



The Additive Free Pantry

ADDITIVE-FREE LUNCHBOXES



About Tanya Winfield



Tanya Winfield is a mother of three who created Additive Free Pantry to help parents understand the chemical minefield that can be consumed by children and adults on a daily basis.

Kelsea, Kade and Fletcher are the three reasons behind Tanya's business. All of her children have benefitted from eating additive-free, whether it be minimising behavioural problems, decreasing health issues or purely eating more wholesome foods.

Fletcher, Tanya's youngest child, has been known to have some behavioural issues when eating foods full of additives. Interestingly, teachers and friends of Fletch are surprised to think he would misbehave. He is smart, funny

and loving but can throw a temper tantrum at the flick of a switch. To this day, Tanya watches Fletcher's food intake because if she lets a colourful treat slip through, her son becomes very irritable, in turn disrupting the household.

Tanya's eldest son, Kade was diagnosed with asthma at the age of 2 1/2 years old. Since eating additive free for 6 years he has not been to the hospital, taken a preventative or needed to use a nebuliser for his asthma.

Kelsea, Tanya's daughter suffered from intense acne in her teenage years. Removing processed foods and eating wholesome foods free from chemicals, helped Kelsea improve her acne prone skin. Aware of the reasoning behind her bad skin, Kelsea decided to continue the additive-free journey when she recently moved out of home. She has used her mother's recipes from over the years to continue her additive-free journey with ease and simplicity.

Additive-Free Breakfast has been created for parents to help their children start every-day the right way - additive-free!

Welcome

When creating this second edition of, "Lunchboxes", I prioritised time and simplicity as key factors for every parent. This little booklet is packed with recipes and great snack ideas for every school lunchbox.

All recipes are nut free. Recipes that freeze well will now have a freeze-able symbol. There also symbols for 'contains dairy' and 'contains wheat'.

Keeping the ingredients affordable and readily available was also an important factor when choosing recipes. Most ingredients will be found at your local supermarket. There is the exception of organic dried fruit and coconut as most have 220 (sulphur dioxide) added. All good health food shops have organic and preservative-free dried fruit and coconut. I personally like shopping at local health food shops as most of the products are produced ethically and locally. It just depends on what your priority is when buying your food products.

Throughout many of the Lunchbox recipes I personally used The Wholefood Pantry products from Nutra Organics, as they are certified organic, ethically produced and are affordable.

I have used rapadura and/or coconut sugar and organic wholemeal spelt flour throughout the booklet. This is my personal preference of ingredients. Other additive free sweeteners are maple syrup, honey, agave syrup and organic raw sugar. Flours also vary - wholemeal, rice flour and just plain white. Everybody is different and has to cater for their own family whether that is to be gluten-free, sugar-free, nut-free etc. The list goes on with potential allergies. This is why I have created variations for most recipes. You are able to alter each snack to suit your family's needs.

There are copious amounts of ideas when it comes to creating an additive-free lunchbox, so the following recipes are what I choose to feed my own children. Change, alter, reduce or remove ingredients to suit your cooking style and family requirements. I hope that you will enjoy cooking and preparing clean foods that are free from harmful additives for your children's lunchbox Because our children are worth it!

Much love.

Tanya x

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Many Muffins

Baby Bacon Egg Pies

- 3 rashers nitrate-free bacon, diced
- 12 eggs
- ¼ cup coconut milk
- ½ cup corn kernels
- 3-4 stalks green chives
- Sprinkle of Herbamare

Preheat oven to 180C and line muffin tray with patty cake cases.

Wisk the eggs and milk in a large bowl.

Combine the rest of ingredients to mixture.

Spoon evenly into patty cases and place in oven for 15-20minutes or until cooked through.

Allow pies to cool before placing in container. Store in fridge.

Can be enjoyed cold or warm.

Variations: Use any milk of choice. Parsley, mixed herbs or dill could be used instead of chives

Carrot Cake Muffins

- ¼ cup coconut oil
- ¾ cup milk
- 1½ cups wholemeal spelt flour
- 1 teaspoon baking powder
- ¼ cup apple sauce
- 1 large carrot peeled
- 1 cup finely chopped organic apricots
- 1 teaspoon cinnamon
- 1 teaspoon mixed spice

Preheat oven to 180C. Line muffin tray with patty cases.

Heat coconut oil in saucepan until melted.

Mix all ingredients in food processor until well combined.

Spoon mixture into patty cases and bake in oven for 15-20 minutes.

Allow to cool.

Variations: Exchange apricots for dates. Use 100% tinned apple instead of apple sauce if desired.

Cheesy Muffins

- ½ cup polenta
- ½ cup shallots or chives chopped
- 1½ cups wholemeal spelt flour
- 1½ teaspoons baking powder
- Small can cream corn
- Fresh corn cobs kernels removed
- 100g block butter, melted
- 2 eggs, beaten
- Sprinkle of sea salt and Herbamare
- 100g block cheese, ½ cut into cubes and ½ grated

Place milk and polenta in a glass bowl and stand for 15 minutes.

Place flour and baking powder in a large glass bowl.

Add eggs, chives, melted butter, and polenta mixture. Stir until just combined.

Place one tablespoon of mixture into prepared muffin tray.

Place one small cube of block cheese in centre of muffin mixture. Top with remaining muffin mixture.

Sprinkle with grated cheese.

Bake for 20 minutes or until muffins are golden.

Allow muffins cool before placing in container.

Can be enjoyed cold or warm.

Variations: Add in diced cooked chicken or left over roast meat. Try using different herbs for a different flavour muffin. Change butter for oil if desired.

Choc Chip Mini Muffins

- ½ cup prunes or dates
- ¼ cup hot water
- ¾ cup coconut oil, melted
- ¾ cup milk
- ¾ cup dark choc drops
- 1 egg
- 2 cups wholemeal spelt flour
- 2 teaspoons baking powder
- 2 teaspoons vanilla essence

Preheat oven to 180C and line a mini muffin tray with patty cases.

Process prunes or dates with ¼ cup hot water and puree until smooth.

In a large glass bowl, mix in milk, choc chips, prune puree, vanilla, egg and butter with a wooden spoon.

Add flour, baking powder and mix until just combined.

Do not over mix.

Divide mixture into muffin cases.

Bake until tops of muffins are golden brown.

Variations: Sprinkle with toasted wheat germ, psyllium husk or bran before baking. Bake in larger cases for a standard size muffin.

Citrus Muffins

- 1½ cups wholemeal spelt flour
- 1 cup of chopped dates
- 1½ cups organic desiccated coconut
- 1½ cups vanilla yoghurt
- 1 lemon or lime - rind

Preheat oven to 180C and line muffin tin with patty cases.

Combine all ingredients in mixing bowl. Mix well.

Spoon mixture into separate muffin papers.

Bake for 10-15 minutes or until skewer inserted into the centre comes out clean. Leave to cool.

Variations: Change citrus to orange and add choc drops to create a “jaffa” flavor.

Coconut Cream Muffins

- 1/3 cup coconut oil
- 1/2 cup coconut sugar
- 1 1/4 cups coconut cream
- 1 teaspoon vanilla essence
- 1 whole lime zest
- 1 cup whole meal spelt flour
- 1/2 teaspoon baking powder
- 1 cup organic desiccated coconut

Preheat oven to 180C and line muffin tray with patty cake cases.

Melt coconut oil in a small saucepan over low heat.

Once melted, leave in pan to cool but not solidify.

Mix all ingredients in a large bowl excluding desiccated coconut until combined.

Gently fold in desiccated coconut then spoon mixture evenly into patty cases.

Bake for 20-25 minutes or until golden brown.

Allow to cool and enjoy.

Variations: Coconut milk and coconut cream can be interchangeable. If the coconut milk is cold it will need to be added to the oil in the saucepan for melting. Otherwise the cold milk will solidify the oil. Rapadura sugar can also be substituted instead of coconut sugar.

Cranberry Surprise Muffins

- 1½ cups wholemeal spelt flour
- ¾ teaspoon ground ginger
- ½ teaspoon baking powder
- ½ teaspoon ground cinnamon
- ½ cup milk
- ¼ teaspoon salt
- 2 tablespoons coconut oil
- ¼ teaspoon ground cloves
- ½ cup rapadura sugar
- 1 egg
- 1 cup steamed and mashed pumpkin
- 1 cup dried cranberries

Mix flour, ginger, baking powder, ground cinnamon, salt and ground cloves.

Stir well with a wooden spoon.

Beat sugar, milk, pumpkin, coconut oil and egg until well blended.

Combine flour mixture with sugar mixture then fold in cranberries.

Spoon batter into separate papers.

Bake for 25 minutes or until muffins spring back when lightly touched in the centre. Remove muffins from pan and leave to cool.

Maple Muffins

- 1½ cups wholemeal spelt flour
- ½ cup milk
- ½ teaspoon apple cider vinegar
- ¼ teaspoon nutmeg
- ½ cup maple syrup
- ½ teaspoon vanilla essence
- ½ cup coconut oil
- ½ teaspoon baking soda
- 2 tablespoons rapadura sugar

Preheat oven to 180C and line muffin tray with patty cases.

Wisk vinegar and milk in separate small bowl then leave to sit for a while.

Combine flour, nutmeg, baking powder and baking soda into large bowl.

Mix oil, maple syrup, vanilla essence and sugar in with the milk and vinegar.

Add wet to dry ingredients and mix well.

Spoon mixture into patty cases and bake in oven for 15-20 minutes or until golden brown.

Variations: Feel free to use any type of milk and the oil can always be changed to butter if desired.

Sticky Date Muffins

- 1 cup milk
- ½ cup boiling water
- ½ cup coconut oil, melted
- ¼ cup maple syrup
- 1 egg lightly beaten
- ½ teaspoon bicarbonate of soda
- 1 teaspoon cinnamon
- 2 teaspoons ground ginger
- 1 cup dried dates - chopped
- 2½ cups wholemeal spelt flour
- 2 teaspoons of baking powder

Blitz dates in food processor.

Add water, bicarbonate of soda and maple syrup and blitz until combined.

In a large bowl, combine cinnamon, ginger, baking powder and flour.

Add milk, oil, egg and date mixture to dry ingredients. Mix well.

Spoon into patty cases and bake for 20 minutes or until golden brown.

Allow to cool and store in an airtight container.



Sweet Snacks



Angela's Apricot Delights

- 250g organic dried apricots
- 1 cup desiccated coconut
- Extra coconut for rolling
- ¼ cup psyllium husk

Soak apricots in water for 2 hours to soften. If apricots are not soaked it won't taste the same.

Mix all ingredients in food processor.

Roll mixture into small balls and the roll in extra desiccated coconut.

Store in airtight container and store in fridge.

Variations: add chia seeds for extra protein.

Banana Bread

- 2 large ripe bananas, mashed
- 2 tablespoons maple syrup
- ½ cup dates, finely chopped
- 1 egg
- 1 cup wholemeal spelt flour
- 1 teaspoon baking powder

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

Place mashed banana, maple syrup and chopped dates into a large bowl.

Stir in egg, flour and baking powder.

Place in tin and bake for approximately 35-40 minutes until cooked through and golden on top.

Allow bread to cool before turning out onto board to cut.

Variations: Add ½ cup shredded coconut to mixture or sprinkle a little on top before baking. Add in dried cranberries, raisins or sunflower seeds. Make into muffins or mini muffins. Ice for birthday parties.

Chia Fruit Slice

- 1½ cups wholemeal spelt flour
- ½ cup organic rolled oats
- ¾ cup coconut sugar
- ¼ cup chia seeds
- 1 cup organic desiccated coconut
- 1 teaspoon cinnamon
- 1 tin 100% apple slices
- Extra cinnamon
- Extra desiccated coconut
- 1 cup coconut oil

Preheat oven to 180C and line square cake tin.

Melt coconut oil in small saucepan.

Mix dry ingredients altogether.

Add melted coconut oil to dry ingredients and combine until mixture looks like breadcrumbs.

Press ¼ of the mixture firmly into the bottom of the cake tin.

Sprinkle extra cinnamon and coconut. Layer the apple slices evenly.

Again, firmly press the rest of the mixture over the fruit.

Sprinkle extra cinnamon and coconut for final finish.

Bake for 30-40 minutes or until top is just browned.

Allow to cool, cut into squares and store in airtight container in the fridge.

Variations: Swap the apples with a can of 100% sliced apricots.

Chia Seed Cookies

- 115g softened butter
- ½ cup rapadura sugar
- 2 tablespoons golden syrup
- 1 cup wholemeal spelt flour
- 1 teaspoon baking powder
- 3 teaspoons chia seeds

Cream butter and sugar with electric mixer. Add golden syrup and beat until fluffy.

Mix in flour until combined. Roll into balls and place on lined baking tray.

Allow space for spreading and press down gently with a fork on top of the ball mixtures.

Bake for 15 minutes until golden brown. Allow to cool.

Variations: Change golden syrup to maple or honey. Also change butter for coconut oil and add extra desiccated coconut. (They remind me of a honey snack in the olden days.)

Cinnamon Slice

- 2 teaspoons vanilla essence
- 2 cups wholemeal spelt flour
- 2 teaspoons baking powder
- ½ teaspoon cinnamon
- 1 cup pumpkin pureed

Slice

- 1 cup raw or rapadura sugar
- 100g block butter
- 1¼ cup milk
- 1 cup natural yoghurt
- 1 egg

Topping

- ¼ cup brown or rapadura sugar
- 2 teaspoons cinnamon

Preheat oven 180c and line a lamington tray with baking paper.

Beat sugar and butter until creamy. Beat 1 cup of milk, yoghurt, egg and vanilla.

Add flour, baking powder and cinnamon to combine well. Pour half of the mixture into tray. Spread pumpkin evenly over mixture.

Add remaining milk to mixture and stir. Top with remaining mixture. Mix topping ingredients together and sprinkle on top. Bake for 50 minutes or until cooked through. Allow the slice to cool before cutting into squares.

Variations: Try coconut oil instead of butter. Add shredded coconut on top. Coconut cream or yoghurt may be used in place of the natural yoghurt. Changing the entire dairy for coconut products may alter the original taste of the slice.

Gingernut Cookies

- 2 tablespoons maple syrup
- ½ cup rapadura sugar
- 100g block butter
- 1 egg
- 1¾ cups wholemeal spelt flour
- 2 teaspoons ground ginger
- 1 teaspoon baking powder

Preheat oven to 180C and line baking tray with baking paper.

Melt butter and maple syrup in a saucepan over low heat.

Remove from heat and allow to cool a little.

Add in egg and sugar mixing well.

Add flour, ginger and baking powder. Mix well.

Spoon onto lined tray and bake in the oven for approximately 10 mins.

Store in an airtight container at room temperature.

Variations: Try using different flours if need be. These go fast in my house so I usually double this recipe when I make them. Change butter for coconut oil if you want dairy free.

Maple Munchies

- 2½ cups oats
- ¼ psyllium husks
- 1 cup organic coconut, shredded or dessicated
- ½ cup dates, chopped
- ½ cup coconut oil, melted
- 2 tablespoons chia seeds
- 1 cup dried cranberries or raisins
- 1 cup sesame seeds
- 2 eggs
- ½ cup maple syrup

Preheat oven to 180C and line 2 baking trays with baking paper.

Lightly toast sesame seeds in the oven for 2 mins.

Place all ingredients into a large bowl and mix well.

Using wet hands roll a tablespoon of mixture into a rough ball and place on prepared trays.

Bake for 15 mins or until golden.

Allow the cookies to cool. Store in an airtight container.

Variations: Try using diced organic dried apple, pear or apricots instead of cranberries. Adding a mashed banana makes it sweeter. Swap oats for gluten-free oats or try quinoa flakes. Add in sunflower seeds or pepitas. Honey works well instead of maple syrup...though then they become Honey Munchies!

Pikelets

- 2 eggs
- ½ cup coconut sugar
- 1½ cups milk
- 2 cups wholemeal spelt flour
- 2 teaspoons baking powder
- Ghee for cooking

Beat egg and sugar until thick.

Stir in milk, flour and baking powder and beat until smooth.
Lightly grease pan with ghee.

Add spoonfuls of pikelet mixture to pan, allowing for mixture to spread a little.

Flip when bubbles form.

Cook for 2 minutes on other side.

Remove to cool.

Variations: Make little pikelet sandwiches using honey or jam. I usually will make a double batch for afternoon tea or dessert.

Pineapple Bread

- 3 cups wholemeal spelt flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1½ teaspoons ground cinnamon
- 2 eggs
- ¼ cup chia seeds
- 2 cups grated zucchini
- 2 teaspoons vanilla extract
- ½ cup rapadura sugar
- 430gm can pineapple pieces in juice.
- ¾ cup organic shredded coconut

Preheat oven 180C. Grease and line two bread tins.

Combine flour, salt, baking powder, coconut and ground cinnamon into a mixing bowl. Stir well with a wooden spoon.

In a separate bowl, beat eggs with a mixer until foamy. Add sugar, zucchini, chia seeds and vanilla until well blended.

Add zucchini mixture to the flour mixture and mix until evenly combined. Fold in pineapple with juice.

Pour batter into two big bread tins. Bake for approximately 1 hour or until a skewer inserted into the centre comes out clean. Cool for 10 minutes then remove from tins for further cooling.

Variations: Depending on your sweet tooth, you can decrease or eliminate the rapadura sugar.



Chocolate AND Coconut Creations

Choc-Coconut Loaf Cake

- 1 cup wholemeal spelt flour
- 1 cup organic coconut, shredded or desiccated
- 1 cup rapadura sugar
- 1 cup milk
- 1/4 cup cacao powder
- 2 teaspoons baking powder

Preheat oven to 180C and line a loaf tin with baking paper.

Place all ingredients into a large glass bowl and mix until combined.

Pour mixture into tin and bake for 40 minutes until cooked through and golden on top.

Allow cake to cool before slicing.

Store in an airtight container.

Variations: Add 1/2 cup of choc drops to mixture for a more decadent cake. Remove cacao powder for a Vanilla Coconut Cake, just add a few drops of pure vanilla essence instead. Make into muffins or mini muffins.

Choc Chip Pancakes

- 1 cup wholemeal spelt flour
- $\frac{3}{4}$ cup milk
- 1 egg
- $\frac{1}{2}$ cup dark chocolate drops

Beat egg in medium

Add flour and milk. Mix well.

Heat and grease frying pan. Pour mixture in frying pan to create circles with a diameter of 10 cm.

Carefully sprinkle chocolate drops evenly over circles of mixture.

When bubbles appear flip over.

Set aside on plate when both sides are golden brown.

Store in airtight container in fridge.

Variations: change to white chocolate drops. Add chia seeds, cacao, protein powder or coconut to mixture.

Chocolate Chickpea Slice

- 100gram block of organic dark chocolate
- 2 tablespoons chia seeds
- 4 eggs
- 2 x 400 gram cans of chick peas, drained
- 1 teaspoon baking powder
- ¼ cup coconut sugar

Preheat oven to 180C. Line square cake tin with baking paper.

Melt chocolate.

Place all ingredients into food processor, including chocolate.

Pour mixture into cake tin.

Bake for 30 minutes or until slice is cooked through when tested with a skewer.

Allow to cool and dust with icing sugar for a simple topping.

Variations: Add 2 tablespoons of Berry Choc Chunk from Superfoods for Kidz for a sweeter taste.

Chocolate on Chocolate Brownies

- 100g organic dark chocolate
- 1 cup cooked pureed spinach
- ½ cup rapadura sugar
- ¼ cup cacao powder
- 50g block butter
- 2 teaspoons vanilla essence
- ¾ cup wholemeal spelt flour
- ½ cup dark choc drops
- 2 free range egg whites

Preheat oven to 180C and line a square baking tray with baking paper.

Melt chocolate.

In a large bowl combine the melted chocolate, puree, sugar, cacao, butter and vanilla.

Mix until smooth and creamy.

Whisk in egg whites.

Stir in flour, baking powder, and choc drops.

Pour mixture into prepared tray and bake for 35 to 40 minutes.

Allow to completely cool in the pan before cutting into squares.

Variations: Remove or reduce sugar. Increase, reduce or remove choc drops. You can change butter for coconut oil as well. The brownies need to be completely cooled before eating so there is no veggie flavours. These go fast so I usually will make a double batch. No child has ever guessed they were eating spinach when they visited and consumed these little brownies!

Classic Choc

- ½ cup coconut oil
- ½ cup coconut sugar
- 1 cup wholemeal spelt flour
- ¾ cup desiccated coconut
- 1 teaspoon of baking powder
- 2 tablespoons chia seeds
- 1 egg
- 2 tablespoons cacao
- Extra dessicated coconut

Preheat oven 180C and line a shallow baking dish.

Melt coconut oil and sugar over low heat in small saucepan.

Allow to slightly cool. Transfer to medium bowl.

Beat in egg.

Mix in dry ingredients until well combined.

Press mixture in firmly to baking dish

Bake for 20-25 minutes. Set out until slice is cold.

Sprinkle extra desiccated coconut on top then cut into pieces to serve.

Store in airtight container in fridge.

Variations: Instead of using sugar ground dates can be substituted.

Coconut Macaroons

- 2 eggs
- ½ cup rapadura sugar
- 1 teaspoon vanilla essence
- ½ cup wholemeal spelt flour
- 2 cups organic coconut, shredded or desiccated

Beat egg whites in a small clean glass bowl until soft peaks form.

Gradually add in sugar, beating until thick and glossy.

Add in vanilla. Fold in flour and coconut.

Drop even tablespoons of mixture on to prepared trays.

Bake in the oven for approximately 15 mins or until lightly golden on top.

Allow the macaroons to cool completely before storing in an airtight container.

Variations: Try using rice flour. The colour of the macaroons will vary depending on the type of sugar or flour used. Add ¼ cup of raw cacao powder for a chocolate version. To make them last longer, just double the batch!

Coconut Cranberry & Pear Bread

- 2 pears
- 1 cup raisins or dried cranberries
- 1 cup coconut cream
- 2 eggs
- 1 teaspoon vanilla essence
- ¼ cups rapadura sugar
- 1½ teaspoons baking powder
- 1½ cups wholemeal spelt flour
- ½ cup desiccated coconut

Preheat oven to 180C and grease and line a large loaf pan.

Peel, core and chop pears.

Place pears and raisins in large bowl.

Process coconut cream, eggs and vanilla in food processor for 2-3 minutes.

Add sugar and flour.

Process until just combined.

Add mixture to bowl of pears and combine well.

Pour mixture into loaf pan.

Bake for 30-40 minutes or until cooked through.

Sprinkle desiccated coconut on top then allow loaf to cool completely before turning out to cut.

Variations: Make as muffins or mini muffins and dust with icing sugar.

Double Choc Chunks

- 1¼ cups wholemeal spelt flour
- 1 egg
- ½ cup dark choc drops, plus extra
- ¼ cup cacao powder
- ½ cup rapadura sugar
- ½ cup coconut oil

Preheat oven to 180C and line tray with baking

Melt oil and sugar in small saucepan over low heat. Once sugar has dissolved remove from heat to cool slightly.

Add egg and mix well.

Place flour, choc drops and cacao in a large bowl.

Fold through butter mixture.

Place heaped teaspoons of cookie dough on tray.

Top with extra choc drops.

Bake for 15 - 20 mins or until cooked through.

Allow the chunks to cool.

Store in an airtight container.

Variations: Replace sugar with extra choc drops or chopped dates. Try adding vanilla essence or a little fresh orange juice for a “jaffa” affect.

Nana's Coconut Cookies

- 1 cup wholemeal spelt flour
- 1 cup rolled oats
- $\frac{3}{4}$ organic desiccated coconut
- $\frac{1}{2}$ cup coconut sugar
- 2 tablespoons maple syrup
- $\frac{1}{2}$ cup coconut oil
- $\frac{1}{2}$ teaspoon bicarbonate of soda

Preheat oven 180C and line two baking trays with baking paper.

Heat coconut oil and maple syrup over a low heat in saucepan.

Combine all dry ingredients in a large bowl.

Add oil and syrup to the dry ingredients and mix well.

Place spoonfuls of mixture on trays and allow for cookies to spread while baking.

Bake for 10-15 minutes or until just before golden brown.

Variations: This was my Nana's spin on Anzac biscuits. Clearly her thoughts were the more coconut the better! Feel free to swap sweeteners around with honey or golden syrup.



Savory Suggestions

Baked Bean Bundles

- 1 tin organic baked beans
- 3 sheets mountain bread
- ½ cup blocked cheese, grated
- Extra cheese, grated
- ¼ cup coconut oil

Preheat oven 180C. Grease muffin tray with coconut oil.

Cut mountain bread into quarters - use two quarters per bundle.

Place two quarters of mountain bread layered in muffin tins.

Place beans in a medium bowl and gently fold in cheese.

Spoon mixture into each mountain bread bundle.

Sprinkle extra cheese on each bundle.

Cook in oven for 20 minutes.

Allow to cool and store in airtight container in fridge.

Chicken Drumsticks

- 1.5kg chicken drumsticks
- Sprinkle of Herbamare
- Sprinkle of paprika
- Sprinkle of sea salt
- Sprinkle thyme
- Dash oil of choice

Preheat oven 180C and line rectangular tray with baking paper.

Place drumsticks in the tray.

Sprinkle the herbs evenly on chicken.

Drizzle oil over the chicken and place in oven for 1.5 hours or until cooked through.

Store in airtight container in fridge.

Variations: Change the herbs to those that you and your family desires. Change the drumsticks to chicken wingettes as they are still a small snack size. When sending to school make sure an ice brick is sat in the lunchbox next to the chicken drumsticks.

Mexican Dip

- 1 clove garlic
- Sprinkle paprika
- ½ teaspoon ground cumin
- 1 tablespoon tamari sauce
- Drizzle of olive oil
- 2 cans kidney beans

Mix all ingredients in food processor.

Store in airtight container in fridge.

Serve with cheese and crackers.

Variations: For a light subtle taste, exchange a can of kidney beans with a can of cannellini beans.

Poached Chicken

- 1 tablespoon on stock (I use Thermomix stock but you can use tamari sauce/soy sauce/miso paste or curry paste)
- 2 chicken breasts
- Water

Fill $\frac{1}{4}$ saucepan with water. Add in stock and mix well.

Place chicken in water making sure chicken is covered, bring to boil.

Let sit for 15 minutes afterwards in water.

Allow to cool and store in an airtight container in the fridge for 3-5 days.

Rice Paper Rolls

- 1 red onion, sliced
- ½ avocado
- 200g smoked salmon, sliced
- ½ cup parsley, diced
- 1 teaspoon lemon juice
- 12 square rice paper sheets

Mix lemon juice and avocado together to make a

Place one sheet in flat in a large bowl of warm water until just soft.

Carefully place sheet on top of a chopping board with the point of a corner facing you.

Line one slice of onion, salmon, parsley and avocado paste horizontally about 5 cm away from the corner facing you.

Roll the point away from you over the ingredients, and then fold in the left and right side of the sheet. Keep rolling until a bundle is formed.

Repeat for the rest of the sheets.

Store in airtight container in the fridge.

Variations: Rice can be added to add bulk to the bundles. Different vegetables can be substituted; carrot, capsicum, snowpeas. Tuna and boiled egg can also be exchanged for different forms of protein.

Salmon Dip

- 150g smoked salmon
- Sprinkle of dill
- 1 cup yoghurt, natural
- 50 g parmesan cheese

Place all ingredients in food processor and blend until combined in smooth consistency.

Variations: Change salmon to smoked trout and dill to chives for different flavours.

So Simple Pasta Salad

- 1 chicken breast, shredded
- 1 packet of wholemeal penne pasta
- ½ cup peas
- ½ cup corn
- 2 tablespoons mayonnaise

Bring pasta to the boil in a large saucepan.

In a medium bowl combine chicken, mayo, peas and corn.

Drain pasta, and then add to the rest of the ingredients, mix well.

Store in an airtight container in the fridge.

Variation: Add in cherry tomatoes, herbs or diced carrot. Serve cold for easy snack as school. Also finish with a sprinkle of sesame seeds.

Beetroot Dip

- 850g tin beetroot slices
- ¼ cup natural yoghurt
- 1 tablespoon tahini
- 1 tablespoon lemon juice
- 1 small garlic clove
- Sprinkle sea salt and pepper to taste

Drain beetroot and place in blender.

Add garlic, yoghurt, tahini and lemon juice.

Process until smooth.

Add sea salt and pepper to taste.

Add extra lemon juice if desired.

Serve chilled with crackers, carrot or celery sticks.

Sandwiches/Toasties

The Shrek

Spinach
Cheese
Onion
Avocado
Mayo

Bumble-Bee Tuna :)

Tuna
Mayo
Chives
Celery

Mix all ingredients together and store in fridge. My kids have had this on toast for breakfast.

Not so Nutty Professor

Tahini
Banana
Honey

Classic Aussie

"I am Mighty" spread
Block cheese, sliced

Not so Aussie, add some spinach

Super Salad

Baby Spinach
Tomato
Peeled carrot
Avocado
Onion

Add leftover roast chicken breast, shredded

EGGtastic Sanga

Sliced boiled egg
Mayo
Avocado
Baby Spinach

English Toastie

Baked beans
Cheese
English Muffin

Classic Chicken

Chicken
Onion
Mayo
Rocket

Larry Leftovers

Leftover slices of roast meat
Curry sauce
Baby spinach
Smoked Salmon
Avocado
Red Onion
Cheese

Rodger Rabbit

Carrot (peeled)
Egg
Avocado

Sweet Chilli

Sweet-chilli sauce
Lettuce
Tune

Sweet Sensations

Banana
Cinnamon
Maple Syrup
Chia Seeds

Greek Islander

Feta Cheese
Baby Spinach
Onion powder
Tomato

Thank You

To each and everyone of you who wakes up every day and decides to care. Because our children are worth it!

“The more grateful you are, the more you get to be grateful for. It’s that simple. ” – Louise L Hay

A massive thank you goes to Matt Retford, my web guy/creative director. Everything you see in this booklet was designed by Matt. So creative, honest, clever, skilled and capable. Your ideas, direction and capability is endless. Watch out world, this guy has something to offer.

My husband, Jason is always on the mark, straight to the point and secretly thinks I’m the ducks guts ;) ...You had me at hello.

My first born, Kelsea is my go to auto corrector, slap in the face and proof reader. Kels always says it how it is and I kind of love her for it. Thank you for entering this world and giving me the name, Mum.

My eldest boy Kade is the reason I get to do what I love everyday. Asthma may have seemed like an unlikely gift, though through that you help me on my journey to inspire other mums to look at food as our medicine, not the puffa as the only solution.

Fletcher, my “character” child is living proof that better food choices allow for better behaviour. Better behaviour makes you a joy to be around, a focused student, a happy friend, a loving grandchild and a stellar human being.

Blessed I am to call all three of you my children.

My mum is my biggest support. Her love is unwavering, honest and perfectly pure. How did I get so lucky?

Nim makes the best kind of dad. He may not have given me life, though he loves me like he did :)

My brother, Dru never doubted me for a minute. That right there, is a lot to be thankful for.

All my love,
Tanya x