

Healthy Lunchbox Recipes

Here are some great lunchbox recipes that kids can easily help to prepare.



For more recipe ideas go to:
www.healthykids.nsw.gov.au

Apple Muffins

Ingredients

2 cups grated raw apples
½ cup brown sugar
½ cup oil
2 eggs
1 tsp vanilla
2 cups self-raising flour
2 teaspoons cinnamon



Method

Turn oven onto 180 C to heat up
Combine in a bowl the apples, sugar, oil, eggs and vanilla. Add cinnamon.
Sieve flour into the wet mixture and mix thoroughly
Place mixture into prepared muffin tins (either 6 large or 12 small)
Top each muffin with a sprinkle of cinnamon and brown sugar
Bake 12 minutes, tip from tins, cool, wrap individually & freeze

Mini Pizzas

Ingredients

BASE – use half an English muffin or a pocket bread or ½ bread roll - Tomato paste, Oregano, Grated cheese

And choose from: Diced capsicum, Button mushrooms, Tomato slices, Onion rings, Pineapple, Ham

Method

Spread base with tomato paste, top with as many toppings as desired
Sprinkle with oregano and cheese
Place under grill until cheese melts



Apple Scrolls

Ingredients

1 ½ cups wholemeal SR flour
1 ½ cups SR flour
45gr margarine
1 cup low fat milk
2 large apples
1 cup sultanas
2 tsp mixed spice



Method

Sift flours into a large bowl - rub in margarine until looks like bread crumbs
Add milk gradually and mix into a soft dough
Roll dough into a rectangle about 30cm x 23cm - put some extra flour under dough
Mix apples in a bowl with sultanas and spice and sprinkle evenly over dough
Roll up lengthwise, seal join with a little water.
Brush roll with extra milk.
Cut roll into 12 circles and lay flat around in a pie plate that has been sprayed.
Bake for 25-30 mins. Remove and brush with extra milk.
Sprinkle with 1 tsp sugar. Bake another 5 minutes.

Quick Fruit Loaf

Ingredients

1 cup raisins	1 cup currants
1 cup sugar	1 cup water
1 egg	2 cups SR flour

Method

Put first 5 ingredients in a saucepan and bring to boil. Simmer for 7 minutes. Remove from heat and cool. When cool add flour and egg. Mix well and pour into loaf tin. Bake at 180C for 1 hour. Allow to cool and sit overnight before slicing. Wrap lightly buttered slices and freeze ready for lunchbox.

Salmon/Tuna Patties

Ingredients

1 tin tuna or salmon – 370 gram - drained
Left over steamed potato – either sweet or normal
2 Celery sticks – finely chopped Parsley – finely chopped
1 onion – finely chopped 1 egg - beaten
1 egg Breadcrumbs
Plain flour Oil

Method

In a bowl combine the tuna, mashed potato, parsley, celery and onion. Take 1 heaped tablespoon of the mixture and roll it in flour
Dip it into the egg then roll into breadcrumbs
Heat oil in a pan and fry until golden. Turn over and fry until second side is golden.
Cool, wrap individually and freeze for lunchbox

Pikelets

Ingredients

1 cup SR flour
2 tablespoons sugar
1 egg
2/3 cup milk



Method

Sift flour into bowl, add sugar the lightly beaten egg
Beat thoroughly gradually adding the milk until a thick batter
Leave to stand for 30 mins
Heat the pan, and lightly grease with a little oil
Drop spoonfuls of batter onto pan keeping them well apart. When bubbles rise up in pikelet, turn over and cook other side Remove from pan and cool
Put into a plastic bag and freeze. Remove two each morning to put into lunchbox.

Zucchini and Corn Pies

Ingredients

6 slices sandwich bread
½ large zucchini
small tin corn kernels - drained
3 eggs
50 grams grated cheese
2 shallots

Method

Turn oven on to 180C to heat up
Cut the crusts off the bread
Grate zucchini
Finely chop shallots
Mix the eggs together in a bowl
Grease a 6 cup muffin pan
Push one piece of bread into each muffin cup to form a case Divide zucchini, corn kernels, cheese and shallots evenly between cases. (for the variation below, divide spinach, shallots and cheeses between cases)
Pour egg mixture into the bread cases
Bake at 180C for 10-15 minutes or until bread is golden and filling has set.
Serve warm or cold. Great for a snack for your lunch box.



Spinach and Cheese Pies (variation)

6 slices sandwich bread	3 eggs
½ cup chopped spinach	2 shallots
50 grams feta cheese cubed	50 grams grated cheese

Use these ingredients instead of the above ones and follow the same method

Banana Loaf

Ingredients

1 cup SR flour
1 cup Wholemeal SR flour
¼ cup raw sugar
2 ripe bananas
1 egg
¼ cup vegetable oil
2 oranges



Method

Turn oven to 180C
Mix flours and sugar in a bowl
In a small bowl, mash the bananas with a fork
Grate the rind from the oranges and squeeze out the juice Add bananas, orange juice, rind, oil and egg to flour mixture Stir to make a smooth mixture and pour into a greased loaf tin Bake for approx 45mins or until springs back when touched Turn out to cool on wire rack

Yoghurt and Muesli Snack

Ingredients

Tub of
yoghurt
Handful of
muesli

Mix ingredients together and enjoy!



Zucchini, Corn and Cheese Muffins

Ingredients

3 eggs
½ cup canola oil
½ cup grated cheese
1 ½ - 2 cups plain flour
1 cup wholemeal plain flour
2 teaspoons brown sugar
1 tbsls baking powder
2 tbsls chopped parsley
1 cup milk
1 cup corn kernels
Pinch salt
1 tsp baking soda
½ Large Zucchini

Method

Combine wet ingredients and cheese then fold into the dry ingredients until just combined
Spoon into greased muffin pans and bake at 170 degrees Celsius for 25-30 mins

More recipe ideas at <https://healthy-kids.com.au/10-great-lunch-box-ideas/>

Potato Salad

Ingredients

1 potato ½ med sized sweet potato
1-2 slices of ham ½ capsicum
2 tbsls of low-fat mayonnaise Salt and pepper to taste

Method

Peel potatoes and cut into bit size pieces.
Cook in boiling water until cooked but still quite firm
Finely chop the ham and capsicum
Drain potatoes and mix with ham, capsicum, mayonnaise, salt and pepper
Spoon into individual containers for lunch and pack with a plastic fork or spoon.

Fried Rice

Ingredients

½ cup of rice
½ can of peas & corn 1 egg
2 spring onions ½ capsicum
2 tbsls soy sauce 1-2 slices of ham



Method

Cook rice according to directions Beat egg and fry until cooked Remove from pan and slice finely
Stir-fry capsicum and spring onions for 2-3 minutes, add peas, corn & ham and cook for another minute
Add cooked rice and egg. Finally, add the soy sauce Spoon into individual containers for lunch and pack with a plastic fork or spoon.

