**Gluten Free Buckwheat & Ricotta Pancakes**

**Type:** Breakfast/Snack **Serves:** Tastes24 **Recipe source:** Taste.com

**Fresh from the garden:** egg, lemons

**Cook’s Tip:** Many other fruits or vegies can be added eg; banana, berries, spinach

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| **EQUIPMENT:**  Cooks Knife  Fry Pan  Large mixing bowl  Wooden Spatula  Chopping Board  Baking trays  Whisk  Sifter  Spoon  **TO SERVE:**  Platters  Tongs | **INGREDIENTS:**   * 1 1/ juice of 1 orange * 1 1/4 cups buckwheat flour * 1/ 1/3 cup rice flour * 2 tablespoons caster sugar * ¼ cup honey * 3 teaspoons gluten-free baking powder * 1 1/3 cups buttermilk * 350g fresh ricotta, crumbled * 2 eggs * 2 teaspoons vanilla extract * 50g butter, melted * 1/3 cup thickened cream * 1/3 cup gluten-free lemon curd * (optional) |

**What to do:**

1. Place orange juice and honey in a small saucepan over medium heat.
2. Bring to a simmer and simmer uncovered for 5 minutes or until syrup thickens.
3. Cool for 10 minutes.
4. Meanwhile, combine flours, sugar and baking powder in a large bowl. Make a well in centre. Whisk buttermilk, 150g of the ricotta, egg and vanilla in a medium bowl. Add to flour mixture and stir until just combined.
5. Heat a large non-stick frying pan over medium heat. Brush pan with melted butter. Drop batter into pan, spreading to form a round. Repeat to make more pancakes. Cook for 2 to 3 minutes or until bubbles appear on the surface. Turn and cook for 2 minutes or until cooked through. Transfer to a plate. Cover loosely to keep warm. Repeat with remaining batter, brushing pan with melted butter between batches.
6. Meanwhile, using an electric mixer, beat cream and remaining ricotta and until smooth. Fold in lemon curd (optional).
7. Serve pancakes topped with ricotta cream, mandarin mixture, pistachios and extra honey.

**Apple & Cinnamon Breakfast Bar**

**Type:** Snack **Serves:** 30 tastes **Recipe source:** superhealthykids.com

**Fresh from the garden:** apples

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| **EQUIPMENT:**   |  | | --- | | Knife  Chopping boards  Bowls  Serving spoon  Measuring cups & spoons  Blender  Baking dish  Whisk  Wooden spoon  Wire rack  Grater | |  | | **INGREDIENTS:**  2 1/2 cup oats, dry  2 teaspoon cinnamon  1/2 teaspoon baking powder  1/4 teaspoon salt  1 large egg  3/4 cup apple sauce, unsweetened  2 teaspoon vanilla extract  3/4 cup milk  1/2 cup honey  1 medium apple  1/2 cup coconut flakes |

**What to do:**

1. Grease an 8x8-inch baking dish. Preheat oven to 160 degrees C.
2. Place 1 cup oats in a blender or food processor and process until oats turn to a flour-like consistency.
3. Add to a mixing bowl with additional 1 1/2 cups of oats, cinnamon, baking powder, and salt. Stir to combine.
4. In a separate bowl whisk together the egg, apple sauce, vanilla, milk and honey.
5. Pour into dry ingredients and stir until combined.
6. Grate apple and add to batter with coconut flakes.
7. Fold into mixture.
8. Pour into baking dish and bake for 30 minutes, or until a toothpick inserted comes out clean.
9. Allow to cool slightly. Cut into bars and serve.

**Banana, Berry & Oat Smoothie**

**Type:** Beverage **Serves:** 30 tastes **Recipe source:** Heartfoundation.com.au

**Fresh from the garden:** bananas

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| **EQUIPMENT:**   |  | | --- | | Knife  Chopping boards  Bowls  Serving spoon  Measuring cups & spoons  Blender | |  | | **INGREDIENTS:**  1½ cup reduced fat milk  2 tablespoons reduced fat Greek yoghurt  1 banana  ½ cup frozen (or fresh) mixed berries  ½ cup rolled oats  1 tablespoon chia seeds, to serve  1 tablespoon flaked coconut, to serve |

**What to do:**

1. Place milk, yoghurt, banana, mixed berries and oats into a blender or food processor and blend until smooth.
2. Pour smoothie into two tall glasses and top with chia seeds and coconut before serving.

**Fruity Quinoa Porridge**

**Type:** Breakfast **Serves:** 30 tastes **Recipe source:** superhealthykids.com

**Fresh from the garden:** apples

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| **EQUIPMENT:**   |  | | --- | | Knife  Chopping boards  Bowls  Serving spoon  Measuring cups & spoons  Whisk  Wooden spoon  Saucepan | |  | | **INGREDIENTS:**  200 g (1 cup) quinoa 500 ml (2 cups) milk 1 apple, chopped with skin on 40 g (1/3 cup) sultanas 1 cinnamon stick or 1/2 teaspoon ground cinnamon 1 tablespoon honey 125 ml (1/2 cup) warm skim milk, extra, to serve |

**What to do:**

1. Put the quinoa in a sieve and rinse well under cold running water.
2. Tip the quinoa into a saucepan.
3. Then pour in the milk.
4. Bring to the boil, then reduce the heat and simmer for 5 minutes.
5. Add the apple, sultanas and cinnamon and simmer for 5–6 minutes, or until all of the liquid is absorbed.
6. Remove the cinnamon stick, if using.
7. Serve the quinoa porridge in small bowls.
8. Drizzle the honey over the top and serve with the extra milk.

**Egg in the Basket**

**Type:** Breakfast **Serves:** 30 tastes **Recipe source:** superhealthykids.com

**Fresh from the garden:** eggs

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| **EQUIPMENT:**   |  | | --- | | Knife  Chopping boards  Platter  Measuring cups & spoons  Egg flip  Frypan/skillet  Drinking glass | |  | | **INGREDIENTS:**  loaf bread  4 large eggs  butter, unsalted |

**What to do:**

1. Using a drinking glass, cut a hole out of the center of the bread slices.
2. Place the butter in a large skillet and heat over medium until the butter begins to foam.
3. Place bread slices into skillet, however many will fit.
4. Break open an egg into each hole in the slices.
5. Cook for 3-4 minutes or until the egg whites have fully set.
6. Carefully remove from skillet with a large spatula.
7. Continue until all have been cooked.
8. Cook the remaining bread circles in hot skillet to toast up and use for dipping.

[](https://www.google.com.au/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&ved=2ahUKEwjczf_PxKjgAhXXQ30KHbEsCfsQjRx6BAgBEAU&url=https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating&psig=AOvVaw2uWq_sEt75kfqjYXaMk--y&ust=1549591581442803)