FUNCTIONAL HEALTH LUNCHBOX RECIPES

BY MELISSA KOVACEVIC



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 camberra

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 apple1 medium firm pear1/2 teaspoon cinnamon or mixed spice (optional)

ZUCCHINI QUINOA SLICE

FUNCTIONAL HEALTH LUNCHBOX RECIPES



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

1/2 cup rice and quinoa mix,

cooked and cooled

1 cup cheddar cheese,

grated

4 eggs

Salt and pepper to taste

BANANA & BLUEBERRY MUFFINS

FUNCTIONAL HEALTH LUNCHBOX RECIPES



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

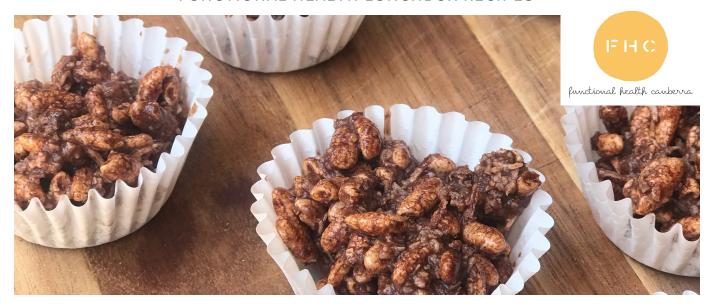
½ cup coconut oil

½ cup rice malt syrup

1 cup blueberries

CACAO CRACKLES

FUNCTIONAL HEALTH LUNCHBOX RECIPES



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

FUNCTIONAL HEALTH LUNCHBOX RECIPES



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