

WICK NIXON'S

Healthy
LUNCHBOX
LOVE ♡

Simple Nourishing Recipes for Busy Families



+ *BONUS* healthy dinner & dessert recipes

Healthy Lunchbox Love

Simple Nourishing Recipes for Busy Families

www.wickedwellbeing.com

Published 2017 © Wick Nixon

This book is copyright. Except for the purposes of fair reviewing, no part of this publication may be reproduced or transmitted in any form or by any means, electronic, or mechanical, including photocopying, recording or any information storage and retrieval system, without permission in writing from the author.

Every effort has been made by the author to ensure that the information given in this book is complete and accurate. While this publication has been prepared with due care, the author is not liable for any mistakes, misprints, omissions or typographical errors.

Natural ingredients used in these recipes may vary in size and texture, which may marginally affect the outcome of some recipes.

Thank you

A huge thank you goes to Hayley Farnworth for helping me create this recipe book. Her stunning styling and photography have brought the recipes to life. I'm incredibly lucky to work with someone so talented and passionate.

Also a special thank you to Tines, my graphic designer. We clicked immediately which made design decisions so wonderfully easy and has resulted in her styling this book into something I am incredibly proud of.

Thank you to my husband Kent, and three children, Oliver, Ana and Briar – for being my guinea pigs and for allowing me the space to put this cookbook together. I know sometimes I pushed your tastebuds too far but I also love that you eat Quinoa Brownie without even knowing how healthy it is!

Finally, I'd love to acknowledge and give many thanks to the support and encouragement from all those who have attended my workshops and events, partaken in the Wicked Wellbeing Kitchen Club, followed my journey and eagerly proposed, yet patiently awaited this, my second book.

Food is love! Enjoy.

Design: Tineswari Maruthamuthu
Photographs: Hayley Farnworth/Wick Nixon
Printing: MC2 Print
ISBN 978-0-473-40001-9

For more recipes, products and inspiration, visit our website www.wickedwellbeing.com or our Facebook page www.facebook.com/wickedwellbeing

Healthy LUNCHBOX LOVE

Simple Nourishing Recipes for Busy Families



Contents

LUNCHBOX LOVE & AFTER SCHOOL SNACKS

SIMPLE SAVOURY

Kumara and/or Potato Chips	10
Mediterranean Vegetable Pizza with Feta	11
Brown Rice Sushi Balls or Slice	12
Cheesy Kumara Slices Topped with Bacon	14
Super Seedy Crackers	15
Vietnamese Fresh Spring Rolls	16
Zucchini, Cheese and Corn Muffins	18
Avocado and Banana on Toast	19
Mini Frittatas	20

SWEET DELIGHTS

Afghans	21
Coconut, Date and Almond Slice	22
Zucchini, Carrot and Walnut Muffins	23
Banana Oat Cookies	24
Nut-Free Protein Balls	25
Quinoa Chocolate Brownie	26
Blueberry and Passionfruit Muffins	28
Spiced Apple Cake	29
No Bake Chocolate Macaroon	30
Lemon Bliss Balls	31
Prune, Banana and Walnut Loaf	32
Avocado Chocolate Smoothie	34
Peanut Brownies	35
Banana Muffins with Variations	36
Oaty Chocolate Chunk Biscuits	38
Lemon Coconut Bread	39

DELICIOUS DINNERS

Black Bean Quesadillas with Mango Salsa	42
Quick Risotto with Vegetables	44
Beef and Quinoa Grill with Apple Slaw	45
Chickpea Burgers with Roasted Cauliflower	46
Honey Soy Sesame Chicken with Rainbow Slaw	48
Corn and Carrot Fritters with Crispy Bacon and Salad	50
Thai Poached Fish with Rice and Vegetables	51
Pork and Apple Patties with Wedges and Coleslaw	52
Homemade Mince and Cheese Pies	54
Kumara Fish Cakes with Green Beans and Tomato Salsa	56
Chicken and Vegetable Pie with Kumara Top	57
Vegetable Frittata with Salad	58

SAUCES & DRESSINGS

Homemade Tomato Sauce	60
Satay Sauce	60
Minted Yoghurt Dressing	60
Creamy Avocado, Yoghurt and Lemon Dressing	61
Tofu Mayonnaise	61
Balsamic Dressing	61

WICKALICIOUS DESSERTS

Chia Seed Pudding	64
Banana Ice Cream with Crunchy Chocolate Topping	65
Black Bean Chocolate Cake	66
Rice Pudding with Fruit	68
Banana, Peanut Butter and Chocolate Quesadillas	69
Cinnamon Baked Apples or Pears with Crumble Topping	70
Buckwheat Crackles	72
Layered Fruit and Yoghurt (or Coconut Cream) Parfaits	73

HEALTHY SWAP OUT GUIDE

GLOSSARY

Measures:

t = teaspoon

T = tablespoon

c = cup (250ml)

GF Gluten Free

DF Dairy Free

NF Nut Free

My story

Ever since a young girl, I've always had a passion for cooking. Growing up on a farm, my parents had a huge vegetable garden and I loved taking the produce inside to create something delicious – being the youngest of three, my brother and sister were always out on the farm but you'd always find me in the kitchen – whether it be filling the baking tins or whipping up a delicious lunch for the hungry mouths. I remember my delight when I got rave reviews from something I'd made.

As the years went on, I experimented more and more with how I could make recipes healthier. If I liked the look of something, but didn't think it was nutritious enough, I'd take the ingredients off the back of the packet and recreate it at home with a healthier spin. Sometimes they worked, sometimes they didn't!

After having my three children, I realised how important it was to be nourishing them with wholesome goodness every day (although they might not always agree!). I started researching what alternatives I could work with to increase their energy on the sportsfield and to help their learning and concentration levels in the classroom – that knowledge became my first cookbook, *21 Day Marvelous Lunchbox Makeover*.

This was a such a well received and loved book shared by many. Regular requests, and continued cooking creations, turned into this second book – so it brings me great pleasure for you to have 'Healthy Lunchbox Love' in your hands.

My philosophy towards food is to keep it healthy, simple and easy - to use fresh ingredients wherever possible, utilise nourishing grains and flours, include minimal processed food, and avoid refined sugar.

As a busy parent, I know how precious time is, so I hope you find this a practical resource that makes things easier. I'd love this cookbook to become one of your family favourites, to be dog eared, to have coffee stains and melted butter or coconut oil dripped over it because it's been used with so much love, by you and your kids!

It's not only about lunches though – I've included some of our favourite quick and healthy dinner and dessert recipes – I believe your family will enjoy the variety and you, the ease of creating such wholesome food.

With many allergies prevalent, I also wanted this cookbook to work for everyone – so, each recipe has gluten, nut and dairy alternatives given.

Please use this book to give you new inspiration, and also use the helpful 'Healthy Swap Out Guide' on page 74 to show you how you can make other recipes healthier too.

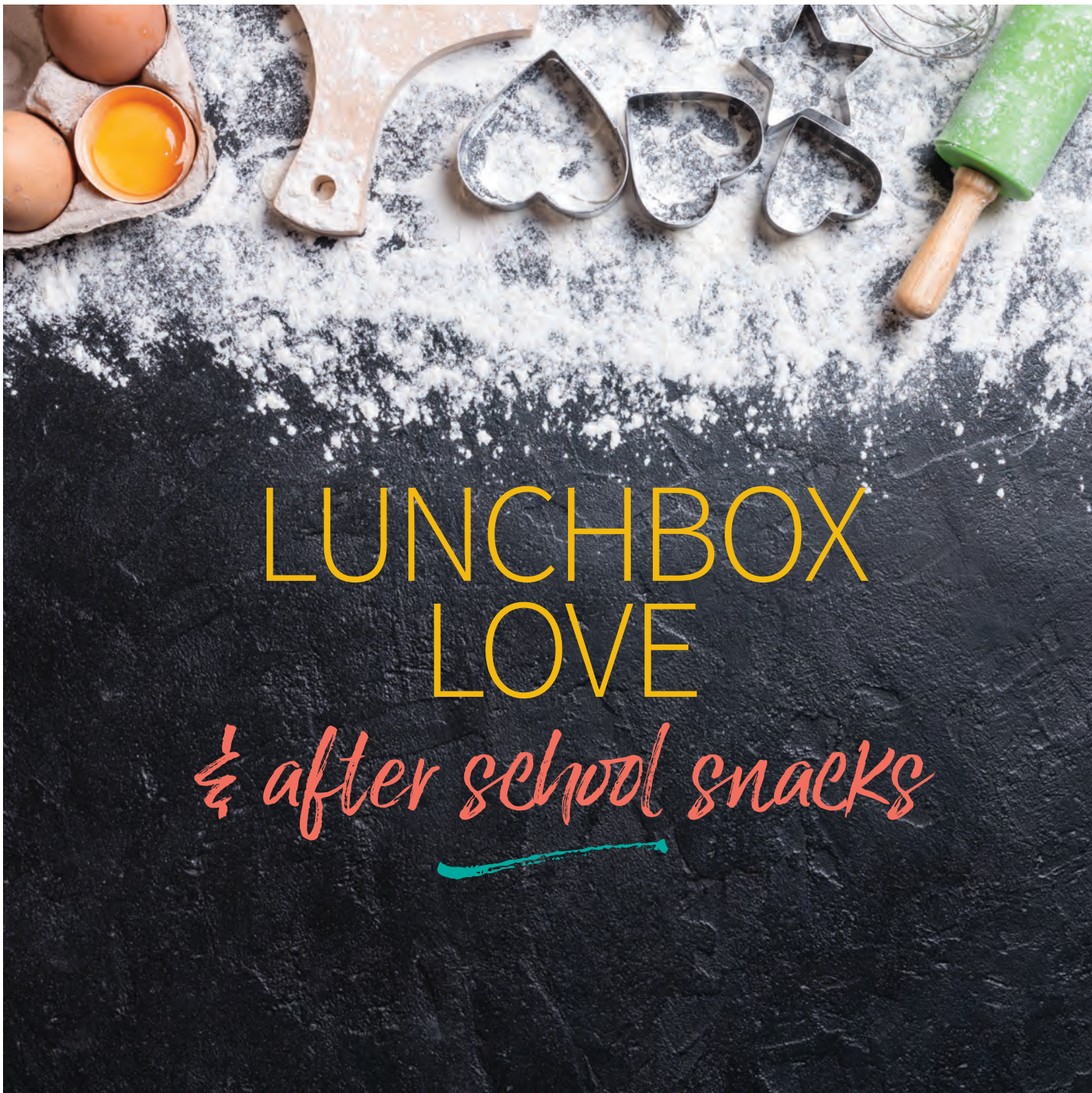
I'd love you to take your family on a magical journey of healthy eating.

– Wick

Let's get cooking!







LUNCHBOX LOVE

¼ after school snacks

Lunchbox Love

Is this familiar? You discover something your kids love so for the next few weeks, you send it along in their lunchbox, only to find one day it comes back uneaten, with them saying, “I don’t like that any more Mum”.

This book is about avoiding that happening again. In this section, I have included several different savoury and sweet options that will keep their lunchboxes full of variety so they don’t get bored.

As a guide, when you’re choosing items, select something from every food group; **proteins** (egg, a bit of cheese, some meat), **complex carbohydrates** (wholegrain bread/wraps, root vegetables, brown rice), **healthy fats** (avocado, nuts, seeds), **fruit and vegetables**. This will keep them sustained throughout the day.

Do as much as you can the night before or spend a few hours in the weekend stocking up the pantry or freezer – this will allow for stress free mornings during the week.

Wherever required, I’ve given you gluten free alternatives. If you have your preferred gluten free flour mix, just use that.

For an explanation of certain ingredients, see the glossary at the back of the book.



GLUTEN FREE FLOUR MIX



INGREDIENTS

- 3 c rice flour
- 1 c potato flour
- ½ c tapioca flour
- 2 t guar gum

METHOD

Sift all together and store in an airtight container.



Kumara *and/or* Potato Chips

My kids absolutely love these chips – they're so easy to make and stay crispy for ages in an airtight container. Often you'll find me whipping up a batch during our breakfast routine because the containers are always empty!

METHOD

Thinly slice kumara and potatoes in a food processor using the slicing blade (approximately 2mm thick), or finely slice with a sharp knife.

Line your microwave plate with baking paper (trim to fit your plate) and place kumara and potato slices on the plate in a single layer.

Spray or brush with oil and lightly sprinkle with salt.

Cook in the microwave for 6-8 minutes (depending on the strength of your microwave) until crispy. Continue with the rest of the sliced vegetables until finished – the 3rd to 4th batch will take less time, keep an eye on them so they don't burn.

Cool on a wire rack. Store in an airtight container in the pantry.

Top Tip: These can also be done in the oven – cook at 200°C for 20-25 minutes, turning half way through.



SIMPLE SAVOURY

MAKES: Approx 50 chips

PREP TIME: 5 mins (or longer if cutting them yourself)

COOK TIME: 6-8 mins per batch

INGREDIENTS

2 medium kumara, scrubbed and rinsed
2 medium potatoes, scrubbed and rinsed
Olive oil
Sprinkle of salt

Mediterranean Vegetable Pizza *with* Feta

Delicious Mediterranean style vegetables combined with feta make this a tasty pizza perfect for lunchboxes, or serve as a dinner and use the leftovers in the kids lunchboxes.

METHOD

Preheat oven to 200°C. Line a baking tray with baking paper.

Place pizza bases on lined tray and spread bases with tomato paste. Add herbs and vegetables, and top with cheese and bacon if using. Cook the pizzas for about 10 minutes until starting to turn golden brown.

Allow to cool completely before cutting up into slices and adding to the lunchboxes. Store in an airtight container in the fridge.

Top Tip: Vary the toppings to suit your family's taste buds. Other options include sundried tomatoes, olives, capers, pineapple, mixed herbs or pesto.

MAKES: 3 pizzas

PREP TIME: 10 mins

COOK TIME: 15 mins

INGREDIENTS

3 pizza bases – wholemeal pita or wraps
2 T tomato paste
2 T thyme leaves or rosemary, finely chopped
½ red onion, finely sliced
1 zucchini, finely sliced into rounds
1 capsicum, finely diced
Punnet of cherry tomatoes, halved or quartered
80gm grated cheese or feta
3 slices bacon, finely sliced, optional



GF Use gluten free pita/wraps

DF Omit cheese

Brown Rice Sushi Balls *or* Slice

These are so much fun to make and can either be served as a slice or balls. Either option gives you the goodness of sushi but these are quicker to make without the need to roll in nori sheets. Serve them as an afternoon snack to give the kids a substantial boost before heading to after school activities.

METHOD

Soak rice in cold water for an hour. Drain, refresh with 2 cups of water, cover and bring to the boil. Turn down and simmer for 10 minutes. Turn off and allow to cool for at least an hour.

Whisk together the sushi dressing ingredients in a small bowl. Pour into cooled rice and stir to combine. Recover and let it sit and absorb the flavours for 10 minutes until sticky (the tahini helps with this).

Prepare filling ingredients.

Sushi Slice

Line a 20cm x 20cm baking dish with baking paper. Halve the rice and using damp hands or the back of a spoon, press half into the bottom of the baking dish (only use three quarters of the dish).

Sprinkle over filling ingredients and spread, pressing evenly into the rice. Firmly press down the other half of the rice on top with damp hands or the back of a spoon. Sprinkle over combined sesame seeds.

Serve straight away in slices or refrigerate until ready to serve. They are best eaten with a fork.

Sushi Balls

To make the balls, using damp hands, spoon about a tablespoon of mixture into the palm of your hand, pressing down to create a ½ circle with a small hollow in the middle. Place approximately 1-2 teaspoons of filling into the hollow and press gently into the rice. Spoon some more rice over the top and join the edges together to create a ball with the filling inside.

Roll in combined sesame seeds and set aside while making the rest (the sesame seeds do stick to your hands, this is normal). Serve straight away or refrigerate until ready to serve.

Serve the balls and slice with soy sauce and wasabi if desired.

Note: The sushi balls or slice can be pan-fried to give a crunchy outer. Heat the oil in a fry pan over a medium heat and cook each side for 1-2 minutes.

Top Tip: Teriyaki chicken works really well in these. Pan fry some finely chopped chicken in a small amount of olive oil, 1 T soy sauce (GF if required) and 1 T honey. Cook until tender. Allow to cool slightly.

MAKES: 12-15 balls/slices, depending on size
PREP TIME: 15 mins + 2½ hrs soaking and cooking rice
ASSEMBLY TIME: 20 mins

INGREDIENTS

1 c uncooked brown sushi rice (makes approximately 2 cups cooked)

Sushi dressing

1 T apple cider vinegar
1 T tahini paste
1 T fresh ginger, finely chopped
1 t pure maple syrup
½ lemon, juiced
¼ t salt and a good grinding of black pepper

Filling

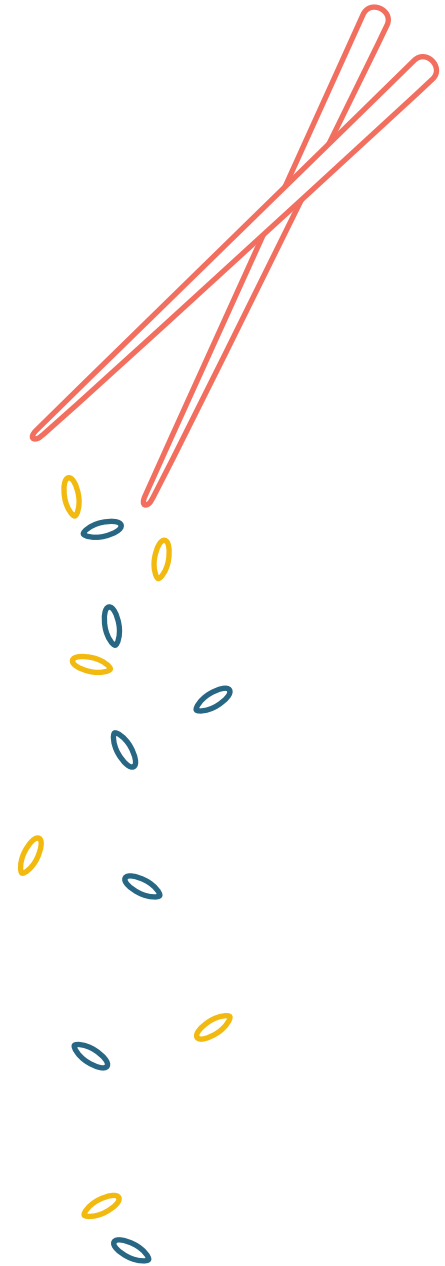
½ avocado, cut into very small pieces
½ carrot, cut into very small pieces
¼ c cooked chicken, cut into very small pieces
¼ c cucumber, cut into very small pieces
2 T white sesame seeds
2 T black sesame seeds
2-3 T sesame oil (if cooking, see **Note**)



Sushi Balls



Sushi Slice



Cheesy Kumara Slices Topped *with* Bacon

This is a fabulous alternative to sandwiches which can be made in the morning before school. Vary the topping ideas with other ingredients like olives, capers, sundried tomatoes or cooked chicken. They can also make a perfect breakfast too!

METHOD

Preheat oven to grill on high. Line a baking tray with baking paper.

Cut off the ends of the kumara and scrub clean. Slice kumara into about ½cm thick pieces lengthwise and cook in a toaster or sandwich press until brown and cooked through – you will need to cook it 3 or 4 times in the toaster.

Cook bacon in a small pan until lightly crispy or grill in oven on a tray.

Once kumara and bacon are cooked, place onto the lined baking tray, top with bacon and grated cheese. Grill until cheese is melted and lightly browned.

Allow to cool before placing in the kids' lunchboxes. Store in an airtight container in the fridge.

Top Tip: You can vary the toppings to suit your taste buds. Other options are sundried tomatoes, olives, capers, feta cheese, cooked meat or herbs.



MAKES: Approx 10 slices (depending on kumara sizes)
PREP TIME: 10 mins
COOK TIME: 2-5 mins

INGREDIENTS

1-2 medium sized kumara
2 slices bacon, finely chopped
½ c grated cheese

DF Omit cheese

Super Seedy Crackers

The slow cooking of this recipe results in a lovely crunchy gluten free seedy cracker, perfect for the kids' lunchboxes with cheese or hummus.

METHOD

Preheat oven to 160°C. Line a baking tray with baking paper.

Mix all the ingredients together and leave to stand for 10 minutes to thicken.

Using a spatula, pour mixture onto the tray and spread as thinly as possible.

Bake for 45-60 minutes until browned around the edges (it may curl up which is normal).

Allow to cool and then break into pieces. Store in an airtight container in the pantry.

Top Tip: These should be brown and dry as then they'll stay crisp when cool.

MAKES: Approx 30 crackers
PREP TIME: 10 mins
STAND TIME: 10 mins
COOK TIME: 45-50 mins

INGREDIENTS

½ c sunflower seeds
½ c linseeds
⅓ c sesame seeds
2½ T chia seeds
½ t salt
1 T psyllium husks
1 T olive oil
1 c water





Vietnamese Fresh Spring Rolls

Fresh spring rolls are such a gorgeous summer dish, served for lunch or dinner. They look fancy but they're actually very easy to make. You can add any form of protein; cooked chicken, pork, prawns or pan-fried tofu.

MAKES: Approx 12 large spring rolls
PREP TIME: 15 mins
ASSEMBLY TIME: 25 mins

METHOD

Place noodles in a bowl, cover with boiling water and soak for 5 minutes. Drain and rinse under cool water. Cut with kitchen scissors into smaller pieces so they are easier to manage.

Mix all the spring roll ingredients (except avocado if using) in a bowl, including noodles.

Dampen a clean tea towel and lay it on the bench.

To make spring rolls, have a dish of hot water that is big enough to take a spring roll wrapper. Slowly submerge a wrapper into the water until fully wet (don't let the wrapper go) and then place on the tea towel. Using tongs,

place some filling onto the wrapper at the end closest to you, allowing about 2cm each side to fold – lay a slice of avocado over the top (if using).

To wrap, from the end closest to you, fold the left hand side in, then the right hand side, then roll tightly to the end (because the wrapper is wet, the wrapper sticks and seals). Place on a plate, seam side down. Continue with the rest.

Combine the dipping sauce ingredients together in a bowl. Serve spring rolls with the dipping sauce on the side, sprinkled with extra fresh herbs.

Top Tip: If sending spring rolls to school in lunchboxes, lay a dampened paper towel over the top to keep them moist.

INGREDIENTS

100gm rice vermicelli noodles

Spring Rolls

- 1 c finely sliced lettuce
- 1 medium carrot, grated
- ¼-½ cucumber, finely sliced into batons
- ½ capsicum, finely sliced
- 1 T fish sauce
- 1 T pure maple syrup
- 2 lemons, juiced
- 1 large handful of chopped coriander, mint and/or basil
- 2 avocados, sliced, *optional (if using)*
- 1 packet of large square spring roll wrappers

Dipping Sauce

- 1 T fish sauce
- 1 T pure maple syrup
- 1 T lemon juice
- ¼ t chilli flakes, *optional*



GF Use gluten free roll wrappers

Zucchini, Cheese *and* Corn Muffins

It's great to have a savoury muffin recipe that you can modify by swapping out some ingredients with what you have available. Try a combination of bacon, capsicum and corn as an alternative.

METHOD

Preheat oven to 180°C. Line a 12 cup muffin tray with muffin liners or baking paper.

Sift spelt flour and baking powder into a bowl. Add zucchini, two cheeses, sweetcorn and basil. In a separate bowl, combine milk, oil, eggs, salt and pepper and whisk together. Pour

into zucchini mixture and gently fold together until just combined.

Spoon the mixture into the prepared muffin trays until they're evenly filled.

Cook for 20-25 minutes or until a skewer comes out clean. Cool on a wire rack. Store in an airtight container in the fridge or freezer.



MAKES: 12 muffins
PREP TIME: 10 mins
COOK TIME: 25 mins
Suitable to freeze

INGREDIENTS

2 c spelt flour
2 t baking powder
1 medium zucchini, grated
¼ c parmesan cheese, grated
1 c grated tasty or cheddar cheese
½ c whole kernel sweetcorn, drained
⅓ c basil, finely chopped
1 c milk
¼ c olive oil
2 eggs
½ t salt and a good grinding of pepper

GF Replace spelt flour with gluten free flour mix (on pg 9)
Use gluten free baking powder

DF Omit cheese
Use dairy free milk

Avocado *and* Banana Toast

This is a lovely afternoon snack when the kids get home from school or even a great start to the day. The sweetness of banana totally complements the creamy avocado and tang from the lemon juice.

METHOD

In a small pan, lightly toast the pumpkin seeds until brown and starting to pop. Allow to cool.

Toast the bread and spread over mashed avocado, drizzle with lemon juice, and season with salt and pepper.

Lay banana slices over the top and finish off with a sprinkling of pumpkin seeds. Serve immediately.



MAKES: 2 pieces of toast
PREP TIME: 5 mins
COOK TIME: 5 mins

INGREDIENTS

2 T pumpkin seeds
2 pieces multigrain bread
½ avocado, mashed
1 lemon, juiced
A small grind of salt and pepper
1 banana, sliced

GF Use gluten free bread

Mini Frittatas

These make great after school snacks and lunchbox additions. They can be changed to suit your family's tastes and what vegetables you have available.

METHOD

Preheat oven to 180°C. Line a 12 cup muffin tray with muffin liners or baking paper.

Crack eggs into a bowl, add milk, baking powder, baking soda and freshly ground salt and black pepper.

Whisk until well combined. Stir in all other prepared ingredients.

Spoon mixture into prepared muffin trays and top with optional extras if you wish. Bake for 15 minutes until set and golden.

Remove from oven and allow to sit in the trays before removing to a wire rack to cool, or serve warm. Keep in an airtight container for 4 days in the fridge.



MAKES: Approx 10 frittatas
PREP TIME: 15 mins
COOK TIME: 15 mins
 Suitable to freeze

INGREDIENTS

6 eggs
 1/3 c milk
 1 t baking powder
 1 t baking soda
 1/2 t salt and a good grinding of black pepper
 2 t fresh thyme leaves, finely chopped
 1/4 c capsicum, finely diced
 1/4 c onion, finely chopped
 1/4 c spinach, finely chopped
 1/4 c chopped cooked bacon, or leftover roasted or slow cooked meat, *optional*

Optional toppings:

*Finely grated edam or parmesan/
 crumbled feta/pumpkin seeds*

DF Use dairy free milk

GF Use gluten free baking powder

Afghans

Using an original afghan recipe, I've replaced white sugar with coconut sugar, white flour with spelt and wholemeal flour, cocoa powder with cacao powder and cornflakes with Weetbix – these simple changes make this family favourite a much healthier choice.

METHOD

Preheat oven to 180°C. Line a baking tray with baking paper.

Cream softened butter and sugar together until light and fluffy. Sift in spelt flour and cacao powder then add wholemeal flour. Lastly add crushed Weetbix and stir until evenly combined.

Using damp hands, roll into balls and place onto lined baking tray. Press down with a damp fork and bake for

15 minutes or until set. Allow to cool on a wire rack.

Melt the chocolate in a pot over hot water until smooth. Spoon a small amount onto each afghan and place a walnut on top. Allow to set. Store in an airtight container either in the pantry or freezer.

Top Tip: Did you know you can cream 'softened' coconut oil with sugar to give exactly the same effect as creamed butter and sugar?



SWEET DELIGHTS

MAKES: 20 biscuits
PREP TIME: 15 mins
COOK TIME: 15 mins
 Suitable to freeze

INGREDIENTS

200gm butter, softened
 1/3 c coconut sugar
 1/2 c spelt flour
 1/4 c cacao powder
 3/4 c wholemeal flour
 4 Weetbix, crushed finely

Icing

1/3 c dark chocolate drops
 (recommended sugar-free)
 Walnut pieces

DF Swap butter for coconut oil
 Use dairy free dark chocolate drops

GF Use gluten free Weetbix
 Replace spelt flour with 1/2 c quinoa flour
 Replace wholemeal flour with 3/4 c gluten free flour mix (on pg 9)

NF Omit walnuts

Coconut, Date *and* Almond Slice

With a slightly chewy texture and loaded with nuts and seeds, this slice is a perfect healthy addition to any lunchbox. You could vary the seed combination to whatever you have on hand.

METHOD

Preheat oven to 175°C. Line a 20cm x 20cm baking dish with baking paper.

In a small pot, gently warm honey, coconut oil and tahini over a low heat until melted.

Put dates in food processor and process until roughly chopped. Add coconut and seeds and blend until finely chopped. Add almond flour, spices, salt and honey mixture, then process until a textured doughy mixture forms.

Using damp hands or the back of a spoon, press the mixture into the prepared dish.

Bake for 15 minutes or until golden. Allow to cool completely in slice dish before cutting into slices.

Once cold, drizzle over melted chocolate if using and refrigerate again to set. Store in an airtight container in the pantry or freezer.

Top Tip: You could also add orange zest or vanilla essence to the mixture.



MAKES: 12-15 slices
PREP TIME: 10 mins
COOK TIME: 15 mins
Suitable to freeze

INGREDIENTS

3 T honey
3 T coconut oil
2 T tahini paste (or nut butter)
5 medjool dates, pips removed (or 10 dried dates)
½ c desiccated coconut
½ c seeds (we use equal pumpkin/sunflower/sesame)
1 c almond flour
½ t cinnamon
½ t ginger
Pinch of salt

Optional extra: A couple of spoonfuls of melted dark chocolate drops to drizzle over the top (recommended sugar-free)

- NF** Swap almond flour for ground oats
- DF** Use dairy free dark chocolate drops

Zucchini, Carrot *and* Walnut Muffins

A lovely healthier take on the popular carrot cake with a cream cheese icing – made without icing sugar. Delicious and moist, these muffins keep in an airtight container for a few days.

METHOD

Preheat oven to 180°C. Line a 12 cup muffin tray with muffin liners or baking paper.

In a large bowl, add dry ingredients and mix evenly. In a separate bowl, stir together milk, mashed bananas, pure maple syrup and vanilla essence, mix until well combined.

Pour wet ingredients into dry ingredients and fold together. Fold in grated zucchini, carrots and walnuts.

Spoon mixture into prepared muffin trays and bake for 20-25 minutes until a skewer comes out clean.

Allow to cool in muffin trays for 5 minutes before transferring onto a wire rack to cool. Ice once completely cool.

To make the icing, using a fork or food processor, blend all the ingredients until smooth. Spread a spoonful on the top of each muffin, finishing off with some grated lemon zest and walnut pieces.

Store in an airtight container in the fridge.



MAKES: 12 muffins
PREP TIME: 15 mins
COOK TIME: 25 mins
ICING: 10 mins
Suitable to freeze uniced

INGREDIENTS

1 c wholemeal flour
¾ c spelt flour
½ c ground linseed (flaxmeal)
¼ c coconut sugar
2 t baking soda
2 t baking powder
½ t salt
2 t ground cinnamon
1 t ground mixed spice
¾ c milk
2 bananas, mashed
2 T pure maple syrup
1 t vanilla essence
1 c grated zucchini
1 c grated carrot
½ c chopped walnuts

Icing (omit if DF)

125gm cream cheese, softened
1 lemon, juice and zest
½ t vanilla essence
1 T pure maple syrup
Walnut pieces

- DF** Use dairy free milk
- GF** Use gluten free baking powder
Replace spelt flour with quinoa flour
Replace wholemeal flour with gluten free flour mix (on pg 9)
- NF** Omit walnuts

Banana Oat Cookies

These are gorgeous served warm, fresh out of the oven – don't expect any to be left over though! A great quick and easy lunchbox filler or after school snack.

METHOD

Preheat oven to 180°C. Line a baking tray with baking paper.

Combine all ingredients in a bowl and stir until well mixed. Place spoonfuls onto lined baking tray, shape with your hands or the spoon and cook for 12-15 minutes until lightly golden.

Cool on a wire rack. Store in an airtight container in the fridge or freezer.

Top Tip: To make a full batch of LSA-P, combine 3 cups of ground linseed (flaxseed), 2 cups of ground sunflower seeds, 1 cup of almond flour and ½ cup of ground pumpkin seeds. Store in the fridge to stop the linseeds going rancid.



MAKES: 12-14 cookies
PREP TIME: 5 mins
COOK TIME: 15 mins
Suitable to freeze

INGREDIENTS

- 2 ripe bananas, mashed
- 1 c fine rolled oats
- 2 T chia seeds
- 2 T LSA-P (ground linseed, sunflower seeds, almonds and pumpkin seeds)
- ½ c dark chocolate drops (recommended sugar-free)

- GF** Swap rolled oats for almond flour
- NF** Omit LSA-P
- DF** Use dairy free dark chocolate drops

Nut-Free Protein Balls

If your school has a nut free policy, these are a great alternative using seeds. The addition of protein gives your kids that extra boost when they need it.

METHOD

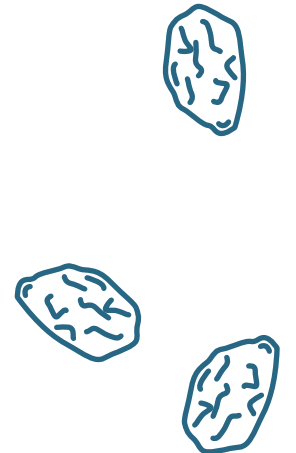
Combine all ingredients in a food processor and pulse until smooth. Form into balls using damp hands. Refrigerate, for approximately 1 hour, until firm.

Store in an airtight container in the fridge or freezer.

MAKES: 16-20 balls
PREP TIME: 10 mins
CHILL TIME: 1 hr
Suitable to freeze

INGREDIENTS

- 4 medjool dates, pips removed (or 8 dried dates), soaked in boiling water for 5 minutes, drained
- ½ c pumpkin seeds
- 1 c desiccated coconut
- 1 t vanilla essence
- 1 T pure maple syrup
- 2 T cacao powder
- ¼ c chocolate protein powder
- ⅓ c coconut oil, melted



Quinoa Chocolate Brownie

I love the fact that my kids have no idea they're eating quinoa with this brownie. These are absolutely divine warm out of the oven with a slightly gooey texture. Or allow to cool and send along in the lunchboxes for a healthy treat!

METHOD

Preheat oven to 180°C. Line a 20cm x 20cm baking dish with baking paper.

Put quinoa and 1 cup of water into a medium pot. Cover and bring to the boil, turn down to a simmer and cook for 10 minutes. Allow to cool for 5 minutes only.

Transfer quinoa to a food processor and process until it makes a smooth paste (this needs to be done while still hot). You will need to scrape down the sides a couple of times to ensure an even blend.

Add cacao powder, coconut sugar, coconut oil, milk, eggs, baking powder and vanilla essence and process until

combined and smooth, scraping down the sides as you go. Remove the blade from the food processor and stir in the dark chocolate drops and walnuts (alternatively, transfer to another bowl and add dark chocolate drops and walnuts).

Pour into prepared dish and cook for 18-20 minutes or until just firm to touch and a skewer comes out clean.

Remove and allow to stand for 5 minutes before transferring to a wire rack to cool. Store in an airtight container in the fridge or freezer.

Top Tip: As an alternative, these make a divine dessert served warm with natural yoghurt or whipped cream.

MAKES: 16 slices
PREP TIME: 10 mins + 15 mins to cook quinoa
COOK TIME: 20 mins
Suitable to freeze

INGREDIENTS

- ½ c uncooked quinoa, rinsed
- ½ c cacao powder
- ⅓ c coconut sugar
- ¼ c coconut oil, melted
- ¼ c milk
- 2 eggs
- 2 t baking powder
- 1 t vanilla essence
- ¼ c dark chocolate drops (recommended sugar-free)
- ½ c walnuts, roughly chopped



- DF** Use dairy free milk
Use dairy free dark chocolate drops
- GF** Use gluten free baking powder
- NF** Omit walnuts



Blueberry *and* Passionfruit Muffins

This is a slight variation on the Blueberry Muffins in my first cookbook, 'The 21 Day Marvelous Lunchbox Makeover'. The addition of passionfruit adds a gorgeous tang and texture to the muffins.

METHOD

Preheat oven to 200°C. Line a 12 cup muffin tray with muffin liners or baking paper.

Sift coconut flour and baking powder together into a bowl. In a separate bowl, whisk together eggs, coconut oil, honey, salt and vanilla essence.

Pour dry ingredients into wet ingredients and gently fold together.

Mix in passionfruit and blueberries and allow to sit for 5 minutes. Spoon into muffin trays and bake for 16-18 minutes.

Cool on a wire rack. Store in an airtight container in the pantry or freezer.

Top Tip: Your mixture may not be completely smooth but don't worry as it will even out during cooking.



MAKES: 6 medium muffins
PREP TIME: 15 mins
COOK TIME: 18 mins
Suitable to freeze

INGREDIENTS

¼ c coconut flour
½ t baking powder
3 eggs
3 T coconut oil (or butter), melted
3 T honey, melted
¼ t salt
½ t vanilla essence
½ c fresh passionfruit pulp
½ c blueberries (fresh or frozen)

GF Use gluten free baking powder

Spiced Apple Cake

A one pot wonder, the delicious blend of spices and tangy green apples is a perfect combination for this moist cake – it works best with green apples if they're available.

METHOD

Preheat oven to 180° C. Line a 22cm cake tin with baking paper.

In a large pot, melt butter. Add pure maple syrup, coconut sugar, egg and grated apple and stir until combined.

Sift in spelt flour, mixed spice, cinnamon, baking powder and baking soda. Add wholemeal flour and gently fold in until evenly combined.

Pour into prepared cake tin and bake for 20-25 minutes, or until a skewer comes out clean.

Remove and allow to stand for 5 minutes in the tin before turning out onto a wire rack to cool. Store in an airtight container in the pantry or freezer.

Top Tip: As an alternative, it can be made into muffins; just note the cooking time will need to be reduced.



MAKES: 10-12 slices
PREP TIME: 10 mins
COOK TIME: 25 mins
Suitable to freeze

INGREDIENTS

125gm butter
2 T pure maple syrup
⅓ c coconut sugar
1 egg, lightly beaten
2 granny smith apples, grated, including skin
1 c spelt flour
2 t ground mixed spice
1 t ground cinnamon
1 t baking powder
1 t baking soda
½ c wholemeal flour

DF Swap butter for coconut oil
GF Use gluten free baking powder
Replace spelt flour with quinoa flour
Replace wholemeal flour with almond flour
Add 1 t guar gum

No Bake Chocolate Macaroon

This delicious combination of healthy fats, a little sweetness from the honey and the long lasting goodness of rolled oats is a winning combination. Keep it in the fridge or freezer to quickly grab and fill that last spot in the kids' lunchboxes (and yours of course).

METHOD

Line a 20cm x 20cm baking dish with baking paper.

In a medium pot, melt coconut oil and honey together over a low heat.

Add cacao powder and peanut butter and stir until peanut butter has melted and mixed in. Remove from the heat.

Add rolled oats, desiccated coconut, ground flaxseed, vanilla essence

and salt and stir until well combined. Add some boiling water if the mixture is too dry.

Using damp hands or the back of a spoon, press the mixture firmly into the prepared baking dish. Refrigerate, for approximately 1 hour, until firm.

Cut up into pieces and store in an airtight container in the fridge or freezer.



MAKES: 16-20 slices
PREP TIME: 10 mins
CHILL TIME: 1 hr
Suitable to freeze

INGREDIENTS

- ¼ c honey
- ¼ c coconut oil
- ¼ c cacao powder
- ½ c crunchy peanut butter
- 1 c fine rolled oats
- 1 c desiccated coconut
- 2 T ground flaxseed
- 1 t vanilla essence
- Pinch of salt

Boiling water, *if required*

GF Swap rolled oats for almond flour

Lemon Bliss Balls

This is another great nut-free alternative for the school lunchboxes. If your kids don't like lemon, swap it out with other fruit like feijoa, orange or passionfruit, depending on what's in season.

METHOD

Place all ingredients in food processor (except extra coconut for rolling) and blend until well combined and smooth, scraping down the sides a couple of times as you go.

Using damp hands, form into small round balls and roll in the extra coconut.

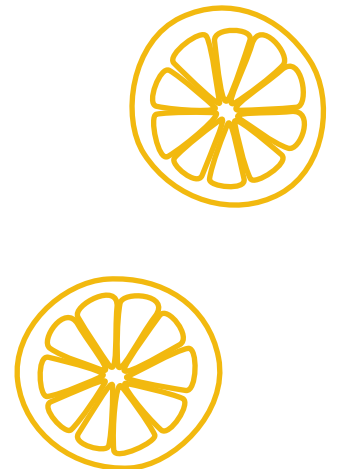
Refrigerate, for approximately 1 hour, until firm.

Store in an airtight container in the fridge or freezer.

MAKES: 16-20 balls
PREP TIME: 10 mins
CHILL TIME: 1 hr
Suitable to freeze

INGREDIENTS

- 4 medjool dates, pips removed (or 8 dried dates), soaked in boiling water for 5 minutes, drained
- ½ c sunflower seeds
- ½ c pumpkin seeds
- 1 c desiccated coconut
- 1 t vanilla essence
- Pinch of salt
- Zest of 2 medium lemons
- 1½ medium lemons, juiced
- ¼ c coconut oil, melted
- Extra coconut for rolling



Prune, Banana *and* Walnut Loaf

This is a beautiful moist loaf which is super quick to whip up. Not only is it great for lunchboxes, but also perfect toasted for breakfast with melted butter.

METHOD

Preheat oven to 180°C. Line a loaf tin with baking paper.

Combine prunes, baking soda and boiling water in a bowl – soak for 5 minutes. In a food processor, process banana and prunes (undrained) until finely chopped.

In a separate bowl, cream butter, coconut sugar and vanilla essence together until light and fluffy. Add egg and mix to combine. Sift in spelt flour, baking powder and spices. Add wholemeal flour, along with banana and prune mixture and stir until just combined. Fold in walnuts if using.

Spoon mixture into lined loaf tin and roughly smooth out the top. Bake for 25-30 minutes until a skewer comes out clean (keep an eye on it during cooking and if the top is too brown, place a small piece of tinfoil over to prevent burning).

Allow to stand in the loaf tin for 5 minutes before turning out onto a wire rack to cool. Store in an airtight container in the pantry or freezer.

Top Tip: As an alternative, it can be made into muffins; just note the cooking time will need to be reduced.

MAKES: 12 slices
PREP TIME: 15 mins
COOK TIME: 35 mins
Suitable to freeze

INGREDIENTS

1 c prunes, roughly chopped
1 t baking soda
½ c boiling water
2 medium ripe bananas
50gm butter, softened
⅓ c coconut sugar
1 t vanilla essence
1 egg, lightly beaten
1 c spelt flour
1 t baking powder
1 t ground mixed spice
1 t ground cinnamon
1 c wholemeal flour
1 c walnuts, roughly chopped

- DF** Swap butter for coconut oil
- GF** Use gluten free baking powder
Replace spelt flour with quinoa flour
Replace wholemeal flour with almond flour
Add 1 t guar gum
- NF** Omit walnuts



Avocado Chocolate Smoothie

I sometimes have these ready for the kids when they get home from school as they're such a good boost for the afternoon.

METHOD

Blend all ingredients in a blender or food processor until smooth. Garnish with grated chocolate over the top.

Serve immediately or they can be chilled in the fridge for a short time.



MAKES: 2-3 smoothies
PREP TIME: 5 mins

INGREDIENTS

½ c milk
½ c unsweetened natural yoghurt
1 avocado
2 T cacao powder
1-2 T honey, melted (depending on sweetness required)
¼ c rolled oats

Garnish

1-2 pieces dark chocolate, grated

- DF** Use dairy free milk
- GF** Swap rolled oats for almond flour

Peanut Brownies

A family favourite with a healthier spin – this is a perfect recipe to double because they don't last long in the baking tins! They store really well in an airtight container, and are also divine straight out of the freezer (watch your teeth though)!

METHOD

Preheat oven to 180°C. Line a baking tray with baking paper.

Cream butter and sugar until light and fluffy. Add egg and mix well.

Sift in spelt flour, cacao powder and baking powder. Add wholemeal flour and salt. Add peanuts and mix well.

Using your damp hands, roll tablespoons of mixture into balls – place on the prepared tray and flatten with a damp fork.

Bake for 15 minutes or until firm to touch.

Store in an airtight container in the pantry or freezer.

MAKES: 20 brownies
PREP TIME: 15 mins
COOK TIME: 15 mins
Suitable to freeze

INGREDIENTS

125gm butter, softened
½ c coconut sugar
1 egg
1 c spelt flour
2 T cacao powder
1 t baking powder
½ c wholemeal flour
Pinch of salt
1 c raw peanuts



- DF** Swap butter for coconut oil
- GF** Use gluten free baking powder
Replace spelt flour with quinoa flour
Replace wholemeal flour with gluten free flour mix (on pg 9)
- NF** Swap peanuts for sunflower seeds



Banana Muffins *with Variations*

These muffins are moist, fluffy and scrumptious! Topped with either berries, chocolate, nuts, banana slices or left plain – a great way to please everyone and to include some variety in lunchboxes.

MAKES: 12–15 medium muffins
PREP TIME: 10 mins
COOK TIME: 20 mins
Suitable to freeze

METHOD

Preheat oven to 180°C. Line a 12 cup muffin tray with muffin liners or baking paper.

Combine milk and lemon juice or apple cider vinegar in a small bowl and leave to sit while preparing the other ingredients.

Combine dry ingredients in a large bowl.

Into milk mixture, add mashed bananas, eggs, vanilla essence, oil and honey (or pure maple syrup) and stir well.

Combine wet and dry ingredients together and gently mix until just combined. Spoon or pour mixture into lined muffin tins.

Top with your choice of a few berries, nuts, dark chocolate drops or banana slices.

Bake for 18-20 minutes or until a skewer comes out clean. Cool on a wire rack. Store in an airtight container in the pantry or freezer.

Top Tip: These can be made into mini muffins but will need less cooking time. Perfect to double the mixture and freeze some in an airtight container.

INGREDIENTS

- ½ c milk
- 1 T lemon juice or 1 t apple cider vinegar
- 2 very ripe large bananas, mashed
- 2 eggs
- 1 t vanilla essence
- ¼ c olive oil or coconut oil, melted
- 2 T slightly melted honey or pure maple syrup
- ¾ c wholemeal flour
- ¾ c spelt flour
- 1 t baking powder
- 1 t baking soda
- 2 t ground cinnamon
- Pinch of salt

Optional toppings: Berries (fresh or frozen)/dark chocolate drops (recommended sugar-free)/walnuts/pecans/fresh banana slices

DF Use dairy free milk
Use dairy free dark chocolate drops

GF Use gluten free baking powder
Replace wholemeal flour with buckwheat flour
Replace spelt flour with almond meal
Add ¼ c tapioca flour or arrowroot

Oaty Chocolate Chunk Biscuits

Combining oats, coconut, dark chocolate, and optional apricots – these nutritious and delicious biscuits are great for lunchboxes or an after school snack.

METHOD

Preheat oven to 170°C. Line a baking tray with baking paper.

Place dry ingredients in food processor and process for about 10-15 seconds. Add wet ingredients and process again to combine. Stir in chocolate and/or apricots (if using).

Using damp hands, roll mixture into small balls and place on baking tray. Press down gently with a damp fork. Bake for 15 minutes or until golden. Cool on a wire rack.

Note: If making biscuits with Gluten Free flour mix and the mixture is too sticky to roll into balls with your hands, just place spoonfuls on the tray and shape with the back of the spoon or your hands.

Store in an airtight container in the pantry or freezer.

Top Tip: Put coconut oil and honey in a small dish in oven to melt as oven warms up – don't leave too long though.



MAKES: 12 biscuits
PREP TIME: 10 mins
COOK TIME: 15 mins
Suitable to freeze

INGREDIENTS

1 c fine rolled oats
½ c desiccated coconut
1 t baking powder
Pinch of salt
2 T coconut oil, melted
2 T honey, melted or pure maple syrup
1 egg
¼ c dark chocolate drops (recommended sugar-free) and/or dried apricots, chopped into small chunks

Alternative Gluten Free Flour Mix

¼ c buckwheat flour
½ c almond flour
¼ c tapioca flour or arrowroot

GF Replace rolled oats with Gluten Free flour mix above
DF Use dairy free dark chocolate drops

Lemon Coconut Bread

If you're new to coconut flour, this is a great recipe to start with – it's very easy and has quite a firm texture, but is delightfully light at the same time. A toasted slice with melted butter or coconut oil is a great option for breakfast too!

METHOD

Preheat oven to 170°C. Line a loaf tin with baking paper.

Place eggs, bananas, honey, coconut oil, lemon zest and vanilla essence in a bowl and mix until combined.

Add dry ingredients and stir to evenly combine (it is quite a wet mixture but coconut flour is very absorbent so it will thicken). Pour into loaf tin and allow to sit for 5 minutes until it swells.

Bake for 45-50 minutes or until a skewer comes out clean. You may need to

cover with tinfoil after about 30 minutes of cooking time if the top is turning too brown.

Allow to stand in loaf tin for 5 minutes before transferring to a wire rack to cool completely before slicing. Store in an airtight container in the pantry or freezer.

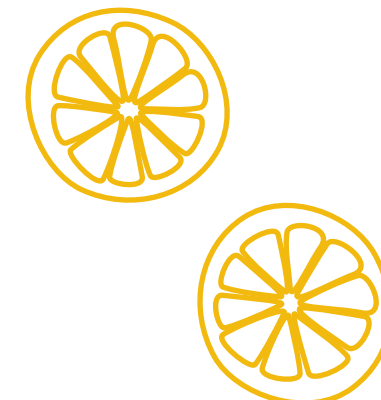
Top Tip: Coconut flour is one of the only flours that can't be swapped out one for one with other flours due to its dense texture and the fact it requires a lot of liquid.



MAKES: 12 slices
PREP TIME: 10 mins
COOK TIME: 50 mins
Suitable to freeze

INGREDIENTS

4 eggs
4 ripe bananas, mashed
2 T honey, melted
100mls coconut oil, melted
Zest of 1 lemon
1 t vanilla essence
½ c coconut flour
½ c almond flour
2 t baking powder
¼ t salt





DELICIOUS DINNERS

including

Sauces & Dressings

Delicious Dinners

When you have simple healthy dinners in your repertoire, it's easy to be a great cook!

In this section, I've included some of our family favourites and some recipes from the Wicked Wellbeing Kitchen Club. There are several vegetarian and fish options, along with some chicken, pork and beef dishes.

All the recipes include lots of vegetables – feel free to swap some out for what you have in the fridge or garden.

The meals are designed to cater for 2 adults and 3 kids, under the age of 12 years. In some instances, you may have leftovers – perfect for lunch the next day or bulked up and served for dinner another night (I have also indicated which recipes are suitable to freeze).

Involving your kids in the meal preparation often is a winner for getting them to eat more of what is put in front of them – however, time doesn't always allow for this with after school activities and arriving home late. So, just sitting down as a family, talking about your day while having your evening meal will encourage them to try new foods and eat in a relaxed, supportive environment.

I trust some of these recipes will become your family favourites like they're regulars in our house!



Black Bean Quesadillas *with* Mango Salsa

This is a great introduction to black beans if you're not familiar with them. A good source of protein, this dish is really quick to make and your family won't even realise it's vegetarian. Choose a smaller wrap rather than a larger one as they're easier to flip.

SERVES: 5
PREP TIME: 15 mins
COOK TIME: 15 mins
Bean mixture suitable to freeze

METHOD

Preheat oven to 150°C.

Heat oil in a large pot over a medium heat, add onion, garlic and celery and cook for 4-5 minutes until soft. Add drained black beans and cook for a further few minutes, stirring frequently.

Add the spices, tomato paste, vinegar, water, salt and pepper and stir until thickened. Using a stick blender or food processor, pulse mixture until nearly smooth, but still leaving some texture.

Add grated carrot and spinach and heat through. Add more water if required but retain quite a thick mixture.

While mixture is cooking, combine all the salsa ingredients together in a bowl and set aside.

To prepare the quesadillas, spread a spoonful of bean mixture over one wrap and top with some grated cheese. Place another wrap on the top.

Heat a fry pan over a low to medium heat. Place the wrap (cheese side down) into the pan and cook for 2-3 minutes until the bottom has browned. Using a fish slice, carefully flip over and cook for another 2 minutes. Remove and place in the oven while cooking the others.

Serve warm wraps, cut into slices, with mango salsa on top.

Top Tip: You can keep the cooked quesadillas warm in a low temperature oven while the others are cooking. Double the bean mixture and serve it in tacos with salad the following night or put it in the freezer.

INGREDIENTS

- 1 T olive oil
- 1 large red onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 large stalk celery, finely chopped
- 400gm can of black beans, drained and rinsed
- 1 T smoked paprika
- 1 t ground cumin powder
- 2 T tomato paste
- 1 T apple cider vinegar
- ½ c water
- ½ t salt and a good grinding of black pepper
- 1 large carrot, finely grated
- A large handful of spinach, finely chopped
- A large handful of chopped basil
- 8-10 small wholemeal wraps
- Approximately 2 c grated cheese

Mango Salsa

- 1 mango, peeled, cut into small chunks (or 2 tomatoes, finely chopped)
- 1 avocado, cut into small chunks
- ¼ c fresh coriander, finely chopped
- ½ capsicum, finely chopped
- 1 lime or lemon, juice and zest
- 1 fresh chilli, finely chopped or ½ t chilli flakes, optional

GF Use gluten free wraps

DF Omit grated cheese



Quick Risotto *with* Vegetables

This 'cheats' version of healthy vegetable packed risotto is quicker to make than a traditional recipe but tastes just as good! You can change up the vegetables to suit your family, make it vegetarian or serve it with bacon or smoked salmon.

METHOD

Heat the stock in a pot so it is hot when you are ready to add it to your rice.

Heat 1 T oil or butter in a large high sided pot over a medium heat and cook onion and garlic (and bacon if using) for about 2 minutes.

Stir in the rice and cook a further 2 minutes (add a dash more oil if needed). Stir in approximately 2 cups of hot stock and continue stirring until most of the liquid has been absorbed.

Add remaining stock, allow it to come to a boil then reduce heat to simmer and cook for about 20 minutes, stirring

occasionally until most of the liquid has been absorbed and the rice is cooked (add hot water if you need more cooking liquid).

When the rice is nearly finished cooking, stir in beans, zucchini, peas and basil and cook for a final 2 minutes. Season to taste with salt and pepper. Just before serving, stir through 1 T oil or butter.

Serve risotto with parmesan and fresh herbs on top if you wish.

Top Tip: It can be prepped and/or cooked ahead, refrigerated and reheated to serve. Make extra risotto to refrigerate for another meal, or to make into risotto cakes.



SERVES: 5-6

PREP TIME: 15 mins

COOK TIME: 30 mins

INGREDIENTS

1½ litre chicken or vegetable stock
2 T olive oil or butter
1 onion, finely diced
2 garlic cloves, finely chopped
5 slices bacon, finely sliced, *optional*
1½ c arborio rice

10 green beans, ends trimmed off, cut into batons
1 zucchini, grated
2 c peas, frozen or fresh (or broad beans)
½ t salt and a good grinding of black pepper
½ c fresh basil, finely chopped

Optional extras to serve:

½ c parmesan or edam cheese, finely grated
Fresh mint or basil, finely chopped

DF Omit grated cheese

Beef *and* Quinoa Grill *with* Apple Slaw

This meal is perfect for including loads of vegetables, and the addition of quinoa gives it a higher protein and fibre count. It's a great dish to prepare ahead of time.

METHOD

Grease a large baking dish with butter or oil. Place rinsed quinoa in a pot with ½ cup of water, cover and bring to the boil, turn down and simmer for 10 minutes. Set aside.

Prepare slaw and place in the fridge until required.

Heat oil in a fry pan or large pot over a medium heat. Add onion, garlic, celery and carrot and cook for 3-4 minutes. Add mince and brown on all sides.

Preheat oven to a high grill.

Add lentils and tomato puree to mince mixture and cook for 5-6 minutes until mince is cooked through.

Add cooked quinoa, tomato paste, oregano, parsley and salt and pepper. Cook until heated through.

Transfer mixture into prepared baking dish, top with grated cheese and sprinkle with polenta. Place under grill and cook until the cheese is melted and lightly browned, keeping an eye on it so it doesn't burn.

Serve with the apple slaw on the side, drizzled with lemon juice or balsamic vinegar as the dressing.

Top Tip: If you choose to make ahead of time and reheat, bake it in the oven instead of grilling to reheat the whole dish – omit the grilling stage during preparation.



SERVES: 5-6

PREP TIME: 20 mins

GRILL TIME: 5 mins

Suitable to freeze

INGREDIENTS

¼ c quinoa, rinsed
1 T olive oil
1 onion, finely chopped
2 cloves garlic, finely chopped
2 stalks celery, finely chopped
1 large carrot, cut into small cubes
500gm premium beef mince
400gm can brown lentils, drained and rinsed
400gm can tomato puree
2 T tomato paste
2 t fresh oregano (or 1 t dried)
A large bunch parsley, finely chopped
½ t salt and a good grinding of black pepper
1 c cheese, grated
¼ c fine polenta

Apple Slaw

1 c red cabbage, finely sliced
1 c white cabbage, finely sliced
1 medium carrot, grated
1 green apple, grated
1 stalk celery, finely sliced

A drizzle of lemon juice or balsamic vinegar

DF Omit grated cheese

Chickpea Burgers *with* Roasted Cauliflower

These chickpea patties are beautifully light and can be whipped up in a flash using the food processor. You can easily leave out the burger buns and just serve the patties and salad with minted yoghurt dipping sauce if desired (see Sauces & Dressings on page 60).

SERVES: 5-6
PREP TIME: 15 mins
COOK TIME: 30 mins
Patties suitable to freeze, cooked or uncooked

METHOD

Preheat oven to 200°C fanbake.

Place cauliflower in a baking dish, drizzle with oil and season with salt and pepper. Cook for 15-20 minutes until lightly browned, tossing half way through. Once cooked, remove and turn oven onto high grill.

Cut buns in half, lay the sliced cheese on the top side and place on a baking tray. Prepare the burger filling ingredients. Set aside.

Soak beans or peas in boiling water for 5 minutes, drain. Place all patty ingredients in a food processor (except oil) and process until combined (this is quite a soft mixture but it firms up while cooking).

Heat oil in a fry pan over a medium heat. Using damp hands, form mixture

into patties, sized to suit your buns.

Cook on either side for 2-3 minutes until browned.

While patties are cooking, place buns under the grill until cheese has melted, keeping an eye on them so they don't burn.

Place all ingredients on the table so everyone can make their own.

Serve with the roasted cauliflower on the side, sprinkled with slivered almonds and currants.

Top Tip: I recommend using dried chickpeas. Soak in plenty of water in a pot over night. In the morning, refresh with clean water, cover and bring to the boil. Turn down to simmer and cook for 1 hour. Drain, rinse and cool slightly before using. Any leftover chickpeas can be frozen.

INGREDIENTS

Roasted Cauliflower

- 1 medium cauliflower, cut into small florets
- 1 T olive oil
- ½ t salt and a good grinding of black pepper
- 3 T slivered almonds
- 3 T currants

Chickpea Patties

- 1½ c cooked chickpeas (approximately ¾ c dried, see *Top Tip*)
- 1½ c edamame beans or peas, frozen
- ½ c parsley or basil
- 2 t ground cumin powder
- 1 t ground coriander powder
- ½ medium red onion, roughly chopped
- 2 cloves garlic, roughly chopped
- ½ c chickpea flour
- 1 large lemon, juice and zest
- ½ t salt and a good grinding of black pepper
- 2 T olive oil

Burger Fillings

- ½ cucumber, finely sliced
- 1-2 avocados, sliced
- 1-2 tomatoes, sliced
- Lettuce leaves
- 5 wholemeal buns
- 10 slices of cheese
- Homemade tomato sauce (see Sauces and Dressings, pg 60)

GF Use gluten free buns

DF Omit cheese slices



Honey Soy Sesame Chicken *with* Rainbow Slaw

Flavourful Asian-inspired marinated chicken tenderloins served with a colourful coleslaw and healthy yoghurt, honey and mustard dressing. If time allows, marinate the chicken for ½ an hour or longer.

METHOD

Combine marinade ingredients in a bowl or zip lock bag, add chicken and coat. Ideally leave for ½ an hour before cooking.

Place brown rice into a pot with water and a pinch of salt. Cover and bring to boil, turn down to simmer gently for approximately 25 minutes until most of the liquid has been absorbed. Set aside with lid on.

Meanwhile, combine yoghurt dressing ingredients in a jar or small bowl.

Combine rainbow slaw ingredients in a large bowl. Toss salad with dressing just before serving. If serving pita breads, cut and set aside.

Heat a fry pan over medium heat, add ½ T olive oil and cook chicken for about 2-3 minutes each side until golden and cooked through.

Serve chicken alongside dressed slaw with a small bowl of rice or pita bread. Season with freshly ground salt and pepper.

Top Tip: The rainbow slaw and dressing can be made ahead and refrigerated. Keep the dressing in a sealed glass jar (or airtight container) in the fridge.

SERVES: 5

PREP TIME: 15 mins

MARINATE TIME: 30 mins

COOK TIME: 25 mins

INGREDIENTS

1½ c brown rice, rinsed
(or wholemeal pita bread)
3 c water

Marinade

1 T olive oil (plus extra for the pan)
1 T honey, melted
1 T soy sauce
1 clove garlic, finely chopped
1 lemon or lime, juice and zest
1 T sesame seeds
500gm chicken tenderloins

Yoghurt Dressing

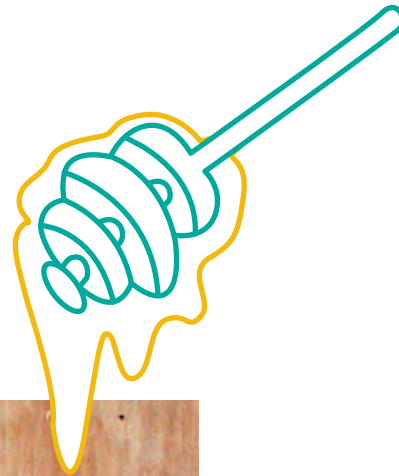
1 c natural unsweetened yoghurt
1 T lemon juice or apple cider vinegar
1 t dijon mustard
1 t honey, melted
¼ t salt and a good grinding of black pepper

Rainbow Slaw

¼ red cabbage, finely sliced
1-2 spring onions, finely sliced
2 medium carrots, peeled and grated
Handful of fresh mint and/or coriander, finely sliced (plus extra to serve)

GF Use gluten free soy sauce

DF Use coconut yoghurt



Corn and Carrot Fritters with Crispy Bacon and Salad

This combo of vegetables with bacon and avocado is delicious. You can adapt the fritters or salad to suit your family's tastes. Cook extra small ones for the kids lunchboxes the next day.

METHOD

In a large bowl, whisk eggs, baking powder, paprika, salt and pepper. Stir in onion, carrot, corn and chickpea flour, mix well to combine. Allow mixture to sit for a few minutes.

Meanwhile, heat oil in a large fry pan over a medium heat. Add bacon and cook about 2 minutes each side until it begins to crisp. Remove and set aside.

Add a little more oil to the pan if required. Reduce heat to just below medium so fritters can cook right through. Put large spoonfuls of fritter mixture into the warm pan and shape them with the back of the spoon.

Cook for approximately 3-5 minutes until golden before gently turning and cooking the other side for an additional 2-3 minutes. Remove the first batch of fritters and set aside while you cook the next batch. You can keep the cooked fritters and bacon warm in a low temperature oven if you wish.

Serve the fritters, bacon and avocado on top of the lettuce leaves with extra diced red onion and fresh herbs if using. Season with freshly ground salt and pepper.

Top Tip: We use the same pan to cook the bacon and fritters as it saves on dishes. You can use two pans if preferred.



SERVES: 5-6
PREP TIME: 15 mins
COOK TIME: 15 mins
Suitable to freeze

INGREDIENTS

3 eggs
1 t baking powder
2 t sweet paprika
½ t salt and a good grinding of black pepper
1 small red onion, diced (save a little bit for serving)
3 medium carrots, washed and grated
410gm can of corn kernels, drained and rinsed
¾ c chickpea flour (or regular flour)
1 t olive oil (plus extra if needed)
8-10 slices of good quality bacon
Lettuce leaves to serve
1 avocado, sliced

Optional extras to serve:

Fresh herbs such as coriander, mint or parsley

GF Use gluten free baking powder

Thai Poached Fish with Rice and Vegetables

This Thai-style dish combines lots of fresh flavours with creamy coconut. Poaching the fish keeps it beautifully moist – or you could use chicken if you prefer.

METHOD

Put brown rice into a pot with water and a pinch of salt. Cover and bring to the boil, turn down to simmer for about 25 minutes until most of the liquid has been absorbed. Stir through peas, set aside with the lid on.

Put coconut milk, lime or lemon juice and zest, ginger and fish sauce or salt in a large pot or deep pan over medium-high heat, cover and bring just to the boil then reduce heat to simmer. Place fish fillets in the coconut milk, cover and poach for

about 5 minutes until just cooked through. Set aside.

Serve a portion of rice in each bowl, top with fish and poaching sauce, sliced capsicum, fresh herbs and season with freshly ground salt and black pepper. Add chopped peanuts, spring onion, a lemon wedge and fresh chilli if you wish.

Top Tip: The fish, rice and peas can be prepared and/or cooked ahead, covered, refrigerated and reheated to serve.



SERVES: 5
PREP TIME: 15 mins
COOK TIME: 25 mins

INGREDIENTS

1½ c brown rice, rinsed
3 c water
1½ c peas, frozen or fresh
400ml can coconut milk
1 lime or lemon, juice and zest
2-3 t ginger, finely grated
1 T fish sauce or ½ t salt
500gm white flesh fish fillets – cut into 10 even pieces
1 red capsicum, finely sliced
Fresh herbs (coriander and/or mint)
½ t salt and a good grinding of black pepper

Optional extras to serve:

Chopped peanuts, spring onion, lemon wedges

Pork and Apple Patties with Wedges and Coleslaw

These patties are delightfully moist with a slightly sweet flavour from the apple. Perfect to serve with any vegetables that you have or on rice with a satay sauce another night (see Sauces & Dressings on page 60 for Satay Sauce).

METHOD

Preheat oven to 200°C fanbake.

Place potatoes and kumara in a large baking dish, sprinkle with flour and shake until evenly coated. Add a drizzle of oil, season with salt and pepper and stir again to evenly distribute. Bake in the oven for 25 minutes, until golden and crunchy, tossing half way through.

In a large bowl, combine the pork patty ingredients (except the oil)

and mix evenly. Heat the oil in a fry pan over a medium heat. Form the mixture into patties and cook for 4-5 minutes each side until browned and cooked through.

While patties are cooking, combine all the salad ingredients in a bowl.

Serve patties with the wedges and salad on the side, topped with a mayonnaise of your choice (see Sauces & Dressings on page 60).

SERVES: 5

PREP TIME: 20 mins

COOK TIME: 30 mins

Patty mixture suitable to freeze, uncooked

INGREDIENTS

Wedges

- 3 medium potatoes, scrubbed and cut into wedges
- 2 medium kumara, scrubbed and cut into wedges
- 3 T flour
- Drizzle of olive oil
- ½ t salt and a good grinding of black pepper

Pork Patties

- 500gm premium pork mince
- 1 granny smith apple, grated, skin included
- 1 egg
- ¼ c parsley or basil, finely chopped
- 2 spring onions, finely chopped
- 2 cloves garlic, finely chopped
- 2 T soy sauce
- ½ t salt and a good grinding of black pepper
- 2 T olive oil

Coleslaw

- 1 c red cabbage, finely sliced
- 1 c white cabbage, finely sliced
- 1 medium carrot, grated
- ½ c cheese, grated
- ¼ c sunflower seeds, toasted
- ¼ c pumpkin seeds, toasted
- Homemade mayonnaise (see Sauces & Dressings, pg 60)

GF Swap flour for rice flour
Use gluten free soy sauce

DF Omit grated cheese





Homemade Mince *and* Cheese Pies

Mince and cheese pies are a family favourite of ours. We use oversized muffin trays to cook the pies in, alternatively you could use ramekin dishes or make one large pie.

SERVES: 5-6
PREP TIME: 30 mins
COOK TIME: 25 mins
Suitable to freeze

METHOD

Preheat oven to 180°C. Grease or line oversized muffin tins with baking paper. Alternatively, grease chosen dish.

Heat oil in a fry pan over a medium heat. Add onion and garlic and cook for a few minutes until soft. Add celery and carrot and cook a further 2-3 minutes.

Add mince and brown on all sides, then add cumin, worcestershire sauce, tomato paste and lentils and cook for a further 2-3 minutes until mince is cooked through. Add peas and season with salt and pepper.

Cut pastry up into squares or circles (two for each pie) and press one piece of pastry into the base of the muffin tray to line bottom and sides. Three quarters fill with the mixture.

Place a handful of grated cheese on top and finish off with the second piece of pastry, sealing around edges with a fork. Cut off any excess pastry. Continue with the rest of the pies.

Pierce small steam holes in the top of pies with a knife and brush with egg yolk. Cook for 20-25 minutes until golden brown.

5 minutes before serving, place the broccoli in a pot with a small amount of water, cover and bring to the boil, then simmer for 2-3 minutes. Drain.

Once pies are cooked, loosen around edges with a knife and serve with the broccoli on the side.

Top Tip: Put any leftovers in the freezer or send along in the lunchboxes the following day.

INGREDIENTS

1 T olive oil
1 large onion, finely chopped
2 garlic cloves, finely chopped
2 stalks celery, finely chopped
1 large carrot, finely chopped
400gm premium beef mince
2 t ground cumin powder
2 T worcestershire sauce
2 T tomato paste
400gm can brown lentils, drained and rinsed
1½ c peas, frozen or fresh
½ t salt and a good grinding of black pepper
1½ c cheese, grated
3-4 sheets puff pastry
1 egg yolk, whisked
1 small head broccoli, cut into florets



DF Omit grated cheese

GF Use gluten free puff pastry

Kumara Fish Cakes *with* Green Beans *and* Tomato Salsa

These tasty fish cakes are easy to make with canned tuna or salmon, or white flesh fish fillets. Ideally the mash should be cooked and allowed to cool – even 10 minutes in the fridge will help (this makes the mixture slightly firmer and easier to work with, but is not essential).

METHOD

Put kumara in a large pot of water, cover and bring to the boil. Turn down to medium heat and cook for 15-20 minutes until soft. Drain kumara and mash. If you have time, put in the fridge for 10 minutes to cool.

Meanwhile, combine salsa ingredients and set aside.

In a large bowl, combine egg, tuna or salmon, spring onion, lemon juice and zest, salt and pepper, and cheese. Add mashed kumara and mix to evenly combine. Using a ¼ cup measure, form mixture into even sized cakes.

Heat oil in a fry pan over a medium heat. Add fish cakes to the pan and cook for about 4 minutes each side until golden. There should be at least 15 fish cakes made from the mixture.

While fish cakes are cooking, place beans in a pot with a small amount of water, cover and bring to the boil then simmer for 2-3 minutes until tender. Drain the water.

Serve fish cakes alongside green beans and tomato salsa (in small ramekins if you like). Sprinkle over extra fresh herbs, and season with freshly ground salt and pepper.



SERVES: 5-6
PREP TIME: 15 mins
COOK TIME: 30 mins
Suitable to freeze

INGREDIENTS

4 medium kumara, peeled,
cut in chunks
250gm green beans, trimmed

1 egg
1 x 210g can of tuna or salmon,
well drained
2 stems of spring onions,
finely chopped
1 lemon, juice and zest
½ t salt and a good grinding
of black pepper
½ c grated cheese or
crumbled feta

1-2 T olive oil

Salsa

2 tomatoes, diced (or capsicum/
cucumber/corn kernels)
1 stem of spring onion,
finely sliced
Handful of fresh herbs such
as chives, parsley or basil,
finely chopped
Pinch of chilli powder or fresh
chilli, *optional*

DF Omit cheese

Chicken *and* Vegetable Pie *with* Kumara Top

A lovely warming pie that the whole family will enjoy. A great dish to prepare ahead, put into a casserole dish, or individual ramekins then reheat or bake in the oven when ready to serve.

METHOD

Preheat oven to 180°C.

Put potatoes and kumara in a large pot of water, cover and bring to the boil. Turn down to medium heat and cook for 15-20 minutes until soft.

Meanwhile, heat oil in a large fry pan over a medium heat, add chicken and season with salt and pepper. Cook for about 4 minutes, stirring a few times until browned. Set aside.

Put 1 T butter in the pan, add garlic, leek or onion, mushrooms and herbs. Cook for about 4 minutes, stirring until soft. Put chicken back into the pan and stir in stock, mustard and peas, and cook until heated through.

Combine milk and cornflour in a small bowl before adding it to the pan and stirring through. Cook for about 5 minutes until thickened and hot.

Drain potatoes and kumara. Mash with butter, milk and a pinch of salt. Pour filling into a pie dish, top with mash and cook in oven for 15-20 minutes, until heated through.

5 minutes before serving, place the broccoli in a pot with a small amount of water, cover and bring to the boil, then simmer for 2-3 minutes. Drain. Serve pie straight out of the oven with the steamed broccoli on the side.

Top Tip: You can make this ahead of time and then just reheat when required.



SERVES: 5-6
PREP TIME: 25 mins
COOK TIME: 45 mins
Suitable to freeze

INGREDIENTS

2 medium kumara, peeled,
cut into large chunks
2 medium potatoes, peeled,
cut into large chunks
2 T butter
¼ c milk
½ T olive oil
500gm chicken thighs, cut into
bite-size pieces
½ t salt and a good grinding of
black pepper
1 T butter
2 cloves garlic, finely chopped
1 leek, trimmed and finely sliced
400gm button mushrooms, wiped clean
with a paper towel, cut into bite-size
pieces (including stalks)
2 T fresh thyme leaves and/or rosemary
and/or oregano, finely chopped
(or 2 t dried herbs)
1½ c chicken stock
1 T dijon mustard
2 c peas, frozen or fresh
½ c milk
2 T cornflour
1 small head broccoli, cut into
small florets

DF Swap butter for olive oil
Use dairy free milk

Vegetable Frittata *with Salad*

Loads of veggies feature in this quick and easy frittata which can be eaten warm or cold – for brunch, lunch or dinner! Change the vegetables and herbs to make a different version, or use up leftover roasted vegetables or meat.

METHOD

Preheat oven to grill on high.

Crack eggs into a bowl, add milk and season with salt and freshly ground black pepper. Whisk until well combined and set aside.

Heat oil or butter in a large fry pan over a medium heat. Add the garlic, zucchinis, snow peas and salt and pepper and cook for 2-3 minutes, stirring occasionally. Add the spring onion and green peas, stir to combine and warm through.

Slowly pour whisked eggs evenly into pan. Crumble feta cheese over the top if using. Cook frittata just below medium heat for about 10 minutes until starting to set.

Transfer the pan into the oven, shelf position just above half way but not at the very top, and grill for about 3 minutes until golden and cooked. Keep an eye on it to be sure it doesn't burn.

Meanwhile, place lettuce leaves, tomatoes, and extra snow peas on each plate, and drizzle with olive oil.

Serve slices of frittata with fresh herbs scattered over and season with more freshly ground salt and pepper if desired.

Top Tip: You can prep ahead any of this meal, cook the frittata and refrigerate then reheat to serve if you wish, or it can be eaten cold.

SERVES: 5-6

PREP TIME: 10 mins

COOK TIME: 20 mins

Frittata suitable to freeze

INGREDIENTS

10 medium eggs

¼ c milk

½ t salt and a good grinding of black pepper

1 T olive oil or butter

1 clove garlic, finely chopped

2 medium zucchinis, cut into batons

100gm snow peas, cut in half lengthwise (save a few for the side salad too)

½ t salt and a good grinding of black pepper

2 or 3 stems of spring onion, finely sliced on the diagonal

2 c peas, frozen or fresh
80gm feta cheese, crumbled, optional

12 cherry tomatoes, halved

Lettuce leaves to serve

Optional extras to serve:

Fresh herbs such as mint/
coriander/chives/parsley

DF Use dairy free milk
Omit feta cheese



SAUCES & DRESSINGS

Store bought mayonnaise is often full of sugar and can use a lot of oil so a homemade version is always a healthier choice – and you know exactly what has gone into it. A few of the dinners in this book use these recipes so I'd recommend making some and have them ready in the fridge. I have indicated on the individual recipes how long each one of them will keep for.

Homemade Tomato Sauce



Most commercial tomato sauces are high in sugar, this homemade version only takes five minutes to make and you won't mind how much your kids pour on their dinner!

MAKES: Approx 1 cup
PREP TIME: 5 mins

INGREDIENTS

¾ c tomato paste
2 T pure maple syrup
2 T apple cider vinegar
¾ t salt
¼ t allspice
½ c water

METHOD

Add all ingredients to a bowl and whisk until evenly combined. Add more water until desired consistency is reached.

Top Tip: It should keep in the fridge for 1-2 weeks, ideally sealed in a glass jar (or an airtight container).

Satay Sauce



A divine tangy, nutty sauce that goes well with chicken, pork, tofu or seafood. Store leftovers in the fridge or freezer.

MAKES: Approx ½ cup
PREP TIME: 5 mins
COOK TIME: 5 mins
Suitable to freeze

INGREDIENTS

2 cloves garlic, finely chopped
2 t ginger, finely chopped or grated
4 T crunchy peanut butter
2 T soy sauce
2 T pure maple syrup
Juice of 1 lime or lemon
½ c water

METHOD

Place all ingredients into a small pot. Over a medium heat, gently stir and warm sauce until well combined and peanut butter has melted, adding more water if needed until desired consistency is reached.

Top Tip: It should keep in the fridge for 5 days, ideally sealed in a glass jar (or an airtight container).

GF Use gluten free soy sauce

Minted Yoghurt Dressing



The combination of creamy natural yoghurt with fresh cucumber and mint make this a versatile dipping sauce to complement many dishes.

MAKES: Approx 1½ cups
PREP TIME: 5 mins

INGREDIENTS

1 c natural unsweetened yoghurt
½ c cucumber, finely diced or grated
¼ c fresh mint, finely chopped
1 t ground cumin powder
1 clove garlic, finely chopped
Juice of 1 lemon
¼ t salt and a good grinding of black pepper

METHOD

Combine all ingredients in a jar or small bowl.

Top Tip: It should keep in the fridge for 5 days, ideally sealed in a glass jar (or an airtight container).

DF Use coconut yoghurt

Creamy Avocado, Yoghurt and Lemon Dressing



A light and creamy dressing packed with natural flavour, perfect to complement any dish. Drizzle over salad, vegetables, chicken or fish, or use as a dip with raw vegetable sticks.

MAKES: Approx 1½ cups
PREP TIME: 5 mins

INGREDIENTS

1 avocado
½ natural unsweetened yoghurt
Juice of 1 lemon or lime
1 clove garlic
Handful of fresh herbs (parsley/basil/coriander)
¼ t salt and a good grinding of black pepper

METHOD

Put all ingredients into food processor or blender and process until combined and creamy. For a thinner consistency add olive oil, 1 tablespoon at a time, until desired thickness is reached.

Top Tip: It should keep in the fridge for a few days, ideally sealed in a glass jar (or an airtight container).

DF Use coconut yoghurt

Tofu Mayonnaise



This mayo is a healthy alternative to aioli and so easy to make. Don't be put off by the tofu, just give it a go – your family won't even know it's in there!

MAKES: Approx 1½ cups
PREP TIME: 5 mins

INGREDIENTS

300gm block soft tofu
3 T lemon juice
1½ t dijon mustard
½ t salt
2 cloves garlic
1 T pure maple syrup
1 t curry powder, *optional*

METHOD

Put all ingredients into a food processor or blender and blend until smooth. For a thinner consistency add water, 1 tablespoon at a time, until desired thickness is reached.

Top Tip: It should keep in the fridge for a few days, ideally sealed in a glass jar (or an airtight container).

Balsamic Dressing



This is one of the most useful salad dressings, and a must-have in your repertoire. The balsamic adds just the right touch of sweetness when tossed with salad greens.

MAKES: Approx 1 cup
PREP TIME: 5 mins

INGREDIENTS

½ c olive oil
¼ c balsamic vinegar
1 t honey
1 t dijon mustard
2 cloves garlic, finely chopped
¼ t salt and a good grinding of black pepper

METHOD

Add all ingredients in a jar or small bowl and shake vigorously until well combined.

Top Tip: It should keep in the fridge for up to a week, ideally sealed in a glass jar (or an airtight container).

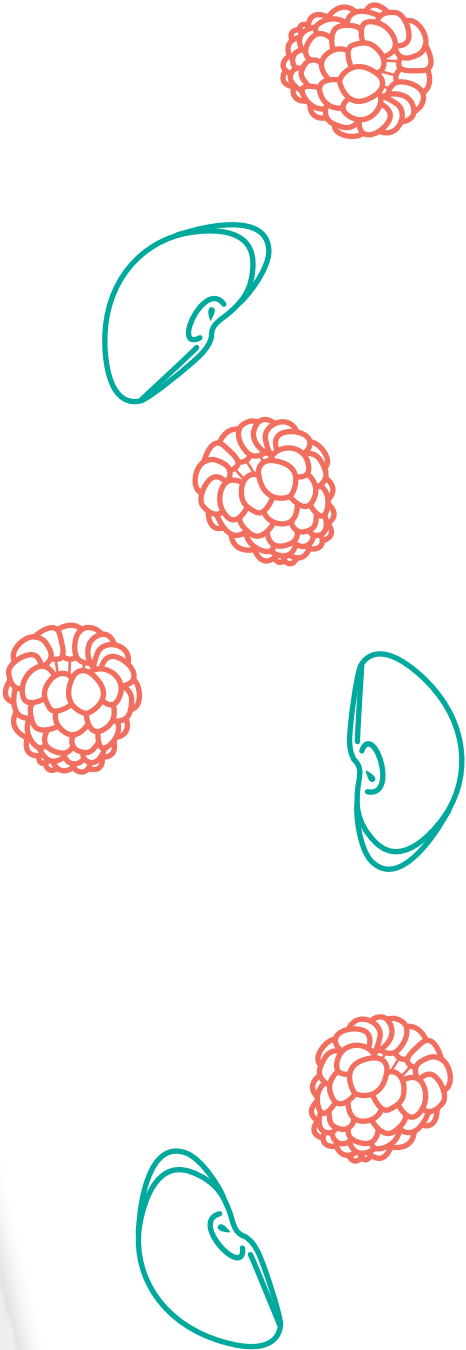




Wickalicious Desserts

Dessert in our house might be a couple of pieces of dark chocolate, yoghurt and LSA-P (we call it nuts) or a piece of fruit. But sometimes in the weekend, the kids want something different so we might go to a bit of extra effort.

In this section, I share with you some delicious quick and easy ideas, low in sugar, and fun for the kids to get involved making with you – or even on their own. One thing is for sure... you'll have everyone coming back for seconds!



Chia Seed Pudding

Although this is called a pudding, it can be served as a breakfast or an after school snack. Depending on what fruit is in season, you can add 1 cup of your favourite fruit (finely chopped) to the ingredients below; some great ideas are feijoa, passionfruit, strawberries or blueberries.

METHOD

Combine all ingredients in a bowl and whisk together until smooth. Pour into glasses and refrigerate for at least an hour or overnight until set.

Garnish with extra fruit of your choice.



SERVES: 4
PREP TIME: 5 mins
CHILL TIME: 1 hr

INGREDIENTS

1 c coconut milk
1 c unsweetened natural yoghurt
1 t vanilla essence
2 T pure maple syrup
½ c chia seeds

DF Use coconut yoghurt

Banana Ice Cream *with* Crunchy Chocolate Topping

This chocolate sauce sets hard on ice cream like the bought ones, but without the sugar load. My daughter discovered this one day as it set in front of her eyes, she was so excited! Serve with an extra sprinkling of cashew nuts on top if desired.

METHOD

Combine chocolate sauce ingredients in a small pot over a low heat until coconut oil is melted.

To make ice cream, break the frozen banana up into smaller pieces and place in a food processor. Add pure maple syrup and cashew nuts and blend until smooth, scraping the sides down. It will start to become flaky and

clumpy but after around 30 seconds to 1 minute, it should start to combine and turn smooth.

Serve the ice cream in small dishes and pour the chocolate sauce over the top.

Top Tip: Any excess banana ice cream can be frozen. Extra chocolate sauce can be refrigerated or frozen and reheated.



SERVES: 3-4
PREP TIME: 10 mins
Plus freezing bananas overnight
COOK TIME: 2 mins

INGREDIENTS

2 frozen bananas
1 T pure maple syrup, *optional*
¼ c cashew nuts

Chocolate Sauce

¼ c coconut oil
¼ c cacao powder
2 T pure maple syrup

NF Omit cashew nuts

Black Bean Chocolate Cake

A divine rich velvety flourless cake full of goodness which is super quick to prepare. Serve as a dessert or as a healthy birthday cake! Alternatively, leave off the topping and serve as a chocolate brownie with natural yoghurt or ice cream (or in the kids' lunchboxes).

METHOD

Preheat oven to 170°C. Line a 20cm cake tin with baking paper.

Place beans and eggs into food processor and process until smooth. Set aside.

In a separate bowl, cream coconut oil and coconut sugar until light and fluffy. Add vanilla essence. Sift in cacao powder and baking powder and pour in black bean mixture, along with dark chocolate drops. Gently fold the mixture together until just combined.

Pour into prepared tin and bake for 35 minutes or until a skewer comes out clean. Allow to stand in tin for 5 minutes before placing on a wire rack to cool.

To make the topping, place dark chocolate drops in a small pot over some boiling water and melt until smooth. Once the cake is completely cool, spread evenly over the top and finish off with some freeze dried or fresh raspberries if you wish. Place in the fridge for 5-10 minutes to allow the topping to set.

Top Tip: Store in an airtight container or cut up into slices and freeze.

SERVES: 8

PREP TIME: 10 mins

COOK TIME: 40 mins

Suitable to freeze

INGREDIENTS

Cake

- 400g tin black beans, drained and rinsed
- 4 eggs
- 80g coconut oil, softened (or butter)
- 1/3 c coconut sugar
- 1 t vanilla essence
- 1/4 c cacao powder
- 2 t baking powder
- 1/3 c dark chocolate drops (recommended sugar-free)

Topping

- 1/3 c dark chocolate drops (recommended sugar-free)

Optional extra for serving:

Dried or fresh raspberries for the topping

GF Use gluten free baking powder

DF Use dairy free dark chocolate drops



Rice Pudding *with* Fruit

This is a simple rice pudding style dessert – lovely with whatever fruit is in season, from berries to stone fruit or tamarillos!

METHOD

In a large pot, add rice, milk, water, honey, salt and cinnamon – cover and bring to the boil (keep an eye on it so it doesn't boil over).

Reduce the heat and simmer for about 25 minutes, stirring occasionally, until rice is cooked and pudding is creamy. Stir in vanilla essence and extra milk, cover and allow to stand for at least 5 minutes to thicken.

Serve warm or cold with a dusting of extra cinnamon, just as it is, or with your choice of sliced fruit on top.

Top Tip: If using canned coconut milk and you have extra left over, it can be used to replace your regular milk for breakfast or in a smoothie, or be frozen in ice cube trays to use later.



SERVES: 4
PREP TIME: 10 mins
COOK TIME: 30 mins

INGREDIENTS

½ c arborio rice
2 c milk
½ c water
2 T honey
A pinch of salt
1 t ground cinnamon
(plus extra for serving)
1 t vanilla essence
¼ c extra milk (canned coconut milk is nice here)

Sliced seasonal fruit for serving
Alternatively, use canned fruit in juice (not syrup)

DF Use dairy free milk

Banana, Peanut Butter *and* Chocolate Quesadillas

These sweet quesadillas are a delicious quick dessert which everyone loves. You can easily vary the filling ingredients – and they're a great camping dessert too!

METHOD

Heat a fry pan over a medium to low heat.

Spread peanut butter over one half of each wrap, place some sliced banana on top and sprinkle a few chocolate drops over to finish off with.

Fold each wrap in half, cook batches in the fry pan for 1-2 minutes each side, until golden and chocolate is slightly melted. Serve immediately.

Top Tip: If using GF wraps, heat them slightly before adding the ingredients as it will make them easier to fold.

SERVES: 6
PREP TIME: 10 mins
COOK TIME: 5 mins

INGREDIENTS

6 wholemeal wraps
Peanut butter
2 bananas, thinly sliced
Dark chocolate drops
(recommended sugar-free)



GF Use gluten free wraps

NF Omit peanut butter

DF Use dairy free dark chocolate drops

Cinnamon Baked Apples *or* Pears *with* Crumble Topping

Think of these as individual crumbles – sweet, warm fruit with a hint of spice and a golden crunchy top – served with yoghurt, whipped coconut cream or ice cream.

METHOD

Preheat oven to 180°C. Line a baking dish with baking paper.

Cut apples or pears in half lengthwise and remove the core making a little hollow. Combine cinnamon, salt and crumble topping choices in a bowl. Stir in melted butter or oil and honey.

Spoon crumble mixture into each apple or pear and gently press it down slightly with the back of the spoon. Place fruit in the prepared dish, cover with tinfoil and bake for 15 minutes. Remove tinfoil and bake for a further 15 minutes until golden.

Remove from oven and serve with yoghurt, whipped coconut cream or ice cream.

Whipped Coconut Cream

Turn refrigerated can upside down and open from the bottom. Drain off the thin liquid and you'll be left with the thick cream at the bottom. Spoon into a bowl and add vanilla essence and/or pure maple syrup (if using). Using an electric hand beater, beat to required consistency.

Refrigerate any extra cream in a sealed glass jar or airtight container. Save separated coconut water from can for a smoothie or as the liquid for your breakfast.

Note: Not all coconut creams behave in the same way, so if you find your coconut cream doesn't separate in the fridge and whip, you can still use the cream as it is.

Top Tip: Best served fresh but can be pre-made and reheated.

SERVES: 6

PREP TIME: 15 mins

COOK TIME: 30 mins

INGREDIENTS

3 apples or pears
2 T butter, melted
1 T honey, melted
1 t ground cinnamon
Pinch of salt
1 c crumble topping made with any or all of these:
¼ c rolled oats/desiccated coconut/sliced nuts/almond flour or spelt flour
Yoghurt, whipped coconut cream or ice cream to serve

Whipped Coconut Cream, optional

400ml can coconut cream or full fat coconut milk, refrigerated overnight
1 t vanilla essence
1 t pure maple syrup, *optional*

DF Swap melted butter for coconut oil



Buckwheat Crackles

A divine blend of seeds, combined with the natural sweetness of dates, make these a perfect dessert or birthday party treat.

METHOD

Line a 24-cup mini muffin tray with mini cupcake liners or baking paper.

Place buckwheat groats, linseed, millet, sunflower seeds and cacao powder in a bowl.

Place medjool dates, pure maple syrup and melted coconut oil in food processor and process until evenly mixed and smooth (ok to have a

little bit of texture). Combine the two bowls together.

Three quarter fill muffin trays with mixture. Using slightly dampened hands or the back of a spoon, press down until mixture is firmly compacted. Allow to set for 1-2 hours in the fridge.

Serve either on their own in liners or remove and serve with fresh seasonal fruit.



MAKES: 24 small crackles

PREP TIME: 10 mins

CHILL TIME: 1-2 hrs

INGREDIENTS

½ c buckwheat groats

¼ c linseed

¼ c millet

¼ c sunflower seeds

¼ c cacao powder

5 medjool dates, stones removed and roughly chopped (or 9 dried dates)

2 T pure maple syrup

⅓ c coconut oil, melted



Layered Fruit *and* Yoghurt (or Coconut Cream) Parfaits

A very easy dessert idea that kids and adults will enjoy as a healthy treat, adaptable to suit everybody's tastes. These could also go in a lidded jar as part of a portable breakfast or lunch.

METHOD

In a glass or small bowl, layer the following:

Layer one:

Natural unsweetened yoghurt, coconut yoghurt or whipped coconut cream (see page 70), flavoured with a dash of vanilla essence and pure maple syrup or honey if you wish.

Layer two:

Add your choice of sliced fruit and spices selected from the ingredient list. Repeat each layer, top with shredded coconut or nuts and serve.

Top Tip: These can be made ahead of time. You can either add the fruit and squeeze lemon juice over to stop it going brown, cover and refrigerate until serving, or add the fruit just before serving.

SERVES: Choose quantities to serve number required

PREP TIME: 10 mins

ASSEMBLY TIME: 10 mins, allow extra time for whipped coconut cream

INGREDIENTS

Natural unsweetened yoghurt or coconut yoghurt or whipped coconut cream
Dash of vanilla essence
Dash of pure maple syrup or honey, melted

Your choice of sliced or chopped fruit and spices such as:

- Banana, dates (roughly chopped), ground cinnamon
- Kiwifruit, orange, ground ginger
- Apple, currants (or raisins), ground mixed spice

Optional extras to serve:

Shredded coconut
Slivered almonds



DF Use coconut yoghurt or whipped coconut cream

Healthy SWAP OUT Guide

FOR EVERY:



1 cup white flour
(in baking)



1 cup gluten flour



1 cup white sugar



½ cup cocoa powder



1 egg

USE ONE OF THE FOLLOWING:



1 cup spelt flour
1 cup wholemeal flour
½ cup spelt flour + ½ cup wholemeal flour
1 cup pureed black beans



½ cup almond flour + ½ cup quinoa flour + 1 t guar gum



½ cup of coconut sugar + 1 t vanilla essence
1 cup unsweetened apple sauce



½ cup cacao powder



1 T ground flaxseed + 2 T water, let sit for 5 minutes

FOR EVERY:

 1 cup milk



1 cup butter



½ cup ice cream



1 cup white rice



1 cup sweetened dairy yoghurt



1 cup cream



USE ONE OF THE FOLLOWING:

1 cup soy, nut or coconut milk



1 cup coconut oil (for dairy free)
1 cup mashed avocado



2 frozen bananas, blended in food processor



1 cup brown rice, or ½ cup brown rice +
½ cup white basmati rice



1 cup quinoa



1 cup of unsweetened natural yoghurt with fruit
puree or 1 cup coconut yoghurt (for dairy free)



1 cup full-fat canned coconut cream
1 cup raw, unsalted cashews, soaked for 6 hours,
drained and blended with ½ cup water



GLOSSARY

Almond Flour: Ground whole raw almonds. Can also be known as almond meal.

Apple Cider Vinegar: Can be used in place of any vinegar. It helps to stimulate stomach acid production.

Brown Rice Sushi: A brown rice, specific for making sushi. It is a medium sized grain which holds together better than long grain brown rice. Found in the supermarket.

Buckwheat Flour: Ground buckwheat groats.

Buckwheat Groats: Buckwheat is derived from the seeds of a flowering plant. Since it's a seed and not a grain, it is gluten free. It's rich in protein and fibre and a great alternative to rice and pasta – a triangular seed that can be eaten raw or cooked.

Cacao Powder: The rawest form of chocolate, cacao maintains the nutrients that are destroyed by conventional processing. If you cannot find it, you can substitute it with a high quality, pure cocoa powder.

Chia Seeds: Tiny seeds, rich in Omega-3, which are said to reduce food cravings, help you stay hydrated and lower blood pressure.

Chickpea Flour: Chickpea flour is made from dried chickpeas (garbanzo beans) and is also known as garbanzo flour, gram flour and besan flour.

Coconut Flour: A gluten free flour that is essentially dried coconut in powdered form. The flour is popular for gluten free and low-carb baking, since it is low in carbohydrates and very high in fibre.

Coconut Oil: A natural substance said to offer a host of health benefits. Touted as one of the most healthy oils because it doesn't lose its nutritional content at high heat.

Coconut Sugar: This unrefined sugar is derived from the coconut palm tree. Offering a lower glycemic index, it won't spike your blood sugar levels as much and contains more minerals and vitamins than other sugars.

Guar Gum: A gluten free powder used to bind gluten free baking together to prevent crumbling. Derived from an actual food: the guar bean, or Indian cluster bean, which grows primarily in India and Pakistan.

Linseeds: The seeds of the flax plant, which are the source of linseed oil and linseed cake.

LSA-P: This crushed mixture of ground linseeds, sunflower seeds, almonds and pumpkin seeds is a rich source of fatty acids and great for the digestive system.

Medjool Dates: An exceptionally large, sweet date. Known as the "king of dates", medjool dates are also very high in fibre and have a higher nutritional value than normal dates.

Polenta: Polenta is made from ground corn and can be used in a wide variety of ways in sweet and savoury dishes.

Pure Maple Syrup: Made from the sap of maple trees, which is then boiled down to reduce some of the water and concentrate its flavour and sweetness. Avoid *flavoured* maple syrup which is made from high-fructose corn syrup and flavourings.

Psyllium Husk: The husk of the seed from the Plantago plant – it contains a spongy fibre that reduces appetite, improves digestion and cleanses the system. It also acts as a binding agent or thickener in some cooking.

Quinoa: Considered a grain even though it's a small seed. It has a mild nutty flavour and is gluten free.

Quinoa Flour: A gluten free flour made from the quinoa seed.

Spelt Flour: Considered an ancient grain, spelt is closer to the original form of wheat that humans consumed. Although it contains gluten, the flour is popular with people who are sensitive to wheat products.

Tahini Paste: A paste made from ground sesame seeds. Used as a base for hummus or as a delicious addition to dressings, baking and meals. Can be eaten on its own as a replacement for butter.

Bon
Appetit



Healthy LUNCHBOX LOVE

Wick Nixon was born and raised on a farm just out of Dannevirke in southern Hawkes Bay. As a young girl, she spent most of her time in the kitchen, creating homemade goodness for her family.

After having kids, she realised the importance of making meals as nutritious as possible. Her philosophy towards food is to keep it simple and easy – to use fresh ingredients wherever possible, utilise nourishing grains and flours, include minimal processed food, and avoid refined sugar.

In this book, Wick shares her healthy lunchbox and after school snack ideas, along with some wholesome dinners and desserts for the whole family.



www.wickedwellbeing.com

ISBN 978-0-473-40001-9



9 780473 400019 >

