

Walkerville Primary School

Room 13 Cookbook

*Our aim is to design a cookbook that is simple,
nutritious and limits food wastage.*

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OUR MISSION

Our mission is to create healthy recipes with food that would have gone to waste. After watching an educational video on food waste, we decided to take part in saving not only perfectly good food but our planet too. We have learnt to limit food shopping to needs rather than wants, recognise unnecessary amounts of food and utilise all parts of fruit and vegetables. Oz Harvest has supported us to make positive choices to support the future of our environment.

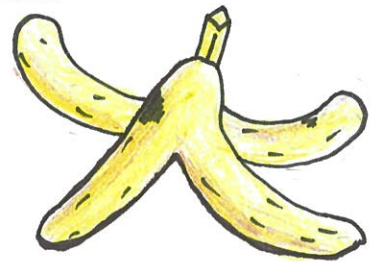


KITCHEN SAFETY

When preparing food, you need to stay safe by following these simple steps.

In the kitchen, you will need to...

- Be cautious and aware of sharp objects
- Put long hair up and away from food
- Keep an eye on burning stoves and never leave food unattended
- Store knives away safely
- Turn pot handles away from the front of the stove
- Never cook while wearing dangling jewellery
- Wipe spills immediately



KITCHEN HYGIENE

Food hygiene is extremely important when preparing food for yourself or others.

In the kitchen, you need to...

- Make sure you always wash your hands before and after preparing food
- Make sure your utensils have been properly washed
- Make sure your fruit and vegetables are thoroughly rinsed
- Let food cool properly before putting them into the fridge
- Separate raw meat and poultry from other items whenever you use or store them



BACON & VEGETABLE OMELETTE

Created By: Mia E

Serves: 2-3

Preparation Time: 5 mins

Cooking Time: 5 mins

Ingredients

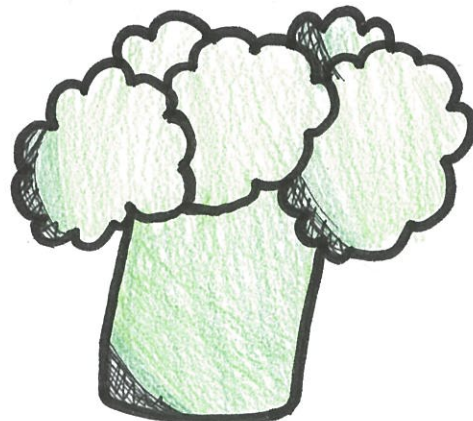
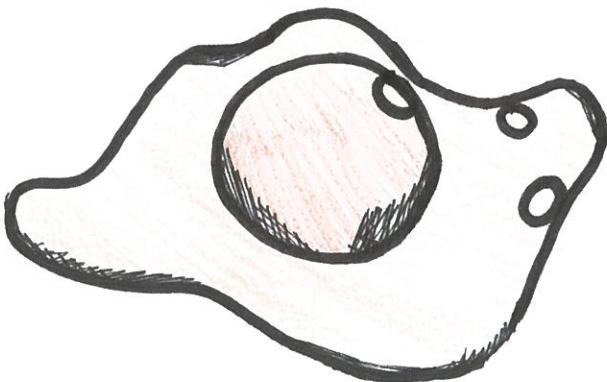
- 2 eggs
- 2 rashers of bacon, small
- 1/4 capsicum
- 1/2 tomato
- Pinch of salt
- 2 tablespoons milk
- 1/8 broccoli

Equipment

- Fry pan
- Pancake flipper
- Wooden spoon
- Bowl

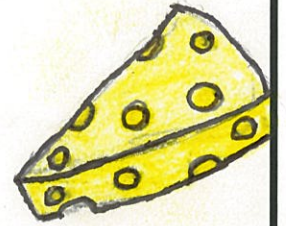
Procedure

1. Cut all of the chosen ingredients into your preferred size excluding the milk, salt, pepper and eggs. Make sure the pan is now heated.
2. Crack the eggs in a bowl and add the milk. Pour all of the chopped ingredients into the wide pan with the eggs.
3. Let all the food simmer in the pan and cook for 5 mins or until the bacon is cooked properly and the eggs as well.
4. Once cooked through flip the omelette to cook the other side until just browned.
5. Enjoy your bacon and veggie omelette.



CHEESY OMELETTE

Created By: Cleo



Serves: 1

Preparation Time: 5 mins

Cooking Time: 5 mins

Ingredients

- 1 organic large egg
- 1 teaspoon whole milk or water
- 1 tablespoon cheddar cheese, shredded
- 1 teaspoon butter or oil

Equipment

- Whisk
- Bowl
- Pan
- Teaspoon
- Tablespoon

Procedure

1. Whisk the egg and milk in a bowl with a fork until thoroughly combined.
2. Melt butter in an omelette pan over medium heat (approx. 30 seconds) making sure it coats the bottom of the pan. As soon as the butter stops bubbling (and before it starts to brown) slowly pour in the egg mixture.
3. Pour in the egg mixture tilting the pan to spread it evenly. Let the egg firm up a little, and after about ten seconds shake the pan a bit and use a spatula to gently direct the mixture away from the sides and into the middle. Allow the remaining liquid to then flow into the space left at the sides of the pan.
4. Continue to cook for another minute or so until the egg mixture holds together. Do not let the underside of the eggs brown.
5. Sprinkle the top with shredded cheese and with a spatula, gently fold the omelette in a half moon shape.
6. Continue to cook for another 30 seconds or until the omelette is thoroughly cooked through.
7. Cool, cut into bite size pieces and serve.



FRENCH TOAST

Created By: William

Serves: 1

Preparation Time: 5 mins

Cooking Time: 4 mins

Ingredients

- 2 eggs
- 1/2 cup milk
- 2 pieces of bread, crust on
- Topping(s) of your choice (lemon curd, Nutella, lemon butter)

Equipment

- Wooden spoon
- Bowl
- Frying Pan
- Tongs
- Plate
- Knife & Fork

Procedure

1. Make the French toast by cracking the egg and milk and whisk together in the mixing bowl.
2. Use tongs to put the first piece of bread into the egg.
3. Turn on your stove to a medium heat.
4. Once the bread has absorbed the egg mixture put it into the pan.
5. Once the bread is golden brown (around 2 minutes each side), use the tongs to flip it over until the other side is golden brown.
6. Repeat the above steps for the remaining pieces of bread.
7. Serve with topping of your pleasure.



BANANA OATMEAL PANCAKES

Created By: Jake



Serves: 10

Preparation Time: 5 mins

Cooking Time: 15 mins

Ingredients

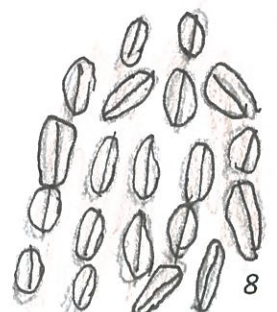
- 1/2 cup Almond Milk unsweetened
- 2 Eggs
- 1 Egg White
- 1 bruised Banana
- 2 Tablespoons 100% Real Maple Syrup
- 1 1/2 cups Rolled Oats
- 2 teaspoons Baking Powder
- 1/4 - 1/2 teaspoon Salt
- 1 teaspoon vanilla extract (optional)

Equipment

- Measuring Cup
- Measuring spoons
- Blender
- Pan
- Pancake Flipper

Procedure

1. In a blender, pour in almond milk, eggs, egg white, banana, maple syrup, vanilla (optional), rolled oats, baking powder and salt.
2. Blend until smooth.
3. Heat skillet over medium heat. Once warmed, spray with non-stick cooking spray or place coconut oil or butter in skillet.
4. Pour Pancake batter into skillet in round circles.
5. Cook for 2-3 minutes on one side. Turnover and cook for another 1-2 minutes.
6. Drizzle with real maple syrup and toppings of your choice.





APPLE PANCAKES

Created By: Angus

Serves: 3 pancakes

Preparation Time: 2-3 mins

Cooking Time: 3-4 mins

Ingredients

- 1/2 cup self-raising flour, sifted
- 2 tablespoons of caster sugar
- 1/2 teaspoon ground cinnamon
- 1 egg, lightly whisked
- 1/3 cup milk
- 2 granny smith apples, peeled & grated
- Canola oil cooking spray
- 4 scoops low-fat frozen yoghurt, to serve

Equipment

- Sift
- Measuring spoons
- Mixing bowl
- Whisk
- Measuring cups
- Grater
- Peeler
- Pancake flipper
- Wooden Spoon

Procedure

1. Combine flour, sugar and cinnamon in a bowl. Add egg and milk. Whisk until smooth. Stir in apples.
2. Heat a non-stick frying pan over low heat. Spray with oil.
3. Pour 1/4 cup of apple mixture into pan. Gently spread out with the back of a spoon to a 10 cm round.
4. Cook pancakes, in batches, for 2 minutes or until bubbles appear on surface. Turnover.
5. Cook for 1 to 2 minutes or until through.



GUACAMOLE & CORN CHIPS

Created By: Lulu

Serves: 2-4

Preparation Time: 15 mins

Cooking Time: 0 mins

Ingredients

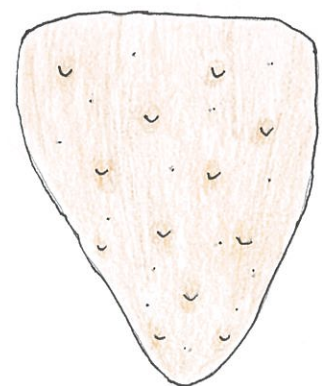
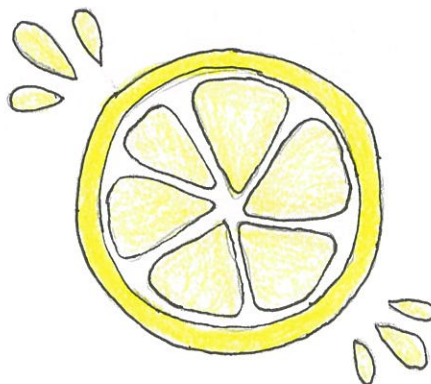
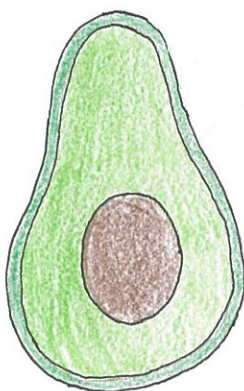
- 1/2 avocado
- 1 teaspoon salt
- 1/2 lime, juiced
- 3 cherry tomatoes
- 1 packet healthy corn chips

Equipment

- Bowl
- Plate
- Knife
- Teaspoon
- Fork

Procedure

1. Cut half an avocado. Then cut it into big chunks and Mash it up in a bowl with a fork.
2. Sprinkle a pinch of salt into the mash
3. Then cut two tomatoes into small pieces and put it in the bowl
4. Cut a small lime in half and squeeze the juice into the dip
5. Open your packet of corn chips and put them on a plate
6. Put the bowl of guacamole next to the plate of corn chips and enjoy!





SPANISH EGG MUFFIN CUPS

Created By: Meisha

Serves: 6 cups

Preparation Time: 10 mins

Cooking Time: 20 mins

Ingredients

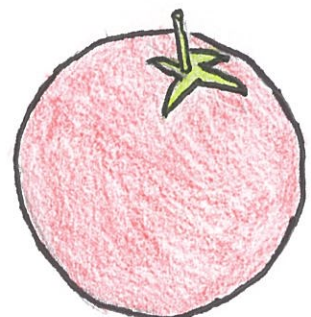
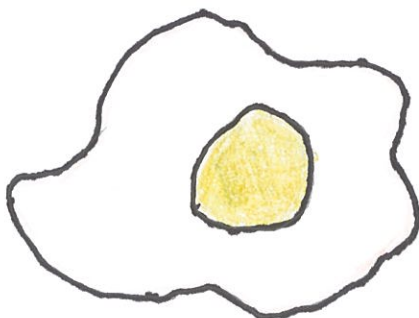
- 6 eggs
 - Non-stick cooking spray
- Choose any 2-3 of the following items.
- Baby Spinach, chopped
 - Tomatoes, diced
 - Onions, chopped
 - Red bell peppers, chopped
 - Green Peppers, chopped
 - Mushrooms, chopped
 - Goats cheese, crumbled
 - Basil, chopped,
 - Mozzarella, shredded
 - Salt & pepper, to taste

Equipment

- Whisk
- Bowl
- Knife
- Muffin Tin

Procedure

1. Preheat oven to 148°C. Spray a muffin with non-stick cooking oil. Set aside.
2. Whisk the eggs in a bowl. Place 2-3 items from the list above into each muffin tin. You can customise each muffin cup however you'd like! Pour the egg mixture on top, leaving 1/4 from the top.
3. Bake for 20 minutes, or until a toothpick comes out clean for each muffin. Remove from the oven. Use a knife to go around the edges and pop out the egg cups.
4. To reheat, simply place one egg muffin at a time in the microwave for 35-45 seconds until warm. Enjoy!





HEALTHY PEANUT BUTTER CUPS



Created By: Zayla

Serves: 12 cups

Preparation Time: 15 mins

Cooking Time: 0 mins

Ingredients

Peanut Butter Layer

- 1/3 cup of all-natural peanut butter, creamy
- 2 1/2 tablespoons melted coconut oil
- 1 teaspoon vanilla extract

Chocolate Layer

- 3 tablespoons unsweetened cocoa powder
- 2 tablespoon maple syrup
- Himalayan sea salt, to taste

Equipment

- Measuring Cups
- Measuring Spoons
- Muffin Tin
- Muffin Liners
- Medium Bowl
- Whisk

Procedure

1. Line a muffin tin with 12 muffin liners. Spray with coconut oil cooking spray and set aside.
2. In a medium bowl, stir all ingredients for the bottom layer (chocolate) together until smooth. Set aside.
3. In another medium bowl, stir all ingredients for the top layer (peanut butter) together until smooth. Set aside.
4. Scoop 1/2 tablespoon of the chocolate layer into each muffin cup. Repeat until you've filled around 12 cups. Then, pick up the entire muffin tin and shake and tap until the layer is set evenly. Place in the freezer for 30 minutes or until set.
5. Repeat the same thing with the peanut butter layer, adding around 1/2 tablespoon on top of the chocolate layer. Pick up the entire muffin tin one last time and shake and tap until your cups are even.
6. Finally, sprinkle each cup with some Himalayan sea salt.
7. Place muffin tin in the freezer for 30 minutes or until firm. Enjoy!

NOTE: Store healthy peanut butter cups in the freezer to enjoy for later.



LEFT OVER ROAST CHICKEN RAVIOLI

Created By: Mena

Serves: 4

Preparation Time: 10 mins

Cooking Time: 10 Mins

Ingredients

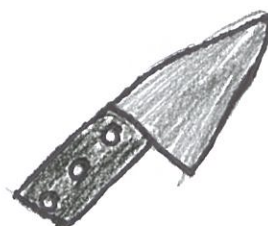
- 1 packet wonton wrappers
- 200g leftover roast chicken
- 50g fresh ricotta
- 30g grated parmesan
- Pinch of grated nutmeg
- 1/2 bunch basil, finely chopped
- 30ml olive oil
- Freshly cracked black pepper

Equipment

- 1 large pot
- Stove
- 1 knife
- Something to mix with (a spoon, etc)

Procedure

1. Chop the chicken until very fine and place in a bowl with ricotta, parmesan, nutmeg basil, pepper and olive oil.
2. Mix well and check seasoning, add salt if necessary. Roll out 20 even sized balls of around 20 grams and leave in the fridge to firm.
3. Meanwhile, lay out 20 wonton wrappers and brush lightly with whisked egg. Place a ball on top of each wrapper and cover with another wrapper. Seal the edges firmly ensuring no air is trapped within.
4. Bring a large pot of salted water to the boil then reduce to a light simmer. Drop in the ravioli and cook until tender, around 3 minutes.
5. Drain and serve dressed with olive oil, parmesan and cracked pepper, or a pesto.



VEGGIE PIE

Created By: Sophia

Serves: 4-5

Preparation Time: 20 mins

Cooking Time: 20 mins

Ingredients

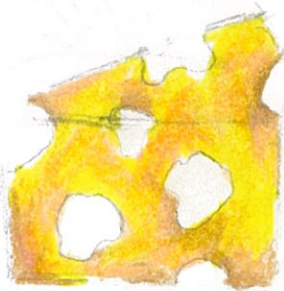
- 2 large carrots, finely chopped
- 1 large onion, finely chopped
- 1 large zucchini, grated
- Salt & pepper, to taste
- 1 cup Cheese
- 1 tablespoon Olive Oil
- 3 large Potatoes

Equipment

- Big Bowl
- Spoon
- Spatula

Procedure

1. Preheat your oven to 180°C.
2. First prepare and chop your vegetables.
3. Next, peel and chop your potatoes. Place them in a large saucepan with water to boil.
4. After the potatoes have boiled, drain them and mash them in a bowl with the cheese. Add salt and pepper to taste.
5. Finally, add the carrots, onion and zucchini into a large pie dish. Place the mashed potato and cheese mixture over the top.
6. Cook in the oven for 20 minutes.



GARDEN SALAD



Created By: Kimberley

Serves: 4

Preparation Time: 15 mins

Cooking Time: 0 mins

Ingredients

- 1/2 lettuce (save the other half for next time)
- 2 medium sized tomatoes, diced 
- 1/2 of a cucumber, peeled and sliced 1/4 inches thick (save the other half for next time)
- 4 green onions, chopped
- 1/2 of an avocado, diced (save the other half for next time)
- 2 radishes, sliced (optional)
- 4 medium sized mushrooms, sliced (optional) 
- 1 medium sized carrot, peeled and diced (optional)

Ingredients

- 1 tbs Salt
- 1 tbs Pepper
- 1 tbs Garlic Powder
- 2 tbs Olive Oil
- To taste, Cooking Vinegar



Equipment

- 1 teaspoon
- 1 tablespoon
- 1 peeler
- 1 knife
- 1 large bowl



Procedure

1. Tear lettuce into bite sized pieces, wash and dry thoroughly.
2. Place in large salad bowl (wider than it is deep).
3. Top with prepared vegetables.
4. Sprinkle with salt, pepper, garlic powder.
5. Pour oil over salad, then vinegar. It is important that the oil be first. Focus on coating the top layer of vegetables. Hand mix until well mixed.
6. Taste - add vinegar or oil again if needed, toss again. Do not add dry ingredients, serve immediately.



LEFT OVER MEAT TACOS

Created By: Maeve

Serves: 8 tacos

Preparation Time: 15 mins

Cooking Time: 35-40 mins

Ingredients

- Salt & pepper, to taste
- 2 tablespoons of olive oil
- Tortillas (corn, whole wheat or flour)
- Fresh avocado or guacamole
- 2 cups of fresh corn
- 3/4 cup thinly sliced radishes
- 1 tablespoon jalapeño pepper
- 1/2 teaspoon minced garlic
- 1 can of black beans, drained and rinsed
- 1 cup mild salsa
- 500g left over beef mince

Equipment

- Bowl
- Measuring Spoons
- Frying Pan
- Strainer
- Garlic Mincer
- Knife
- Chopping Board

Procedure

1. Firstly, you will want to drain and rinse your beans.
2. Then add your salsa to a bowl and set aside.
3. Next drain your corn and set aside in a bowl.
4. Next make sure your radishes are sliced thinly.
5. Now you will want to heat up any left-over beef mince you may have had from a meal you made yesterday. Mix a 1/2 tablespoon of minced garlic to season the mince and give it a bit more flavour.
6. Then microwave your tortillas for 20 secs to make them warm.
7. Assemble your tacos with the toppings of your choice. Enjoy!

avocado



taco



radish



CRISPY BAKED BUFFALO WINGS

Created By: Ryan

Serves: 1

Preparation Time: 15 mins

Cooking Time: 1 hr 25 mins

Ingredients

- 6 chicken wings
- 1 1/4 tsp baking powder
- 1/4 tsp salt
- Any hot sauce

Equipment

- Bowl
- Tongs
- Paper Towel
- Baking Paper
- Oven Tray

Procedure

1. Toss the wings in baking powder and salt in a bowl.
2. Put the wings in a tray lined with foil in the oven at 120°C for about 30 mins.
3. Then move the wings up to the higher shelf at 220°C for another 40-50mins.
4. Then now toss them in some hot sauce.



HEALTHY FRIED RICE

Created By: Ethan

Serves: 4

Preparation Time: 5 mins

Cooking Time: 10 mins

Ingredients

- 1 tbsp avocado oil
- 3 large eggs
- 5-6 spring onions, root and 2 inches of green top removed, chopped
- 1 large carrot, shredded
- 1/2 cup peas, frozen
- 2 cup brown rice, cooked
- Salt & pepper to taste
- 3 tbsp organic tamari or low sodium soy sauce
- 1 tsp rice vinegar
- 1 tsp toasted sesame oil
- 1/2 tsp freshly grated ginger

Equipment

- Frying Pan
- Knife
- Measuring Spoons

Procedure

1. Heat 1/2 tablespoon oil over medium heat.
2. In a mixing bowl, whisk the eggs into a uniform mixture until well combine and season with a pinch of sea salt and fresh black pepper.
3. Add the eggs to the pan and scramble. Once cooked remove the scrambled eggs from the pan to the plate and reserve it for later.
4. Add the remaining 1/2 a tablespoon oil to the pan over medium heat; add the scallions and the carrots and sauté 3-4 minutes until it is soft.
5. Add the frozen peas to the pan, then add the cooked brown rice, Tamari, rice vinegar, toasted sesame oil and ginger. Stir well to combine, the heat from the pan will quickly defrost the peas.
6. Turn of the heat and stir in the scrambled eggs season. Season with a pinch of sea salt if needed (it will depend on the sodium content of Tamara and other ingredients).



LEFT-OVER STEW CHICKEN PIE

Created By: Mahdi

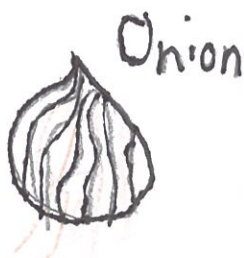
Serves: 4

Preparation Time: 10 mins

Cooking Time: 40 mins

Ingredients

- Salt & pepper, to taste
- 1 tsp dried thyme
- 1 tsp ground all spice
- 1 small onion, chopped
- 4 garlic cloves, minced
- 1 chilli, chopped
- 1 tbsp vegetable oil
- 250ml chicken stock
- 1 chicken stock cube
- 2 tbsp corn flour
- 1 carrot, chopped (skin on)
- 1 potato, chopped (skin on)
- 200g frozen peas
- 320g roll puff pastry
- 2 eggs, whisked
- 300g boneless chicken thighs, defrosted



Equipment

- Glass tray
- Saucepan
- Measuring spoons
- Whisk
- Knife
- Chopping Board
- Garlic Mincer
- Wooden Spoon



Procedure

1. Firstly, to thaw the chicken, place it in a glass oven tray and leave in the refrigerator overnight, up to 24 hours. Alternatively use the 'defrost' setting on your microwave to fully defrost your chicken through to the middle.
2. Once the chicken is safely defrosted, add to a mixing bowl and season with salt, black pepper, dried thyme, all spice, onion, garlic, and chilli.
3. Put the vegetable oil in a saucepan on a medium heat, then add the chicken mixture in and brown the meat for 10 minutes.
4. Add some water, chicken stock cube and corn flour, then mix together to form a dark thick gravy. Add carrots, potatoes and peas and cook until tender (roughly 20 minutes).
5. Fill a medium-sized pie tray with stew chicken mix, then use a puff pastry roll and cut 3-4cm off the ends. Whisk two eggs and paint on the rims of the pie tray. Use the cut-off ends of the pastry to cover the pie tray edges all around, then add the rest of the pastry across the top and cover. Use a fork to pierce some holes inside, then add to a pre-heated oven for 20 mins on 150 °C until golden brown.
6. Serve with fresh salad or couscous, rice.



Pie

SUSHI

Created By: Reuben

Serves: 24

Preparation Time: 20 mins

Cooking Time: 20 mins

Ingredients

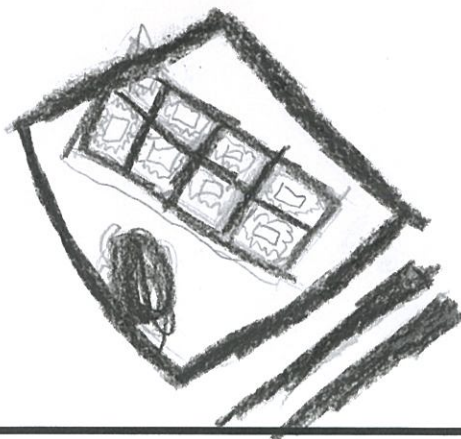
- 1 ½ cups sushi rice
- 2 tbsp rice wine vinegar
- 1 tbsp caster sugar
- 4 nori sheets
- 2 tbsp whole-egg mayonnaise
- 1 Lebanese cucumber, cut into matchsticks
- 1 medium avocado, thinly sliced
- 1 medium carrot, grated
- Salt reduced soy sauce, to serve

Equipment

- Strainer
- Bowl
- Saucepan
- Microwave-safe jug
- Measuring spoons
- Spatula
- Sushi mat
- Knife

Procedure

1. Rinse and drain rice 3 times or until water runs clear. Place in a sieve over a bowl. Set aside for 10 minutes to drain.
2. Place rice and 1 ½ cups cold water in a saucepan over medium heat. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, for 12 minutes or until water has absorbed. Remove from heat. Stand, covered, for 10 minutes.
3. Meanwhile, place vinegar and sugar in a microwave-safe jug. Microwave on high (100%) for 30 seconds. Stir to dissolve sugar. Transfer rice to a large ceramic dish. Using a spatula, stir to break up lumps. Slowly add vinegar mixture, lifting and turning rice, until rice has cooled.
4. Place 1 nori sheet, shiny-side down, on a sushi mat. Using damp fingers, spread ¾ cup rice over nori, leaving a 2cm strip at 1 short end. Spread 2 teaspoons mayonnaise over centre of rice.
5. Arrange one-quarter cucumber, avocado and carrot over mayonnaise. Using the sushi mat, roll up firmly to form a roll. Cut into 6 slices. Repeat with remaining nori sheets, rice, mayonnaise, cucumber, avocado and carrot to make 24 pieces. Serve with soy sauce.



HLTC SANDWICH

Created By: Max

Serves: 1

Preparation Time: 5 mins

Cooking Time: 0 mins

Ingredients

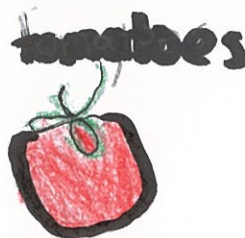
- 2 slices bread, of your choice
- 1 tablespoon butter
- 3 leaves lettuce
- 1/2 tablespoon mayonnaise
- 1/2 tomato, sliced
- 4 slices ham
- 1 tsp fat-free Italian salad dressing
- 2 slices cheese

Equipment

- Toaster
- Butter Knife
- Bread Knife
- Chopping Board

Procedure

1. Toast your bread to your liking.
2. Spread the butter on both slices of bread.
3. Place the romaine lettuce on one slice of the buttered bread.
4. Spread the mayonnaise on the lettuce not on the bread.
5. Place the ham on the lettuce.
6. Take the tomatoes slices and place them over the ham.
7. Add cheese to the sandwich over the tomato slices.
8. Finish it off by drizzling the Italian dressing over the cheese.
9. Cut sandwich and enjoy.





RIPE BANANA & CARROT BREAD

Created By: Bella



Serves: 16 Slices (1 loaf)

Preparation Time: 10 mins

Cooking Time: 55-65 mins

Ingredients

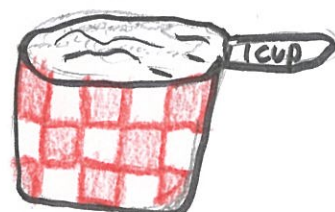
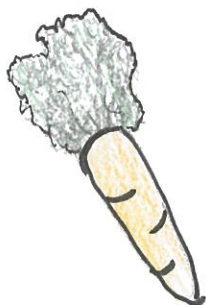
- 2 cups all-purpose flour
- 1 cup sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 2 eggs
- 1 cup ripe banana, mashed (about 2-3 bananas)
- 1/3 cup canola oil
- 1 cup carrot, grated

Equipment

- Small Bowl
- Large Bowl
- Measuring cups
- Measuring spoons
- Wooden Spoon
- Loaf Pan
- Grater

Procedure

1. In a large bowl, combine the flour, sugar, baking soda, salt and cinnamon.
2. In a small bowl, whisk the eggs, bananas and oil.
3. Stir into dry ingredients just until moistened.
4. Fold in carrots. Transfer to a greased 9x5 inch loaf pan.
5. Bake at 180°C for 55-65 minutes or until a toothpick inserted in the centre comes out clean.
6. Cool for 10 minutes before removing from pan to a wire rack to cool completely.



ONE BOWL BANANA CAKE

Created By: Oliver

Serves: 6

Preparation Time: 15 mins

Cooking Time: 50 mins

Ingredients

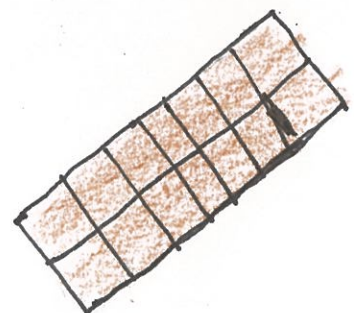
- 3 ripe bananas
- 1/3 cup butter (75g) melted
- 1/2 cup sugar (100g)
- 1 egg, beaten
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- Salt, to taste
- 1 1/2 cups all-purpose flour (185g)
- 1/2 cup mini chocolate chips (85g)

Equipment

- Teaspoons
- Cake mixer
- Oven
- Toothpick
- Scales

Procedure

1. Preheat oven to 350°F (180°C).
2. In a bowl, add the bananas and mash until smooth. Add in the melted butter and stir until well combined.
3. Add the sugar, egg, vanilla, baking soda, salt, and flour, and stir until the batter is smooth.
4. Add in the chocolate chips and pour the batter into a greased loaf pan. Top with additional chocolate chips.
5. Bake for 50 minutes to an hour, or until a toothpick comes out clean.
6. Cool completely before serving.



BERRY MUFFINS

Created By: Annabel

Serves: 12 muffins

Preparation Time: 30 mins

Cooking Time: 16-19 mins

Ingredients

- 1 3/4 cups plus 1 teaspoon of white whole flour or whole wheat flour.
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon fine sea salt
- 1/3 cup melted coconut oil
- 1/2 cup honey
- 2 eggs
- 1 cup plain Greek yoghurt
- 2 teaspoons vanilla extract
- 1 cup of mixed berries

Equipment

- Teaspoons
- Mixing bowl
- Wooden spoon
- Measuring cups

Procedure

1. Preheat the oven to 400 degrees Fahrenheit. Grease all your 12 muffin cup tins with butter. In a large mixing bowl mix 1 3/4 cups of flour, baking powder baking soda and salt.
2. In a large mixing bowl combine honey and oil. Beat them together with a whisk. Add the eggs and beat well, then add yogurt and vanilla. Mix well.
3. Pour the wet ingredients into the dry and mix with a big spoon just until combine. In a small bowl toss the berries with the remaining 1 teaspoon of flour. Gently fold the berries into the batter. The batter will be thick don't worry.
4. Divide the batter evenly between the 12 muffin cups. Bake the muffins for 16 to 19 mins until golden on the top.
5. Place the muffin tin on the cooling rack to cool. If you have extra muffins store them covered at room temperature for 2 day or in the refrigerator for 5 days freeze leftover muffins for up to 5 months.



BANANA CHOC CHIP COOKIES

Created By: Elise

Serves: 12 cookies

Preparation Time: 50 mins

Cooking Time: 9-11 mins

Ingredients

- 1 cup white whole wheat flour
- 3/4 tsp baking powder
- 1/2 tsp ground cinnamon
- 1/4 tsp salt
- 1 1/2 tbsp unsalted butter or coconut oil melted
- 1 tsp vanilla extract
- 1/4 cup mashed banana
- 1 tbsp non-fat milk
- 1/3 cup coconut sugar
- 3 tbsp small chocolate chips

Equipment

- Medium Bowl
- Whisk
- Measuring Spoons
- Measuring Cups
- Baking Paper
- Baking Tray
- Spatula
- Wire Rack

Procedure

1. In medium bowl whisk together the flour, baking powder, cinnamon and salt. In a separate bowl, stir together the butter, vanilla, mashed banana and milk.
2. Stir in the coconut sugar. Add in the flour mixture, stirring just until incorporated. Fold in 2 1/2 tablespoons of miniature choc chips. Chill cookie dough for 30 mins.
3. Preheat oven to 180°C, and line a baking sheet.
4. Drop the cookie dough onto a baking sheet using a spoon and a spatula. Flatten the cookie dough to desired thickness and width. Gently press the remaining miniature chocolate chips into the tops. Bake at 350° F for 9 - 11 mins.
5. Cool on the baking sheet for 10 mins before transferring to a wire rack. Once are cooled you may eat.





CINNAMON & APPLE CUPCAKES



Created By: Griffin

Serves: 12

Preparation Time: 10 mins

Cooking Time: 19-22 mins

Ingredients

For the cupcakes

- 2 cups white whole wheat flour
- 1 1/2 tsp baking powder
- 3/4 tsp baking soda
- 2 tsp ground cinnamon
- 1/2 tsp ground allspice
- 1/4 tsp ground nutmeg
- 1/4 tsp salt
- 7g unsalted butter or coconut oil, melted
- 2 large egg whites, room temp
- 2 tsp vanilla extract
- 3 1/2 tsp liquid stevia
- 1/2 cup plain non-fat Greek yoghurt
- 3/4 cup + 2 tbsp non-fat milk
- 1 1/4 cups diced red apple

Ingredients

For the frosting

- 2 cups plain non-fat Greek yoghurt
- 16g instant vanilla pudding mix
- 1 tsp ground cinnamon

Equipment

- Muffin Pan
- Whisk
- Mixing Bowl

Procedure

1. Preheat the oven to 180°C. Line 12 muffin cups with paper liners and coat the liners with cooking spray.
2. In a medium bowl, whisk together the flour, baking powder, baking soda, cinnamon, allspice, nutmeg, and salt. In a separate bowl, whisk together the butter, egg whites, vanilla extract, and liquid stevia. Stir in the Greek yogurt. Stir in 2 tablespoons of milk. Alternate between adding the flour mixture and the remaining milk, beginning and ending with the flour mixture, and stirring just until incorporated. (For best results, add the flour mixture in 3 equal parts.) Gently fold in the diced apple.
3. Divide the batter between the prepared paper liners. Bake for 19-22 minutes or until the centres feel firm to the touch and a toothpick inserted into the centre comes out clean. Cool in the pan for 5 minutes before transferring to a wire rack to cool completely.
4. While the cupcakes bake, prepare the frosting. Add the Greek yogurt, instant pudding, cinnamon, and liquid stevia to a large bowl. Beat with an electric mixer for 2 minutes. Cover the top of the bowl with foil and refrigerate for at least 2 hours. Once the cupcakes have completely cooled, pipe the cinnamon on top before serving it.

LEFT OVER FRUIT SMOOTHIE

Created By: Jonah

Serves: 3-4

Preparation Time: 5-10 mins

Cooking Time: 0 mins

Ingredients

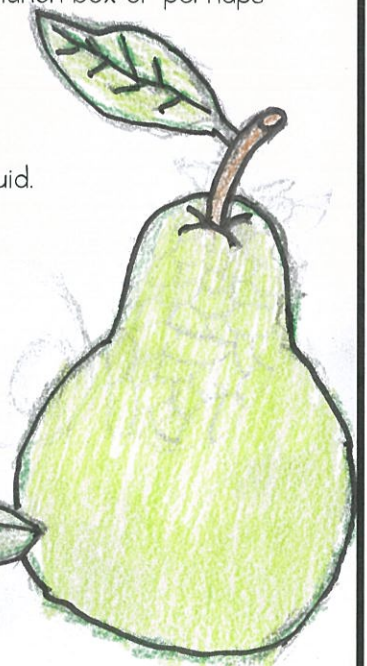
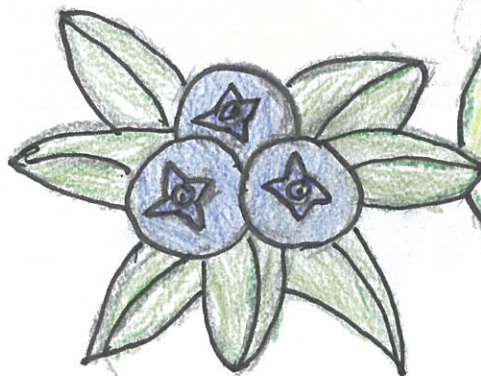
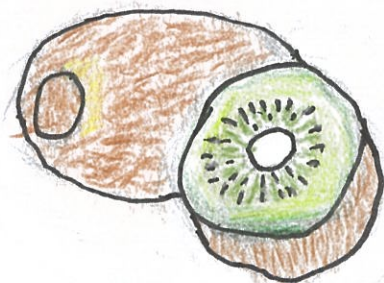
- 1 cup of yoghurt
- 2 cups left over fruit, frozen
- 1 bruised banana, frozen

Equipment

- Smoothie Blender
- Serving glass
- Straws
- Glass
- 1 cup

Procedure

1. Collect fruit that is either bruised or close to spoiling from either your lunch box or perhaps fruit that you have frozen earlier.
2. Place the fruit into the blender with the yogurt.
3. Add the frozen bananas.
4. Start the blender and mix it all up until all ingredients have turned to liquid.
5. Add a little bit of water if the consistency is too thick.
6. Pour it in serving glass to drink.



WASTED FRUIT BERRY SMOOTHIE

Created By: Mia O

Serves: 2

Preparation Time: 10 mins

Cooking Time: 0 mins

Ingredients

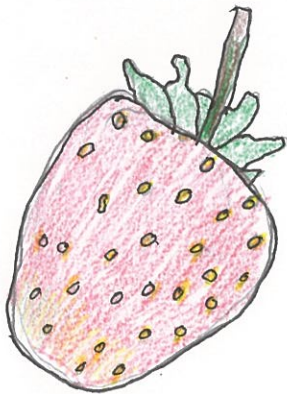
- 1/2 cup strawberries
- 1/2 cup blueberries
- 2 cups almond milk
- 1/2 cup frozen brown bananas
- 1/2 cup chia seeds

Equipment

- Blender
- Measuring Cups
- 2 x Large Glass

Procedure

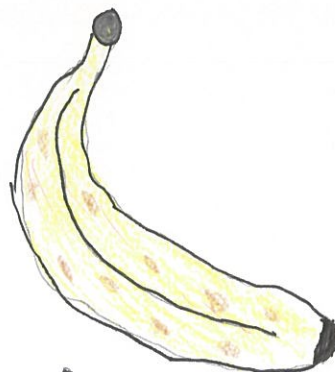
1. Add strawberries, blueberries, almond milk and frozen brown bananas into your blender.
2. Blend your mixture until it is nice and smooth. Once it is a suitable texture turn off the blender.
3. Pour out the smoothie from your blender into your large cups.
4. Get your almonds and put it on top of your smoothie and do the same thing with your chia seeds.



Strawberry



Almond



Banana

APPLE SMOOTHIE

Created By: Juliet



Serves: 1 smoothie

Preparation Time: 5 mins

Cooking Time: 5 mins

Ingredients

- 1 medium sweet apple
- 1/4 cup unsweetened almond milk
- 1/4 cup rolled oats
- 1/2 cup chopped frozen banana
- 1 tablespoon almond butter (or peanut butter)
- 1/2 tablespoon pure maple syrup (plus additional to taste)
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon ground cinnamon
- Pinch ground nutmeg
- Pinch ground allspice
- Small handful ice



Equipment

- Blender
- Chopping Board
- Knife
- Measuring Cups
- Measuring Spoons



Procedure

1. Wash and dry the apple and leave the peel on. Stand the apple on its base. Place your knife on top, near the stem. Cut straight down along the core. The first side of the apple will come off. Set aside.
2. Lay the apple flat, cut side down. Cut off the right and left sides, keeping your knife as near the core as possible. Turn the apple and cut off the one remaining side. You should have a long, rectangular piece that contains the core, and 4 nice big chunks (the ones you away).
3. Discard the core. Cut the four pieces in one-inch chunks. Place in the blender.
4. Add the remaining ingredients to the blender in the order listed: almond milk, oatmeal, maple syrup, vanilla, cinnamon, and allspice. Blend until smooth.
5. Add a small handful of ice, then blend again. For an even thicker smoothie, add a few ice cubes and blend again. For a thinner smoothie, add more milk.
6. Sprinkle with additional cinnamon as desired and enjoy!



MANGO & STRAWBERRY SMOOTHIE

Created By: Josh

Serves: 2

Preparation Time: 5 mins

Cooking Time: 0 mins

Ingredients

- 1/2 cup soft Strawberries, halved
- 1 medium soft Mango, peeled & chopped
- 1/2 cup Yoghurt
- 4 - 6 Ice Cubes

Equipment

- Blender
- Glasses
- Chopping Board
- Knives

Procedure

1. Place the strawberries, mango and yoghurt into the blender.
2. Blend on high for 30 seconds.
3. Add the ice cubes and blend until smooth.
4. Pour smoothie into glasses and serve.
5. Enjoy your drink.

NOTE: If you like a thinner smoothie, you can add a splash of milk of your choice or coconut water.



STRAWBERRY & ORANGE SMOOTHIE

Created By: Cyrus

Serves: 2

Preparation Time: 5-10 mins

Cooking Time: 0

Ingredients

- 1 orange
- 6-8 strawberries
- 8-10 spinach leaves
- 1 cup almond milk

Equipment

- Knife
- Blender
- Measuring cup

Procedure

1. Get a whole orange and put it into the blender.
2. Cut the strawberries in half and throw them into the blender.
3. Put the spinach leaves into the blender.
4. Measure the almond milk and pour it into the blender.
5. Blend for a minute until all mixed together.



LEFT OVER BERRY SMOOTHIE

Created By: Brayden

Serves: 1 glass

Preparation Time: 4 mins

Cooking Time: 0 Mins

Ingredients

- 5 blueberries
- 5 raspberries
- 5 blackberries
- 5 strawberries
- 250mL milk of your choice

Equipment

- Knife
- Chopping Board
- Measuring Cup
- Blender
- Glass

Procedure

1. Cut all the berries.
2. Put the berries into the blender.
3. Add in the milk of your choice.
4. Turn on the blender and wait a minute until all the berries are processed.
5. Pour the smoothie into a cup and enjoy.

