

Quinoa & Coconut Pancakes

Type: Breakfast/Snack **Serves:** 30 tastes **Recipe source:** Taste.com.au

<p>EQUIPMENT:</p> <p>Frying pan Whisk Fork Measuring spoons Sifter Measuring cups Wooden spoons Bowls Knives Chopping boards</p> <p>For serving:</p> <p>Platter Tongs</p>	<p>INGREDIENTS:</p> <p>1 cup quinoa flour 1/2 cup coconut flour 1/4 cup caster sugar 1/2 teaspoon bicarbonate of soda 1/2 teaspoon gluten-free baking powder 2 cups almond milk 2 eggs 1 teaspoon vanilla bean paste 1/2 cup fresh raspberries or frozen raspberries, optional 1 tablespoon coconut oil, melted 1 cup dairy-free coconut yoghurt 1/2 cup pure maple syrup</p>
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What to do:

1. Combine flours, sugar, bicarbonate of soda and baking powder in a medium bowl. Make a well.
2. Whisk milk, eggs and vanilla in a jug until combined.
3. Add to flour mixture.
4. Stir to combine.
5. Heat a large non-stick frying pan over low heat.
6. Brush with a little melted coconut oil.
7. Spoon $\frac{1}{4}$ cup batter into pan, spreading gently if needed.
8. Repeat to make 3 pancakes. Cook for 2 minutes or until bubbles form on top. Turn.
9. Cook for 2 to 3 minutes or until golden and cooked through. Transfer to a plate.
10. Cover with foil to keep warm.
11. Repeat with remaining batter, brushing pan with oil between batches, to make 12 pancakes. Top pancakes with yoghurt and extra raspberries (optional). Drizzle with maple syrup. Serve.

Wholemeal Banana Pancakes

Type: Breakfast/Snack

Serves: Tastes 24 **Recipe source:** Taste.com

Fresh from the garden: egg, bananas

Cook's Tip: Banana can be replaced by many other fruit or vegies eg; berries, spinach, etc.

<p>EQUIPMENT:</p> <p>Cooks Knife Fry Pan Large mixing bowl Wooden Spatula Chopping Board Baking trays Whisk Sifter Spoon</p> <p>TO SERVE:</p> <p>Platters Tongs</p>	<p>INGREDIENTS:</p> <p>2 large bananas 1 1/2 cups wholemeal self-raising flour 1 1/2 cups buttermilk 2 eggs, lightly beaten 1 tablespoon honey Olive oil</p> <p>Honey and reduced-fat yoghurt, to serve</p>
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What to do:

1. Mash 1 banana in a bowl (see note). Place flour in a bowl. Make a well in the centre.
2. Combine buttermilk, eggs, honey and mashed banana in a jug. Pour into well.
3. Whisk until smooth. Stand for 10 minutes.
4. Spray a large, non-stick frying pan with oil. Heat over medium heat. Spoon 1/4 cup batter into pan. Cook for 2 to 3 minutes or until bubbles appear on the surface. Turn.
5. Cook for 1 to 2 minutes or until golden and cooked through. Transfer to a plate. Cover to keep warm. Repeat with remaining batter to make 12 pancakes.
6. Thinly slice remaining banana. Place pancakes on plates. Top with sliced banana, honey and yoghurt. Serve.

Quinoa & Salad Breakfast

Type: Breakfast/Snack

Serves: 24 Tastes

Recipe source: Taste

EQUIPMENT:

Wooden spoon
Large bowl
Measuring cups
Measuring spoons
Knife
Chopping Board
Saucepan
Spoon

INGREDIENTS:

135g (2/3 cup) quinoa, rinsed,
drained
330ml (1 1/3 cups) water
2 navel oranges
1/2 teaspoon ground cinnamon
2 tablespoons pepitas
2 tablespoons natural almonds,
chopped
125g fresh blueberries
190g (2/3 cup) natural yoghurt,
to serve (optional)
Ground cinnamon, extra, to serve

What to do:

1. Place the quinoa and water in a saucepan over medium-high heat. Bring to the boil.
2. Reduce heat to low and simmer, covered, for 12 minutes or until the water has evaporated and the quinoa is just tender.
3. Transfer to a large bowl and set aside to cool.
4. Peel and segment the oranges over a bowl, reserving the juice, and add the orange segments, juice, cinnamon, pepitas, almonds and half of the blueberries to the cooked quinoa.
5. Stir to combine.
6. Divide quinoa among bowls. Top with remaining blueberries.
7. Dollop with yoghurt, if using.
8. Sprinkle with the extra cinnamon.

Spinach Quiche Breadcases

Type: Breakfast **Serves:** 30 mini quiches **Recipe source:** Taste.com.au

Fresh from the garden: spinach, parsley, shallot, eggs

<p>EQUIPMENT:</p> <p>2 muffin trays Chopping board Cooks knives Grater Large Red Bowl whisk</p> <p>TO SERVE:</p> <p>2 platters 2 tongs</p>	<p>INGREDIENTS:</p> <p>6 spinach leaves (chopped) 12 eggs 600/700g 1 cup milk ½ cup cheese (grated) Loaf bread (can be stale) 1 shallot (finely chopped) Butter to grease muffins tins</p>
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What to do:

1. Place slices of bread in muffin tin and then add chopped spinach.
2. Beat eggs and milk together and add a little cheese.
3. Pour over top of spinach and sprinkle with cheese.
4. Place in 160 degree fan forced oven (or 180) and bake for approximately 20 - 30 minutes.

Breakfast Bruschetta

Type: Breakfast **Serves:** 30 in classroom **Recipe source:** Taste

Fresh from the garden: Basil, lemon, tomatoes, avocado

Variation: Bruschetta can be topped with almost anything. Use your imagination!

EQUIPMENT: Mixing bowls Knife Large Spoon Fork Measuring cups and spoons TO SERVE: Platter	INGREDIENTS: 1 large firm ripe avocado, stone removed, peeled, diced 250g cherry tomatoes, halved 1/4 cup fresh basil leaves, torn 2 teaspoons olive oil 1 teaspoon lemon juice Large slices sourdough bread Lemon wedges, to serve
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What to do:

1. Place avocado, tomatoes, basil, olive oil and lemon juice in a medium size bowl.
2. Season with sea salt and freshly ground black pepper.
3. Gently stir to combine.
4. Toast or grill bread until golden.
5. To serve, spoon $\frac{1}{4}$ of the avocado mixture over each slice of bread.
6. Serve with a wedge of lemon.

Fruit Smoothies

Type: Dessert/Breakfast/Drinks

Serves: 12 Tastes

Recipe source: Healthy Food Fast

Fresh from the garden: Watermelon, banana, passionfruit, avocado, strawberries, blueberries.

Variation: All fruits can be used in these smoothies. When in season, use stone fruits, avocado, and blueberries, cranberries, strawberries, etc.

<p>EQUIPMENT:</p> <p>Knife Chopping board Measuring cups & spoons Food processor</p> <p>TO SERVE:</p> <p>Jug Glasses</p>	<p>INGREDIENTS:</p> <p>1 large banana $\frac{1}{2}$ cup natural yoghurt (low fat) 4 cups milk 1 T honey 6 ice cubes (serves 4)</p>
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What to do:

1. Blend 1 banana, honey and yoghurt in food processor until smooth.
2. Add milk and ice and blend for 30 seconds.
3. Serve immediately.

