

Premium Lunchbox

Rating: ★★★★★

SEEDED CARROT CRACKERS

Dietary: V, VEG, DF, EF, NF
Allergens: Wheat, Sesame
Age group: 8 months+
Mealtime: Snack
Difficulty level: Medium

BETROOT DATE BALLS

Dietary: V, VEG, DF, GF, EF, NF
Allergens: /
Age group: 8 months+
Mealtime: Afternoon tea
Difficulty level: Beginner

CHICKEN TOMATO SANDWICH

Dietary: DF, NF
Allergens: Eggs
Age group: 1 year+
Mealtime: Lunch
Difficulty level: Beginner

IMMUNITY GUMMIES

Dietary: DF, GF, EF, NF
Allergens: /
Age group: 12months +
Mealtime: Snack
Difficulty level: Beginner

CHICKEN TOMATO SANDWICH

Serves: 1

Prep: 5 mins



Dairy Free



Nut Free

Ingredients

- 80g roasted or steamed chicken, shredded
- 1 tbs preservative-free mayonnaise
- 2 tsp Dijon mustard
- 2 wholemeal sandwich slices
- 2 lettuce leaves, rinsed
- ½ tomato, rinsed and thinly sliced

Method

1. In a small bowl, combine the shredded chicken with the mayonnaise and Dijon mustard.
2. Add lettuce, chicken and mayonnaise mixture and tomato slices onto 1 slice of bread, then top with the second slice, press together softly, and cut into 4 triangles.

Storing leftovers: Store in an airtight container in the fridge for up to 2 days.

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Tips

✓ **Allergies:** For a gluten-free version: Swap wholemeal sandwich with a gluten-free bread.
For an egg-free version: Swap mayonnaise for vegan mayonnaise, sour cream or Greek yoghurt.

✓ **Easy ingredient swaps:** Swap tomato for cucumber, grated carrot, or capsicum, thinly sliced.

Additional boosters: Add nutritional yeast to the chicken.

✓ **Baby-friendly version:** Serve deconstructed in finger food-sized pieces.

✓ **For fussy eaters:** Deconstruct this meal by serving the lettuce and tomato as a separate salad.

BEETROOT DATE BALLS

Serves: 25

Prep: 25 mins (+ 1 hour freezing)



Vegan



Vegetarian

Equipment

High-speed food processor or stick blender



Dairy Free



Gluten Free

Ingredients

- 1 cup (240g) Medjool dates, pitted and chopped
- ½ cup (80g) beetroot, peeled and finely grated
- ½ cup (40g) spinach, rinsed and chopped
- 1 ¾ cups (210g) seed meal (pumpkin and sunflower seeds processed into a fine meal)
- 1 cup (75g) shredded coconut
- ½ cup (35g) extra shredded coconut, to roll balls in (optional)



Egg Free



Nut Free

Method

1. Place dates, beetroot and spinach into a high-speed food processor and process until smooth.
2. Add remaining ingredients and process until well combined.
3. Roll into small balls and then roll the balls in the shredded coconut (optional).
4. Place bliss balls in freezer and leave to set for 1 hour.

Mandy's serving suggestion: Serve afternoon tea with assorted vegetable sticks.

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

Tips

- ✓ **Prep tips:** To reduce prep time, press mixture into a baking dish lined with baking paper and place in the freezer for 30 mins. Remove from the freezer and cut into bite-sized little squares.
- ✓ **Easy ingredient swaps:** Swap beetroot for carrot. Swap spinach for greens of choice.
- ✓ **Additional boosters:** Add 1-2 tbsp of hemp seeds, chia seeds or flaxseeds to the mix before processing.
- ✓ **Baby-friendly version:** Serve mashed or in finger food-sized pieces.
- ✓ **For fussy eaters:** Make sure the bliss balls have a very smooth consistency.

IMMUNITY GUMMIES

Serves: 15

Prep: 10 mins (+ 20-25 mins to set in the freezer)

Cook: 3 mins



Dairy Free



Gluten Free



Egg Free



Nut Free

Ingredients

- 3 tbs (40g) gelatine powder
 - ½ cup (125ml) filtered water
 - ¾ cup (185ml) orange juice, fresh
 - ¼ cup (60ml) lemon juice, fresh
 - ½ tsp ginger, peeled and finely grated
 - 2 tbs (40ml) raw honey
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Method

1. In a small bowl, whisk gelatine powder with ½ cup of water and allow to set.
2. Add juices, ginger and honey to a small saucepan and heat over medium to bring to a simmer.
3. Once simmering, stir in the gelatine mixture.
4. Blend well until the gelatine has dissolved into the mixture. Strain.
5. Pour the mixture into moulds of choice.
6. Allow the gummies to set in the fridge for approx. 2 hours or place in the freezer for 20-25 mins to firm quickly.

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 5 days or in the freezer for up to 4 months.

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Tips

- ✓ **Prep tips:** Pour mixture into a shallow baking dish, allow to set in the freezer, then cut into small cubes.
- ✓ **Easy ingredient swaps:** Swap raw honey for maple syrup. Swap lemon juice for grapefruit juice. Swap orange juice for fresh apple juice
- ✓ **Additional boosters:** Boost mixture by adding ¼ tsp of turmeric powder.
- ✓ **For fussy eaters:** Pour the mixture into funny looking moulds.

SEEDED CARROT CRACKERS

Serves: 25 (makes 50 pieces)

Prep: 15 mins

Cook: 25 mins



Vegan



Vegetarian



Dairy Free



Egg Free



Nut Free

Equipment

High-speed food processor

Ingredients

- ½ cup (80g) pumpkin seeds
- ¼ cup (40g) sunflower seeds
- ¼ cup (30g) sesame seeds
- ¼ cup (40g) flaxseed
- ¼ cup (40g) chia seeds
- 1 cup (140g) wholemeal spelt flour
- ½ cup (80g) carrot, rinsed, coarsely grated
- 2 tbs (40ml) extra virgin olive oil
- 2 tbs (40ml) vegetable stock (extra 1 tbs if needed)

Method

1. Preheat oven to 180°C and gather two baking trays.
2. Place all seeds into a food processor and pulse until smooth. If you don't want them to become meal consistency, then just give them a few pulses.
3. Add remaining ingredients and process until just combined. Add a little more stock if needed. Using your hands, gently bring mixture together and form into a ball, divide into 2.
4. Place each in between two sheets of baking paper and roll to 3-4mm thickness. Remove top baking sheet and transfer to baking tray.
5. Bake for 25-30 mins or until golden and crisp.
6. Allow to cool on tray, they will firm up upon cooling. Break into pieces to serve.

Mandy's serving suggestion: Serve crackers with a homemade dip of choice and vegetable sticks.

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 dough seems too sticky, add more flour.
- ✓ **Allergies:** For a gluten-free version: Swap wholemeal spelt flour for brown rice flour or a gluten-free flour mix.
- ✓ **Easy ingredient swaps:** Swap seeds for seeds of choice.
- ✓ **Additional boosters:** Boost with ¼ cup of nutritional yeast before processing.
- ✓ **Baby-friendly version:** Serve in finger food-sized pieces.
- ✓ **For fussy eaters:** Blend the seeds into a fine meal before adding to the mix. Cut out funny shapes before baking the crackers.