Here are some great lunchbox recipes that kids can easily help to prepare.

**Fruit loaf**
Makes 12 portions

**Ingredients:**
- 1 cup grated carrot
- ½ cup dried apricots, chopped
- ½ cup sultanas
- 1 medium apple, chopped
- ½ cup apple juice
- ¾ cup water
- ½ cup apple juice

**Method:**
- Preheat oven to 180°C. Line loaf tin with baking paper.
- Place carrot, apricot, sultanas, apple, juices, water and sugar in medium saucepan.
- Bring to the boil then simmer uncovered for 15 minutes.
- Once cooled slice loaf and store in airtight container, or freeze individual portions in cling wrap.

**Apple Scrolls**

**Ingredients:**
- 1 ½ cups wholemeal SR flour
- 1 cup grated carrot
- ½ cup low fat milk
- 45g margarine
- 1 medium apple, chopped
- 1 cup sultanas
- ⅔ cup sultanas
- 2 bananas sliced thinly
- ⅓ cup water

**Method:**
- Sift flours into a large bowl - rub in margarine until looks like bread crumbs.
- Add milk gradually and mix into a soft dough.
- Roll dough into a rectangle about 30cm x 23cm - put some extra flour under dough.
- Mix apples in a bowl with sultanas and spice and sprinkle evenly over dough.
- Roll up lengthwise, seal join with a little water. Brush roll with extra milk.
- Cut roll into 12 circles and lay flat around in a pie plate that has been sprayed.

**Mini Pizza’s**

**Ingredients:**
- BASE – use half an English muffin or a pocket bread or ½ bread roll
- Tomato paste
- Oregano
- Grated cheese
- And choose from: Diced capsicum, Button mushrooms, Tomato slices, Onion rings, Pineapple, Ham

**Method:**
- Spread base with tomato paste, top with as many toppings as desired.
- Sprinkle with oregano and cheese.
- Place under grill until cheese melts.

**Vegie pikelets**

**Makes 6 portions (2 pikelets per portion)**

**Ingredients:**
- 1 small zucchini, grated
- 1 medium carrot, grated
- 1 orange (or 1 tablespoon of 100% orange Juice)
- 1 cup self-raising wholemeal flour
- 1 tablespoon sugar
- ¾ cup reduced-fat milk

**Method:**
- Squeeze the juice from the orange (if using).
- Grate the zucchini and carrot and put them in a saucepan over medium heat.
- Add orange juice to vegetables.
- Cook vegetables until soft, about 3 minutes.
- 5. Sift flour into a bowl.
- Stir in sugar, egg and milk to make a smooth batter.
- Mix the cooked vegetables into the batter.
- Heat a frying pan and add oil and cover the bottom of the pan with the oil.
- Drop a tablespoon of mixture into frying pan.
- Cook until bubbles appear, then turn over and cook the other side.
- Wrap individually in cling wrap and store in the freezer until needed (take out in the morning before school).

**Quick Fruit Loaf**

**Ingredients:**
- 1 cup raisins
- 1 cup currants
- 1 cup sugar
- 1 cup water
- 1 egg
- 2 cups SR flour

**Method:**
- Put first 5 ingredients in a saucepan and bring to boil. Simmer for 7 minutes. Remove from heat and cool.
- When cool add flour and egg. Mix well and pour into loaf tin.
- Bake at 180°C for 1 hour. Allow to cool and sit overnight before slicing. Wrap lightly buttered slices and freeze ready for lunchbox.

**Spinach and Cheese Pies (variation)**

**Ingredients:**
- 6 slices sandwich bread
- ½ large zucchini
- small tin corn kernels - drained
- 3 eggs
- 50 grams grated cheese
- 2 shalloots

**Method:**
- Turn oven on to 180C to heat up.
- Cut the crusts off the bread.
- Grate zucchini.
- Finely chop shalloots.
- Mix the eggs together in a bowl.
- Grease a 6 cup muffin pan.
- Push one piece of bread into each muffin cup to form a case.
- Divide zucchini, corn kernels, cheese and shalloots evenly between cases. (for the variation below, divide spinach, shalloots and cheeses between cases)
- Pour egg mixture into the bread cases.
- Bake at 180°C for 10-15 minutes or until bread is golden and filling has set.
- Serve warm or cold. Great for a snack for your lunch box.

**Zucchini and Corn Pies**

**Ingredients:**
- 6 slices sandwich bread
- ⅓ large zucchini
- small tin corn kernels - drained
- 3 eggs
- 50 grams grated cheese
- 2 shalloots

**Method:**
- Turn oven on to 180C to heat up.
- Cut the crusts off the bread.
- Grate zucchini.
- Finely chop shalloots.
- Mix the eggs together in a bowl.
- Grease a 6 cup muffin pan.
- Push one piece of bread into each muffin cup to form a case.
- Divide zucchini, corn kernels, cheese and shalloots evenly between cases. (for the variation below, divide spinach, shalloots and cheeses between cases)
- Pour egg mixture into the bread cases.
- Bake at 180°C for 10-15 minutes or until bread is golden and filling has set.
- Serve warm or cold. Great for a snack for your lunch box.

**Yoghurt and Muesli Snack**

**Ingredients:**
- Tub of yoghurt
- Handful of muesli

**Method:**
- Mix ingredients together and enjoy!
Salmon \ Tuna Patties

Ingredients
1 tin tuna or salmon – 370 gram - drained
Left over steamed potato – either sweet or normal
2 Celery sticks – finely chopped
1 onion – finely chopped
1 egg
Plain flour

Method
In a bowl combine the tuna, mashed potato, parsley, celery and onion.
Take 1 heaped tablespoon of the mixture and roll it in flour.
Dip it into the egg then roll into breadcrumbs.
Heat oil in a pan and fry until golden. Turn over and fry until second side is golden.
Cool, wrap individually and freeze for lunchbox.

Savoury Pinwheels

Ingredients
1 cup low fat cheese grated
2 rashers lean bacon chopped
1 ½ cups wholemeal SR flour
60gr margarine
2 tbls extra milk

Method
Heat oven to 200 degrees Celsius.
Sift flours together - rub in margarine until mixture looks like fine breadcrumbs.
Add milk and mix to a soft dough.
Roll dough to a rectangle approx 30cm x 23cm – put some flour under dough. Brush top side of dough with extra milk.
Sprinkle with grated cheese, onion, bacon and parsley.
Firmly roll up dough (from long side) and brush the top with extra milk.
Cut the roll into 8 slices. Lay each roll flat on a sprayed tray.
Bake for 30–35 mins on middle shelf of oven.
Cool on trays, wrap individually and freeze ready for lunchbox.

Zucchini, Corn and Cheese Muffins

Ingredients
3 eggs
½ cup grated cheese
1 cup wholemeal plain flour
1 tbls baking powder
1 cup milk
Pinch salt

Method
Combine wet ingredients and cheese then fold into the dry ingredients until just combined.
Spoon into greased muffin pans and bake at 170 degrees Celsius for 25-30 mins.

Potato Salad

Ingredients
1 potato
1-2 slices of ham
½ capsicum
2 tbls of low-fat mayonnaise
Salt and pepper to taste

Method
Peel potatoes and cut into bit size pieces.
Cook in boiling water until cooked but still quite firm.
Finely chop the ham and capsicum.
Drain potatoes and mix with ham, capsicum, mayonnaise, salt and pepper.
Spoon into individual containers for lunch and pack with a plastic fork or spoon.

Fried Rice

Ingredients
½ cup of rice
½ cup of peas and corn
2 spring onions
2 tbls soy sauce

Method
Cook rice according to directions.
Beat egg and fry until cooked.
Remove from pan and slice finely.
Stir-fry capsicum and spring onions for 2-3 minutes, add peas, corn & ham and cook for another minute.
Add cooked rice and egg. Finally, add the soy sauce.
Spoon into individual containers for lunch and pack with a plastic fork or spoon.