



HEALTHY LUNCH BOX CHALLENGE

JUNE 2013 (and winter suggestions for moms)

We are well into winter now so I will be giving you a few yummy, comforting recipes to get you through this time. Invest in some good quality containers and a food flask and you won't look back. Most of us rarely look at the salad leaf in winter and all we crave is something delicious to keep us warm. Your children feel the same way so make sure you giving them healthier options that are satisfying their little tummies.

WINTER BREAKFAST

Great start to the day would be eggs e.g. Omelette's, egg nest, poached egg on toast.

Next best thing is oats, delicious and healthy for everyone. Cook oats and sprinkle with a little honey, yoghurt and raspberries or brown sugar.

Homemade muffins

Stewed fruit with yoghurt

WINTER LUNCH

Salads for the Soul: When thinking of salads this winter think of ingredients like, couscous, bulgur wheat, quinoa, lentils. These are all so healthy, packed with fibre and nutrients.

Soups are fabulous and can be made the day before. Add in barley and sweet potato for added comfort. Soups are a great way to 'hide' vegetables for your children.

WINTER DINNER

Pies, stews and roasts with veggies.



Try a soufflé for something different one night or stuffed vegetables. A delicious curry or Thai dish is also extremely satisfying in the colder months. You don't need to make it spicy for the kids, just full of flavour.

WINTER DESSERTS

Apple crumbles, Melkkos, Malva (how can you resist). These are lovely easy dessert that your children can learn to make. It gives them such pride when they can make their own food and contribute to something special at meal time.

Warm regards,

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