



School holidays are now over and we are back to the dreaded lunchboxes. I have to admit that this is not my most favourite job in the world. Trying to find a balance of healthy variety that they will actually eat can get a bit monotonous. However, this is something I know we all battle with and it's why I started the challenge in the first place.

Spring does make a difference, though, with more fruit to choose from and the desire to be healthier, instead of eating more comfort food. Let's start spring on a new positive note with some great, easy recipes below for your lunch boxes.

Home Bakes

Try making these recipes over the weekend to add to the lunch box the following week. Nice little treats (and great for you to take to work).

Lemon & Poppy Seed Biscuits
Oat & Seed Slice
Pear & Muesli Muffins
Simple Caesar Salad
Easy Coronation Chicken and pasta salad

Lemon & Poppy Seed Biscuits

Makes about 30

1 cup caster sugar
150g unsalted butter
1 egg
1 teaspoon baking powder
2 cups plain flour
1 tablespoon lemon juice
1 tablespoon finely grated lemon rind
1 tablespoon poppy seeds

Method: Cream the butter and sugar with an electric beater. Then add the egg and beat some more. Then add all the dry ingredients and lemon juice and rind. Make a dough ball and roll. Bake at 180 degrees for about 12 – 15 minutes.

Oat and Seed Lunchbox Slice

Ingredients:

1 & ½ cups rolled oats
2 cups desiccated coconut
½ cup linseeds seeds
½ cup sunflower seeds
2 cups self-raising wholemeal flour
1 & 1/3 cup brown sugar lightly packed
250g butter
4 tablespoons golden syrup
2 tablespoon boiling water
1 teaspoon bicarbonate of soda

In a large bowl, mix together all the dry ingredients – rolled oats, coconut, linseeds, sunflower seeds, flour and sugar. Melt butter with golden syrup in a small saucepan on a low heat. Remove from heat and add bicarbonate of soda to boiling water and stir. Add this liquid to the melted butter and mix well.

Pour butter mixture into the dry ingredient - mix.
Press firmly into a lined baking tray.
Bake for 15 – 20 minutes at 160 degrees.
Allow to cool for 10 minutes before cutting.

Muesli & Pear Crumble Muffins

Makes 12.

In a bowl, chop your dried pear 100g and add 125ml orange juice and orange zest. Let that stand for 10 minutes. Preheat your oven and spray your muffin tins.

Sift the following into the dried pear bowl:

250g self-raising flour,
5ml baking powder

Then add

1 cup box muesli
And all the wet ingredients
1 cup buttermilk
60ml milk
100ml honey
60g melted butter

Combine and spoon into the muffin tins. Sprinkle the following onto the top of each muffin as the crumble:

1 ½ tablespoons flour

½ cup muesli

½ cup sugar

Bake for 25 minutes at 200 degrees.

Simple Caesar Salad

Ingredients for the dressing:

Blend it up

½ cup extra virgin olive oil

2 cloves fresh garlic, peeled, smashed, then minced

¼ cup freshly squeezed lemon juice

1/3 cup Parmesan cheese, grated

2 anchovies, smashed and minced

5ml white wine vinegar

2 eggs

5ml Worcestershire sauce

Salt & pepper to taste

4-6 small heads of romaine lettuce, rinsed, patted dry, wilted outer leaves discarded

Using your hands, tear off chunks of lettuce from the heads of lettuce (do not use a knife to cut).

Toss in the dressing and add the following:

Fresh croutons (home-made from old bread)

2 eggs (hard boiled)

Bacon, chopped and fried (optional) or cooked chicken

Easy Coronation Chicken and Pasta

Prepare your pasta.

Cook your chicken and slice it up.

Dressing:

4 Tablespoons plain yoghurt

1 tablespoon Mango or fruit chutney

2 tablespoons chopped dried mango

Mix together and pour over the pasta and chicken