Tues ☐	Wed ☐	Thu ☐	Fri ☐
Milk, yoghurt, cheese and alternatives are mostly reduced fat.	☐				

¹ *Australian Dietary Guidelines*, National Health and Medical Research Council, 2013, www.eatforhealth.gov.au

² *Australian Guide to Healthy Eating*, National Health and Medical Research Council, 2013, www.eatforhealth.gov.au

Food and drink checklist for outside school hours care

	Mon	Tues	Wed	Thu	Fri
If grain (cereal) foods are provided, they are mostly wholemeal or wholegrain. <i>Examples include: wholemeal bread, wholemeal flour, wholegrain crackers</i>	☐	☐	☐	☐	☐
Baked items are not provided everyday.			☐		
Baked items do not contain large amounts of fat and sugar.			☐		
Drinks	Tick if meets guideline				
Water is freely available throughout the session.			☐		
Flavoured milk is not included every day.			☐		
Sweet drinks are not provided. <i>Examples include: soft drinks, fruit drinks, cordial, sports drinks, sports waters, flavoured waters, flavoured mineral waters, iced teas and energy drinks.</i>			☐		
Fruit juice is not offered as a drink.			☐		
Fats and oils	Tick if meets guideline				
Polyunsaturated and/or monounsaturated oils and spreads are used in cooking and baking. <i>Examples include: sunflower, safflower, canola, olive, peanut, sunflower, soybean and sesame oil.</i>			☐		
Butter, cream, sour cream, coconut cream, copha, palm oil, ghee and lard are not used in cooking or on the menu.			☐		
Foods and drinks that should not be included in the daily menu	Tick if meets guideline				
Foods which are high in saturated fat, added salt and/or sugar or a combination of these, with little nutritional value are not provided. <i>Examples of these foods include:</i> ● sweet drinks ● chocolate, confectionery, jelly ● deep fried foods, pastry based foods (pies, sausage rolls and pasties) ● most fast food and takeaway foods ● some processed meats (e.g. sausages, frankfurts/hot dogs, salami, Strasburg, Devon, some commercial chicken nuggets and fish fingers) ● high fat/salt savoury snack foods (e.g. crisps, chips, biscuits) ● ice cream and ice confections ● high sugar/fat cakes, muffins, sweet pastries, slices, biscuits and bars			☐		

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Recipe Template

Educators who have healthy recipes using approved food items or feedback about any of the current recipes can use this recipe template provided so that your recipe can be considered and added to the next edition of our cookbook.

Please email completed recipe templates to cookbook@campaustralia.com.au

Educators who submit healthy recipes will be acknowledged in CA's Healthy Eating Cookbook.

Educators Name:		
Recipe Name:		
Description: <i>e.g. This recipe is easy to make. It can be varied by adding fresh fruit etc.</i>		
How many serves does this recipe make: * <i>(this is a required field)</i>		
Ingredients: <i>List quantity and ingredient against each bullet point. E.g. 1 ½ cup water</i> ☐ ☐		
Method: <i>(step by step)</i> <i>List method in the same order you would make this food item. Consider what is the oven temperature? How long does it cook for etc.</i>		
Please add image of food item if available:		

