

FUNCTIONAL HEALTH LUNCHBOX RECIPES

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It is back to school time! Here are a few of my favourite quick & easy kids' lunchbox recipes. They are all nut-free and made using real food ingredients.



functional health canberra

FRUIT CHIPS

FUNCTIONAL HEALTH LUNCHBOX RECIPES



METHOD

1. Preheat oven to 120 degrees.
2. Thinly slice apple crossways into thin rounds.
3. Thinly slice pear lengthways.
4. Carefully toss fruit slices in cinnamon.
5. Place fruit slices, in single layer, on wire racks or oven trays.
6. Bake for approx 1 hour or until dried crisp.

INGREDIENTS

1 medium apple
1 medium firm pear
1/2 teaspoon cinnamon or
mixed spice (optional)

ZUCCHINI QUINOA SLICE

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METHOD

1. Preheat oven to 180 degrees.
2. Line a 20cm square pan or ovenproof dish with baking paper.
3. Cook rice & quinoa mix as per packet instructions and cool.
4. Combine all ingredients into a large bowl, salt and pepper to taste.
5. Transfer mixture into pan.
6. Bake for 35 minutes or until mixture has set and top is golden.

INGREDIENTS

½ cup peas
1 garlic clove, crushed
2 medium zucchinis, grated
½ cup rice and quinoa mix,
cooked and cooled
1 cup cheddar cheese,
grated
4 eggs
Salt and pepper to taste

BANANA & BLUEBERRY MUFFINS

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METHOD

1. Preheat oven to 180°C.
2. In a large bowl, combine eggs, oil, rice malt syrup & mashed bananas.
3. Add spelt flour, desiccated coconut & baking powder, combine well.
4. Fold through blueberries & spoon into lined muffin tins.
5. Bake for 30 - 35 minutes, until passes the skewer test.

INGREDIENTS

- 2 large bananas, mashed
- 1 cup spelt flour
- 1/2 cup desiccated coconut
- 1 teaspoon baking powder
- 3 eggs, free range
- 1/4 cup coconut oil
- 1/4 cup rice malt syrup
- 1 cup blueberries

CACAO CRACKLES

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METHOD

1. In a medium bowl, combine coconut oil, rice malt syrup, tahini, cacao powder and salt.
2. Mix through puffed rice and desiccated coconut .
4. Place in mini muffin cases on a tray and freezer for 10-15 minutes.
5. Store in an airtight container in the fridge.

INGREDIENTS

2 cups puffed rice
1 cup unsweetened desiccated coconut
1/3 cup coconut oil melted
1/3 cup raw cacao powder
2 tablespoons tahini
1/3 cup rice malt syrup
Pinch of salt

NUT FREE BLISS BALLS

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METHOD

1. Place pumpkin seeds and sunflower seeds into food processor and blend until nuts are finely chopped.
3. Add remaining ingredients and blend until smooth 5 - 8 minutes.
4. Using wet hands roll mixture into balls, if the mixture feels a bit a dry add a little water.
5. Roll the balls in desiccated coconut and refrigerate until ready to serve.

INGREDIENTS

1 cup dates, pitted & soaked in hot water for 15 minutes to soften
1 tablespoon coconut oil
1 tablespoon rice malt syrup
1 cup sunflower seeds
1 cup pumpkin seeds
2 tablespoons cacao
pinch of salt
Unsweetened desiccated coconut for coating