



Parenting Genie

★ A-Z of Parenthood

RECIPES



VIRTUAL PARENTING HUB'S E BOOK TO FINGER FOODS AND EASY INFANT RECIPES

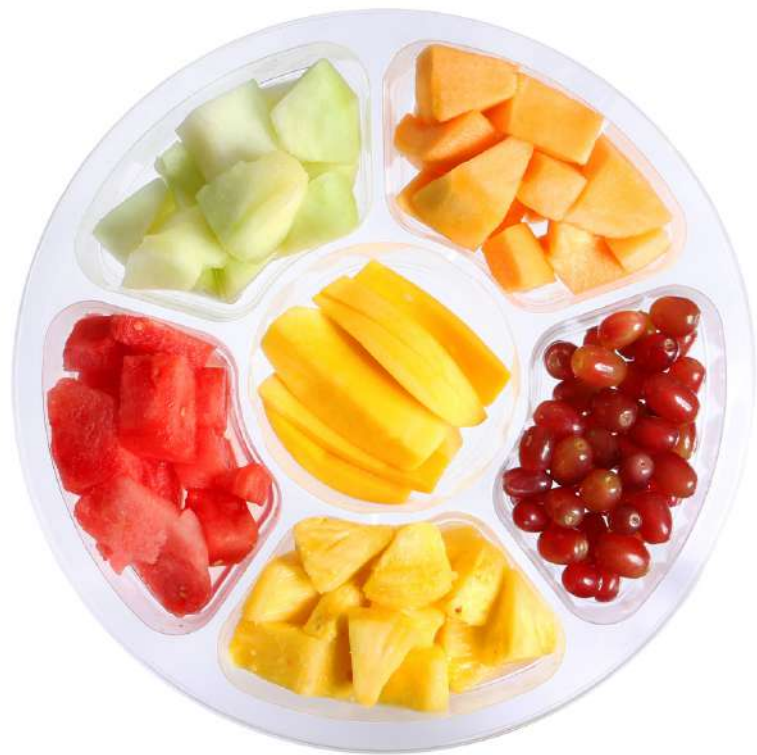
Offering your child a variety of foods is required for good nutrition, preferably from all the 5 food groups, fresh and homemade as much as possible.

At 12 months of age your child will be eating family foods, avoiding nutrient poor foods including high fat, sugar, salt, cakes, lollies, and potato chips.

It can be overwhelming to know what types of foods to prepare for your child. Not surprising, one of the most common questions we get asked is “what type of meals can I cook for my child and do you have some recipe ideas”?

Virtual Parenting Hub has prepared some easy recipes for you, we hope this helps and makes your day to day life a little easier when thinking about meals for your children.

With any of our recipes, you can add or eliminate ingredients to suit your child's needs and tastes.



FIRST FINGER FOODS SUGGESTIONS

Finger foods can be started from 6 months onwards, finger foods are not recommended before this age.

- Cooked peas
- Cooked corn kernels
- Steamed florets of broccoli and cauliflower
- Steamed sticks of carrot, zucchini
- Steamed small pieces of sweet potato
- Steamed pieces of pumpkin
- Steamed green/yellow beans
- Cooked meatballs (beef, chicken, turkey, lamb) mashed
- Cooked flaked salmon
- Scrambled egg pieces
- Hard boiled eggs cut into small pieces
- Small pieces of cooked tofu
- Grated cheese
- Raspberries/blueberries cut in half
- Small soft pieces of banana
- Small soft pieces avocado
- Small pieces of steamed apple and pear
- Cooked wholemeal pasta
- Cooked rice
- Small pieces pancakes
- Cooked fruit/savory muffins cut into pieces
- Bite sized pieces of soft ripe fruits including banana, kiwi fruit, pear, watermelon, mango
- Dips including hummus, sweet potato, or guacamole to dip salad sticks into
- Quiche or zucchini slice cut into pieces
- Toast soldiers, spread with avocado, banana, nut paste or vegemite
- Rusks



BREAKFAST

Porridge with fresh Fruits

INGREDIENTS

- 45g porridge oats
- 275ml milk of choice
- 1 small banana, mashed
- ½ tsp vanilla extract
- 2 tsp desiccated coconut

Place on top

- 4 strawberries, sliced
- ½ banana, sliced
- 2 blueberries
- ½ mango, sliced



SERVES
1 bowl



COOK
10 mints



PREP
2 mints

METHOD

1. Measure the oats and milk into a saucepan. Place over a medium heat and bring to the boil, stirring all the time.
2. Add the banana, vanilla extract, and coconut, and continue to stir until the porridge has thickened and the oats are soft. This should take about 5 minutes.
3. Spoon into a bowl and use the fruit to place over the top.



Fruit Chia Pudding

INGREDIENTS

- 1/3 cup cooked or soft fruit
- 85 ml cup milk
- 2 Tbsp chia seeds
- 1/4 - 1/2 tsp cinnamon

METHOD

- Mix all the ingredients together in a bowl
- Pour into a serving bowl or jar, refrigerate for a minimum of 20 mins before eating.
- You can use any fruit of choice if it is a soft texture.



SERVES
2



COOK
2 mints



PREP
2 mints

Quinoa Porridge



SERVES
2



COOK
4 mints



PREP
3 mints

INGREDIENTS

- 1 cup cooked quinoa
- 3/4 cup milk
- 1/4 cup fresh soft fruit of choice
- Cinnamon, nutmeg
- Toasted seeds, coconut flakes, nut butter

METHOD

- Place quinoa and milk in a saucepan and cook and stir for 4 minutes
- Stir in fruit, spices, coconut, nut butter.
- Serve immediately



Bircher Muesli

INGREDIENTS

- 1 cup rolled oats
- 2 teaspoons chia seeds
- 1 date pitted and finely chopped
- 1 tablespoon coconut flakes
- 1 teaspoon ground cinnamon
- 2 cups of milk
- ½ cup yogurt

METHOD

- In a bowl, combine oats, chia, coconut, date, cinnamon, and milk.
- Cover and refrigerate overnight
- Divide into 2 bowls and add soft fresh fruit and a drizzle of honey or maple syrup



SERVES
2



Refrigerate
overnight



PREP
5 mints

French Toast



SERVES
3



COOK
10 mints



PREP
10 mints

INGREDIENTS

- 2/3 cup milk
- 3 eggs whisked
- Dob of butter for each slice of bread
- 6 slices whole meal bread
- Pinch mixed spice

METHOD

- Combine eggs, milk, mixed spice
- Heat the butter in a frying pan
- Dip one slice of bread at a time into the egg mixture and fry on each side for 2-3 minutes until golden brown
- Cut into soldier finger slices and serve



Smoothies

Smoothies are a great way of getting fruit, veggies, nuts, and good fats into your fussy toddler.

Be mindful of the portion size, as smoothies are filling and packed full of nutrients.

Try and add the same portion of fruit to veggies, mix it up, no need to measure ingredients.

Steam vegetables first, so they whizz up smoothly.

You can soak the nuts overnight in some water then drain, which will make the nuts softer when whizzing them up in your blender.

You can add dates, honey, or maple syrup for a little sweetness

Berry Smoothie

INGREDIENTS

- Strawberries
- Blueberries
- Raspberries
- Cauliflower
- 2 tablespoons nut butter
- 1 date pitted and chopped
- 1 cup milk

METHOD

- Place all ingredients in a blender and puree until smooth.



Tropical Smoothie

INGREDIENTS

- Orange
- Mango
- Pineapple
- Carrot
- Zucchini
- Cashews

METHOD

- Soak cashews overnight.
- Place all ingredients in a blender and puree until smooth.

Green Smoothie

INGREDIENTS

- Banana
- Mango
- Spinach
- Cucumber
- Almonds
- 1 date chopped
- 1 cup milk

METHOD

- Soak almonds overnight
- Place all ingredients in a blender and puree until smooth.



Vitamin C Smoothie

INGREDIENTS

- 2 handfuls Kale
- ½ avocado
- Lime/lemon juice
- Pineapple
- Banana
- Cashews
- 1 date chopped

METHOD

- Soak cashews overnight
- Place all ingredients in a blender and puree until smooth.



MAIN MEALS

Chicken/Beef/Lamb /Pork Meat Balls

INGREDIENTS

- 2 tsp olive oil
- 1 small onion chopped
- 1 slice wholemeal bread, torn into pieces
- 1 carrot diced
- 1 celery stick diced
- 1 red pepper diced
- 500g lean mince meat of choice
- 1 egg

METHOD

- Heat oven to 180C. Heat 2 tsp olive oil in a medium saucepan. Add the onion and cook for 5-10 mins until softened. Blitz the bread in a food processor until you have breadcrumbs. Add the cooked onion, carrot, celery and peppers and pulse until finely chopped. You may need to use a spatula to scrape the sides of the bowl a few times. Add the mince meat, egg and a little black pepper, then pulse to combine.
- Divide the mixture in half. Shape half into small meatballs about the size of large marbles and arrange on a baking tray lined with foil. Shape the rest into golf-ball-sized meatballs. Arrange on a lined tray and open freeze. Once frozen, transfer to a freezer bag and save for another meal. Now bake the mini meatballs for 25 mins or until browned and cooked through.
- Serve meatballs with steamed rice and steamed broccoli.



Makes
6 portions



45 mints



PREP
15 mints



Salmon Fish Fingers with Sweet Potato Chips

INGREDIENTS

- 1 sweet potato cut into wedges
- 2 tbsp oil
- 1 egg , beaten
- 100g breadcrumbs , made from day-old bread
- ½ tsp sweet smoked paprika
- 4 salmon fillets (go for the thick ones), each cut into 3 strips
- drizzle of oil
- favourite steamed vegetables to serve

METHOD

- Heat oven to 180C. Put the potato wedges on the baking sheet. Drizzle over 1 tbsp oil and toss the sweet potatoes in it. Season lightly or leave it out altogether for young children. Cook in the oven for 20 mins, turning them halfway through.
- Meanwhile, put the beaten egg into a shallow bowl. Tip the breadcrumbs onto a plate. Mix the sweet smoked paprika into the breadcrumbs along with a little seasoning if you like.
- Brush a non-stick baking sheet with the remaining oil. Dip the fish strips into the egg, then coat them with the breadcrumbs. Transfer to the baking sheet. Bake for 25 mins until golden. The fish fingers are very delicate so lift them carefully off the tray with a spatula. Serve with their favorite steamed vegetables and the chunky chips. You can open freeze the fish fingers on a baking tray, then once frozen transfer to a freezer bag. Cook from frozen at 180C for 20 – 25 mins until crisp and cooked all the way through.



Makes 12
fish fingers



30 mints



PREP
10 mints



Chicken Bites

INGREDIENTS

- 500 g chicken tenderloins
- 1 cup plain flour
- pepper
- 1 egg
- 1/2 cup milk
- 3 cups cornflakes (crushed)

METHOD

- Cut chicken into bite-sized pieces.
- Preheat oven to 180°C.
- Set out first bowl with flour and pepper
- Beat the egg and add the milk in a second bowl
- In the third bowl add the crushed cornflakes
- Roll each piece of chicken in the flour, dip into the milk and egg and then roll in the crushed cornflakes.
- Place the crumbed chicken pieces on a baking tray lined with baking paper
- Bake for 25 minutes.
- Serve with steamed veggies of your choice



25 mints



PREP
10 mints



Beef and Veggie Sausage Rolls



15-20
mins



PREP
10 mins

INGREDIENTS

- 8 sheets frozen puff pastry
- 1 kg chicken mince
- 4 eggs
- 3 tbs LSA (linseed, sunflower seeds and almonds)
- 1/2 cup wholegrain bread crumbs
- 1 kg fresh mixed vegetables
- 1/4 cup parsley (chopped)
- 1 egg

METHOD

- Pre-heat your oven on high around 210°C.
- Chop up all the vegetables as small as you can.
- In a large bowl, mix together all the ingredients except for the puff pastry and the extra egg.
- After the puff pastry is defrosted, cut a sheet in half and lay out in front of you as a long rectangle.
- Using a tablespoon lay out the sausage roll mix in a long line at the bottom of the sheet, just remembering not to make it too thick. Keep in mind you will need to roll the puff pastry over the sausage roll mix so that there are two layers of pastry overlapping by at least 1 cm. Before rolling up the mix in the pastry, brush some egg as 'glue'. Keep the roll whole, brush with more egg on top and place on a tray with baking paper. Keep in the fridge.
- Repeat this process until all of the mix is used up.
- With a sharp knife, cut the logs of sausage rolls into smaller pieces. Each roll makes 7 or 8 bite sized sausage rolls. Lay each piece 2cm apart on a tray lined with baking paper. Do not try and squeeze too many on one tray as they will steam rather than bake and you will not get a golden colour from the pastry.
- Bake on high for 15-20 minutes, until the pastry starts to golden then turn the oven down to 180°C. Depending on the strength of your oven, you may need to move trays around from top to bottom and keep an eye on the bottom of the sausage rolls that they don't become too dark.



Spring Rolls



10 mints



PREP
15 mints

INGREDIENTS

- 1 packet spring roll wrappers
- 500 g lean beef mince
- 1 tsp Chinese five-spice
- 3 tbs soy sauce
- 1 grated carrot
- 2 spring onions
- 1 small grated zucchini
- olive oil (for frying)
- sweet chilli sauce to serve

METHOD

- Remove spring roll wrappers from the freezer and allow to defrost.
- In a non-stick pan, brown mince.
- Add five spice powder, soy sauce and vegetables to mince and cook for a few minutes until vegetables have softened.
- Allow the mince mixture to cool while you are separating the spring roll wrappers.
- With a spring roll wrapper corner facing you, scoop a couple of tablespoons of filling across the paper, leaving enough room for the sides to be folded in. Fold the side corners in and roll it up into a log as tightly as you can.
- Heat a little olive oil in a non stick frypan over medium heat and gently brown each side until golden and crunchy. Serve with sweet chilli sauce.



Lamb Kofta Logs



Makes 8



15 mints



PREP
15 mints

INGREDIENTS

- 500g lamb mince
- 2 cloves garlic, crushed
- 1 tbsp oregano or Greek basil, chopped
- 2 tsp ground cumin
- pepper
- 1 lemon
- 1 cup natural yoghurt
- 1 tbsp mint, chopped
- 1 tsp olive oil, plus extra
- baby spinach, sliced tomatoes, sliced cucumbers, to serve

METHOD

- In a large bowl, combine lamb mince, garlic, oregano, cumin, and pepper. Finely grate the zest of the lemon and add it to the bowl. Mix well.
- Take a large handful of lamb mixture and roll into a small sausage shape. Continue until all of the mixture has been used.
- Heat a grill pan or fry pan over high heat. Brush the koftas with a little extra oil and cook for 2-3 minutes on each side.
- Serve with baby spinach, sliced tomato, and cucumber



Zucchini Slice with or without Bacon

INGREDIENTS

- 1 small sweet potato grated
- 1 zucchini grated
- 1 carrot grated
- 4 bacon rashers diced
- 1 onion grated
- 6 eggs
- 1 cup self-raising flour
- 1 cup grated cheese
- 1 tbs garlic
- 1 tbs chives
- 1 tsp pepper to taste

METHOD

- Preheat the oven to 200°C.
- Beat 6 eggs in a large bowl.
- Place all the ingredients together into a bowl and mix well.
- Pour into a non-stick slice tray.
- Bake at 200°C for 40 - 50 minutes.
- Serve with sliced tomato and cucumber.



Makes 8
slices



50 mins



PREP
15 mins



Cheese, Corn and Tuna mini Pies



20 mints



PREP
15 mints

INGREDIENTS

- 1 large sweet potato peeled and cubed
- 1 cup creamed corn
- 1/2 cup canned tuna
- 1/2 cup grated tasty cheese
- 1 egg
- 2 sheets frozen puff pastry thawed

METHOD

- Preheat the oven to 180°C
- Steam the sweet potato for about 15 minutes, until soft, and mash.
- Combine this with the corn, tuna, cheese and egg, mix well.
- Cut pastry into 8 pieces and tuck them into the holes of a muffin tin. Fill with the sweet potato mixture and bake for 20 minutes, or until the pastry is golden.



Chicken, Broccoli, and sweet Potato Sticks

INGREDIENTS

- 75 g broccoli
- 110 g sweet potato cooked and mashed
- 25 g grated parmesan cheese
- 60 g chicken cooked and diced
- 40 g dried breadcrumbs/ chia seeds
- 1 egg beaten
- 2 spring onions finely sliced
- 2 tbs olive oil

METHOD

- Steam the broccoli for 5-6 minutes until tender, then set aside until they are completely cool. Once cool, chop them finely.
- Mix together the cold mashed potato, chopped broccoli, grated cheese, chicken, half the breadcrumbs/chia seeds, half the beaten egg and the spring onions. Season with pepper.
- Shape the mixture into 8 stick shapes, then coat them in the remaining egg and roll them in the remaining breadcrumbs/chia seeds. Transfer to a lined plate or tray and chill for 30 minutes.
- Heat the oil in a frying pan. Fry until golden and heated through. Serve with hummus or tzatziki a dip.



Make 8 sticks



15 mints



PREP
15 mints



Bolognese Pasta with hidden Veggies



Serves 8 portions



45 mins



PREP
20 mins

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion, peeled and finely chopped
- 1 small leek, trimmed and thinly sliced
- ½ stick celery, diced
- ½ small red pepper, deseeded and diced
- 1 small carrot, peeled and grated
- 50g mushrooms, diced
- 1 clove garlic, peeled and crushed
- 1 x 400g tin chopped tomatoes
- 450g minced beef
- 4 tbsp tomato purée
- 250ml beef stock
- ½ tsp dried oregano
- 1 tbsp grated Parmesan
- small handful of fresh basil leaves

METHOD

1. Place the oil in a large frying pan over a medium heat. Add the vegetables and fry for 10 minutes until soft. Stir in the garlic and fry.
2. Transfer to a blender, add the chopped tomatoes and whizz until smooth. Set aside.
3. Add the mince to the frying pan and place over a medium-high heat. Fry for 4 minutes, breaking the mince up with a wooden spoon, until browned.
4. Place the tomato and vegetable sauce in the pan with the mince, then add the tomato purée, stock and oregano. Bring to a simmer and cook for 40–45 minutes, until the sauce is thick. Season to taste with pepper.
5. Serve with spaghetti and a sprinkling of Parmesan and fresh basil leaves.



Chicken and Veggie Pasta bake



Serve 4



30 mints



PREP
20 mints

INGREDIENTS

- 300g pasta shells
- 1 barbecued chicken
- 1 tbsp olive oil
- 2 cloves garlic, crushed 1 leek, chopped
- 500g jar pasta sauce
- 1½ cups (180g) frozen peas/corn
- 250g ricotta
- 1 cup of grated tasty cheese

METHOD

- Cook pasta according to packet directions; drain; place in a large bowl.
- Remove chicken meat from bones and chop into small pieces. Add to pasta.
- Add peas/corn to pasta
- Heat oil in a medium saucepan over medium heat; add garlic and leek, cook 2-3 minutes or until leek is tender
- Pour in pasta sauce; bring to the boil; add to pasta; toss gently to combine
- Spoon into a baking dish, sprinkle with ricotta and tasty with cheese.
- Bake 20-25 minutes or until golden and heated through.



Risotto with Chicken, Peas, and sweet Potato



Serve 6



30 mins



PREP
15 mins

INGREDIENTS

- 1 tbsp olive oil
- 1 onion finely chopped
- 1 cup sweet potato diced
- 1 chicken thigh diced
- 1.5-1.75 litres chicken or vegetable stock
- 2 cups arborio rice
- A good handful of peas
- 1 cup of grated parmesan cheese
- ¼ cup chopped parsley
- Pepper to taste

METHOD

Heat olive oil in a large, heavy based saucepan. Add the onion and fry for 1-2 minutes, or until soft.

Add the sweet potato and cook for 6-8 minutes or until tender. While the sweet potato is cooking, heat the stock in a separate saucepan and keep it at simmering point.

Mash the sweet potato and onion lightly. Add the chicken and cook for a 2-3 minutes until lightly browned and cook through.

Add the rice to the vegetables and cook for 1 minute, stirring constantly. Ladle in enough hot stock to cover the rice and stir well. Reduce the heat and add more stock ladle by ladle as it is absorbed, stirring frequently. Continue until the rice is tender and creamy, around 25-30 minutes. Add the frozen peas as you add the last ladle of stock to the pan.

Avoid cooking the risotto over a high heat as it will result in the rice grains having a soft texture on the outside and will remain undercooked in the centre.

Remove the pan from the heat and stir through the parmesan cheese, parsley, and pepper. Cover and leave to stand for 5 minutes before serving.

For younger babies you can blend to a smoother texture if necessary.



MEAT FREE RECIPES

Cheese and Cauliflower Patties

INGREDIENTS

- oil, for greasing
- ½ head of cauliflower, cut into florets (about 200g)
- 1 slice brown bread, broken into pieces
- 1 egg
- 50g grated cheddar cheese
- a few chives, snipped

METHOD

Heat the oven to 180C and line a baking tray with foil. Brush with a little oil. Put the cauliflower in a steamer over boiling water and cook for around 8 mins or until tender. Allow to cool.

Put the bread into a food processor and blitz to crumbs. Add the cauliflower, egg, grated cheese, chives and a little black pepper and pulse until you have a chunky consistency.

Form into 8 patties. Arrange them on the baking tray and cook for 20 mins until golden and starting to crisp around the edges



Makes 8
patties



25 mins



PREP
5 mins



Corn and Spinach Pancakes



Makes 12
pancakes



6 mins



PREP
10 mins

INGREDIENTS

- 1 x small can sweetcorn, drained
- small handful baby spinach leaves
- 1 small garlic clove, crushed
- 1 spring onion, chopped
- 50g plain flour
- ½ tsp baking powder
- 1 egg
- 50ml milk
- 1 tsp olive oil, for frying

METHOD

- Pulse all the ingredients except the oil in a food processor until textured but not completely smooth.
- Heat a little oil in a frying pan until hot and dollop four spoonful's of the mixture into the pan leaving space around them. Fry for just under 1 min on each side until lightly golden. When you flip the pancake, flatten with a spatula to ensure even cooking the whole way through. Cook in three batches, placing the cooked pancakes on a plate covered with kitchen roll. Serve warm.
- You can freeze any fritters you do not need. Lay them on a baking sheet, then once frozen, transfer to a freezer bag. Reheat the frozen fritters in the oven 180C for around 10 mins until hot. Allow to cool to lukewarm before serving.



Egg and Veggie Muffins



Makes 6
muffins



17 mints



PREP
3 mints

INGREDIENTS

- oil, for greasing
- 1 small carrot diced
- ½ small zucchini diced
- 25g peas and corn
- 6 eggs
- 25g feta cheese

METHOD

- Heat the oven to 180C Grease 6 holes of a muffin tin. Steam the carrot, zucchini and peas, corn.
- Beat the eggs and stir in the veg and feta. Pour into the 6 holes. Bake for 15 minutes until the eggs are set. Leave for a minute or two, then use a knife to carefully remove the muffins.



Pizza Wheels



Make 4
pieces



8 mins



PREP
10 mins

INGREDIENTS

- 2 wholemeal English muffins and cut them in half
- 4 tbsp green pesto
- 75g mozzarella cheese, grated
- 150g yellow and red cherry tomatoes, halved
- 2 tbsp sweetcorn

METHOD

- Preheat the grill.
- Put the four halves onto a baking sheet. Spread the pesto over the base and top with the mozzarella, cherry tomatoes and sweetcorn.
- Place under the grill for 8 minutes until melted and crisp. Slice each muffin in half



Veggie and Bean Casserole



Serves 6



15 mints



PREP
5 mints

INGREDIENTS

- 1 tablespoon raw cashews
- 1 small mild chilli
- ½ cup water
- 1 tablespoon olive oil
- 1 capsicum
- 1 zucchini diced
- 1 small red onion
- 2 cups corn kernels
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 tin mixed beans
- 2 cups of tomato puree

METHOD

- Place cashews, chilli and water in a blender and puree until creamy. Set aside in a bowl.
- In a frying pan heat the olive oil and add capsicum, onion, zucchini, corn and cook for 10 minutes until soft.
- Add cumin, coriander and cook for further 2 minutes
- Add in the drained and washed tin beans and tomato puree and simmer for a further 2 minutes.
- Serve with cashew sauce over the top, rice on the side and some thinly cut avocado.



Cannellini and Veggie Pasta



Serves 4



40 mints



PREP
5 mints

INGREDIENTS

- 1 tablespoon olive oil
- 1 small brown onion
- 1 cup finely diced carrots
- 1 cup finely diced celery
- 2 minced garlic cloves
- 1 can diced tomatoes
- 1 tablespoon tomato paste
- 1 can cannellini beans drained and washed
- 2 cups of small shaped pasta
- Chopped parsley and basil
- 1 cup of water

METHOD

- In a saucepan heat olive oil, stir in onion, carrots, celery, garlic, cook for 8 minutes until soft.
- Add the tomatoes, tomato paste, cup of water and beans. Reduce heat and simmer for 30 minutes.
- Cook your pasta in a saucepan and drain.
- Stir cooked pasta into the bean mixture, add parsley and basil and serve.



Vegetarian Sheppard's Pie



Serves 4-6



1 hour
10 minutes



PREP
15 mints

INGREDIENTS

- 2 large potatoes
- 1 tablespoon butter
- 2 tablespoons milk
- 1 teaspoon olive oil
- 2 cups diced carrots
- 1 1/2 cups diced celery
- 1/2 diced brown onion
- 1 can chickpeas, drained and rinsed
- 1 can lentils, drained and rinsed
- 1 cup BBQ, tomato sauce or tomato puree
- Black pepper
- Fresh herbs for garnish, if desired
- 1 cup grated tasty cheese

METHOD

Peel the potatoes and dice them. Place potatoes in a large pot and cover with cold water. Put the pot over medium heat. Bring to a boil and cook potatoes until fork tender, about 20 minutes.

Drain potatoes and place them back into the pot. Add the butter, milk, and season with pepper to taste. Set aside.

Pre-heat oven to 180C. Heat a large saucepan over medium heat and add the olive oil, diced onion, carrot, and celery. Cook veggies until tender, about 10 minutes. Next, add the chickpeas, lentils and BBQ sauce and stir together.

Pour the vegetable and chickpea/lentil mixture into a medium sized oven safe pan and top with the mashed potatoes. Make sure to spread the potatoes in an even layer that is covering the entire top.

Sprinkle the potato with grated tasty cheese.

Bake shepherd's pie until everything is heated through, about 20-30 minutes. Garnish with fresh herbs before serving, if desired.



Noodles with Tofu and Veggies



Serves 2



10 mins



PREP
10 mins

INGREDIENTS

- 2 teaspoons peanut oil
- 2 slices tofu cut into small cubes
- ¼ red capsicum thinly slices
- 1 cup broccoli florets
- 100g noodles of choice, prepared using packet instructions
- 10 snow peas stringed and sliced
- 2 tablespoons oyster sauce
- 1 tablespoon soy sauce

METHOD

- Heat some of the oil in a wok or fry pan and stir fry the tofu until golden brown, set aside in a bowl
- Add remaining oil to wok and stir fry the broccoli, snow peas and capsicum for 4-5 minutes
- Toss the noodles into the wok
- Add the tofu and sauces and stir fry for 1-2 minutes
- Serve



HEALTHY TREATS

Chia, Chocolate and Apricot Balls

INGREDIENTS

- ½ cup chopped dried apricots
- ½ cup dark chocolate chips ½cup
- 100 g rolled oats 1 cup
- 35 g chia seeds 3 tablespoons
- 45 ml maple syrup 3 tablespoons
- ¾ cup nut butter (almond, peanut, cashew)

METHOD

- Place all ingredients in a bowl and mix
- Set the mix aside for 20 mins, this allows the chia seeds to gel a little and will mean the mix is easier to roll into balls
- Take spoonfuls and roll into balls
- Refrigerate



Serves 20
balls



20 mints



PREP
20 mints



Apple and oat Balls



Serve 30
balls



PREP
20 mins

INGREDIENTS

- Cooked apple or apple puree 200g
- Peanut butter 150g
- Raisins 60g
- 2 cups rolled oats 200g

METHOD

- In a food processor blitz the apple, peanut butter, and raisins.
- Add the rolled oats and using the pulse function on the food processor, pulse until combined
- Take tablespoon fulls and roll into balls. If you find the mixture a bit sticky, dampen your hands
- Refrigerate for 30 mins
- Serve



Muesli Bars



Serves 12-16
bars



25 mins



PREP
10 mins

INGREDIENTS

- 1 ½ cups mashed banana
- 1/3 cup nut butter
- 1 teaspoon vanilla extract
- 2 cups rolled oats
- ¼ cup coconut flakes
- ½ cup pepitas
- ½ cup sunflower seeds
- ½ cup walnuts
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon salt

METHOD

- Preheat oven to 180C
- Grease a baking tray and line it with baking paper
- In a bowl mash the banana with nut paste and vanilla until smooth
- Place the oats, walnuts, pepitas, sunflower seeds, cinnamon, ginger, salt in a food processor and whizz until finely chopped
- Add oat mixture to nut mixture and mix together
- Place the mixture in the baking tray and smooth out
- Bake for 20-25 minutes
- Let it cool and remove from tray
- Cut into slices



Pancakes with Banana and Oatmeal



Serves 6-8
cakes



10 mints



PREP
10 mints

INGREDIENTS

- 2 medium ripe bananas
- 2 eggs
- 1/2 cup milk
- 1 teaspoon vanilla extract
- 1 ½ cups rolled oats
- 2 teaspoons baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- Olive oil, for cooking

METHOD

- Add all the ingredients to a blender and blend on high until completely smooth, about 30 seconds to 1 minute. Let the batter sit in your blender while you heat your pan up.
- Lightly coat the pan with olive oil and place over medium heat. Once pan is hot, add 1/3 cup of the batter to the pan for each pancake and cook for 2-4 minutes until pancakes slightly puff up and you see a few bubbles along the edges.
- Flip cakes and cook until golden brown on underside. If you find that pancakes are browning too quickly then you need to lower the heat.
- Wipe pan clean and repeat with more oil and remaining batter. Makes 6-8 pancakes total.



Muffins with hidden Goodness



Serves 12



20 mints



PREP
15 mints

INGREDIENTS

- 2/3 cup rolled oats
- 1 can chickpeas drained and rinsed
- 1 medium ripe banana
- 1/4 cup nut butter
- 1 cup chopped kale
- 1/2 cup milk
- 1/4 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 teaspoon baking powder

METHOD

- Preheat oven to 180 C
- Grease a mini muffin tin
- Place oats in a blender and process until a floury consistency
- Add chickpeas, banana, nut butter, milk, cinnamon, vanilla, baking powder and process until smooth
- Fill the muffin cups 3/4 full and bake for 20 minutes until cooked through





Serves 4



10 mints



PREP
10 mints

Smashed Guacamole

INGREDIENTS

- 1 medium avocado
- ½ cup green peas
- ½ cup corn
- ½ teaspoon garlic crushed
- 1tablespoon lemon juice

METHOD

- Place all ingredients in a blender and process



Hummus



Serves 6



PREP
10 mins

INGREDIENTS

- 1 tin chickpeas, drained and rinsed
- 1 teaspoon ground cumin
- 2 tablespoons tahini paste
- 2 cloves crushed garlic
- Juice of 1 lemon
- ¼ cup water
- 100 ml olive oil

METHOD

- Place chickpeas, cumin, tahini, garlic, water and lemon juice in a blender and process
- Add olive oil to the blender and process
- Place hummus in a bowl and serve



Sweet Potato and Cannellini



Serves 6



PREP
45 mins

INGREDIENTS

- 1 large sweet potato, peeled and cut into pieces
- 3 tablespoons olive oil
- 1 tin cannellini beans drained and rinsed
- 3 tablespoons tahini
- 3 cloves garlic, crushed
- juice of 1 lemon
- zest of ½ lemon
- Pepper
- ½ teaspoon smoked paprika
- ¼ teaspoon cumin

METHOD

- Bake sweet potato in the oven on 200C for 45 minutes
- While the potatoes are cooling, place all other ingredients in a blender and process
- Add sweet potatoes to the blender and process
- Transfer to a bowl and serve



Cauliflower with a hint of Curry



Serves 6



PREP
40 mins

INGREDIENTS

- 650g cauliflower cut into florets
- 2 garlic cloves crushed
- 2 tablespoons olive oil
- 1 teaspoon mild curry powder
- 1 cup plain yogurt
- 1 tablespoon lemon juice
- 2 tablespoons parsley
- 2 pinches of paprika

METHOD

- Pre heat oven to 200C
- Place cauliflower on a baking tray, drizzle with 1 tablespoon olive oil, sprinkle with curry powder and bake for 30 minutes
- Place garlic, 1 tablespoon olive oil, lemon juice, parsley, paprika, yogurt in a blender and process
- Add baked cauliflower and process
- Transfer to a bowl and serve

