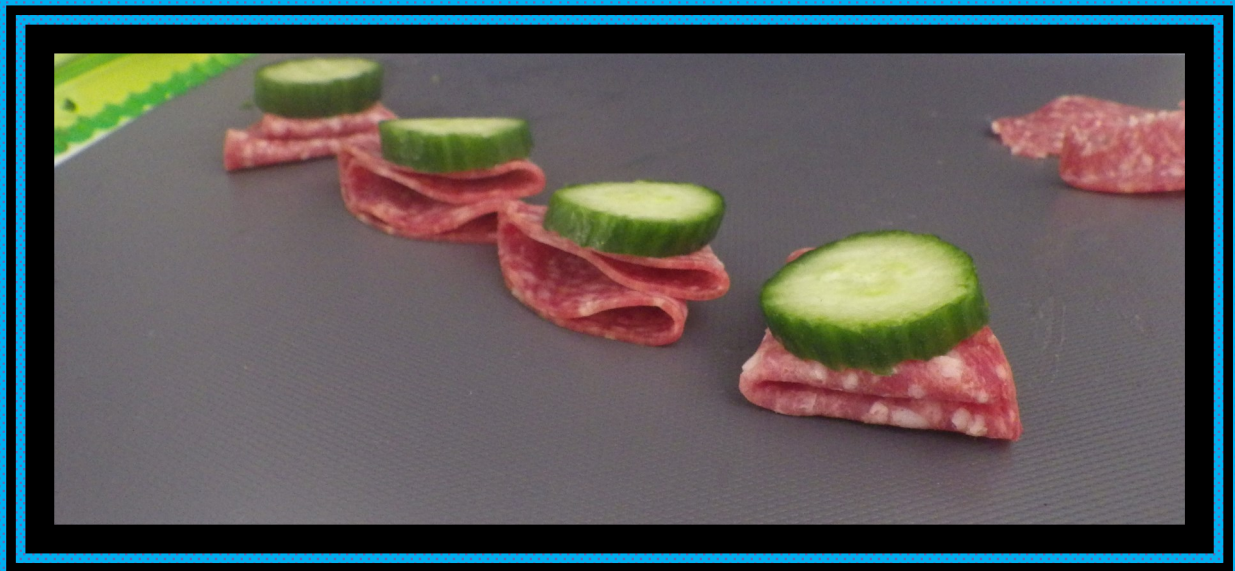


Yeppoon State School's Yeppoon State School's



Healthy Recipes

HARD BOILED EGG BURGER

Prep Time: 10min

Serves 4



Ingredients:

4 eggs

Water

1 small lettuce

4 slices of salami

4 slices of cucumber

Equipment:

knife

4 skewers

saucepan

breadboard

Procedure:

1. Boil eggs in a saucepan for 8min or until hard.
2. Cut eggs in half.
3. Layer the burger on the skewer. Bottom of egg, salami, cucumber, lettuce and then top with the top of the egg.

Cooper B, Archie, Axle, Coast

WATERMELON AND STRAWBERRY SMOOTHIE

Prep Time: 10min

Serves 4

Ingredients:

2 cups of chopped
Watermelon
2 cups of chopped
Strawberries
4 tsp of honey
2 cups of milk
1 cup of ice

Equipment:

Blender

Procedure:

1. Place the ingredients into the blender.
2. Blend until smooth.
3. Pour into cups.



BACON AND EGG MUFFIN CUPS

Prep Time: 30min

Serves 4



Ingredients:

1/2 cup of grated
cheese

4 slices of wholemeal
bread

1 slice of bacon cut into
strips

4 eggs

Equipment:

Frypan

Muffin tray

Tongs

Procedure:

1. Cook the strips of bacon in the frypan until brown.
2. Place the bacon around the edges of the muffin tray.
3. Cut the bread into circles the same size as the muffin tray.
4. Push the bread into the bottom of the tray.
5. Crack an egg on top of the bread.
6. Sprinkle with cheese.
7. Cook in an oven set at 180 degrees for 30min.

BEEF AND VEGETABLE SOUP

Prep Time: 60min

Serves 4



Ingredients:

1L of beef stock

1kg of frozen vegetables

500g of diced beef

Equipment:

Frypan

Saucepan

Tongs

Ladle

Procedure:

1. Fry the beef strips in the frypan until brown.
2. Bring the beef stock to the boil.
3. Add the browned beef and the vegetables.
4. Bring to the boil then reduce to a simmer.
5. Cook until the vegetables are soft.

CELERY AND PEANUT BUTTER SMOOTHIE

Prep Time: 10min

Serves 2

Ingredients:

2 stalks of celery
chopped

3 tbs of peanut butter

1 cup of milk

Equipment:

blender

Procedure:

1. Add all of the ingredients to the blender.
2. Blend until smooth.



WATERMELON, STRAWBERRY AND ORANGE JUICE ICE BLOCKS

Prep Time: 10min

Serves 4

Ingredients:

2 cups of watermelon

2 cups of strawberries

2 cups of orange juice

Equipment:

4 cups

4 paddle pop sticks

bowl



Procedure:

1. Mix the fruit in a large mixing bowl.
2. Evenly place the fruit into each cup.
3. Pour the orange juice into each cup.
4. Place a paddle pop stick into each cup.
5. Place in the freezer until firm.
6. Turn the cup upside down and pull the ice block out of the cup.

KING BURGER

Prep Time: 20min

Serves 4



Ingredients:

Butter

4 bread rolls

Teaspoon of basil

500g mince

4 slices of cheese

4 lettuce leaves

Tsp garlic

4 slices of tomato

Equipment:

Fry pan

Egg flip

Butter knife

tongs

Procedure:

1. Mix the basil and garlic with the mince.
2. Shape into patties.
3. Fry in the frypan until cooked.
4. Layer the bread rolls with the mince patty, cheese, lettuce and tomato.
5. Option: toast the bread roll.

Will, Noah, Cooper, Ned

HEALTHY BURGERS WITH SWEET POTATO FRIES

Prep Time: 20min

Serves 6

Ingredients:

Butter	1 grated carrot
6 bread rolls	1 grated zucchini
500g mince	4 eggs
6 slices of cheese	6 lettuce leaves
Tsp garlic	
2 sweet potatoes chopped	
6 slices of tomato	

Equipment:

Fry pan
Egg flip
Butter knife
Tongs
Baking paper
Baking tray

Procedure:

1. Place the chopped sweet potato on the tray covered with baking paper. Cook in oven until crispy.
2. Mix the carrot, zucchini, garlic, bread crumbs, eggs with the mince.
3. Shape into patties.
4. Fry in the frypan until cooked.
5. Layer the bread rolls with the mince patty, cheese, lettuce, pineapple and tomato.



WRAPPERS

Prep Time: 20min

Serves 4



Ingredients:

4 wraps

250g beef strips

1 capsicum chopped

2 tomatoes slices

1 carrot grated

Seasoning

1 small lettuce sliced

Equipment:

Fry pan

Egg flip

Sandwich maker

tongs

Procedure:

1. Fry the beef until cooked to liking.
2. Place beef in wraps and top with salad.
3. Roll wrap tightly and place in sandwich maker until brown.
4. Option: add other toppings such as cheese, cucumber.

BLACKBERRY AND LEMON POPSICLES

Prep Time: 20min

Serves 4

Ingredients:

2/3 cup of squeezed
lemon juice
2 1/2 cups vanilla Greek
Yoghurt
2 1/2 cups mixed berry
Greek yoghurt
2 1/2 cups blackberries

Equipment:

Bowl
Whisk
Tablespoons
Cups
Paddle pop sticks

Procedure:

1. Whisk the lemon juice and vanilla yoghurt together in a bowl.
2. Puree blackberries and berry yoghurt.
3. Layer the cups. Lemon mixture then blackberry mixture. Repeat until cups are full.
4. Freeze.

HEALTHY ICY CUPS

Prep Time: 20min

Serves 4

Ingredients:

Sugar free cordial

Assorted fruit

Water

Equipment:

cups

Procedure:

1. Make the cordial as directed in the cup.
2. Add fruit.
3. Freeze until frozen.

SMASHED AVOCADO ON TOAST

Prep Time: 20min

Serves 2

Ingredients:

- 1-2 avocados
- 2 tbs mayonnaise
- 1/4 cup diced red onion
- 1/2 cup crumbled feta
- Squeeze lemon juice
- 4 slices bread



Equipment:

- Bowl
- Toaster
- fork

Procedure:

1. Mash the avocado in a bowl.
2. Add mayonnaise, onion, feta and lemon juice.
3. Mix.
4. Cook toast and then spread avocado mix on top.

MIXED FRUIT SMOOTHIE

Prep Time: 20min

Serves 4

Ingredients:

- 1 punnet strawberries
- 1 punnet of blueberries
- 2 whole bananas
- 1L of milk
- 2 tbs honey

Equipment:

- Blender
- Bread board
- Knife
- Cups

Procedure:

1. Cut up fruit.
2. Place all ingredients into blender.
3. Blend until smooth.



HEALTHY FRUIT SMOOTHIE

Prep Time: 20min

Serves 2

Ingredients:

- 1 punnet strawberries
- 1/4 pineapple
- 1 punnet of raspberries
- 2 whole bananas
- 500 mL of almond milk or milk
- 2 tbs honey
- 1 cup of ice

Equipment:

- Blender
- Bread board
- Knife
- Cups

Procedure:

1. Cut up fruit.
2. Place all ingredients into blender.
3. Blend until smooth.



FRIED RICE

Prep Time: 60min

Serves 4

Equipment:

Frypan

bowls

Ingredients:

1 1/2 cups cooked Jasmine rice

1 onion chopped

2 small eggs whisked

1/2 cup peas

1/2 cup corn

1 small carrot chopped

300g chopped chicken
breast



Procedure:

1. Cook eggs in frypan until cooked.
2. Fry off onion and carrot until tender.
3. Add chicken.
4. Once chicken is cooked, add rice, egg, peas, corn and soy Sauce.

FRUIT SALAD

Prep Time: 60min

Serves 4

Equipment:

Bowl

Ingredients:

2 apples chopped

2 kiwi fruits chopped

1 punnet of blueberries

1 punnet of strawberries
chopped

1 pineapple chopped

1 mango sliced



Procedure:

1. Add fruit to a bowl.

SUSHI

Prep Time: 60min

Serves 4

Equipment:

Sushi mat

spoon

Ingredients:

2 cups of sushi rice cooked

1 cucumber chopped

1 cup diced cooked chicken

1 avocado chopped

4 tbs Japanese Mayonnaise

Soy sauce

4 Seaweed Nori



Procedure:

1. Lay the nori on the mat.
2. Evenly spread the rice over the seaweed.
3. Place cucumber, chicken and avocado on the rice.
4. Place a tbs of mayonnaise on top.
5. Roll tightly.