

# Banana Pancakes

w/- pineapple salsa

**Type:** Breakfast/Snack

**Serves:** Tastes 24

**Recipe source:** Taste.com

**Fresh from the garden:** eggs, pineapple, limes

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Fry Pan	$\frac{1}{2}$ large pineapple, sliced
Large mixing bowl	2 T lime juice
Wooden Spatula	2 cups almond milk
Chopping Board	2 overripe bananas, chopped
Baking trays	2 eggs
Whisk	1 cup rolled oats
Sifter	1 t vanilla
Spoon	Pinch salt
<b>TO SERVE:</b>	1 cup wholemeal SR flour
Platters	1 t baking powder
Tongs	Yoghurt, optional
	Flaked coconut, optional
	Finely grated lime rind, optional

## What to do:

1. Place the SR flour and baking powder into a bowl.
2. Combine almond milk, bananas, eggs, oats and vanilla in a jug and whisk until combined.
3. Make a well in the centre and add almond milk mixture.
4. Spray a large, non-stick frying pan with oil. Heat over medium heat. Spoon or pour from jug the batter mixture into the frypan. 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 pancakes.
6. Serve with the pineapple salsa.

# Green Smoothie

**Type:** Breakfast/Snack

**Serves:** Tastes 24

**Recipe source:** Taste.com

**Fresh from the garden:** eggs, pineapple, limes

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Blender	1 ½ cups almond milk
Large mixing bowl	2 cups spinach
Chopping Board	1 medium banana frozen
Knives	1 cup fruit of choice (apple, mango, watermelon, celery, pear)
	Cucumber, kale, parsley, mint
	ginger

## What to do:

1. Cut fruit and vegetables into approximately 3cm pieces.
2. Then place fruit and vegetable mix into blender (only filling to halfway).
3. Place almond milk into blender.
4. Start blending on low speed and increase to high.
5. Blend on high speed for 50-60 seconds until mixture is smooth.
6. Repeat.
7. Pour into glasses and enjoy!

# Apple & Cinnamon Breakfast Bar

**Type:** Snack      **Serves:** 30 tastes  
**Fresh from the garden:** apples

**Recipe source:** coles.com

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

# Green Bliss Bowls

**Type:** Breakfast/snack

**Serves:** 30 tastes

**Recipe source:** coles.com

**Fresh from the garden:** bananas, melon, kiwi fruit, dragon fruit

## EQUIPMENT:

Knife  
Chopping boards  
Bowls  
Serving spoon  
Measuring cups & spoons  
Blender

## INGREDIENTS:

Chia seeds to sprinkle on top  
 $\frac{1}{2}$  honeydew melon, seeded, chopped & peeled  
 $\frac{3}{4}$  cup coconut milk  
1T honey  
2 bananas, chopped  
 $\frac{1}{2}$  cup coconut flakes

## What to do:

1. Tip: freeze the fruit overnight.
2. Place bananas and honeydew melon in food processor with chilled coconut milk and honey and process until smooth.
3. Place a small amount in each serving bowl.
4. Top with melon balls, banana slices or any other fruit. An idea is to cut shapes eg, kiwi flowers.
5. Sprinkle with chia seeds or granola and flaked coconut.
6. Drizzle with extra honey.
7. Serve immediately.

# Breakfast Burritos

**Type:** Breakfast/Snack

**Serves:** 30 tastes

**Recipe source:** coles.com

**Fresh from the garden:** eggs, chives, lettuce, rocket, spinach

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Knife	Bacon rashers
Chopping boards	Eggs
Bowls	Thickened cream
Serving spoon	Chives, chopped
Measuring cups & spoons	Wraps
Frying pan	Tasty cheese
Grater	Baby spinach
Whisk	Lettuce
Tongs	Rocket
Wooden spoon	Thai chilli sauce/jam

## What to do:

1. Cook bacon rashers in a fry pan on medium high for 2 minutes each side or until golden brown.
2. Transfer to plate lined with paper towel.
3. Reduce heat to medium low.
4. Whisk the eggs, thickened cream and chives in a jug. Season.
5. Pour into frying pan and use a wooden spoon to stir gently for 3 minutes or until almost set.
6. Top the wraps with baby spinach, lettuce, rocket, tasty cheese, scrambled egg mix, thai chilli sauce and bacon.
7. Roll up the wraps.
8. Cook in a clean frying pan over high heat for 1 - 2 minutes each side or until toasted and heated through.



# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.  
Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts

