



LUNCHBOX RESCUE

‘How to pack a healthy
& tasty lunch box’

30+ RECIPES FOR FUELLING ENERGETIC KIDS,
ALL FREE FROM GLUTEN AND REFINED SUGAR.



A healthy lunchbox helps build a bedrock of health in our kids.

A bedrock of health that acts like a protective shield, securing their health through their teens and into adulthood with strong immune systems, healthy minds and strong frames.

A healthy lunchbox, keeps children focused and energetic through the whole school day, enabling and enhancing their learning experience and joy in the process. In turn they sleep better, have more energy and are generally happier kids, which importantly means... happier parents.

Lunchboxes can be the bane of every parents life! Most of us struggle to think of fresh ideas which are still tasty and nutritious, while also being easy to pack up in the busyness (a.k.a. chaos) of the school morning routine!

My intention with this ebook is to share tips, recipes and strategies to make the whole morning run a whole lot smoother (calmer), while at the same time giving us a sense of quiet confidence. When we know our kids are well fed – worrying about WHAT they're eating is just one less thing we need to put our minds to.

A HEALTHY LUNCHBOX

Lunchboxes with open compartments like the one in the photo above show lots of colour and interest! Kids generally, especially younger ones, love seeing food presented in this way and are then more likely to sit down and eat it, creating life long, healthy eating habits at the same time. I'm going to share how preparing healthy lunchboxes doesn't need to be time consuming or hard. (I found the lunchbox above at <https://www.planetbox.com>).

For example, this lunchbox took me 5 – 10 minutes to prepare on the school morning, (with some pre-thought and preparation a day or two before).



30+ LUNCHBOX RESCUE RECIPES

Marinated Chicken Drumsticks
Quinoa and Salmon Cakes
Vietnamese Rice Paper Rolls
Baked Beans
Vegetable Frittata
Vegetable Fritters
Easy Oven Baked Risssoles (Meatballs)
Egg Pies
Quirky Quinoa Salad
Sang Choy Bow
A Super Magical Miso Soup
A Simple Healthy Homemade Wrap
Crunchy Cabbage Salad
Savoury cheesy muffins (lunch or snack)

THE SNACK OR MORNING TEA

Oven Roasted
Kale Chips
Mini Sweet Potato Pizzas
The Best Olive Tapenade
Super Food Snack
Sweet Potato Chips
Avocado Dip with Ginger and Lime
Simple Crunchy Seed Crackers

THE SWEETNESS FOR AFTER

Chocolate Mousse
Nut Free Power Balls
The Best Banana Bread
Power Muesli Bar
The Muffin: Blueberry, Coconut and Banana
Chocolate Crackles
A Jolly Jelly
Home Made Jubes
Coconut Ice Balls with a Zesty Twist
The Best Ever Chocolate Brownie Cake

The Basics. What to include?

Let's keep this simple and focus on just 3 foods. The 3 Macronutrients.

Macro means large. Macronutrients are nutrients our bodies need in large amounts and are our primary energy sources; they are protein, fat and carbohydrate.

◆**PROTEINS** are the building blocks of our cells. Primarily found in good quality animal meats (preferably organic), eggs, legumes, dairy, nuts.

◆**CARBOHYDRATES** are any foods that are particularly rich in the complex carbohydrate starch (such as whole grains and vegetables) or simple carbohydrates, such as sugars (bread, pasta found in candy, jams and desserts) and fruit. It is these simple carbohydrates that are generally highly refined and processed. With the exception of fruit, these simple carbohydrate sources are mostly void of nutrition and play havoc on our young childrens blood sugar levels and their immune systems.

BLOOD SUGARS. Our blood sugars are an important indicator of good health. Our aim needs to be to consume food that maintains stable blood sugars and therefore a nice, even energy in our bodies. Signs that indicate blood sugars are unsteady include; hunger, lethargy, headaches, irritability, dizziness, moodiness or a dip in energy.

◆**FATS** are fundamental to our health and are often neglected. Aim to bring them into the lunchbox and every meal, 'front and center'. Healthy fats include avocados, coconut, nut butters, olives, eggs, cheese, cream, butter, oily fish i.e. sardines, mackerel, herring and organic grass fed animal products.

After so many years of being told about the dangers of fats, especially saturated fats, it might be difficult to believe how incredibly good and important they are for our overall vitality, especially for our children.

9 very good reasons to be adding more fats into our childrens day

1. our brains, hormones, immune systems all need both saturated and unsaturated fats to be healthy
2. fat from animal and vegetable sources provides one of our most important energy and heat sources
3. Fat is important for our fat soluble vitamins such as A, E, D and K (important nutrients for blood coagulation, bone health, immunity and our overall wellbeing) to be absorbed and metabolised.

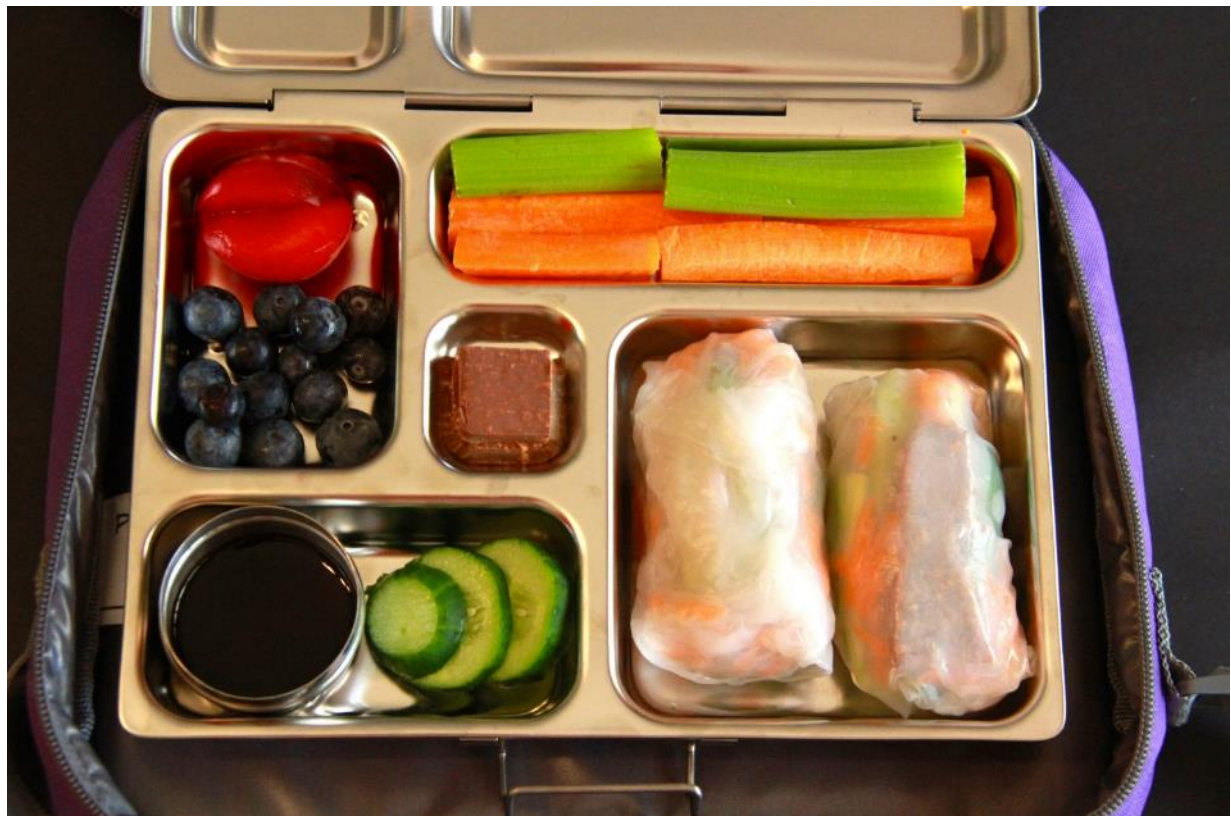
4. saturated fat and cholesterol are critical for the formation of every cell in our body
5. Fats are extremely satiating and provide us with a steady, sustaining energy. Unlike simple carbohydrates that send blood sugars on a stress inducing (and potentially inflammatory) roller coaster ride
6. they are vital in providing a protective cushion around our vital organs i.e. the brain, heart, kidneys, liver and lungs
7. they insulate our bodies against heat loss
8. critical for women to help us produce the hormone oestrogen
9. at least 60 – 70% of our brain is comprised of fat! They are fundamental for developing brains and ongoing brain health.

A simple, 1 second remedy.

Each time you prepare a meal, ask one question,

“Where have I included the fats and protein”?

Note: Even by having just fruit and vegetables with a meal, will mean the Carbs are covered. Fats and protein give wonderful sustaining energy; especially for children. Include them every chance you can and watch their energy levels soar.



Now we've got the fundamentals sorted. Let's get into creating our healthy, tasty lunchboxes!

Ideas for including protein and natural fats always

The magic with most of these recipes and ideas is their versatility;

They can be used for dinner, lunch, breakfast or even a snack – not just in the school lunch box – saving us time and energy to do more of what WE really LOVE to do!

They're easy to double or triple the quantity we're making and use for leftovers or freeze (and if it's suitable for freezing).

They're all gluten free and if dairy is used it can be substituted and most of the recipes are nut free.

Note: (RI) beside a recipe means the recipe is included in this ebook.

BEANS

Baked beans with quinoa or cauliflower rice (RI)

Bean or vegetable fritters or patties (RI)

EGGS

boiled eggs

egg pies (RI)

frittata or zucchini slice (RI)

nori wraps with egg and fermented foods e.g. olives or sauerkraut

MEAT

Meat

chilli con carne (without the chilli) served with quinoa or brown rice

cold meats e.g. meatballs/rissoles, sausages, roast

fish cakes

ham and cheese rollups (Slice of cheese rolled up in a slice of ham)

marinated chicken drumsticks (RI)

sang choy bow (RI)

tinned sardines or wild alaskan salmon

SALADS

crunchy coleslaw salad (RI)

quirky quinoa salad (RI)

a fresh garden salad with capers and wild alaskan salmon

SANDWICH OR WRAP FILLINGS

egg, bolognese sauce, leftovers, pate, sardines, roast veggies mashed, cold meats, sauerkraut etc.

SOUPS

e.g. a super boosted miso soup (RI)

SPREADS

dips, butter, avocado, mayonnaise, pesto, hummus, olive tapenade, nut butters, coconut butter. (RI)

Homemade tahini and honey butter. 1:1 mix e.g. 1 Tbsp tahini + 1 Tbsp honey mixed

OTHER

left over dinner
home made, healthy wraps (RI)
home made sushi
rice paper rolls (RI)

THE SNACK OR MORNING TEA

kale chips (RI)
bacon wrapped dates a.k.a. devils on horseback.
organic natural yoghurt – with seasonal fruit and nuts or as suggested for the granola recipe below
sweet potato pizzas (RI)
brain (super) food snack – make your own, nuts, chia, sunflower, coconut flakes, bee pollen, goji berries, cacao nibs etc... sprinkle with maca, cacao (whatever you have on hand) (RI)
raw veggies in funny shapes
dips and vegetables e.g. pesto, mayonnaise, avocado, tapenade (RI). You can also use these dips and dressings in sandwich fillings.
cup of soup (homemade – cooler weather)
nuts (preferably soaked)
home made popcorn with coconut oil (and/or butter) and cinnamon
yoghurt cup
coconut chips

THE SWEETNESS FOR AFTERWARDS

chocolate mousse (RI)
nut free powerballs (RI)
coconut and banana bread (RI)
pirate (power) muesli bar (RI)
chocolate crackles (for cooler days) (RI)
crepes (refer to the wrap recipe, add vanilla into the wrap mix and once cooked, spread the wrap with butter and raw filtered honey or a healthy chocolate spread for a great snack) (RI)
the best muffin (RI)
chocolate or butter and cinnamon coated popcorn
jelly (RI)
home made jubes (RI)

Start with upgrading new choices one at a time.



5 Swaps that can sky rocket energy and focus

1. sugar for alternative sweeteners such as honey, brown rice malt syrup, dates, prunes, banana and other seasonal fruit.
2. bread for organic sourdough or gluten free bread or leave it out.
3. packet or refined foods for home made deliciousness (recipes following).
4. juice for filtered water
5. coconut or a nut milk for conventional dairy

Sourcing Ingredients

Some ingredients in this ebook may not be familiar. You will be able to find them at most wholefood stores or in some recipes you can easily leave these ingredients out. The reason they have been included is for their high nutritional and body building value.

Always do what works best for you and your family.

7 strategies to ENERGISE your morning with

1. **RISE EARLIER.** To do this you usually need to go to bed earlier. Try it out. Experiment with going to bed earlier and getting up a bit earlier to get ahead of 'the game'.
2. **ALLOCATE 10 – 30 MINUTES FOR YOU FIRST THING.** When you do rise earlier, put the time aside to enjoy a relaxing cup of tea before everyone else is up, or to journal, meditate or exercise. It will fill 'your tank' right up before the busyness begins.
3. **BE OUTSIDE.** When everyone's up, rather than jumping straight into the morning routine, connect with the outdoors e.g. go for a walk, a bike ride, a walk with the dog, a morning swim. It's grounding and will get everyone feeling better immediately. It may sound like it will take more time, but it will actually save time!
4. **TURN THE MUSIC ON.** In our home this lifts the energy instantly.



5. **BE PREPARED.** For example, fill the fridge and pantry with food at the start of the week or on the weekend, make a couple of recipes, chop vegetables ready to go and avoid spending precious time cutting, chopping or preparing on the school morning.
6. **COOK DOUBLE OR TRIPLE THE QUANTITY** of a recipe so you cook once and then eat twice or three times (and spend less time in the kitchen in the mornings).
7. **BE PRESENT.** Once the kids are up, they need and want our attention. A reminder (and to myself) that they have 'important' questions to be asked and stories to be told. If you can avoid logging onto the computer or phone to check messages, email etc. the kids don't have to 'compete' for your time and the morning will run a whole lot smoother too.

8 Tips to help your kids make a better food choice.

1. upgrade the choices e.g. swap sugar for alternative sweeteners, bread for sourdough or gluten free, swap cocoa for cacao.
2. try not to say no e.g. give them two healthier options to choose from. They are still making the choice and we are not (kind of).
3. make it fun and interesting e.g. play music, distract with conversation, fun presentation, whatever works for you and your team.
4. add in new foods and changes ONE at a time, so your new choices stick and all of a sudden, they become 'just a way of life'.
5. get them involved, sharing lunchbox ideas, talk to them about why you're including specific foods, what they're going to help their bodies do for the day e.g. play footy, run with friends, better test scores, creating fun ideas etc. What we think we create.
6. buddy up with other parents and share lunch box ideas, so your children aren't the only ones having these new foods and ideas and most importantly...
7. if you need to resort to packet food, check the labels and the ingredients. Look for something with few ingredients, ingredients that sound like real food and no numbers or vegetable oils.
8. **ROLE MODEL.** Think about what and how you eat? Are you setting the example you want your children to follow?



And – what if their lunch box comes home full? It's okay.

Try any of these 5 strategies

If they've enjoyed one or more of the following, then apart from wasting good food, you can relax:

1. a wholesome, nourishing breakfast, will get them through until home time.
2. turn afternoon tea into 'dinner' (a personal favourite) i.e. prepare dinner through the day or before the day begins so it's already to eat when they arrive home hungry! This means they fill up on a wholesome, nourishing meal, rather than an endless need for less wholesome foods and snacks that never fully satiate. Dinner becomes a lighter meal or snack e.g. a nourishing 'afternoon tea'. This trick works magic. The kids are quickly refuelled after a busy school day and don't fill up on 'junk food'. They are well nourished and with blood sugars and moods quickly stabilised, ready to get into homework, after school activities and a restful, restorative nights sleep.
3. a savoury, nourishing afternoon tea. It takes some getting used to, but it's worth it. Check out the delicious recipe ideas in this ebook!
4. a nourishing smoothie whipped up with sweet, seasonal fruit or berries, add in flavor enhancing vanilla or cinnamon, along with coconut milk or the preferred milk as the base, and we can happily disguise all kinds of nourishing foods e.g. chia seeds, coconut oil, nuts, eggs or gelatin (and they don't even have to know)
5. a good nights sleep. Try again tomorrow when they're well rested and might even embrace your new found enthusiasm!

Lastly and importantly

Food is secondary. Moderation and variety in all kinds of different foods is key.

There's so much more to living a healthy life than the actual consumption of food, (even if it is healthy). Innately our kids are smart, creative and hungry to learn. I believe our role is to guide them to understand and explore the fundamental link with food and nature, the seasons, the preparation of the veggie garden and the similarity to preparing our own 'internal gardens'. A healthy garden directly affects how healthily plants grow. It's the same for us, tend a healthy soil e.g. our digestion and our mind and watch us thrive on nature's medicine.

Add in new foods or ideas slowly, one step at a time, establish it as part of their day and then try something else. Then you have a much greater chance for success.

Observe your kids and how they're responding e.g. the energy levels (after school especially), their mood, their digestion e.g. bloating, bowel movements, their skin health and their sleep patterns? It all tells us a story about their well-being.

Above all being a parent, a mother, is one of the hardest and most rewarding jobs there is. Know that you are doing the best you can, no matter what the kids eat, say or do. You are and what you do – is enough. Believe it.

"We may not be able to prepare the future for our children, but we can at least prepare our children for the future." ~ Franklin D. Roosevelt



LUNCH BOX RESCUE RECIPES

Repairing, Restoring and
Energising Growing Bodies

Marinated Chicken Drumsticks

PREPARATION: 10 minutes • MARINATE: Overnight at a maximum or 2 hours at a minimum

BAKING: approximately 40 --- 45 minutes depending on the heat of your oven • SERVES: 5 or 6



Ingredients

- 1kg organic chicken drumsticks and wings (or approximately 12 pieces)
- 2 large brown or red onions sliced finely

Marinade

- 1 tbsp grated ginger
- 4 garlic cloves crushed or chopped finely
- ¼ cup tamari
- ⅓ cup macadamia nut oil
- pinch of Himalayan or Celtic sea salt

Directions

1. place chicken pieces into a baking tray and cover with the onion
2. mix the marinade ingredients together and cover the chicken with it
3. cover and place in the fridge to marinate
4. when ready to cook, place chicken in the oven on 170 degrees celcius and cook for 40 – 45 minutes or until the chicken is cooked through

Note

to add some interest and more deliciousness to this basic recipe, add in 250g mushrooms finely sliced and/or 1/3 cup sun dried tomatoes in olive oil or air dried, finely sliced

Quinoa and Salmon Cakes

PREPARATION: 15 minutes • COOKING: 15 mins approx. • QUANTITY: approx. 8 patties (4 serves)



Ingredients

- 1 onion finely chopped (optional)
- 2 coves of garlic minced
- 1 egg
- 1 to 2 tsp lemon zest
- 1 tbsp lemon juice
- 1 tbsp capers chopped
- 1 tbsp italian parsley
- pinch of salt
- freshly ground black pepper
- 2 tins wild alaskan salmon drained, (e.g. 210g paramount brand) or 350g fresh fish
- 1½ cups cooked quinoa

Directions

1. saute the onion and garlic until softened
2. add all the ingredients (including the onion and garlic) to a blender and blend until the desired consistency is reached
3. form into patties and place onto a plate
4. heat a large pan over medium to medium-high heat. Add a tablespoon or so of ghee or coconut oil and place patties into the pan. It may be necessary to do a couple of batches
5. cook until they've turned a golden brown colour.

Vietnamese Rice Paper Rolls

PREPARATION: 15 minutes • QUANTITY: Serves 4



Ingredients

- 1 cup good quality protein e.g. shredded organic chicken or other leftover meat or an egg whipped and cooked in a similar way to an omelette.
- 1 ½ cups Chinese cabbage (wombok), finely shredded (see note)
- ½ cup beansprouts, trimmed (optional)
- 1 small red capsicum, thinly sliced
- ⅓ cup fresh mint leaves
- ½ cup fresh coriander leaves
- 1 lime, juiced e.g. 1 Tbsp
- 1 Tbsp fish sauce (if using for lunchboxes, drizzle a small amount only of the fish sauce to reduce the liquid and the chance for 'soggy' rice paper rolls at lunchtime).
- 12 x 22cm rice paper rounds (see note)
- tamari or home made sweet chilli sauce to serve

Directions

1. combine chicken, cabbage, beansprouts, capsicum, mint, 1/3 cup coriander, 1 tablespoon lime juice and fish sauce in a large bowl
2. place 1 rice paper round in a medium bowl of lukewarm water for 15 seconds or until just soft. Place on a clean tea towel or paper towel
3. arrange 1/4 cup of the chicken mixture along the centre of rice paper round. Fold ends in and roll up firmly to enclose filling. Repeat with remaining rice paper rounds and filling. Serve with sweet chilli sauce and remaining coriander

Notes

- use leftover meats e.g. sausage, lamb or cooked pork fillet instead of the chicken.
- in place of wombok, use traditional cabbage
- we leave out the lime and fish sauce for lunchboxes to avoid 'soggy' rolls!
- chop up the veggies the night before so they're ready to go in the morning.
- If you are short on time in the morning and happy to not use the dressing (something we do), then make the rolls up the night before without the dressing.

Baked Beans

PREPARATION: 15 minutes • **QUANTITY:** 4 serves



Ingredients

- 1 medium onion, peeled and finely chopped
- bacon finely sliced
- 1 clove garlic finely diced
- 1 tsp dried basil or 1 tbsp fresh basil, chopped
- 30g or 1 large Tbsp coconut oil or ghee
- 200g raw navy beans, soaked overnight and well drained, (if I haven't had navy beans, I've also used kidney or adzuki beans)
- strip of kombu sea vegetable, approx. 5cm length (or 2 tsp dulse flakes)

- 1 tbsp apple juice concentrate (optional)
- 1-2 tsp maple syrup or brown rice malt syrup (optional)
- 750g vegetable stock, bone stock or water
- 1 tbsp tamari
- ½ tsp seed mustard
- 440 g bottled passata
- 1 tbsp tomato puree

Directions

1. place 2 Tbsps of olive oil in a pot and gently heat.
2. add onion, bacon and garlic, and sauté on a low heat for about 5 minutes until softened.
3. add beans and remaining ingredients except tomatoes and cook for about 60 minutes on a low-med heat.
4. add tomatoes and cook for another 15 minutes, checking from time to time if beans require a little more liquid.
5. check for taste, adding a little extra time if beans are not cooked.

Notes

the recipe can be doubled in quantity. Pre-cooked beans can be used, which will shorten the cooking time to 15 minutes. If you do this, use less water e.g. about 250g.

Vegetable Frittata

PREPARATION: 20 minutes • QUANTITY: 4 serves



Ingredients

- 8 eggs
- ¼ cup organic fresh cream
- ½ cup crumbled goats cheese or parmesan cheese (or mild organic cheddar cheese if preferred)
- 1 Tbsp dulse flakes (optional)
- 2 cloves of garlic, crushed
- 1 onion finely chopped
- 3 rashers of bacon finely chopped
- 1 small zucchini, sliced into bite sized pieces
- 2 tbsps mix of fresh garden herbs finely cut e.g. italian parsley, basil, lemon thyme or marjoram
- a good pinch of sea salt

Directions

1. preheat oven to 180 degrees celcius
2. grease a medium sized baking dish, small individual tins or muffin tray with butter to help prevent sticking (or you can use baking paper)
3. lightly beat eggs, cream, parmesan cheese, dulse if using and salt in a bowl (if using goats cheese, crumble it into the frittata at the end i.e. just before the frittata goes into the oven)
4. place the garlic, onions, bacon and olive oil in a pan and cook over low --- medium heat until the onions become translucent. Add the zucchini, herbs and any other veggies and sauté until mostly cooked, about 3 – 5 minutes
5. place this cooked mix into the oven proof dish
6. pour the egg batter over the vegetable mix, shaking the pan to distribute the eggs evenly across the mix
7. put the frittata in the oven and cook for 20 – 25 mins approximately (or until egg is cooked and lightly browned)

Notes

- add in any ingredients your family loves, see below note.
- for dairy free leave out the cheese and cream
- frittatas are so adaptable, add whatever veggies you have on hand: starchy/root vegetables e.g. beetroot, sweet potato, potato or pumpkin can be roasted first e.g. cut into bite sized pieces and then added into the dish before the egg mix, (Saute any veggies in season and add to the mix. Roasted mushrooms and tomatoes work well too)
- we also love the Mediterranean flavours of olives and / or sun dried tomatoes in our frittatas
- pop them in the lunch box and have any leftovers for breakfast, lunch, dinner or a snack!

Vegetable Fritters

PREPARATION: 15 – 20 minutes • QUANTITY: approximately 12 fritters



Ingredients

- 500g zucchini (or 3 medium sized zucchinis or courgettes)
- 1 handful of italian parsley chopped finely
- 1 handful of mint chopped finely
- 1 brown onion chopped finely
- 2 cloves of garlic crushed
- ½ cup haloumi cheese chopped into small squares
- a pinch of sea salt
- zest from 1 medium lemon
- 3 eggs
- 2 tbsps coconut flour (or ¼ cup almond meal if nuts can be used, otherwise use sunflower seed meal)

Directions

1. grate the zucchini and place into a colander
2. sprinkle with a small amount of salt and mix through and let stand for 5 minutes
3. while waiting for the zucchini saute the onion on a low heat until cooked through, about 5 – 10 minutes
4. add the garlic to the onion and gently cook for 1 – 2 minutes until just cooked
5. squeeze out all the moisture from the zucchini with your hands or put into a tea towel and squeeze out the juices over a bowl or the sink
6. place the zucchini into a bowl with the parsley, mint, onion, garlic, lemon zest, eggs and coconut flour and mix until well combined. Add more flour if it's needed
7. cook the fritters in a pan over a low-medium heat in olive or coconut oil for a few minutes each side or until cooked through.

Notes

- add in 2 or 3 rasher of chopped bacon sautéed with the onion at step 3 or
- ½ cup haloumi cheese chopped into very small squares at step 6

Easy Oven Baked Rissoles (meatballs)

PREPARATION: 10 – 15 minutes • BAKING: 20 mins approx.

QUANTITY: approx. 10 – 12 medium sized rissoles



Ingredients

- 500g mince of choice (I use lamb or beef)
- 1 brown or red onion, chopped finely
- 2 cloves of garlic crushed
- 1 large tbsp fresh rosemary, chopped finely
- 1 tbsp of other fresh herbs you've got growing e.g. italian parsley, basil or lemon thyme chopped finely
- 1 egg
- 2 tbsp tomato puree
- ¼ cup of tomato passata
- ½ tbsp dulce flakes (optional)
- ½ tsp himalayan or celtic sea salt
- ground black pepper

Directions

1. preheat oven to 180 degrees celcius
2. in a large bowl, combine all the ingredients thoroughly
3. form into your preferred meatball or rissole sized ball and arrange on a baking pan
4. bake for about 20 minutes or until they're cooked through, you will need longer for a larger sized meatball
5. presentation always helps when it's for the kids, find some toothpicks or kebab skewers cut down to size and get creative as in the photo.

Egg Pies

PREPARATION: 5 minutes • BAKING: 10 minutes • SERVES: 2 (2 pies each)



Ingredients

- 4 bacon rashers (preferably nitrate free)
- 4 eggs
- herbs e.g. lemon thyme, parsley or basil (optional)
- ½ cup parmesan cheese or preferred cheese. Or if you prefer dairy free leave this out

Directions

1. line a muffin tin with a rasher of bacon both in the inside and on the base of each muffin hole
2. whisk up as many eggs as pies you want e.g. 4 eggs = 4 pies
3. add herbs, I usually add parsley and lemon thyme or whatever I have on hand
4. pour the mix into the muffin tin, just before it fills
5. sprinkle some parmesan on top of each egg, or whatever cheese you choose
6. pop into the oven on 180 degrees celsius for about 12 minutes or until just browned

Notes

- salt isn't necessary when using the bacon
- for extra creaminess, add another ½ cup of cheese into the egg mix
- or rather than whisking and to save time, I crack the egg straight into the muffin tin and sprinkle herbs and cheese on the top as a topping – still so deliciously nourishing. (it depends on how you like to present or your kids will devour!)

Quirky Quinoa Salad

PREPARATION: 15 minutes • SERVES: 2 as a main dish or 4 as a side salad



Ingredients

- 2 cups white quinoa
- 500ml bone stock, vegetable stock or water
- 1 small lebanese cucumber, chopped finely
- 1 small carrot sliced finely
- 1 red or green capsicum chopped finely
- 1 stalk of celery finely sliced
- ½ cup black olives (preferably pitted) and chopped finely
- a handful of italian parsley, or your herb of choice
- note for the vegetables use whichever vegetables your children enjoy

Dressing

- 4 tbsp olive oil
- juice of 1 small lemon or ½ tbsp of apple cider vinegar

Directions

1. put quinoa and stock together in a saucepan and bring to the boil. Turn down to a simmer and cook, covered, for 15 - 20 minutes, or until most of the quinoa has 'opened'. Allow to cool
2. make the dressing in a blender or a glass jar
3. put the quinoa into a serving bowl, add vegetables in and pour on the amount of dressing needed
4. serve as a light meal on it's own or with roast lamb, chicken or fish --- delicious.

Notes

- vary the vegetables you put in e.g. try tiny raw florets of broccoli or cauliflower, avocado or cherry tomatoes. Sprouts are also a great addition. Whatever your family enjoys, add it in
- for school lunches, to save time in the morning, cook the quinoa a day or 2 before (it will last a couple of days in the fridge). Dice up the harder vegetables e.g. capsicum and carrot the night before. All you need to do is assemble in the morning.
- we've had this salad for dinner and then the next day the kids have taken leftovers to school in their lunchboxes
- for extra nourishment add in fetta cheese or small cut up blocks of haloumi, wild alaskan salmon or leftover organic meat.

Sang Choy Bow

PREPARATION: 15 minutes • COOKING: 15 minutes

SERVES: 4 or 12---15 small (kid friendly sized) servings



Ingredients

- 1 tbsp sesame oil
- 500g organic chicken mince (pork or lamb)
- 1 small brown onion, chopped finely
- 1 clove garlic, crushed
- 1 cm fresh ginger, grated
- 1 cup fresh mushrooms
- 1 tbsp tamari
- 1 tbsp lemon juice
- 2 cups bean sprouts
- ¼ cup fresh coriander, roughly chopped
- 12 large lettuce 'cups' (leaves) or a small, young cabbage leaves

Directions

1. heat the oil in a wok or large frying pan on medium heat. Add onion, garlic and ginger. Cook for 1-2 minutes or until it begins to brown
2. add the mince meat and stir until it just cooks
3. add mushrooms, tamari and lime juice
4. cook until mushrooms are just tender
5. remove from the heat. Add sprouts and coriander
6. lightly stir through to combine.
7. place lettuce leaves on a serving plate. Spoon even amounts of meat into each lettuce or cabbage leaf

Notes

- When the kids are older, pack the lettuce leaves separately to the mince, pack a spoon for the kids to assemble themselves at school. Otherwise if the sauce has a lot of liquid, drain off as much as you can, so the lettuce doesn't get too 'soggy'

A Super Magical Miso Soup

Some nourishing twists to a healing and classic recipe.

PREPARATION: 10 minutes • SERVES: 4



Ingredients

- 1 cup of water
- 3 cups of home made bone stock (visit www.katebarnes.com.au for a recipe)
- 5 cm dried wakame, dulse or kombu (locally sourced preferably e.g. sea power brand if in Australia)
- 4 – 5 fresh shitake mushrooms, sliced thin (or use 7 or 8 pieces of dried shitake, soak first for 5 minutes or use any mushroom you have) or use button mushrooms
- 1½ teaspoons miso per cup of fluid (preferably unpasteurized miso)
- see notes below for more ideas to boost the magic!

Directions

1. soak wakame or kombu for 5 minutes until soft, then slice thin
2. add mushrooms to the broth and water mix, and just bring to a boil
3. lower flame to simmer and cook for 3 – 5 minutes
4. dilute the miso in a small amount of water and when the soup has cooled, add to the soup (to help retain benefits of the fermented food)

Notes

- sauté onions with carrot and/or celery first and then follow the recipe as given
- add your favourite protein source e.g. lentils or cooked organic chicken
- add 2 handfuls of chopped kale or spinach about 3 mins before the end of cooking to wilt through the soup
- add a cooked whole grain such as quinoa in at the end e.g. ½ - 1 cup of cooked grain or
- all of the above!

A simple, healthy, home made wrap

PREPARATION: 20 minutes • QUANTITY: approx. 10 x 14cm wraps



Ingredients

- 4 eggs
- 2 tsp melted coconut oil (or ghee)
- update: 1 tbsp of water makes the batter more spreadable / thin
- ¼ tsp baking soda
- ½ cup arrowroot powder
- Pinch of salt
- if making wraps or crepes for a sweeter meal, add ½ tsp vanilla extract

Directions

1. crack the eggs into a bowl and whisk in the melted coconut oil and water if using.
2. add the dry ingredients i.e. baking soda, arrowroot powder and salt—and whisk well to combine
3. in a small pan or crepe pan over medium heat, pour in just enough batter to almost cover the base of the pan and immediately roll it around to evenly coat the bottom. Leave it for a couple of minutes until it just browns. Flip and cook the other side, for another couple of minutes
4. place on your plate, add your favourite fillings e.g. ham (organic and nitrate free preferably), haloumi with Summer tomatoes and home made mayonnaise or with wilted spinach, avocado or your favourite dip or pesto with lamb or chicken
5. if saving for later, cool and store in an airtight glass container, e.g. a pyrex container

Notes

- these can be stored in the fridge and eaten the next day
- try these for breakfast with the added vanilla in the egg mix and serve with organic yoghurt or cream, berries and your favourite alternative sweetener

Crunchy Cabbage Salad

PREPARATION: 10 minutes • QUANTITY: Serves 3 – 4 as a main dish, or 6 – 8 as a side



Ingredients

DRESSING

- ¼ cup home made mayonnaise
- 2 tbsp cold pressed extra--- virgin olive oil. Enough olive oil to make the dressing a little runnier.

SALAD

- 1 small lebanese cucumber sliced
- 1 small capsicum (red or green) finely sliced
- 1 carrot grated (or finely sliced)
- ¼ cup of haloumi or preferred cheese cut into small chunks
- fresh herbs e.g. Italian parsley and/or basil
- ½ a medium-large cabbage finely sliced
- 4 cooked bacon rashers, cut into smaller pieces (or use other leftover cold meat)
- pinch of himalayan or celtic sea salt

Directions

1. make the dressing by whisking all the ingredients together thoroughly. Taste and make any adjustments if needed
2. gently toss the salad ingredients together add a generous dose of the dressing and toss again – until the dressing is evenly distributed. Add more a bit at a time if needed, until the salad is dressed to your liking

Notes

- if you have some leftover quinoa in the fridge, this could be added in for extra sustenance too
- i've also made this salad using a basil pesto mixed with olive oil in place of the mayonnaise, delicious, (not okay if you're a nut free school though)

Savoury Cheesy Muffins

PREPARATION: 10 minutes • BAKING: 20 minutes or until golden in colour • SERVES: 6 – 8



Ingredients

- 100g (1 cup) almond meal or use sunflower seed meal for nut free or a cheaper alternative
- 1 tsp gluten free baking powder
- 1/2 tsp celtic sea salt or himalayan salt
- 1/2 tsp freshly cracked pepper
- 70g (1/4 cup) natural full fat yoghurt
- 2 Tbsp butter, melted, plus extra for greasing
- 3 eggs
- 80g (1/2 cup) chopped finely, preservative free ham or 2 – 3 rashers of bacon
- 3/4 – 1 cup grated parmesan or cheddar cheese
- 70g (1/2 cup), approximately 10cm length, grated zucchini with moisture squeezed out using a tea towel or muslin cloth.
- 1 tsp finely chopped chives (optional)

Directions

1. Preheat the oven to 175 degrees celsius and grease an 8 hole muffin tin.
2. Combine all the ingredients together into 1 bowl
3. Mix thoroughly
4. Spoon evenly into the muffin tin.
5. Bake for 20 minutes or until golden.
6. Cool in the tin for 10 minutes then turn out onto a wire rack to cool fully.
7. Serve warm with organic butter.

Notes

- Use whole almonds or sunflower seeds and mill in a high speed blender to make your own meal.
- Add 1/2 finely chopped onion, sautéed (with the bacon if using) and add to the mix.
- For nut free, replace the almond meal with sunflower seed meal. Or do a mix of both almond and sunflower seed meal.

This recipe is inspired by 'Supercharged Food for Kids' by Lee Holmes

THE SNACK OR MORNING TEA

Oven--Roasted Kale Chips

PREPARATION: 5 minutes • BAKING: 10 – 12 minutes • SERVES: approximately 4 kids



Ingredients

- 2 bunches kale
- 2 tbsp melted coconut oil or olive oil
- 2 to 3 minced garlic cloves (optional)
- Sea Salt

Directions

1. preheat oven to 165 degrees celcius
2. make sure the kale is dry
3. discard the thick ribs and tear the kale into pieces
4. toss with olive oil, garlic, salt, and pepper in a large bowl
5. Spread on rimmed baking sheet; it does not have to be in a single layer; the volume of the kale will diminish
6. bake for 10 – 12 minutes, stirring every 5 minutes or so, until leaves are just tender, crisp on the edges, and slightly brown
7. If there are leftovers keep them open to the air so they don't go soggy and enjoy again later!

Mini Sweet Potato Pizzas

BAKING: 10 – 15 mins • PREPARATION: 5 minutes • SERVES: 4



Ingredients

- 1 or 2 sweet potatoes (depending how many pizzas you like) and cut into 1cm slices
- 1 or 2 tomatoes sliced or use a thin layer of tomato paste as the topping base
- parmesan cheese, grated (or your preferred cheese, preferably organic)
- any other favorite toppings e.g. olives, capers, pesto avocado, cashew cream cheese etc.

Directions

1. bake sweet potato slices in the oven for about 15 – 20 mins. on 170 degrees celcius until soft and ready to eat
2. top with tomato and any of your favorite toppings. Finish off with the grated cheese
3. return to the oven to melt the cheese for approximately 5 minutes

The Best Olive Tapenade

PREPARATION: 5 minutes



Ingredients

- 2 cloves of garlic
- 1 cup of pitted kalamata olives (preferably in olive oil only)
- a small sprig of rosemary
- a handful of fresh oregano leaves
- ¼ cup of olive oil
- a pinch of salt
- a squeeze of lemon juice

Directions

1. place all the ingredients into a blender, except the olive oil
2. blend for 15 - 30 seconds on high
3. if necessary, scrape down the sides of the blender and add the olive oil
4. blend again until it's the consistency you like
5. place in a bowl or jar and cover with a drizzle of olive oil again to help preserve

Notes

- this is a garlicky recipe, so cut back on it if you don't enjoy garlic! Or otherwise enjoy those great health promoting properties garlic and the beautiful fresh herbs have to offer
- if you love anchovies, they can be a great addition for extra saltiness and flavour
- enjoy it in sandwiches, with fish or eggs e.g. a plain egg frittata

Super Food Snack

PREPARATION: 5 minutes • SERVES: 2



Ingredients

- ½ cup almonds (preferably activated)
- ½ cup pecans (preferably activated). Or use whatever nuts you have on hand e.g. cashews, macadamias etc.
- ¼ cup coconut flakes
- 2 tbsp goji berries or white mulberries
- 2 tbsp pumpkin or sunflower seeds chopped (preferably activated)
- 1 tsp of cinnamon

The following foods are great 'add--ins' and provide differing nutritional benefits:

- 1 tbsp activated or soaked hulled buckwheat, 1 tsp bee pollen, 1 tsp cacao nibs, 1 tsp cacao, 1 tsp un-hulled tahini, mixed in with a bit of honey, 1/4 tsp vanilla powder. (You could also add 1 tsp maca – more for you rather than the kids). See below for more 'nut free' ideas.

Directions

1. choose any of the above ingredients you have readily on hand. (It doesn't need to be all of them). If the kids or the school is nut free, try adding in more of the other ingredients you enjoy e.g. coconut chips, pumpkin seeds or sunflower seeds or white mulberries
2. place into a high---speed blender and pulse a couple of times until chunky or your desired consistency. Or if you prefer, chop the nuts by hand, add in the rest of the ingredients and have it extra crunchy or chunky
3. serve with a natural, organic yoghurt and seasonal fruit or berries
4. make a big batch of the dry ingredients and keep it in a glass container in the pantry, ready to go for an instant snack or cereal
5. for school lunch boxes pack the yoghurt into a separate container so it doesn't get 'soggy'

Notes

- for extra protein and goodness, (and if you're up to it) try mixing an organic raw egg into the yoghurt first, with a touch of vanilla extract or powder and honey. I mix it up into a cup first and then pour over. Enjoy!
- if this is for school and your school has a nut free policy or your children have allergies, replace the nuts with extra seeds e.g. pumpkin and sunflower seeds and dried fruit (preservative free).

Sweet Potato Chips

PREPARATION: 5 minutes • BAKING: approx. 25 minutes • SERVES: 4



Ingredients

- 2 medium sized sweet potatoes
- 1 tsp cinnamon
- 1 – 2 tbsp ghee or olive oil for coating (if using olive oil bake chips on
- a lower temperature e.g. 165 degrees celsius)

Directions

1. pre---heat the oven to 170 degrees celsius
2. cut the sweet potato into finger sized shapes
3. melt the oil being used if necessary, (I usually place the coconut oil into the baking dish or tray I'm using to melt while cutting up the vegetables)
4. place the sweet potato and cinnamon into the tray or dish and mix in to cover all over
5. bake in the oven for about 20 minutes. If using a lower temperature it will be about 35 minutes
6. these chips are great warm or cold. They can be packed into an insulated container for school or popped into lunch boxes cold. They're also a great after school snack

Notes

- serve them with a dipping sauce of home made mayonnaise or an avocado dip (e.g. 1 avocado whipped up with a squeeze of lemon, 1 small clove of crushed garlic (optional), touch of olive oil)

Avocado Dip with Ginger and Lime

PREPARATION: 10 minutes



Ingredients

- 2 ripe avocados
- 1 Tbsp finely grated, fresh ginger root
- 3 Tbsp fresh lime juice
- 3 Tbsp olive oil
- 2 – 3 drops of therapeutic grade Lime essential oil (optional)
- a good pinch of celtic sea salt or himalayan salt

Directions

1. Add all the ingredients to a high speed blender and blend on high until a creamy consistency is reached.
2. Spoon into your favourite bowl and serve with veggie sticks or these simple crunchy seed crackers. Yum!

Simple Crunchy Seed Crackers

PREPARATION: 10 minutes

BAKING: 3 to 4 hours



Ingredients

- 200g sunflower seeds
- 60g flax seeds
- 100g sesame seeds
- 2 Tbsp psyllium seed powder
- 1-2 heaped Tbsp fresh herbs e.g. lemon thyme or rosemary
- 2 Tbsp freshly squeezed lemon juice
- 500ml water
- 1 tsp. Himalayan sea salt

Directions

1. Preheat oven to 140 degrees celsius.
2. Line 2 baking trays with baking sheets or a silicone sheet.
3. Mix all ingredients in a bowl and leave to stand until the mix is thick and pliable. This will take about 10 minutes.
4. Spread the mixture as thinly as possible on the baking trays.
5. Bake for 1.5 – 2 hours, turning trays after 45 minutes if browning more on one side. If not crisping up in the middle, turn the oven heat right down to 100 degrees and bake for another 30 – 60 minutes until they're really crispy and crunchy.
6. When browned and crunchy, remove from oven and leave to cool.
7. Once cool, break into any size you like and store in an airtight container.

THE SWEETNESS FOR AFTER

Chocolate Mousse

PREPARATION: 10 minutes • SERVES: 4 small desert sized snacks •



Ingredients

- 2 avocados peeled and deseeded
- ½ cup cacao powder
- 1 cup of dates (preferably medjool dates) deseeded
- ¼ cup of coconut cream, fresh cream or organic natural yoghurt (optional)
- 1 tsp vanilla
- ¼ cup water (or more depending on the consistency)
- a pinch of sea salt

Directions

1. blend all the ingredients until smooth and creamy with no lumps. Approximately 1 minute in a powerful blender on a medium setting
2. important. Taste test before refrigerating. For example, add more avocado to make it creamier or add 1---2 dates or a little maple syrup or raw honey for added sweetness or add a little more water to improve the consistency
3. spoon into serving containers and top with fresh berries or organic natural yoghurt

Notes

- double the quantity and use as a snack the next day or for dessert
- Sweeteners. If you don't have dates, try using ¼ cup of brown rice malt syrup, a banana or your preferred sweetener
- use as a rich, chocolate frosting for muffins, (cupcakes) or cakes

Nut free power balls

PREPARATION: 15 – 20 minutes • SERVES: approx. 15 – 20 walnut sized power balls



Ingredients

- 1 cup desiccated coconut
- 1 heaped tbsp cacao powder
- 3 tbsp chia seed milled (ground)
- 3 tbsp flaxseed milled (ground)
- ¼ tsp cinnamon
- pinch sea salt
- ½ tsp vanilla bean or powder
- 10 fresh pitted dates
- 2 tbsp coconut oil

Ideas to decorate: desiccated coconut, goji berries, nuts or cacao.

Directions

1. blend all the ingredients together, except coconut oil. Once all the ingredients are blended add the oil. (When squeezed together, the mix should form into a soft ball).
2. form into round balls, about the size of a small walnut
3. roll the balls in your choice of garnish These will store in the fridge for up to 2 weeks or in the freezer for longer.

Notes

- for a honey crunch add in bee pollen or chocolate chip. Just stir through the mix at the end of the blending process
- add a drop of a good quality, consumable peppermint oil for a mint twist

The Best Banana Bread

PREPARATION: 10 minutes • BAKING: approx. 30 minutes



Ingredients

- 6 eggs
- 8 medjool dates, pitted
- 1 overly-ripe bananas (or use 1 if they're very large)
- ½ cup coconut flour
- 2 tbsp cacao (optional for a chocolate flavour)
- ½ cup coconut oil or melted butter
- ½ tbsp vanilla
- 1 tbsp 100% pure maple syrup or preferred natural sweetener (optional)
- ½ tsp salt
- ½ tsp baking soda

Directions

1. add in all the ingredients to a blender and blend on a medium setting (enough to mince the dates to a smooth consistency)
2. grease a loaf tin with organic butter or coconut oil
3. pour the banana bread into the pan and bake on 180 degrees celsius for about 30 minutes
4. pack into lunchboxes served with butter

Notes

if your blender is not strong, soak the dates in water first for an hour or so to soften

Power Muesli Bar

PREPARATION: 10 minutes • BAKING: 15 minutes (then about 1 hour in the fridge for the bar to set) SERVES: about 8 bars



Ingredients

- 3 tbsp organic butter
- 3 tbsp brown rice malt syrup or your choice of sweetener
- 2 tsp of vanilla extract or 1 tsp vanilla powder
- ½ cup pepitas (pumpkin seeds and/or sunflower seeds roughly chopped)
- ½ cup dried apricots (preservative free) roughly chopped
- ½ cup white mulberries (or other dried fruit e.g. cherries, blueberries etc) roughly chopped
- ½ cup shredded coconut
- 1 tbsp chia seeds
- ¼ cup cacao nibs (optional – note if you don't have the nibs or dried fruit, replace with additional seeds, dried fruit or coconut)
- ¾ cup of desiccated coconut

Directions

1. preheat oven to 150 degrees celsius
2. melt coconut oil or butter in a saucepan over medium heat
3. add in rice malt syrup or sweetener, vanilla extract, sea salt and stir
4. turn off heat and stir in seeds and coconut. (note seeds and nuts can be roughly chopped in your high speed blender)
5. spoon mixture into a square baking tin and press down firmly
6. place in oven and cook for 10 minutes
7. cool in refrigerator and then cut into bars

Notes

when assembling the mixture before placing it in the oven it can seem crumbly. Once it's been baked and then set in the fridge it sets firm

The Muffin (cup cake): Blueberry, Coconut and Banana

PREPARATION: 5 minutes • BAKING: 20 – 25 minutes • SERVES: 12 muffins



Ingredients

- 3/4 cup coconut flour
- 1 medium sized banana
- 10 eggs
- 1 cup butter (or almond oil or use a mix of butter and coconut oil)
- 1/3 cup desiccated coconut (optional)
- 1/2 cup brown rice malt syrup or preferred sweetener
- 1/2 cup fresh (or frozen) blueberries
- pinch of himalayan or celtic sea salt
- 1 tsp baking soda
- 1 tsp vanilla extract

Directions

1. pre heat oven to 180 degrees celcius
2. add all ingredients, except the blueberries, to a blender
3. blend on a medium speed for about 1 minute or until all ingredients are mixed through consistently
4. place muffin cases into the muffin tray
5. pour batter into the muffin tin and sprinkle blueberries on top, gently push down with a spoon into the mix
6. bake at 180 degrees celcius for approximately 25 minutes
7. remove from the oven, allowing to cool

Notes

- these are also great with lemon juice, zest and chia seeds mixed through for a lemon and poppy seed flavour, (leaving out the blueberries if you prefer)
- replace the blueberries with other seasonal berries or fruit e.g. cooked apple or mango
- leave out the banana for a vanilla flavour and if you prefer something sweeter add in more of the brown rice malt syrup or your preferred sweetener

Chocolate Crackles (for a cooler day)

PREPARATION: 10 minutes • SERVES: approx. 10 crackles



Ingredients

- 1 cup (preferably organic) puffed brown rice
- ¼ cup organic cacao powder
- 150ml melted organic coconut oil (or cacao butter)
- ¼ cup desiccated coconut
- 50ml honey

Directions

1. mix coconut oil, honey and cacao (over a low heat if the coconut oil is set)
2. add the puffed rice to the chocolate mixture.
3. mix together until the rice is well covered

NOTE: If your coconut oil has solidified, place the entire jar in a dish / bowl or sink of warm water until the contents liquefy

4. allow the mix to thicken slightly by placing the bowl in the fridge for 2 or 3 minutes
5. remove the bowl from the freezer, stir the mix with a spatula and repeat this step until the mix reaches a thick consistency
6. using a teaspoon, spoon the desired quantity of the mix in to small patty pans.
7. place the chocolate crackles on a tray and return to the freezer until hard.
8. remove and store in an air tight container in your refrigerator

Notes

- almonds and/or seeds, cacao nibs or goji berries are also a great addition e.g. ½ cup puffed rice + ½ cup seeds and/or nuts if your school allows them. Mix it up using whatever goodies the kids love!
- to get these to school for morning tea, they need an ice block to keep them cold and the chocolate set!

A Jolly Jelly!

PREPARATION: 5 - 10 minutes • FRIDGE: 1 hour • SERVES: 2



Ingredients

- 2 cups liquid e.g. organic apple or pear juice (can water down if preferred) or coconut water
- 2 tbsp gelatin powder, (I use Great Lakes Unflavoured Gelatin, from GPA Wholefoods or order online)
- 1 tsp – 1 tbsp sweetener e.g. brown rice malt syrup, maple syrup (taste test the sweetness and add more if needed. It will depend on the level of sweetness your kids are used to)
- seasonal fruit e.g. 1 large nectarine, blueberries, strawberries, mango, young coconut flesh etc. chopped into small pieces

Directions

1. warm the liquid a little first, just so it's warm
2. add in the gelatin and sweetener and whisk until it's all dissolved. If you're left with small 'stubborn' lumps just remove with a spoon
3. distribute the jelly amongst serving bowls or snack containers for school (preferably a tough glass if your kids are old enough), leave enough room to add the fruit
4. add in the fruit on top
5. pop into the fridge for about an hour to set. The jelly will last 2 or 3 days in the fridge

Notes

- make a batch of jelly the night before, place into containers with a lid and it's already to go for school the next day
- agar is a seaweed extract that can also be used as an alternative to gelatin to make a good jelly too

Home Made Jubes

PREPARATION: 5 – 10 mins • TIME TO SET: 30 mins approximately • SERVES: approx. 15 jubes



Ingredients

- 1/3 cup of strained juice (freshly squeezed lemons or apple or pear juice, blueberries, beetroot, orange)
- 1 – 3 tbsp sweetener of choice (maple syrup, brown rice syrup, coconut nectar)
- 1 ½ Tbsp of powdered gelatin, (grass fed)
- optional: for colour 1 tsp beetroot powder (or ¼ tsp turmeric powder if using lemon juice as juice).

Directions

1. Place all ingredients into a saucepan. Cook on low – medium heat, stir constantly until mixture is smooth and all lumps have disappeared (about 5 minutes).
2. Place immediately into ice cube trays, or chocolate molds and place in the freezer for about fifteen minutes or the fridge for about an hour
3. Once they've set remove them from the molds and place in a jar for storage in the fridge for about 5 days.

Notes

- they will keep for a few weeks at room temperature (if they last)!
- for a special occasion or great to have on hand to substitute for lollies, little kids and big kids alike

Inspiration for this recipe came from www.nourish-ed.com

Coconut Ice Balls with A Zesty Twist

PREPARATION: 10 minutes • FRIDGE: approx. 30 minutes • QUANTITY: approx. 15 bite sized balls



Ingredients

- 1 cup or 80 g desiccated coconut, + extra for rolling (or shredded coconut)
- zest of 1 large lemon
- 1 Tbsp lemon juice
- 1 tsp vanilla essence
- Pinch salt
- 1 cup or about 100 g raw macadamias (or cashews)
- 2 Tbsp honey or brown rice malt syrup
- 4 tablespoons coconut oil

Directions

1. Add all the ingredients into a high-speed blender and blend on high for about 30 seconds.
2. Scrape down the sides and blend on high again until all the ingredients are mixed and the desired consistency is reached.
3. Taste for added zest or sweetener or add more nuts or oil for your desired consistency.
4. Roll into small balls, about the size of a walnut. (note if the mix is a bit soft, pop in the fridge for a few minutes to firm up)
5. Dust in desiccated or shredded coconut, (I prefer shredded for a more rustic look).
6. Place in a container and in the fridge to set or the freezer for another time.

Notes

Pack with an ice brick for school lunchboxes otherwise the coconut oil may melt and make them a 'bit soft'.

The Best Ever Chocolate Brownie Cake

PREPARATION: 10 minutes • BAKING: 25 – 30 minutes or until a knife comes out clean



Ingredients

- 1 medium sweet potato, grated. You will need approx. two cups of grated raw sweet potato.
- 2 eggs
- 1 tsp vanilla bean paste or powder
- 1/2 cup dates finely chopped
- 1/2 cup maple syrup or use brown rice malt syrup
- 1/2 cup melted butter or coconut oil
- 1 tsp gluten-free baking powder
- 1/4 tsp bicarb soda
- 3/4 cup of raw cacao powder
- 2 Tbsp coconut flour

Directions

1. Preheat the oven to 180C (360F)
2. Grease and line a 22cm square cake tin
3. Place all the ingredients into a blender bowl and blend on medium – high until all the ingredients are mixed through.
4. Pour into a prepared cake tin and bake for 25-30 minutes. Check if it's cooked with a knife, when you stick the knife into the cake & pull it out, it will come out clean.
5. Top with a chocolate ganache icing for extra richness or fresh organic cream for something a bit lighter. To make the ganache I used my home made chocolate recipe on my website at www.katebarnes.com.au. Or for extra decadence serve with chocolate shavings, fresh organic strawberries or raspberries (or drizzle with melted chocolate)!

Notes

The cake can be a little crumbly so if you're moving it to a plate you will need to be a little careful.

Inspired by The Whole Daily; www.thewholedaily.com.au



www.katebarnes.com.au

TESTIMONIALS

“Love your lunchbox rescue recipes Kate. Working our way through the yummy recipes!” – Amanda



“This is what I have been looking for! There is so much information on what to do... everywhere... but I always got overwhelmed... It’s exactly the first step I needed in order to move towards the healthy home I have always wanted for my family” – Belinda



“Kate you have changed how I think about food and my relationship with food and consequently this has changed my body not only on the outside (achieved my goal weight) but on the inside where it counts. This knowledge is life changing, its amazing!” – Sara



“You have provided me with the resources and tools to ensure rock solid nutrition for my family and I am thrilled that we are reaping the benefits of our sessions with you. For that, I am eternally grateful” – Kelly

“Kate’s approach is extremely thorough, professional and inspiring. Thank you Kate for setting us on a lifelong path of fantastic health and eating’!” Yolande



About Kate

After working as an executive in professional services, Kate started her global business as a Certified Holistic Health Coach. She has a Bachelor of Science, a Post Graduate Diploma in Business and a thriving wellness practice.

Kate has developed a comprehensive coaching philosophy that transforms your health and your wealth, i.e. your richness of life from the inside out – for life – literally.

‘Being healthy is your natural state’ is Kate’s ethos. Simple, life changing & fun’.

“Eating nourishing foods, making empowered choices, not only changes the mind but our bodies too. Prevention is the cure,. Our health is in our own hands - it’s our choice.”

Kate Barnes

How you can work with Kate

- one on one coaching
- her signature online group program, ‘A gentle cleanse with Kate’ the leading nutrition and detoxification program for busy women.
- Enriched Living webinars and workshops online and Live
- cooking demonstrations
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