

Homemade Muesli Bar

Type: Lunch/Snack

Serves: 24 Tastes

Recipe source: Taste

EQUIPMENT:

Wooden spoon
Large bowl
Measuring cups
Measuring spoons
Tongs
Knife
Chopping Board
Saucepan
Baking pan
Frying pan
Spoon

TO SERVE:

Bowl

INGREDIENTS:

1 cup rolled oats
1 cup coconut
 $\frac{1}{2}$ cup wheatgerm
 $\frac{1}{2}$ cup sesame seeds
 $\frac{1}{2}$ cup pumpkin seeds
 $\frac{1}{2}$ cup sunflower seeds
1 cup sultanas
125g butter
 $\frac{1}{2}$ cup honey
 $\frac{1}{3}$ cup brown sugar

What to do:

1. Grease and line a 3cm deep, 16cm x 28cm (base) baking pan with baking paper. Cook oats, coconut, wheatgerm, sesame seeds, sunflower kernels and pumpkin seeds in a frying pan over medium heat, stirring, for 8 to 10 minutes or until golden. Transfer to a bowl. Set aside to cool. Stir in sultanas.
2. Cook butter, honey and sugar in a small saucepan over medium heat, stirring, for 3 to 4 minutes or until sugar dissolves. Bring to the boil. Reduce heat to low. Simmer, without stirring, for 7 minutes or until mixture forms a soft ball when a little is dropped into ice-cold water. Add to dry ingredients. Stir until combined.
3. Spoon mixture into pan. Use a large metal spoon to press down firmly. Allow to cool. Cut into squares. Store in a foil-lined airtight container for up to 7 days.

Great for a snack for your lunchbox.

Spinach Quiche Breadcases

Type: Snack/Main **Serves:** 30 mini quiches **Recipe source:** Taste.com.au

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

<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.

Banana, Cinnamon & Honey Muffins

Type: Snack/Dessert

Serves: 24 Tastes

Recipe source: Taste

Fresh from the garden: banana, eggs

<p>EQUIPMENT:</p> <p>2 Mini muffin tins Skewer Sifter Wooden spoon Wire cooling rack Large bowl Measuring cups Measuring spoons Fork/Potato masher</p> <p>TO SERVE:</p> <p>2 serving trays</p>	<p>INGREDIENTS:</p> <p>Melted butter, for greasing</p> <p>1 cup (150g) self-raising flour</p> <p>$\frac{1}{2}$ tsp baking powder</p> <p>$\frac{1}{2}$ tsp bicarbonate of soda</p> <p>$\frac{1}{2}$ tsp ground cinnamon</p> <p>Pinch salt</p> <p>$\frac{1}{4}$ cup brown sugar</p> <p>35g butter, melted</p> <p>$\frac{1}{4}$ cup (125ml) milk</p> <p>1 tbs honey</p> <p>$\frac{1}{2}$ tsp vanilla essence</p> <p>1 egg</p> <p>$\frac{1}{2}$ cup mashed banana (about 1 banana)</p>
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What to do:

1. Preheat oven to 180°C. Grease muffin pans with melted butter or line with paper cases.
2. Sift flour, baking powder, bicarbonate of soda, cinnamon and salt into a large bowl. Stir in sugar.
3. Combine melted butter, milk, honey, vanilla, eggs and mashed 3. banana in a large jug. Whisk until well combined.
4. Make a well in the centre of dry ingredients. Add egg mixture, stir until just combined (do not overmix). Spoon mixture into muffin pans. Bake for 10 minutes or until cooked through when tested with a skewer. Cool in pans for 5 minutes, turn onto a wire rack to cool.

Hawaiian Pizza Scrolls

Type: Snack/Main

Serves: 30

Recipe source: Taste.com.au

Fresh from the garden: spinach, parsley, cheese, pineapple

EQUIPMENT: Baking trays Chopping board Cooks knives Grater Large Bowl Rolling pin Measuring cups & spoons TO SERVE: 2 platters 2 tongs	INGREDIENTS: 2 cups (300g) self-raising flour 1 tablespoon caster sugar 60g butter, chopped 2/3 cup (160ml) milk 1/3 cup (95g) tomato pizza sauce 100g sliced ham, shredded 440g can Pineapple in Juice, drained, chopped 60g spinach, shredded 1 cup (165g) shredded mozzarella cheese
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What to do:

1. Preheat oven to 180C. Grease (or use baking paper) a baking tray. Place flour and sugar in a large bowl. Use your fingertips to rub in butter until it resembles fine crumbs. Add milk and use a table knife to mix in a cutting motion until dough comes together.
2. Knead the dough on a lightly floured surface until smooth. Roll out to a 30cm x 40cm rectangle. Spread with pizza sauce. Top with ham, pineapple, spinach and cheese.
3. Starting at 1 long edge, roll up firmly into a log then cut into 12 even rounds. Place scrolls, cut-side up and side by side, in slice pan.
4. Bake for 30 mins or until golden and cooked. Cool. Keep in an airtight container in the fridge for 2 days, or freeze for up to 3 months.

Carrot & Pumpkin Loaf

Type: Snack/Main

Serves: 30

Recipe source: Taste.com.au

Fresh from the garden: carrot, pumpkin

<p>EQUIPMENT:</p> <p>Loaf cake tins Chopping board Cooks knives Grater Large Bowl Saucepan Spatula Sifter Wooden spoon Measuring cups & spoons</p> <p>TO SERVE:</p> <p>2 platters 2 tongs</p>	<p>INGREDIENTS:</p> <p>1 cup plain wholemeal flour 1 cup plain white flour 1 teaspoon bicarb soda 3 Tablespoons brown sugar 3 Tablespoons vegetable oil 1 egg 1 small carrot, grated 300g pumpkin, cooked & mashed ½ cup sultanas Pinch of nutmeg, cinnamon & ginger</p>
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What to do:

1. Preheat oven to 180 degrees celcius.
2. Place oil and sugar in a mixing bowl and beat to combine.
3. Beat in egg.
4. Fold in carrot and pumpkin.
5. Sift together plain white flour, wholemeal plain flour and bicarb soda.
6. Mix flour mixture, sultanas and spices into carrot mixture and mix well.
7. Pour into loaf tins and bake at 180 degrees celcius for 1 hour or until cooked when tested.

Banana & Rolled Oat Muffins

Type: Snack/Main

Serves: 30

Recipe source: Taste.com.au

Fresh from the garden: eggs, bananas

<p>EQUIPMENT:</p> <p>Mini Muffin tins Chopping board Cooks knives Large Bowl Spatula Wooden spoon Measuring cups & spoons Sifter</p> <p>TO SERVE:</p> <p>2 platters 2 tongs</p>	<p>INGREDIENTS:</p> <p>2 cups (260g) wholemeal self-raising flour 1 teaspoon ground cinnamon 1/2 teaspoon bicarbonate of soda 1 cup (100g) rolled oats 1/2 cup (100g) brown sugar 2 eggs 3/4 cup (185g) plain low-fat yoghurt 1/4 cup (60ml) canola oil 2 bananas, mashed (250g)</p>
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What to do:

1. Preheat oven to 200°C. Line a 12 cup muffin pan with paper cases.
2. Sift flour, cinnamon and soda into a bowl.
3. Empty the flour husks from the sifter back into the bowl along with the oats and brown sugar, and stir to combine.
4. Whisk eggs, yoghurt and oil together.
5. Add banana and stir to combine.
6. Pour into dry ingredients and mix together using a wooden spoon until just combined.
7. Mixture may be lumpy and does not have to be evenly mixed.
8. Spoon mixture into paper cases.
9. Bake for 20 minutes or until golden and cooked through. Cool for 5 minutes before transferring to a wire rack to cool completely.