

Hidden Veggie Lunchbox

Rating: ★★★★★

HUMMUS

Dietary: V, DF, GF, EF, NF

Allergens: Sesame

Age group: 8 months+

Mealtime: Snack

Difficulty level: Beginner

CHEWY SEEDED OAT BARS

Dietary: V, DF, EF, NF

Allergens: Wheat

Age group: 12 months+

Mealtime: Snack

Difficulty level: Beginner

SWEET POTATO PIZZA

Dietary: VEG, EF, NF

Allergens: Wheat, Dairy

Age group: 8 months+

Mealtime: Lunch

Difficulty level: Medium

SWEET POTATO PIZZA

Serves: 12

Prep: 15 mins

Cook: 25-30 mins



Vegetarian



Egg Free



Nut Free

Equipment

High-speed food processor

Ingredients

DOUGH:

- 1 ½ cups (375g) sweet potato, peeled, cubed, steamed and cooled
- 1 ½ cups (225g) wholemeal spelt flour
- 2 tsp (8g) baking powder
- 1 tbs (20ml) extra virgin olive oil
- 1 tsp (2g) dried oregano

TOPPING:

- ½ cup (125g) passata, low salt
- 2 cups (160g) grated cheese
- 1 carrot (130g), peeled and grated
- 1 small zucchini (150g), rinsed and grated
- ½ small capsicum (140g), rinsed, seeds removed and finely diced

Method

1. Preheat oven to 200°C and line a pizza pan or baking tray with baking paper.
2. To make the dough, place all ingredients into a high-speed food processor and process until well combined.
3. Place dough onto prepared tray, press the dough into a large 28-30cm circle, using slightly oiled hands. To achieve a crispy base, the dough should be about ½ cm thick.
4. Bake in the oven for approximately 15-20 mins or until the edges of the dough are slightly browned. Leave for approx. 20 mins to ensure a crisp base.
5. Remove pizza base from oven, spread the base with tomato paste, leaving a 1cm edge. Sprinkle with cheese and top with vegetables; return to oven and bake for a further 7-8 mins until cheese is golden brown and melted.
6. Allow to cool, cut into slices.

Mandy's serving suggestion: Serve with vegetables on the side.

Storing leftovers: Store in an airtight container in the fridge for up to 3-4 days or freeze for up to 4 months.

Tips

- ✓ **Prep tips:** Steam the sweet potato the day before. Pre-bake the bases only and freeze.
- ✓ **Allergies:** For a gluten-free version: Swap wholemeal spelt flour with brown rice flour.
- ✓ **Easy swaps:** Swap vegetables for other toppings of choice such as mushrooms, tomatoes, olives, feta, corn, fresh herbs such as basil and oregano.
- ✓ **Baby-friendly version:** Serve mashed or in finger food-sized pieces.
- ✓ **Fussy eaters:** Blend the veggies into the tomato base.

CHEWY SEEDED OAT BARS

Serves: 20

Prep: 10 mins

Cook: 20-25 mins



Vegan



Dairy Free



Egg Free



Nut Free

Equipment

High-speed food processor

Ingredients

- 2 cups (240g) rolled oats
- ¼ cup (50g) chia seeds
- ½ cup (80g) pumpkin seeds
- ½ cup (10g) puffed rice
- ½ tsp (2g) baking soda
- 1 tsp (5ml) vanilla extract
- ¼ cup (60ml) coconut oil, melted
- ½ cup (125ml) maple syrup

Method

1. Preheat oven to 160°C and line a 20x30cm baking dish with baking paper.
2. Place oats, chia seeds and pumpkin seeds into a food processor and process until a fine consistency is reached.
3. Add remaining ingredients and process until well combined.
4. Place mixture into the prepared baking dish, press down firmly and spread out evenly over the base of the baking dish.
5. Bake for approximately 20-25 mins or until golden brown. The bars will harden once cooled.
6. Cut into bars and serve.

Mandy's serving suggestion: Always combine a sweet snack in a lunchbox with vegetables.

Storing leftovers: Store in an airtight container in the fridge for up to 14 days or freeze for up to 4 months.

Tips

- ✓ **Prep tips:** If mixture seems too sticky, oil your hands with a little coconut oil before pressing into the baking dish.
- ✓ **Allergies:** For a gluten-free version: Swap oats for quinoa flakes.
- ✓ **Easy ingredient swaps:** Swap seeds for seeds of choice, such as sesame seeds, sunflower seeds, flaxseeds. Swap rice puffs for puffs of choice, such as puffed quinoa or puffed amaranth. Swap maple syrup for raw honey.
- ✓ **For fussy eaters:** Make sure all the seeds have been processed into a fine meal.

HUMMUS

Serves: 18 (makes 1 ½ cups)

Prep: 10 mins

Equipment

High-speed food processor

Ingredients

- 1 x 400g can chickpeas, rinsed and drained
- ½ tbs (10ml) tahini, hulled
- 1 garlic clove (10g), peeled
- 1 tbs (20ml) lemon juice
- ½ tsp (1g) ground cumin
- 2 tbs (40ml) extra virgin olive oil
- 2 tbs (40ml) filtered water



Vegan



Dairy Free



Gluten Free



Egg Free



Nut Free

Method

1. Place all ingredients into a high-speed food processor and blend until smooth and creamy.

Mandy's serving suggestion: Serve hummus with vegetable sticks and/or crackers for dipping, or use as a spread for sandwiches/toast.

Storing leftovers: Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

Tips

- ✓ **Easy ingredient swaps:** Swap chickpeas for butter beans or cannellini beans.
- ✓ **Additional boosters:** Add 1 tbs of hemp seeds.
- ✓ **Baby-friendly version:** Reduce spices.