

everyday additive-free *

Tracey Fry + Joanne Ling

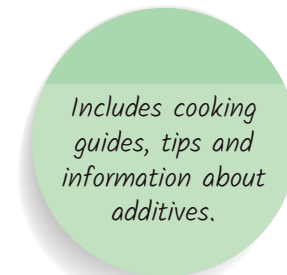
lunchbox edition

OVER 80
THERMAL AND
TRADITIONAL
RECIPES



everyday additive-free ✱

lunchbox edition



Tracey Fry + Joanne Ling



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-  vegetarian
-  no added sugar
-  refined sugar-free
-  gluten-free
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-  nut-free
-  dairy-free
-  dairy-free option



Oooh the dreaded lunchbox. Why are they so hard? Why do they take up so much brain space? When did they become so complicated?

When we were kids, we took the same thing to school, almost every single day of the week. Sandwich, fruit, homemade biscuit or cake... yup, that was about it. It didn't look fancy, there was no special lunchbox with compartments and we sure didn't have butterfly-shaped sandwiches or secret messages on bananas...

It was simple, it was easy, and it was no stress!

When we decided to put this book together, we had one goal in mind – to make lunchboxes EASY again (oh, and additive-free of course).

If you have three children, and you make their lunchbox from kindy to year six you'd be making over 4,000 lunchboxes... Wowzers!

When it comes to lunchbox food, there are quite a few companies that love to tell us that you don't have time, that you are doing the best you can by buying their products and that your kids will be fueled and ready to go...

But let's get very honest here, these companies invest thousands of dollars in clever marketing campaigns, they know what will convince us (and our kids) that their food is the best, and they know EXACTLY how to target kids so that they nag and beg...

Oh, they are tricky. They add words to the fronts of packets like 'wholefoods' or 'made with real grains'. Maybe it even has a five-star health rating.



But the reality is, for the vast majority of companies, they don't care what the ingredients are, they just look at how much profit they can make.

Think about it, every time it's back to school, what do you see when you walk in the front doors of a supermarket?

You see a massive stand with a big huge sign that says, 'Back to School' with crates full of packet options, most of which are overly processed, laden with additives and preservatives and are often super high in sugar content.

But because, as a society, we have been duped into believing (through clever marketing), that these options are the best out there, maybe they are baked, not fried or contain no artificial flavours you pop a few boxes of biscuits, some muesli bars and perhaps a packet or two of chips into your trolley and go on your merry way.

Don't get us wrong, we are not perfect, and we know (and understand) there are occasions that life gets out of control. We totally recognise the lure of these packet options, but we wouldn't be doing our job if we didn't spend a moment educating you that these types of foods are making us and our children sick.

So, our mission for this book is to create some positive mindset shifts and establish some new healthy habits which will hopefully result in less illness-related downtime – freeing up more time for fun.

Most of the recipes in this book are freezable, you'll be able to cook them in bulk and they're all child approved! A little preparation, together with some planning and you will succeed in creating an incredible, additive-free, nutritious lunchbox that will truly fuel your body with all the right things.

But before we start cooking, let's look at who we are and why we are so passionate about helping you learn some information about additives. That way, if you do need to buy those packet options, you'll know what ingredients to look out for.

who are we?

Hi, we're Joanne (Jo) and Tracey, two sisters on a mission to teach as many people as we can about the harmful impact additives, preservatives and toxins have on our bodies. But we haven't always lived this way, not in the slightest!

We grew up eating the average Australian diet. Cereal or toast for breakfast. Vegemite or ham sandwiches for lunch. Meat and veggies for dinner. There were some packet options in the pantry, but not a lot as Mum did monitor the amount of sugar we ate. Plus, the packet options were expensive, so she baked a lot of our biscuits or cakes. Having said that, a Boston Bun or Jam Roll did make its way into the house every now and then, but more so in our teenage years.

We drank water, with the odd bottle of cordial bought here and there. We ate lots of fruit and were active kids. Our days were spent outside doing who-knows-what. Swimming, little athletics and netball took up our weekends. We spent our teenage years living on a dairy farm where we rode horses and motorbikes and spent our days outside in the clean, fresh air.

Life was what we'd call pretty 'normal'. We sure do have some amazing memories.

Mum and Dad used cleaning products from the supermarket, body care products from department stores and gosh, we were typical teenagers loving make-up and all things sparkly. We'd never heard of 'additives' and never questioned anything we ate, put onto our skin or used in and around the home. It quite literally never crossed any of our minds.

So what made us look at additives in the first place?



Jo's story

My additive-free journey began in 2013. At the time my daughter was three years old, and her behaviour was intolerable, her emotional outbursts were extreme, and we were at our wit's end. She couldn't focus, listen or pay attention. Simple tasks like reading her a book was a nightmare as she couldn't concentrate or sit still.

My husband (her father) and I struggled to talk and reason with her, and her tantrums would last for hours. She'd get this washed-over look in her eyes, as well as a look of fear and panic, but there was nothing we could do to calm her down.

Her tantrums would result with her curled up in a ball on the floor rocking back and forth. She'd cry, sob, scream and scratch her face. It was awful. We'd need to peel her fingers off her face one-by-one to stop her from drawing blood. She had no control over her emotions, and it was heartbreaking.

She was aggressive and would lash out randomly. Kicking, hitting, scratching and biting were very common. We tried everything to stop her from biting other children (and us) but nothing worked. Events that should have been fun and joyful, like going to the park or movies, would be terrible as she'd run off, not listen or do as she was told, or even worse, hurt another child.

It got so bad that I stopped taking her places for fear of the outcome. I ended up cancelling playgroups and even going so far as to waiting for my husband to come home from work before I would do the groceries. I would constantly worry what the day's 'news' would be when I collected her from daycare.

My husband was medicated on Ritalin as a child as he was diagnosed with ADHD (attention-deficit/hyperactivity disorder). I was told genetics may have a part to play and to have our daughter tested as she was displaying so many similar symptoms.

So, I booked her in to have her assessed but there was a five-month waitlist. I remember, I hung up the phone feeling so deflated and wondered how on earth we'd get through the next five months.

It never occurred to me that the food we were eating could contribute to her behaviour and emotional state. I never even knew about 'additives'. I just looked at sugar, fat and knew 'junk' food was unhealthy.



We lived the very Australian diet, similar to what I ate growing up. There was nothing out of the ordinary and nothing I would have considered grossly unhealthy or bad for us.

Then one evening, I attended a cooking demonstration and heard three little numbers that changed my life forever. The host mentioned (in a passing comment) that she doesn't like to give additive 102 to her children because it can be linked to behavioural issues.

My ears pricked up and I went home that night and Googled 'additive 102' and what I read was shocking!

- ADHD-like behaviour in children
- Asthmatics should avoid (by now our daughter was on a steroid preventer morning and night for her asthma)
- Hyperactivity
- Irritability
- Aggression
- Confusion

Tick, tick, tick, tick ... this was my daughter ... this was her behaviour.

So, I kept reading, I kept Googling and spent days reading as much as I could find on additives. The more I read, the more shocked I became - was this stuff really allowed in our food???

My husband was away for work at the time, but as soon as he arrived home, I showed him what I had found. I held up the list of additive names and numbers and told him all about it.



Right then and there he got me up out of my chair, and together we went through our fridge and pantry. We threw in the bin anything that contained a nasty additive that I'd found on the internet. We had no idea what we were doing, but we did it anyway.

We filled two garbage bags full of food. We were shocked! Here we were thinking we ate good food; I cooked a lot from scratch (so I thought) but yet we threw out so much food!

Cereals, bread, biscuits, snack foods, gravy tins, marinades, sauces, ice-creams, sprinkles, dried fruit, desiccated coconut - it all went in the bin.

And it paid off! Big time!

In what felt like overnight, her behavioural issues calmed right down. We noticed improvements in her straight away. All of a sudden, we could talk with her, reason with her and those hour-long tantrums became less and less frequent.

She started to sit and listen to storybooks asking for 'just one more'. She'd colour in for ages and concentrate on her work (side note – fast forward to now, she loves colouring and creating and is an incredible artist). We could enjoy dates with friends and a trip to the movies. Playdates were fun!

She stopped biting, hitting and lashing out. It was life-changing. She was happier; she was sleeping better; she was laughing more...

It was so awful to see our baby girl suffer in emotional turmoil, to see her so sick all the time, to struggle to do the easiest of things. It was not natural... and to then see these things just disappear... words can't do it justice.

And the best part is, I cancelled that appointment with the ADHD specialist because we no longer needed to go. It was a dream come true!

The other issue with my daughter was that she was always, always sick! Our doctor's surgery knew us on a first name basis as we were there so often. Colds, chest infections, bronchitis, pneumonia, ear infections – she was not even three!

Actually, she had her tonsils removed when she was only 20 months old due to numerous bouts of tonsillitis.

Plus, we were constantly in and out of the emergency department due to her asthma. Watching your child struggle to breathe, I would not wish this on anyone.

This is not normal. Being this sick is not normal. Not for anyone, let alone a child.

To our amazement, when we went additive-free she also stopped getting so sick.

Over time, especially after we removed chemical cleaning products and body care, our daughter also came off her steroid asthma prevention and to this date (in 2020) we have not been back to the emergency department for her asthma.

It is truly such a blessing and has totally changed our life.



Tracey's story

My aha moment came when my eldest daughter started complaining of headaches. They got so bad that I'd taken her to a doctor to be told: "it's probably just a virus". The headaches would go away for a few days and then come back, and I started to get really worried.

I was on the phone to Jo one day and was telling her about it. She asked me "what does she take in her lunchbox?" I'm surprised she didn't feel the eye roll through the phone!

My first thought was 'what's that got to do with anything?' But I knew Jo had changed a lot of what they had been eating in their house, so I played along. (Keep in mind, that at this stage, we lived in different states, so I wasn't totally sure what she'd been doing.)

Most days she would take something like a ham and cheese sandwich with tomato sauce, some fruit, a homemade biscuit or slice, and some BBQ biscuits.

Jo asked me to read out to her the ingredients from the BBQ biscuits, so again I played along. What she told me that day changed the rest of my life. I had no idea I was feeding her a daily dose of MSG (monosodium glutamate).

After this, I threw them in the bin and have never bought a packet since. To my surprise, my daughters' headaches went away. This led me on a path of wanting to know more and I started to look at ingredients and question 'what are we eating?'.

I took a much slower approach to live additive-free and didn't do a complete overhaul as Jo did. Instead, little by little, I started swapping out

different foods. I read labels at the grocery store and started learning more and more. The more I understood the more I wanted to change.

For me, it was about becoming more aware of what is in the food we eat and making simple swaps along the way. Plus, I had two teenagers, I needed to do this slowly.

I've always known what 'junk food' is, but like Jo, never understood 'additives'.

Now that I do understand more, I am so grateful. I have had thyroid issues for a very long time. I can see now that living additive-free is vital to keeping my body functioning at its best. Living without the constant attack of toxins in my system, my body is able to process and function at full capacity. I am less moody, I can concentrate better, I sleep better, I eat better. It all plays a part in maintaining my wellness.

I have now taught my girls the importance of living additive-free, and they can take that into the future with them. My husband is committed to living additive-free, as he also notices a difference. He is an avid bike rider. A 50km ride is fun to him.

Living additive-free helps him maintain peak physical fitness and mental aptitude, which allows him to continue this love of riding as he enters the later stage of life.



We are not perfect, and we never profess to be but as a family we do our best. We improve as much as we can every time we buy something. We continue to learn and continue to lower our toxic load as much as humanly possible.

I truly believe that every little bit counts. Changing or swapping a little bit each day will make a massive impact on yours and the planet's future.



stats on food related illnesses

Let's have a quick look at some Australian statistics.

- 17% of children aged 5-14 are overweight ⁽¹⁾
- 7.7% of children aged 5-14 are obese ⁽¹⁾
- It's estimated one in 20 children in Australia have ADHD ⁽²⁾
- 1 in 3 children have eczema (over one million Australian's have eczema!) ⁽³⁾
- In 2018, there were 205,200 Australians with autism, a 25.1% increase from the 164,000 with the condition in 2015 ⁽⁴⁾
- Around 2.7 million Australians (1 in 9 or 11.2% of the total population) has asthma ⁽⁵⁾
- It is estimated that 10% of children aged under 1 year have a proven food allergy. 4-8% of children under 5 years of age can have a food allergy while only 1-2% of adults are in these statistics. ⁽⁶⁾

While we understand these stats can be alarming (and yes, they are!) we **should** all be concerned with the growing number of health concerns and start to question **why?**

Good food and nutrition is only one part of the story. We also need to be looking at how much sleep we're getting, our stress levels, the toxins in our home and start being proactive with our health rather than reactive.

It is estimated that for the first time in history, our average lifespan (from someone in our

generation) will be longer than our children. What that means is, our children will statistically die younger than our generation. That has never happened before, normally each generation has a longer life span than the one prior.

Now that is scary!

Packets, tubs and tins of overly processed food might be 'convenient' at the time, but is it in the long run? The answer is no. Not when you consider the long-term effects this lifestyle is having on our children's generation.

The good news is, it is so easy to live additive-free and set yourself and your families up for a lifetime of better health and wellness.

(1) <https://www.aihw.gov.au/reports/children-youth/australias-children/contents/health/overweight-and-obesity>

(2) https://www.rch.org.au/kidsinfo/fact_sheets/Attention_deficit_hyperactivity_disorder_ADHD/

(3) <https://allergyfacts.org.au/allergy-anaphylaxis/eczema-atopic-dermatitis/management>

(4) <https://www.abs.gov.au/statistics/health/disability/disability-ageing-and-carers-australia-summary-findings/latest-release>

(5) <https://www.abs.gov.au/statistics/health/health-conditions-and-risks/national-health-survey-first-results/latest-release>

(6) <https://allergyfacts.org.au/allergy-anaphylaxis/food-allergy>

reading the front and back of packets

When we were discussing this book with our Facebook community, we asked what they'd like to see in it. There were many suggestions, thank you! They wanted to see gluten-free, nut-free, egg-free (allergy-friendly) options. They suggested no sandwiches and a lot asked for supermarket packet options which were additive-free so they could go shopping with ease.

We have taken all these suggestions on board but there was one big problem, we can't provide the supermarket packet options because unfortunately brands change their ingredients! We'd hate to produce a book telling you to get 'this' brand and then 6 months later the company goes and changes their ingredients! That'd be bad and believe us, we have been caught out by this happening many times in the past.

We want to empower you with the knowledge on how to read ingredients, because that way, you don't have to worry. Whatever the brand, you'll be able to look at the ingredients and know that it's additive-free. It's our job to teach you what all those long names and numbers mean, and we do that in our eCourse Additive-Free Made Easy.

So, we thought for this book, what we'd do is teach you how to read a packet.

Not everything is as it seems when it comes to the front of packet food...

Rule number one: NEVER trust what you read on the front of a packet. Like, never! You need to flip it over and read the ingredients.

Food manufacturers use all the tactics within their powers and legal limits to try and make their products stand out on the shelves and to appear the best or healthiest version over their competitors. The reality is they only want you to read what's on the front of the packet, be impressed with what you see, put it in your trolley and continue shopping. That way you won't even bother turning the packet over and seeing the potential nasty additives that could be lurking within the ingredient panel.

Some keywords to look out for on the front are:

'No added MSG'.

If it says this flip it over because we bet there is some type of flavour enhancer or glutamate in there. MSG is short for Monosodium Glutamate. Food manufacturers must declare when MSG is added. They can use the name or the food additive code number 621.

However it does not have to be declared when it is an ingredient of a food, e.g. yeast extract or hydrolysed vegetable protein, which is why it will say "no added MSG."

MSG can be linked to headaches, migraines, restlessness, bloating, stomach pains, twitchy legs, achy legs, 'growing pain' like symptoms, behavioural issues, lack of concentration or 'brain fog', dizziness, bad dreams and a restless night's sleep. Not ideal to have at recess or lunch and then try to go back into a classroom to learn, yet the majority of school lunchboxes contain some sort of flavour enhancer. Kids all around the world are eating this every day.

Glutamates is a tricky one. There are loads of different names and numbers for glutamates. They are all a form of glutamate and can have the same side effects as that real deal flavour enhancer, number 621.

Look out for numbers ranging from 621 - 625.

Yeast Extract is VERY common in lunchbox foods. You'll also find this ingredient in many packet foods found in the 'healthy food aisle' of the supermarket so keep a lookout. Another really common one is **Hydrolysed Vegetable Protein**.

'No artificial colours or flavours'

This could be true, but quite often it'll contain preservatives so just look at the ingredients to double check. Also check for natural food colours like Annatto or 160b. This is an ingredient we avoid due to its terrible side effects such as extreme behavioural issues, headaches and head banging.

'Artificial colour free'

Check for the natural food colours like Annatto that we mention above.

'Gluten-free'

Just because it's gluten-free doesn't mean it's healthy. It can still be full of additives!

'Lunchbox friendly'

That just means it's allergy-friendly, not necessarily additive-free.

So, no matter what, just skip the front, and the creative marketing speak because that's all it is. Always read the ingredients! Look for real ingredients that you would use at home.

waste – we can all improve!

According to ABC's documentary 'War on Waste' featured in 2018, Australia is one of the most wasteful countries in the world! Yep, we're leading the way in killing the planet. Harsh, but true.

- Australia's waste is growing at twice the rate of the population.
- We use, on average, 10 million plastic bags every day.
- 85% of soft plastics from bags and packaging ends up in landfill.
- The average family throws out over \$3,500 worth of food every year, which equates to about a tonne of food (guilty here!).
- Plastic packaging alone creates around 660 thousand tonnes of plastic waste each year.

You'll find throughout this book eco-friendly packaging ideas because plastic wrap and bags are just not needed, especially in today's market when there are so many eco-friendly options around.

We don't want to be handing the planet over to our kids and grandkids worse than when we found it, yet as a population, that's what we're doing. We're destroying it in many different ways.

A large portion of waste comes from kids' lunchboxes through packet food, zip lock bags, cling wrap, fruit boxes, straws and leftover uneaten food.

Australia throws out so much food it could feed around 60 million people. When food rots in landfill, it lets off methane, which is 25 times more potent than the CO2 produced by cars.

We must all join hands and make more of an effort with this precious planet of ours. We only get one!

Ditching the plastic wrap or plastic zip-lock bags can seem hard at first, but all you have to do is make the simple swaps. Get some silicone zip lock bags, purchase some leak-proof compartmentalised lunchboxes and recyclable brown paper bags.

Any soft plastic like wrappers from snacks, bread bags, ice-creams, frozen peas, bags of chips etc (anything that can scrunch) cannot be recycled through your kerbside collection; however, they can be recycled through REDcycle. You'll find REDcycle bins at most leading supermarkets.

Store food in containers, use a plate as a cover, purchase some food wraps or reusable food covers. It's not as hard as you think to ditch the plastic.



picky eaters

We understand it can be so hard to get your kids to eat all their lunch, and we know all too well the frustration when food comes home from school. Nine times out of ten that food is a healthy choice too... argh! There's never any problem eating the processed biscuits, but an apple... Yep, we are right there with you!

From our own experience, we have found that children are more likely to eat something if they've helped make it. This gives them a sense of ownership and it reduces anxiety since they know what is in their lunchbox. They know what to expect and are ready and set for the day.

Helping your child/ren and encouraging them to pack their own lunchbox is a fantastic opportunity to teach them about food groups, about healthy and not-so-healthy choices and have conversations around food.

It'll give you a chance to educate them on additives, sugar contents, overly processed foods compare them to fresh 'healthy' food. Kids are little sponges and although it might not feel like it at the time, trust us, they hear and see everything you do and say!

If you have a child who will not eat fruit and vegetables, definitely have a look at how much processed food they eat and look out for MSG or glutamates which we mention on page 23.

MSG reacts with the brain receptors and taste buds. The more you eat the more you want! When you eat chemically enhanced flavours (especially in children who are still developing), it makes sense when they say no to quite bland flavours like carrot sticks, beans and cucumber. Their brain is saying "where is the enhanced flavour?".

So, our first suggestion is to get rid of anything with a chemically man-made flavour enhancer. Pronto!

Don't be scared to have conversations around sugar and what is and isn't an acceptable level of artificial sugar a day. We talk about this on page 18.



Some other tips we have are:

Don't overpack a lunchbox. Putting in too much food can lead to anxiety and a sense of failure for that child. If a child simply isn't eating all their lunchbox because they're full, pack less. For example, Jo's son takes double to school than what her daughter does because her daughter just doesn't eat as much food.

Children need food that's quick to eat at school because all they want to do is go and play! Try and pack things which they can 'grab and go' if their school allows that.

Don't pack new foods for school. Save the 'trying a new food' for home.

Meal plan with your child/ren. Let them be in control, give them the power and they'll be way more likely to eat it.

Think outside the box, lunches don't need to be limited to a sandwich (which you'll find throughout this book). Don't be scared to let them take leftovers and different foods you know they'll eat.

Be a role model. Monkey see monkey do; your kids will mirror you. If you don't eat lunch because you snack all day, your child may do the same.

Repeat your offerings. Although you might get a thousand no's, one day, they might surprise you. Keep offering new foods at home, not in their lunchbox.

Practice cooking. Getting kids in the kitchen teaches them all sorts of life skills, plus encourages them to eat real food, rather than overly processed supermarket options.

sugar – how much is too much?

‘Sugar is eight times as addictive as cocaine’

Dr Mark Hyman, MD.

Read that again...

‘Sugar is eight times as addictive as cocaine’
Um, hello, this is terrible!

Our brains react the same way, if not more, to sugar as it does to cocaine which is so problematic considering sugar is everywhere! It’s a huge staple in many family’s diets, especially children.

In 2015, the World Health Organisation (WHO) published new guidelines whereby it determined that in both adults and children it strongly recommends reducing the intake of free sugars to less than 10% of total energy intake and preferably reducing it even further to 5% of total energy intake.

Australian’s eat around 35-45 teaspoons of free sugar each day. Therefore, based on these guidelines, this needs to be reduced down to a daily free sugar intake of 5-7 teaspoons.

‘Free sugars’ are sugars that are added to foods and drinks either in store-bought packaged/ processed products or the sugar you add to the food you are making yourself or eating from a restaurant/café. It also encompasses the sugar found naturally in honey, syrups and fruit juices. However, it does not include sugars naturally found in fresh fruit and vegetables.

So when you’re looking at packet food, read the nutritional panel and always look at the serving

A HANDY LITTLE GUIDE IS
1 tsp of sugar = 4g of sugar
(approx.).

size! It’s easy to get caught out per serving as quite often we eat two or three servings per sitting. Be sure to calculate correctly.

treats

What really is a treat? Let’s think about this...

Do you have a ‘treat box’ in your pantry and the kids are allowed two things a day from it?

Or is a treat something you get every time you go to the supermarket?

Or is a treat something you only get when you go to a birthday party?

Or is a treat something super special, which only comes out once a year and you look forward to it like nothing else? So, when you actually get that said ‘treat’ it’s like the best thing ever!

Because really, the last option is what we should all be classing as a ‘treat’. Let’s take mango’s as an example.

(Jo here) Oh man, my mouth is salivating just thinking about it.

We live in the most southern point of Australia, on a little island called Tasmania. It’s cold, and it doesn’t grow mangos, pineapples or any tropical fruit whatsoever.



So, when its mango season, and we can get mangos imported in, it’s like the most amazing ‘treat’ in the whole wide world! It’s something my son and I look forward to every single year. We start counting down the days as soon as spring hits because we know mango season isn’t too far away.

So, can you imagine how much of a treat that is for us? It’s so special when we cut into the first mango of the season!

A treat is a trip to an old-time lolly shop and choosing whatever tickles your fancy because life’s too short to care about additives when these types of treats don’t happen all that often.

So, something we’ve done over time is we’ve changed our language around treats to change our own mindset, and importantly change the kids.

A treat isn’t something that should be eaten or given every day. Something that happens every day or even every week, isn’t a treat. It’s a staple (good or bad).

exactly what are food additives?

In a nutshell, food additives are chemicals or substances directly added to foods to maintain the freshness of products or to enhance their colour, flavour or texture.

This may include food colourings, flavour enhancers or a range of preservatives. For example, preservative 220 (sulphur dioxide) is added to dried apricots to extend the shelf life and to enhance their appearance by retaining the bright orange colour.

Companies may either list the food additive on the ingredients panel by its full name or the code number associated. Again, if we use preservative 220 as our example, it might list the number 220 or the full name, being Sulphur Dioxide.

how are they approved?

Each country has a different authority on the safety of food additives. In Australia and New Zealand, this responsibility falls to Food Standards Australia New Zealand (FSANZ). They state that a food additive may only be approved for use if it can be shown no harmful effects are likely to result from their use.

Let's just take a moment to focus on that statement. They are not saying a food additive must be deemed 100% safe before it is allowed in our food. No, they state that as long as it is 'likely' not to cause issues it is safe to add to our food.

Really! What happened to proactive caution?

Isn't it too late when we find out that actually, it was unsafe?

In fact, if we go back to preservative 220, it is currently approved for use in a wide range of foods to prevent spoilage and to preserve colour. These items include sausages, some meat products, dried fruits, fresh fruits like grapes, wine, cordials and more, even though it is deemed unsafe (by FSANZ) to sensitive people, especially those with asthma. And here is the kicker, it only needs to be listed on the label if it exceeds concentrations of 10mg/kg. ⁽⁴⁾

Exactly, how is this keeping families safe?

testing of additives

Mostly, food additives are tested in isolation to each other, rather than as a combination of ingredients, which is generally how you consume them. This makes it easier for ingredients to be classified as safe, but when additives are tested in groups like they were in the ground-breaking study conducted by the Southampton University,⁽⁵⁾ the effects may be very different and not as safe as once thought. (We will talk about that study shortly).

In fact, the long-term effects of consuming a combination of artificial additives are currently unknown on a scientific level. This is incredibly concerning considering it is easy to consume over 30 additives per day, with some children (and adults) consuming up to 50 additives on any given day.

Another thing we find quite alarming is that artificial additives are mostly tested on lab animals and not humans. Considering the average lifespan of a rat is around three years, guinea pigs are up to eight years and well cared for rabbits are around 10 years, there are no studies we could find that had tested the lifespan of a human and the cumulative effects of synthetic additives over a period of 50 plus years. As humans, we are eating these ingredients, on a daily basis, for many years past the lifespan of lab animals.

This should concern everyone. When you think about it, we are the ones in the true testing phase.

Us, you, your children, right here, right now, eating food laden with artificial ingredients, we are the lab rats, and this needs to stop.

are they all bad?

Let's set a few things straight, not all food additives are bad or harmful. For example, salt, sugar, vinegar, herbs, spices are all technically food additives as these also enhance the taste, texture or appearance of food. Vinegar, sugar and salt are also very common preservatives used for centuries to cure meats, pickle fruits or preserve jams.



The very big difference is that these ingredients are real and have not been chemically farmed in a factory or created in a laboratory.

So no, not all additives are considered bad. It is just a matter of figuring it all out.

how do I know what is safe?

We get it, reading labels can be confusing, especially when you don't really understand what it all means. Are numbers bad? Are words safe?

To make things easier for you, we have listed a range of ingredients that are some of the most common and also the ones that made the most significant difference to our family's health once we started avoiding them.

This is by no means a complete list, so for extra information head to additivefreelifestyle.com/shoppingguide for a more in-depth shopping guide which will help you navigate the grocery store a little bit easier.

SULPHITES | 220-228

Sulphur dioxide (220) is a widely used preservative in food and pharmaceuticals and is permitted for use in Australia and New Zealand as a food additive. However, only foods with concentrations of 10 mg/kg or more need to be declared on the label. ⁽⁴⁾

It is added to prolong the shelf life of food items, to retain the colour and slow the browning of fruits and vegetables and to stop the growth of bacteria during fermentation of wines. ^{(8) (4)}

Side effects of Sulphites: ⁽⁸⁾

- Asthmatic reactions
- Dermatitis
- Urticaria (hives)
- Abdominal pain
- Flushing
- Diarrhoea
- Allergic reaction

Even the Queensland Health website states foods containing sulphites can provoke asthma attacks, severe allergic reactions or gastric irritation.

It's commonly found in:

- Chicken loaf
- Frankfurts
- Luncheon meats
- Salami
- Devon
- Chipolatas
- Hamburger patties
- Raw unprocessed sausages and sausage meats
- Grapes
- Soft drinks
- Cordial
- Fruit drinks
- Dried fruits
- Margarine
- Tinned coconut milk
- Desiccated coconut
- Wine and beer

Other names and codes to be aware of include:

- Sodium Sulphite (221)
- Sodium Bisulphite (222)

- Sodium Metabisulphite (223)
- Potassium Metabisulphite (224)
- Potassium Sulphite (225)
- Potassium Bisulphite (228)

ANNATTO | 160B

The use of annatto is growing daily as manufacturers can use words like 'natural colours', which for them is a great thing considering that more and more people are looking for natural alternatives.

Annatto colour is extracted from the outer layer of the annatto seeds. When added to foods it provides red, orange and/or yellow hues. It also has a mild nutty taste, so it may be used as a flavouring agent as well.

Side effects of Annatto extract: ^{(6) (7)}

- Hypersensitivity
- Allergic reactions
- Skin irritations
- Behavioural problems
- Learning problems
- Headbanging
- Headaches

It's commonly found in:

- Ice cream
- Flavoured chips
- Snack foods
- Dairy products, including some cheese and yoghurts
- Confectionery
- Processed cereal products
- Salad dressings
- Flour products
- Biscuits, cakes and pastries
- Processed meat products
- Fruit and vegetable juices
- Spreads, like margarine
- Frozen chips

MONOSODIUM GLUTAMATE (MSG) | 621

Monosodium Glutamate or MSG is used in food to enhance the flavour. It was originally used for meat and savoury dishes, however these days it is used in a wide variety of foods or food-like products.

MSG was discovered by a Japanese Professor called Kikunae Ikeda, who identified the natural flavour enhancing substance made from kelp (a type of seaweed, kombu). Professor Ikeda found glutamate had a distinctive taste, different from sweet, sour, bitter or salty, and he named this taste "umami." ⁽⁹⁾

Glutamates or glutamic acids are found naturally in a large range of plants and animal proteins. It is considered a non-essential amino acid, which means our bodies can generate it without having to consume it. It is an essential part of our brain function and acts as a neurotransmitter. Under natural conditions, its purpose is crucial to learning and memory. ⁽¹⁰⁾

Bound Glutamates

Bound glutamate is when it is bonded with other amino acids to create a protein. Bound glutamates present in low concentrations, and when we eat these foods, they are digested slowly, and the glutamate is released into our bloodstream at the right concentrations. ⁽¹¹⁾

Free Glutamates

Free glutamates are not bound to a protein and have no amino acids attached. Free glutamates are commonly used in processed foods and are hidden under a range of names and numbers. Because free glutamates are not bound to proteins, our bodies absorb them at a much faster rate than normal. It is for that reason MSG is linked to a myriad of health concerns.

A study published on the National Centre for Biotechnology Information states:

"In conclusion, we would like to state that although MSG has proven its value as an enhancer of flavour, different studies have hinted at possible toxic effects related to this popular food-additive. These toxic effects include CNS disorder, obesity, disruptions in adipose tissue physiology, hepatic damage, CRS and reproductive malfunctions. These threats might have hitherto been underestimated. In the meantime, people keep using ever-larger amounts of MSG unaware of the possible consequences." ⁽¹²⁾

MSG may also be found in an array of other food additives, including hydrolysed vegetable protein, yeast extract, glutamate (or anything ending in glutamate), glutamic acid, soy protein, whey protein and many more. ⁽¹³⁾

Side effects of free glutamates:

- Headaches
- Obesity
- Restlessness
- Achy legs (growing pain like symptoms)
- Stomach aches
- Brain fog
- Behavioural issues
- Fatigue and disorientation
- Depression
- Asthmatics should avoid

These names are commonly found in:

- Biscuits
- Crackers
- Chips/Crisps
- Spreads, especially salty ones
- Processed meats
- Frozen dinner meals
- Noodles
- Canned soups
- Cheeses
- Starter packets
- Instant gravy
- Savoury type food or anything with a flavoured coating

ARTIFICIAL FOOD COLOURS

Artificial or synthetic food colours are added to food to make them look more appealing to eat. They have no nutritional benefit to them. They are also added to drinks and non-food products like cosmetics and pharmaceutical products.

Synthetic food colourings were predominately made from coal tar, however these days they're mostly made from petroleum.

One of the most recent and influential studies that had a massive impact on the links between food and behaviour, was a study conducted by the Southampton University. This study identified six artificial food colourings, that when mixed with sodium benzoate (a common preservative), caused direct behavioural changes in children. The colours tested were: 102, 104, 110, 122, 124, 129. It revealed a significant increase in ADHD-type behaviour, including impulsive behaviour and loss of concentration, in children in both age groups who participated in the study. The researchers estimated that 6.6% of children in the UK aged 3 to 12 suffer from ADHD and that figure could be reduced by 30% if additives were banned.⁽⁵⁾

Since 2010, across Europe, it has become mandatory that a warning label be included on the packaging of all food that includes these artificial food colourings. The warning label states:

“May have an adverse effect on activity and attention in children.”

Unfortunately, no such warnings are required on Australian packaging.

Name and code (some of the most common colours but not a complete list):

Tartrazine Yellow	102	Allura Red	129
Sunset Yellow	104	Brilliant Blue	133
Azorubine/ Carmosine	122	Brilliant Black	151
Amaranth Black	123	Brown HT	155
Ponceau 4R	124		

Side effects of artificial food colours: ⁽¹⁴⁾ ⁽¹⁵⁾

- Suspected carcinogens
 - Behavioural issues
 - Aggression
 - Headaches
- Hives or skin rashes
 - Asthma
 - Hay fever like symptoms

These names and numbers are commonly found in:

- Cereals
 - Baked goods, cakes, muffins and biscuits
 - Confectionery, lollies and chocolate
 - Jelly
 - Canned vegetables
 - Packaged foods, crackers, biscuits and chips
 - Bread and/or wraps
 - Cheeses
 - Drinks
 - Mint sauce
- Preserves, gherkins and cherries
 - Packet cake mixes
 - Sprinkles / 100s and 1000s
 - Ice cream / icy poles
 - Dips
 - Spreads
 - Margarine
 - Medications
 - Cosmetics
 - Toothpastes
 - Basically, anything coloured

(4) www.foodstandards.gov.au/consumer/additives/sulphite/

(5) www.southampton.ac.uk/psychology/research/impact/food_additives.page?

(6) Additive Alert Book (p 113)

(7) Chemical Maze App

(8) www.ncbi.nlm.nih.gov/pmc/articles/PMC4017440/

(9) glutamate.org/basic/discovery-of-umami/

(10) www.missionheirloom.com/understanding-glutamate

(11) Additive Alert Book (p 40)

(12) www.ncbi.nlm.nih.gov/pmc/articles/PMC5938543

(13) A Consumer's Dictionary of Food Additives Book (p 371 & 372)

(14) Additive Alert book (p 52)

(15) Chemical Maze App





breads and
dough



what's wrong with spreads?

Sandwich spreads can often be high in sugar like jams, chocolate spreads, even mayonnaise has sugar in it. Couple this with the processed carbohydrates found in bread, which also turn to sugar in our bodies, and our energy levels/blood sugar will spike before the inevitable mid-afternoon crash.

There's simply no protein in a spread based sandwich to sustain little bodies all through the afternoon with enough energy to allow them the opportunity for the best learning possible.

Spreads often contain a lot of additives too. Let's look at our 'happy little ... black spread' from the supermarket.

Yeast Extract (which is the first ingredient). We talk about the side effects of this additive on page 13.

Colour 150c – this additive, according to Chemical Maze, may cause liver damage, hyperactivity and gastrointestinal problems.

Flavours – we don't know what's in this since it's a copyrighted ingredient. 'Flavours' are generally made up of a huge amount of ingredients to create that 'flavour' combination. Therefore, you actually have no idea what you're eating!

So, your best option when packing or eating sandwiches yourself is to make sure there is some goodness in there. You want foods to nourish the body and keep the mind (and tummy) satisfied.

Hopefully you can find some ideas from this list:

avocado	crumbed tofu or chicken (page 67) and mayo or sauce	mashed egg	shredded chicken and sauce
avocado and cheese	cucumber and tzatziki	mashed egg, lettuce and mayo or sauce	shredded chicken, cheese and sauce
avocado, cheese and tomato	grated cheese and grated carrot	mashed egg and cheese	shredded chicken, lettuce and mayo or sauce
avocado, chicken and cheese	ham (nitrate-free) and salad	mashed egg, cheese and ham (nitrate-free)	tuna in springwater (drained) and mayo or sauce
avocado, ham (nitrate-free) and cheese	ham (nitrate-free), cheese and relish	pesto (page 175) and roasted vegetables	tuna in springwater (drained), lettuce and mayo or sauce
avocado and mashed egg	ham (nitrate-free), cheese and tomato	pesto and shredded chicken	tuna in springwater (drained) and salad
avocado and tuna in springwater	ham (nitrate-free), cheese and lettuce	roast meat and sauce	
beef patty (homemade) and sauce		roast meat and salad	



finger buns

BREAD INGREDIENTS

- 1 tablespoon dried yeast
- 300 grams warm water
- 1 tablespoon sugar of choice
- 500 grams bakers flour
- 25 grams extra virgin olive oil and 1 teaspoon for greasing
- 1 teaspoon salt

ICING INGREDIENTS

- 200 grams icing sugar
- 20 grams soft butter
- 2 tablespoons milk
- additive-free sprinkles

PREP	COOK
2 hours	35 minutes

MAKES 8-10

THERMAL METHOD

- 1 Place yeast, water and sugar into the mixing jug and mix for 2 minutes/37°C/speed 2.
- 2 Add all other bread ingredients (in order of ingredients) and knead for 6 minutes (the trick with fluffy rolls is to knead it for quite a while).
- 3 Lightly grease a glass bowl and place dough into it. Cover with a clean tea towel and leave in a warm spot (but not direct sunlight) to prove until doubled in size. Will take approx. 1 hour.
- 4 Line an oven tray with baking paper, or grease a bread roll tin and set aside.
- 5 Once the dough has doubled in size, knock down dough and tip out onto a lightly floured surface. Shape the dough into mini log rolls and place on a baking tray or inside the bread roll tin.
- 6 Cover with a clean tea towel again and leave to rise for 30 minutes, or until doubled in size. Now is the time to preheat the oven to 230°C.
- 7 Once doubled in size, bake for 15 minutes and then turn down the oven to 180°C and bake for a further 10 minutes. To test if the rolls are done, they should sound hollow when tapped and be golden brown on top.
- 8 Remove from the tray or tin and allow them to cool on a wire rack. Don't ice until they are completely cold.

while cooling, prepare icing

- 1 Place icing ingredients (except sprinkles) into a clean mixing jug and mix for 10 seconds/speed 4. Scrape down and repeat if needed.
- 2 Using a butter knife, smear icing over the top of the buns spreading evenly.
- 3 Dip into a tray of sprinkles and wait for the icing to set before serving.

TRADITIONAL COOKING METHOD

- 1 Place yeast, water and sugar into a large bowl and mix together. Let this sit for 5 minutes or until the yeast has dissolved.
- 2 Add all other bread ingredients in order of ingredients (except for icing ingredients) and mix into a ball.
- 3 On a floured surface, tip out the dough and knead by hand for a minimum of 10 minutes. You'll get quite a workout because you need to do this well!
- 4 Follow steps 3 - 8 of the thermal method.

while cooling, prepare icing

- 1 Place icing ingredients (except sprinkles) into a clean bowl and mix together well.
- 2 Using a butter knife, smear icing over the top of the buns spreading evenly.
- 3 Dip into a tray of sprinkles and wait for the icing to set before serving.







fruit bread (or buns)

INGREDIENTS

- 1 tablespoon dried yeast
- 250 grams milk
- 500 grams bakers flour
- 1 teaspoon salt
- 70 grams butter, soft
- 40 grams sugar (coconut, rapadura or white)
- 1 egg
- 2 teaspoons ground cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon mixed spice
- 1 cup preservative-free sultanas
- 1 cup preservative-free raisins
- 2 teaspoons extra virgin olive oil (for greasing tin plus bowl)

PREP

2 hours

COOK

30 minutes

**MAKES 1 LOAF
OR 8 BUNS**

THERMAL METHOD

- 1 Place milk and yeast into mixing jug and mix for 5 minutes/37°C/speed 1. Make sure yeast has fully dissolved, if not repeat for 3 minutes.
- 2 Add all other ingredients, except dried fruit, and knead for 6 minutes (the trick with fluffy bread is to knead it for quite a while).
- 3 Now add the dried fruit and mix for 10 seconds/speed 5/reverse (or by hand, if the mixture is too thick).
- 4 Lightly grease a glass bowl and place dough into it. Cover with a clean tea towel and leave in a warm spot (but not direct sunlight) to prove until doubled in size. Will take approx. 1 hour.
- 5 Preheat oven to 180°C.
- 6 Grease a bread tin with a little olive oil and line with baking paper. Set aside.
- 7 Once the dough has doubled in size, knock down dough and tip out onto a lightly floured surface. Shape the dough into a loaf and place inside the tin. If making rolls, roll into balls (a bit bigger than a golf ball) and place close together on a lined oven tray. Set aside to prove a second time for 30 minutes or until doubled in size.
- 8 Bake in the oven for 25 minutes (bread loaf) or 15 minutes (bread rolls) until golden brown. Set aside and allow to cool.
- 9 Remove from the tin or tray and allow to cool on a wire rack. Don't slice the bread until it is completely cold.

TRADITIONAL METHOD

- 1 Place milk and yeast in a pot and heat over a low heat on the stove. Stir until the yeast has dissolved and bubbles slightly.
- 2 In a large bowl, add all the ingredients, including the milk/yeast mixture and incorporate well.
- 3 On a floured surface, tip out the dough. Knead by hand for a minimum of 10 minutes. You'll get quite a workout because you need to do this well!
- 4 Follow steps 4 - 9 of the thermal method (above).



wraps

INGREDIENTS

- 400 grams plain flour
- 1 teaspoon baking powder
- 1 pinch of salt
- 2 tablespoons butter or coconut oil
- 1 cup of boiling hot water (approx.)

PREP	COOK
20 minutes	4 minutes per wrap

MAKES 12

THERMAL METHOD

- 1 Add flour, baking powder, salt and butter (or coconut oil) into the mixing jug. Mix for 10 seconds/speed 7.
- 2 Turn blades down to speed 2. While the blades are going on speed 2, add boiling water through the hole in the lid slowly. Stop immediately once the dough has come together to form a ball. Be careful not to add too much water, but if you do, just add more flour.
- 3 Once the dough becomes a ball knead it for 4 minutes.
- 4 Tip out the dough onto a lightly floured surface and roll into a log shape. Cut into 12 even pieces. Put each piece back into the bowl and cover with a tea towel.
- 5 Preheat a dry frying pan over medium-high heat.
- 6 On a floured surface roll 1 piece of dough, thinly, into a wrap shape (it won't be perfectly round so don't worry about that). Thinner the better.
- 7 Place into a dry, hot pan and fry until it's puffed and only just cooked. Flip and repeat on the other side. If you are quick enough, roll the next wrap while the previous one is cooking.
- 8 Once cooked, place the wrap on a plate under a clean tea towel, or in a container with the lid on and repeat until all the wraps are cooked. You want the wraps to sweat which will keep them soft.



spinach wraps

VARIATION

Add 60 grams of finely diced baby spinach with the flour in step 1.

sundried tomato wraps

VARIATION

Add 10 finely diced preservative-free sundried tomatoes with the flour in step 1.

TRADITIONAL METHOD

- 1 In a bowl add flour, baking powder, salt and butter (or coconut oil) and mix together well.
- 2 Make a well in the middle of the flour and add ¾ cup of boiling water. Mix into the dough. Continue to add small amounts of water until the dough comes together to form a ball.
- 3 Tip out the dough onto a lightly floured surface and roll into a log shape. Cut into 12 even pieces. Put each piece back into the bowl and cover with a tea towel.
- 4 Preheat a dry frying pan over medium-high heat.
- 5 On a floured surface roll 1 piece of dough, thinly, into a wrap shape (it won't be perfectly round so don't worry about that). Thinner the better.
- 6 Place into a dry, hot pan and fry until it's puffed and only just cooked. Flip and repeat on the other side. If you are quick enough, roll the next wrap while the previous one is cooking.
- 7 Once cooked, place the wrap on a plate under a clean tea towel, or in a container with the lid on and repeat until all the wraps are cooked. You want the wraps to sweat which will keep them soft.



Turn the page for a larger image.

Wraps often contain preservative 282 which can be linked to behavioural issues and learning difficulties. Often wraps are only coloured green or red from food colours, not spinach or beetroot.

Eat straight away or freeze in an airtight container. These will only remain fresh for 24 hours since there are no preservatives.





gluten-free wraps

INGREDIENTS

340 grams water
 2 eggs
 1 teaspoon salt
 40 grams extra virgin olive oil
 120 grams gluten-free flour
 1 teaspoon xanthan gum
 2 teaspoons extra virgin olive oil for frying

PREP

5 minutes

COOK

20 minutes

MAKES 8 WRAPS

THERMAL METHOD

- 1 Add water, eggs and salt to mixing jug and blitz for 2 minutes/speed 6.
- 2 Add olive oil, gluten-free flour and xanthan gum then mix for 10 seconds/speed 4.
- 3 Heat a frying pan over medium heat. Add approx. ½ teaspoon olive oil to coat the pan. Pour approx. ¼ cup of batter into the pan spreading it out into a circle shape with a spatula.
- 4 Cook one side, flip and cook the other.
- 5 Continue until all wraps are cooked.
- 6 Let cool on a plate under a tea towel, otherwise serve immediately.

TRADITIONAL METHOD

- 1 Whisk water, eggs and salt with an electric beater until light and slightly fluffy. This will take a few minutes on medium speed.
- 2 Add olive oil, gluten-free flour and xanthan gum then mix together until well combined.
- 3 Heat a frying pan over medium heat. Add approx. ½ teaspoon olive oil to coat the pan. Pour approx. ¼ cup of batter into the pan spreading it out into a circle shape with a spatula.
- 4 Cook one side, flip and cook the other.
- 5 Continue until all wraps are cooked.
- 6 Let cool on a plate under a tea towel, otherwise serve immediately.

These wraps have a
 crepe like consistency.
 They hold together well
 and wrap up nicely.



pizza pockets

INGREDIENTS

- 2 teaspoon dried yeast
- 300 grams warm water
- 2 teaspoons sugar (raw or rapadura)
- 500 grams bakers flour
- pinch of salt
- 2 tablespoons extra virgin olive oil + 1 teaspoon for greasing
- 1 whisked egg or milk for basting
- variations of choice

PREP	COOK
1 hour	25 minutes

SERVES 10

THERMAL METHOD

- 1 Place yeast, water and sugar into the mixing jug for 2 minutes/ 37°C/speed 2.
- 2 Add flour, salt and oil and knead for 6 minutes.
- 3 Lightly grease a glass bowl and place dough into it. Cover with a clean tea towel and leave in a warm spot (but not direct sunlight) to prove until doubled in size. Will take approx. 1 hour.
- 4 Preheat oven to 200°C and line a tray with baking paper.
- 5 Once the dough has doubled in size, knock down and then divide into 10 even balls.
- 6 Roll dough thinly, and form a small round shape.
- 7 Leaving a 2 cm gap around the outer circle of the base, spread some passata sauce or tomato paste over the dough. Remember, don't go all the way to the edge.
- 8 Cover the sauce with variations of choice, still leaving a gap around the outside.
- 9 To fold the pizza pocket together, grab the edges of the dough and fold them into the middle closing off the 'pocket' into a ball.
- 10 Place edge side down on the tray and baste the top with the egg wash or milk.
- 11 Cook in the oven for 25 minutes.

TRADITIONAL METHOD

- 1 Place yeast, water and sugar into a large bowl. Stir gently until well combined and set aside for a few minutes until the yeast starts to bubble slightly.
- 2 Once bubbling, add the flour, oil and salt, then mix until well combined.
- 3 On a floured surface, tip out the dough. Knead by hand for a minimum of 10 minutes. You'll get quite a workout because you need to do this well!
- 4 Follow steps 3 - 11 of the thermal method (above).



Larger photo on next page...



hawaiian pizza pockets

VARIATION

- ½ cup passata sauce or tomato paste
- 1 – 2 cups freshly grated cheese
- 1 cup fresh or tin pineapple pieces
- 1 cup nitrate-free ham or bacon, diced

vegetarian pizza pockets

VARIATION

- ½ cup passata sauce or tomato paste
- 1 – 2 cups freshly grated cheese
- ½ cup baby spinach, roughly sliced
- ½ cup red capsicum, finely diced
- ½ cup carrot, grated
- ½ cup mushrooms, sliced

chicken + bacon pizza pockets

VARIATION

- ½ cup passata sauce or tomato paste
- 1 – 2 cups freshly grated cheese
- 1 cup shredded cooked chicken
- ½ cup carrot, grated
- ½ cup baby spinach, roughly sliced
- ½ cup nitrate-free ham or bacon, diced





bread

INGREDIENTS

1 tablespoon dried yeast
300 grams warm water
1 teaspoon sugar of choice
500 grams bakers flour
25 grams extra virgin olive oil + 1 teaspoon for greasing
1 teaspoon salt
1 tablespoon chia seeds (optional)

PREP

2 hours

COOK

30 minutes

MAKES 1 LOAF

This bread freezes well, simply slice and place into a reusable bread bag. Pop into the freezer as soon as you cut it as this will keep the bread fresher for longer.

Grab slices from the freezer bag as needed and defrost on the bench.

THERMAL METHOD

- 1 Place yeast and water into the mixing jug and mix for 2 minutes/ 37°C/speed 2.
- 2 Add all other ingredients (in order) and knead for 6 minutes (the trick with fluffy bread is to knead it for quite a while).
- 3 Lightly grease a glass bowl and place dough into it. Cover with a clean tea towel and leave in a warm spot (but not direct sunlight) to prove until doubled in size. Will take approx. 1 hour.
- 4 Grease a bread tin with a little olive oil and line with baking paper. Set aside.
- 5 Once the dough has doubled in size, knock down dough and tip out onto a lightly floured surface. Shape the dough into a loaf and place inside the tin.
- 6 Cover with a clean tea towel again and leave to rise for 30 minutes, or until doubled in size. Now is the time to preheat the oven to 230°C.
- 7 Once doubled in size, bake for 15 minutes and then turn down the oven to 180°C and bake for a further 10 – 15 minutes. To test if the bread is done, it should sound hollow when tapped and be golden brown on top.
- 8 Remove from the tin and allow to cool on a wire rack. Don't slice the bread until it is completely cold.

TRADITIONAL METHOD

- 1 Place yeast and warm water into a large bowl and mix together. Let this sit for 5 minutes or until the yeast has dissolved.
- 2 Add all other ingredients in order of above and mix well to incorporate.
- 3 On a floured surface, tip out the dough. Knead by hand for a minimum of 10 minutes. You'll get quite a workout because you need to do this well!
- 4 Follow steps 3 - 8 of the thermal method (above).



gluten-free bread

INGREDIENTS

170 grams water
15 grams dried yeast
15 grams raw sugar
235 grams gluten-free plain flour
150 grams millet flour
1 teaspoon salt
3 eggs, whisked
2 teaspoons xanthan gum
1 teaspoon baking powder
20 grams extra virgin olive oil

PREP

1 hour
10 minutes

COOK

30 minutes

MAKES 1 LOAF

THERMAL METHOD

- 1 Add water and yeast to mixing jug and heat for 3 minutes/37°C/speed 1.
- 2 Add sugar and heat for another 3 minutes/37°C/speed 1.
- 3 Add all remaining ingredients and mix for 10 seconds/speed 6.
- 4 Grease a bread tin with a little olive oil and line with baking paper.
- 5 Pour the dough into the bread tin so that it's evenly distributed, then cover with a clean tea towel. Sit in a warm spot (but not direct sunlight) until doubled in size. Will take approx. 1 hour.
- 6 Preheat oven to 180°C.
- 7 Place dough into hot oven and cook for 25 minutes or until golden brown on top.
- 8 Allow to cool in the tin for 5 minutes, then tip out onto a wire rack to cool completely before slicing.
- 9 Slice and freeze straight away for optimal freshness.

TRADITIONAL METHOD

- 1 Add water and yeast to a pot and warm over a very low heat until the yeast has dissolved and is bubbling slightly.
- 2 Add sugar and stir, then let sit for a couple of minutes.
- 3 In a large bowl add all remaining ingredients. Make a well in the centre and pour in yeast mixture. Stir until well combined.
- 4 Follow steps from 4 - 9 of the thermal method (above).

Without gluten holding everything together this dough looks more like a thick cake batter rather than a ball of dough.



scrolls

INGREDIENTS

- 2 teaspoons dried yeast
- 320 grams warm water
- 1 teaspoon sugar of choice
- 25 grams extra virgin olive oil
- 500 grams bakers flour
- 1 teaspoon salt
- variations of choice (next page)

PREP

1.5 hours *

COOK

20 - 25 minutes *

* Approximate, depending on variations.

MAKES 18 SCROLLS

THERMAL METHOD

- 1 Place yeast, warm water and sugar into the mixing jug and heat for 1 minute/37°C/speed 2.
- 2 Add all other dough ingredients (apart from toppings) and knead for 5 minutes.
- 3 Tip into a lightly oiled bowl and cover with a clean tea towel. Sit somewhere warm (not direct sunlight) and allow to prove for at least 30 minutes or until doubled in size.
- 4 Preheat oven to 190°C and line an oven tray with some baking paper.
- 5 Knock down dough and roll into a ball, break in half. On a lightly floured surface roll out each piece into a rectangle shape until thin (approx. ½ cm).
- 6 Spread toppings of choice evenly over the dough.
- 7 Roll up into a scroll shape and slice into 2 cm strips.
- 8 Place individual scrolls onto the lined baking tray quite close together and bake in the oven until golden (approx. 15 - 20 minutes depending on the size of the scroll).

TRADITIONAL METHOD

- 1 Combine warm water, yeast and sugar in a small bowl. Stir gently and set aside for a few minutes until the yeast starts to bubble slightly.
- 2 Combine flour and salt in another large bowl and make a well in the centre. Add the yeast mixture and oil. Mix until well combined (this is easiest done using a blunt knife). Then using hands, bring the dough together to form a ball.
- 3 Knead for at least 10 minutes, until smooth and elastic.
- 4 Follow steps 3 - 8 of the thermal method (above).

Turn the page for our favourite variations.

scroll variations

chicken + mayo

TRY ADDING

- 2 - 3 handfuls of shredded cooked chicken
- ½ cup egg mayonnaise
- 2 cups grated cheese

METHOD

- 1 Spread mayonnaise evenly over dough and top with shredded chicken and cheese.
- 2 Roll up and cook as per methods (page 51).

hawaiian

ADD THIS

- 2 - 3 tablespoons tomato paste or bbq sauce
- 150 grams nitrate-free ham, sliced
- 1 cup pineapple pieces
- 2 cups grated cheese

METHOD

- 1 Spread sauce evenly over dough and top with ham, pineapple and cheese.
- 2 Roll up and cook as per methods (page 51).



fruit berry

TRY ADDING

- 100 grams preservative-free mixed dried fruit
- ½ cup any berry jam

METHOD

- 1 Add dried fruit to the dough in step 5 thermal method (page 51), or step 6 traditional method.
- 2 Once rolled out, spread any berry jam evenly over the dough.
- 3 Roll up and cook as per methods.

veggie smuggled

ADD THIS

- | | |
|---------------------------------|----------------------------------|
| 1 carrot | 1 cup shredded cooked chicken or |
| 1 zucchini | 1 cup nitrate-free bacon |
| 1 large handful of baby spinach | 2 cups freshly grated cheese |
| 2 - 3 tablespoons bbq sauce | |



THERMAL METHOD

- 1 Place carrot, zucchini and spinach into mixing jug and chop for 5 seconds/speed 5. Scrape down sides and repeat. Remove from the jug and set aside.
- 2 Proceed with the recipe from step 1 (page 51), add veggies along with the flour. The recipe will be wet, so you may need to add a bit more bakers flour.
- 3 Spread bbq sauce evenly over the dough. Top with chicken or bacon and cheese.
- 4 Roll up and cook as per methods (page 51).

TRADITIONAL METHOD

- 1 Blitz carrot, zucchini and spinach in a blender until fine. Remove from the jug and set aside.
- 2 Proceed with the recipe from step 1 (page 51), add veggies along with the flour. The recipe will be wet so you may need to add a bit more bakers flour.
- 3 Spread bbq sauce evenly over the dough. Top with chicken or bacon and cheese.
- 4 Roll up and cook as per methods (page 51).





savoury muffins

INGREDIENTS

150 grams cheddar cheese
1 carrot
2 kale or spinach leaves
2 eggs
1 tablespoon mixed herbs
280 grams self-raising flour (gluten-free works well)
240 grams milk of choice
4 rashers nitrate-free bacon, diced
60 grams frozen corn
1 pinch of salt
2 tablespoons butter plus
2 tablespoons flour for greasing tin

PREP

10 minutes

COOK

20 minutes

**MAKES 12
LARGE MUFFINS**

THERMAL METHOD

- 1 Preheat oven to 200°C and grease a muffin tray with butter and flour.
- 2 Roughly dice cheese, carrot and kale or spinach and place in mixing jug. Blitz for 10 seconds/speed 7.
- 3 Add all remaining ingredients and mix for 10 seconds/speed 4/reverse.
- 4 Spoon mixture into a greased muffin tray. Cook in the oven for 20 minutes or until a skewer inserted comes out clean.
- 5 Cool on a wire rack.

TRADITIONAL METHOD

- 1 Preheat oven to 200°C and grease a muffin tray with butter and flour.
- 2 Grate cheese and carrot and finely slice kale or spinach.
- 3 Add all remaining ingredients to a large bowl and mix together.
- 4 Spoon mixture into greased muffin tray. Cook in the oven for 20 minutes or until a skewer inserted comes out clean.
- 5 Cool on a wire rack.

Store in the freezer in an airtight container for up to three months. Defrost in fridge overnight.



non sandwich
ideas



chicken wings

INGREDIENTS

1 kilogram chicken wings,
cut into pieces
1 tablespoon paprika
1 teaspoon salt
1 teaspoon onion powder
1 teaspoon garlic powder
2 tablespoons extra virgin
olive oil or coconut oil

PREP

10 minutes

COOK

40 minutes

**MAKES APPROX.
30 PIECES**

METHOD

- 1 Preheat oven to 180°C and line a baking tray with baking paper.
- 2 In a bowl mix together all the ingredients, making sure the chicken is coated well.
- 3 Lay chicken pieces onto baking paper and cook for 40 minutes, turning every 15 minutes.

*Marinate these in
spices ahead of time
and freeze until ready
to cook. Defrost in the
fridge overnight, drizzle
with olive oil and cook
as per instructions.*



chicken pinwheels

INGREDIENTS

500 grams chicken mince
1 egg
½ cup additive-free
breadcrumbs
1 teaspoon dried oregano
¼ teaspoon salt
½ teaspoon onion powder
1 cup passata sauce
4 sheets of butter
puff pastry

PREP

15 minutes

COOK

30 minutes

**MAKES APPROX
15 PINWHEELS**

METHOD

- 1 Preheat oven to 200°C and line a baking tray with baking paper.
- 2 Lay pastry sheets out on the bench, ready to fill, and allow to defrost if needed.
- 3 In a bowl mix together chicken mince, egg, breadcrumbs, oregano, salt and onion powder.
- 4 Spread each pastry sheet with approx. ¼ cup passata sauce leaving a small gap of approx. 2cm around the edges.
- 5 Then spread out the chicken mixture on top of the passata sauce leaving the same 2cm gap around the edges.
- 6 Roll each sheet of pastry into a log trying not to push too much of the mixture out.
- 7 Using a sharp knife cut slices approx. 3cm thick. Place these pieces onto the baking tray.
- 8 Cook for 30 minutes or until cooked through and golden brown.

Keep all your
bread crusts
in the freezer.
Blitz them into
breadcrumbs.



lentil sausage rolls

INGREDIENTS

- 1 small brown onion, peeled
- 1 teaspoon extra virgin olive oil
- 1 small zucchini
- 1 medium carrot
- handful of baby spinach
- 1 400 gram tin of lentils
- 1 handful of additive-free breadcrumbs
- 2 tablespoons additive-free bbq sauce
- salt and pepper
- 6 sheets of butter puff pastry
- 1 egg, whisked (for egg wash)
- ¼ cup chia or sesame seeds for sprinkling on top

PREP

10 minutes

COOK

25 minutes

**MAKES APPROX.
24 SAUSAGE ROLLS**

THERMAL METHOD

- 1 Preheat oven to 180°C and line an oven tray with baking paper.
- 2 Lay the pastry out on the bench and allow to defrost if required.
- 3 Slice onion in half and place in mixing jug. Blitz for 5 seconds/speed 5. Scrape down sides and repeat if needed.
- 4 Add olive oil and cook for 2 minutes/100°C/speed 2.
- 5 Chop carrots and zucchini into 4 pieces and place into the mixing jug along with spinach.
- 6 Strain and wash lentils under cold water, then add to jug and blitz for 5 seconds/speed 5. Scrape down sides and repeat.
- 7 Add breadcrumbs, bbq sauce, salt and pepper and mix for 5 seconds/speed 4.
- 8 Cut each sheet of pastry in half.
- 9 Place a layer of the mixture down the centre of each pastry rectangle. Brush one side with egg wash (this will stick the pastry together when you fold it).
- 10 Fold non egg washed side of the pastry over the mixture, then fold the egg washed side over the pastry, closing off the mixture and sealing the pastry.
- 11 Place folded side down on the oven tray and brush the top with egg wash. Sprinkle over sesame or chia seeds. Gently slice the top of pastry with a knife to the size you require, approx. 8 cm. Do not cut all the way through.
- 12 Cook for approx. 25 minutes or until golden brown and cooked through.

TRADITIONAL METHOD

- 1 Preheat oven to 180°C and line an oven tray with baking paper.
- 2 Lay pastry out on bench and allow to defrost if required.
- 3 Finely dice onion and cook off in olive oil over medium heat, until translucent. Add to a large bowl.
- 4 Grate zucchini and carrot and finely chop spinach. Add to bowl with the onions.
- 5 Strain and wash lentils under cold water and add to bowl.
- 6 Add all remaining ingredients to the bowl and mix together.
- 7 Follow steps 8 - 12 of the thermal method (above).



oven baked sausages and veg

INGREDIENTS

12 preservative-free sausages
 6 potatoes, peeled and cut into small pieces
 3 carrots, peeled and cut into small pieces
 1 tablespoon extra virgin olive or coconut oil

METHOD

- 1 Preheat oven to 180°C and line an oven safe dish with baking paper.
- 2 Place potatoes and carrots into the dish and drizzle with olive oil.
- 3 Cook for 30 minutes.
- 4 Stir veggies and lay sausages on top. Cook for another 30 minutes, turning occasionally.

PREP

10 minutes

COOK

1 hour

SERVES 6 - 12

Ask around your local butchers to see if they will make you preservative-free sausages. Some will, but they will most likely do it in 5kg batches, which you can always freeze.

Use any vegetables that roast well and are yummy when eaten cold, eg. beetroot, sweet potato, etc.

parmesan crumbed tofu (or chicken)

INGREDIENTS

100 grams parmesan cheese
 200 grams additive-free breadcrumbs
 ½ teaspoon mixed herbs
 450 grams firm tofu (or chicken breast)
 ¼ cup butter
 ¼ cup extra virgin olive oil
 ½ cup plain flour (wheat, gluten-free or spelt work well)
 2 eggs, whisked
 1 large pinch of salt

PREP 20 minutes | **COOK** 15 minutes

MAKES 12

THERMAL METHOD

- 1 Roughly chop parmesan cheese then add to mixing jug and blitz for 10 seconds/speed 9.
- 2 Add breadcrumbs and mixed herbs, then mix for 10 seconds/speed 4.
- 3 Tip into a bowl.
- 4 In another bowl add plain flour.
- 5 In another bowl add whisked eggs.
- 6 Slice tofu (or chicken) into slices, then refer to the coating method below for the next step.
- 7 Once coated heat a frying pan over medium heat, add 2 tablespoons of butter and 2 tablespoons of oil. Allow butter to fully melt.
- 8 Add crumbed tofu (or chicken) and cook until browned on each side and cooked through. If the oil/butter mix absorbs add more to the frying pan.

TRADITIONAL METHOD

- 1 Finely grate parmesan cheese. Then, in a bowl, mix together with the breadcrumbs and mixed herbs.
- 2 Follow steps 4 - 8 of the thermal method (above).

COATING METHOD

- 1 Dip tofu (or chicken) into the flour and coat well. Dust off any excess flour.
- 2 Dip the floured tofu (or chicken) into the egg mix and coat well.
- 3 Dip the flour/egg coated tofu (or chicken) into the breadcrumbs and coat well. Dust off any excess breadcrumbs. Sit on a plate until all the pieces are done.

Make your own breadcrumbs using left over crusts. Blitz these in a food processor until they resemble crumbs.



rice paper rolls

INGREDIENTS

8 rice paper sheets
 80 grams vermicelli noodles
 400 grams meat of choice
 – teriyaki chicken (see note)
 roast chicken meat, pulled pork, beef brisket, prawns, tuna, tofu etc.
 veggies/salad of choice
 – shredded lettuce, carrot, cucumber, alfalfa, bean sprouts, capsicum, avocado etc.
 dipping sauce – coconut amino sauce, tamari or an additive-free soy sauce

PREP

20 minutes

COOK

20 minutes

MAKES 8 ROLLS

METHOD

- 1 Cook and drain the vermicelli noodles as per packet instructions, then set aside to cool.
- 2 Prepare all other ingredients by slicing meat and vegetables into long strips.
- 3 Assemble rice paper rolls by soaking rice paper in water for a few seconds. Pat dry with a clean damp tea towel.
- 4 Place filling in the middle of the rice paper and fold the sheet around the filling one side at a time.
- 5 Serve with a dipping sauce of choice.

Store in an airtight container, in the fridge for up to 2 days. Feel free to play around with the fillings, use whatever you like!

Teriyaki marinade recipe is on page 77. Simply marinate some chicken and grill in a frying pan.



sausage rolls

INGREDIENTS

- 6 sheets butter puff pastry
- 1 kilogram preservative-free beef sausages or chicken mince
- 1 brown onion, peeled
- 1 tablespoon extra virgin olive oil
- 1 carrot
- 1 small zucchini
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ teaspoon mixed herbs
- 1 tablespoon cornflour
- 1 egg
- 1 tablespoon bone broth powder (optional)
- 1 egg for egg wash
- ¼ cup sesame or chia seeds to sprinkle on top

PREP	COOK
20 minutes	30 minutes

MAKES APPROX.
48 SAUSAGE ROLLS

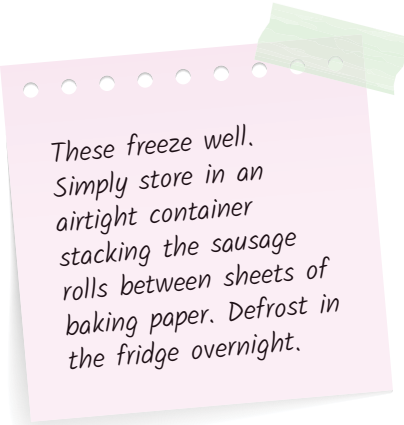
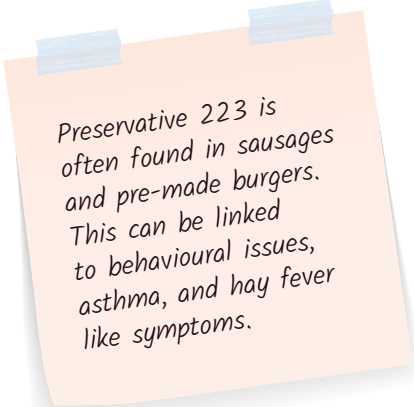
THERMAL METHOD

- 1 Preheat oven to 180°C and line an oven tray with baking paper.
- 2 Lay the pastry out on the bench and allow to defrost if required.
- 3 Slice onion in half and place in mixing jug. Blitz for 5 seconds/speed 5. Scrape down sides and repeat if needed.
- 4 Add olive oil and cook for 2 minutes/100°C/speed 2.
- 5 Chop carrots and zucchini into 4 pieces and place into mixing jug. Blitz for 5 seconds/speed 5. Scrape down sides.
- 6 Remove skin from sausages and discard. Add the meat, along with everything else (except egg wash and sesame or chia seeds) and mix on speed 4/reverse until well combined. You may need a spatula to help move the mixture around, it will take approx. 10 seconds.
- 7 Cut each sheet of pastry in half, leaving 2 rectangles per sheet.
- 8 Place a layer of the mixture down the centre of each pastry rectangle. Brush one side with egg wash (this will stick the pastry together when you fold it).
- 9 Fold non egg washed side of the pastry over the meat, then fold the egg washed side over the pastry, closing off the meat and sealing the pastry.
- 10 Place folded side down on oven tray and brush the top with egg wash. Sprinkle over sesame or chia seeds. Gently slice the top of pastry with a knife to the size you require, approx. 8 cm.
- 11 Cook for approx. 25 minutes or until golden brown and cooked through.



TRADITIONAL METHOD

- 1 Preheat oven to 180°C and line an oven tray with baking paper.
- 2 Lay the pastry out on the bench and allow to defrost if required.
- 3 Finely dice the onion and cook off in olive oil over medium heat, until translucent. Add to a large bowl.
- 4 Grate carrots and zucchini and add to diced onions.
- 5 Remove skin from sausages and discard. Add the meat, along with everything else (except egg wash and sesame or chia seeds) and mix all ingredients together. Using your hands may be the best way.
- 6 Follow steps 7 - 11 of the thermal method (left).







teriyaki chicken sushi

INGREDIENTS

- 2 cups uncooked sushi rice
- 6 tablespoons sushi rice wine
- 4 nori sheets
- 2 chicken breasts
- ½ cup teriyaki marinade (page 77)
- Extra fillings of choice: avocado, cucumber, carrot, lettuce, tuna, tofu etc

PREP

20 minutes

COOK

30 minutes

SERVES 6

METHOD

- 1 Cook sushi rice as per packet instructions.
- 2 Once cooked and still warm, stir through sushi rice wine, then set aside to cool.
- 3 Preheat oven to 180°C.
- 4 Slice chicken in half, long ways (to make it thinner). Coat in teriyaki marinade and place into an oven dish.
- 5 Cook in the oven for 20 minutes or until cooked through. Once done, set aside to cool.

Assemble sushi

- 1 Start by laying the nori sheet shiny side down.
- 2 Coat the sheet in sushi rice leaving a 2cm gap at the end.
- 3 Lay fillings in the middle.
- 4 Wet the end of the nori sheet with a small amount of water.
- 5 Roll the rice around the filling and continue until it's all rolled up.

Serve with some tamari or additive-free soy sauce.

Play around with the fillings, get creative!

Store in the fridge, in an airtight container for up to 2 days.
These do not freeze well.



teriyaki marinade

INGREDIENTS

2 garlic cloves, peeled
 1 cm piece of fresh ginger, peeled
 1 tablespoon white vinegar
 100 grams tamari or additive-free soy sauce
 50 grams rapadura or brown sugar
 2 tablespoons honey
 50 grams water
 1 pinch of salt

PREP

5 minutes

COOK

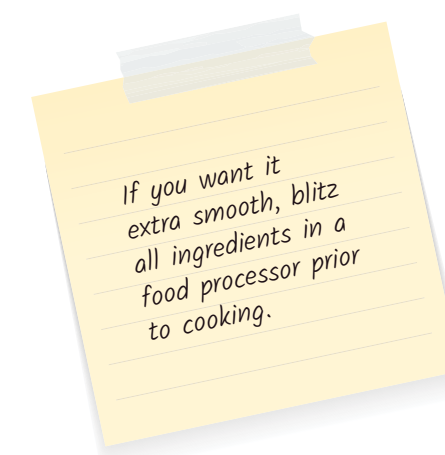
20 minutes

THERMAL METHOD

- 1 Chop garlic and ginger for 3 seconds/speed 7. Scrape down sides and repeat if necessary.
- 2 Add all other ingredients and cook for 20 minutes/100°C/speed 1/ MC off to reduce and thicken.
- 3 Once cooked transfer to sterilised glass jars and let it cool down. It will thicken upon standing.
- 4 Store in the fridge for up to 3 days.

TRADITIONAL METHOD

- 1 Grate garlic and ginger finely.
- 2 Add garlic and ginger along with all other ingredients into a pot and cook on a medium-high heat for approx. 20 minutes, stirring regularly. You want it to reduce and thicken.
- 3 Once cooked transfer to sterilised glass jars and let it cool down. It will thicken upon standing.
- 4 Store in the fridge for up to 3 days.



If you want it extra smooth, blitz all ingredients in a food processor prior to cooking.



turkey meatballs

INGREDIENTS

½ brown onion, peeled and finely diced
1 teaspoon garlic powder
1 small carrot, peeled and grated
1 teaspoon mixed herbs
1 teaspoon paprika
500 grams turkey mince
1 egg
2 tablespoons extra virgin olive oil for frying

PREP

5 minutes

COOK

15 minutes

**MAKES 12
MEATBALLS**

METHOD

- 1 Mix all ingredients together in a bowl until well combined.
- 2 Heat oil in a frying pan over medium-high heat. Roll meat into large grape sized balls and fry on each side until cooked through.
- 3 Drain on paper towel.

These freeze well in an airtight container. Defrost in the fridge overnight.



zucchini slice bites

INGREDIENTS

2 medium zucchinis
2 carrots
1 brown onion, peeled
80 grams cheddar cheese
(a mix of parmesan and
tasty works well)
4 slices nitrate-free bacon
(optional)
5 large eggs
2 tablespoons vegetable
stock paste, or a few
good grindings of salt
and pepper
30 grams olive oil
1 cup plain flour
(wheat, spelt or gluten-free
all work well)

PREP

15 minutes

COOK

40 minutes

**MAKES APPROX.
24 BITES**

THERMAL METHOD

- 1 Preheat oven to 180°C. Grease and flour a 12-hole muffin tin.
- 2 Chop zucchini, carrots and onion into chunks, then place in mixing jug. Blitz for 3 seconds/speed 5. Scrape down sides and blitz again 3 seconds/speed 5.
- 3 Tip vegetables out into a large bowl. This mixture is too large for a thermal cooking appliance to handle, please don't try.
- 4 Chop cheese and bacon (if using) into chunks then place into mixing jug. Blitz for 5 seconds/speed 6. Tip mix into bowl with vegetables.
- 5 Add eggs, oil and vegetable stock paste into mixing jug and mix for 5 seconds/speed 4. Tip mix into bowl with vegetables.
- 6 Add flour into the vegetable bowl and mix with a spoon until combined.
- 7 Spoon mixture into muffin tins and bake in the oven for around 30 minutes or until cooked through.

TRADITIONAL METHOD

- 1 Preheat oven to 180°C. Grease and flour a 12-hole muffin tin.
- 2 Grate zucchini, carrots, onion and cheese, then add them to a large mixing bowl.
- 3 If using, dice bacon and add to bowl.
- 4 Add eggs, oil, vegetable stock paste and plain flour into the bowl (with the rest of the ingredients) and mix with a spoon until combined.
- 5 Spoon mixture into muffin tins and bake in the oven for around 30 minutes or until cooked through.

These freeze fairly well. Defrost in the fridge overnight however they may go watery. Best served warm if been frozen.



thermos lunch
box ideas



chicken meatball stroganoff

MEATBALL INGREDIENTS

- ½ brown onion,
peeled
- 70 grams additive-free
breadcrumbs
- 1 teaspoon garlic powder
- 1 small carrot,
peeled and grated
- 1 teaspoon mixed herbs
- 1 teaspoon paprika
- 500 grams chicken mince
- 1 egg
- 20 grams olive oil (for frying)

SAUCE INGREDIENTS

- 2 cups sliced mushrooms
- 1 tablespoon paprika
- 1 tablespoon worcestershire
sauce
- 1 tablespoon seeded mustard
- 1 heaped tablespoon chicken
bone broth powder
- ½ cup water
- 1 cup sour cream

PREP	COOK
10 minutes	30 minutes

SERVES 6

METHOD

- 1 To make the meatballs finely dice the onion. Mix this in with all remaining meatball ingredients until well combined.
- 2 In a large frying pan, heat olive oil over medium-high heat. Then roll walnut-sized meatballs and place these into the pan to start cooking. Add mushrooms and cook until meatballs brown.
- 3 Reduce heat to low, then add all remaining sauce ingredients and simmer for 10 minutes or until reduced and thickened.

Serve with cooked rice,
pasta (gluten-free works
well) or vegetables.



chicken noodle soup

INGREDIENTS

- 1 brown onion, peeled
- 2 garlic cloves, peeled
- 1 tablespoon olive oil
- 1 carrot
- 1 zucchini
- 4 broccoli florets
- 2 chicken breasts
- 1 tablespoon vegetable stock paste
- 1 pinch of salt and pepper
- 1 litre water
- 100 grams spaghetti (gluten-free works well)

PREP	COOK
5 minutes	20 minutes

SERVES 6

This is not suitable for a jug smaller than 2 litres.

THERMAL METHOD

- 1 Add onion and garlic to mixing jug and blitz for 5 seconds/speed 5. Scrape down the sides.
- 2 Add olive oil and cook for 3 minutes/100°C/speed 1.
- 3 Roughly chop the carrot, zucchini and broccoli and add into the mixing jug and chop for 5 seconds/speed 5.
- 4 Chop the chicken into four pieces and place into the mixing jug.
- 5 Add vegetable stock paste, salt, pepper and water and cook for 15 minutes/100°C/speed 1/reverse.
- 6 Now shred the chicken by mixing for 3 seconds/speed 4/reverse.
- 7 By hand, break up the spaghetti into approx. 5cm long pieces and add these to the soup. Cook for a further 7 minutes/100°C/speed 1/reverse.

TRADITIONAL METHOD

- 1 Finely dice the onion and garlic. Add to a large saucepan along with olive oil and sauté until the onion becomes translucent.
- 2 Finely dice the vegetables and chicken and add these to the cooked onion. Cook for a few minutes to soften.
- 3 Add stock, salt, pepper and water and cook on a slow simmer for 15 minutes.
- 4 By hand, break up the spaghetti into approx. 5cm long pieces and add these to the soup. Cook for a further 7 minutes.

This soup freezes well. Store in individual portions so they're ready to grab for lunches.

Simply, defrost overnight in the fridge and reheat in a pot the next morning on low-medium heat. Pour into the thermos where it will stay nice and hot until lunchtime.



chicken pesto

INGREDIENTS

- 1 brown onion, peeled
- 3 cloves garlic, peeled
- 1 tablespoon extra virgin olive oil
- 2 large chicken breasts, cut into bite-sized pieces
- 10 cherry tomatoes, halved
- 2 big handfuls baby spinach
- 1 batch pesto (page 175)
- ½ cup pouring cream
- 500 grams bow tie pasta (any pasta works, including gluten-free)
- ¼ cup grated parmesan cheese

PREP

10 minutes

COOK

20 minutes

SERVES 8

METHOD

- 1 Finely dice onion and garlic. Heat olive oil in a large frying pan over medium/high heat and cook until translucent.
- 2 Add chicken and brown off.
- 3 Add cherry tomatoes along with spinach and pesto and cook for 5 minutes on low/medium heat.
- 4 Add cream and cook for 10 minutes on a low simmer.
- 5 Meanwhile, cook pasta as per packet instructions. Strain and add to chicken pesto mix. Stir through to coat pasta and serve with parmesan cheese on top.

Technically, pine nuts are a seed, however some people with a nut allergy can still have a reaction. Check with your school before sending in pine nuts as they may not be allowed.



curried chicken lasagne

INGREDIENTS

- 500 grams chicken breast, thinly sliced
- 1 small brown onion, peeled
- 1 garlic clove, peeled
- 2 tablespoons butter
- 2 small carrots
- 1 small zucchini
- 50 grams frozen peas
- 50 grams frozen corn
- 8 lasagne sheets
- 2 – 3 large handfuls freshly grated cheese (for topping)

SAUCE INGREDIENTS

- 400 grams milk
- 1 teaspoon curry powder
- 1 tablespoon vegetable stock paste
- salt and pepper
- 2 tablespoons plain flour

PREP	COOK
10 minutes	1 hour

SERVES 12

THERMAL METHOD

- 1 Preheat oven to 180°C.
- 2 Chop onion and garlic for 3 seconds/speed 5.
- 3 Add butter and cook for 3 minutes/steaming temp/speed 1.
- 4 Roughly chop the carrots and zucchini and blitz for 3 seconds/speed 5.
- 5 Insert whipping tool then add chicken, corn and peas and cook for 15 minutes/steaming temp/speed 1/reverse.
- 6 Tip this out and set aside. Drain any excess liquid and remove whipping tool.
- 7 To make the curry sauce place all sauce ingredients into mixing jug (no need to wash it) and cook for 7 minutes/90°C/speed 4.
- 8 Return the chicken mix to the mixing jug and combine with sauce for 5 seconds/speed 2/reverse. This will also shred the chicken apart a bit more.
- 9 Layer this mix between sheets of lasagne. Finish with cheese on top.
- 10 Cook for 35 minutes or until the cheese is melted and brown on top.

Freeze in individual portions so you're ready to go for lunches.

Simply defrost in the fridge overnight and reheat before placing in a thermos that morning.

TRADITIONAL METHOD

- 1 Preheat oven to 180°C.
- 2 Finely dice onion and garlic and sauté in frying pan over medium-high heat until the onion is translucent.
- 3 Finely dice carrots and zucchini and add to pan together with chicken, corn and peas and cook over medium-high heat until chicken is just cooked.
- 4 At this point, drain off any excess liquid and set this mixture aside in a separate bowl.
- 5 To make the curry sauce place all the sauce ingredients in the pan and cook over medium heat stirring constantly. Cook until thick and creamy.
- 6 Return the chicken mix to the pan and stir through the sauce. It doesn't matter if the chicken breaks apart.
- 7 Layer this mix between sheets of lasagne. Finish with cheese on top.
- 8 Cook for 35 minutes or until the cheese is melted and brown on top.



Turn the page for a larger photo.





fried rice

INGREDIENTS

- 1 cup white basmati rice
- 1 tablespoon extra virgin olive oil
- 3 - 4 cups diced vegetables (broccoli, corn, beans, peas, carrots, zucchini, capsicum etc.)
- 1 cup diced nitrate-free bacon
- 3 eggs
- 4 tablespoons tamari or additive-free soy sauce

PREP

15 minutes

COOK

25 minutes

SERVES 8

THERMAL METHOD

- 1 Insert simmering basket into the jug and add rice. Fill with enough water to cover the rice and cook for 12 minutes/steaming temp/speed 1.
- 2 Once cooked, rinse under cold water and set aside to drain and cool down.
- 3 While the rice is cooking, whisk eggs together in a small bowl. Add oil to a large frying pan over a medium/high heat. Tip in the egg and cook one side, flip to cook the other side making an omelette. Set aside on a plate and dice roughly.
- 4 In the same pan, cook vegetables and bacon for 8 - 10 minutes stirring occasionally.
- 5 Add rice, egg and tamari to the vegetables and mix through well to reheat rice, serve immediately.

TRADITIONAL METHOD

- 1 Cook rice as per packet instructions.
- 2 Follow steps 2 - 5 of the thermal method (above).

This recipe freezes well, so freeze in individual portions ready for lunches. Defrost in the fridge overnight, then reheat the next morning.

Use whatever vegetables you like; this recipe is super versatile!



mac and cheese with hidden veg

INGREDIENTS

200 grams pumpkin,
peeled and diced into
bite-sized pieces

100 grams sweet potato,
peeled and diced into
bite-sized pieces

100 grams cauliflower
florets, diced into bite-
sized pieces

½ brown onion, peeled

1 garlic clove, peeled

50 grams butter

650 grams milk

70 grams plain flour
(gluten-free works well)

150 grams freshly grated
cheese

50 grams freshly grated
parmesan cheese

500 grams macaroni pasta
(gluten-free works well)

PREP	COOK
10 minutes	15 minutes

SERVES 8

THERMAL METHOD

- 1 Fill jug with 1 litre water, then secure lid on top.
- 2 Add vegetables (except onion) to steaming tray and secure on top. Steam vegetables for 15 minutes/steaming temp/speed 1.
- 3 Check that the vegetables are cooked, if so, discard water and put them into mixing jug. If not, cook for a further 5 minutes or until they are done.
- 4 Puree vegetables for 10 seconds/speed 6. Scrape down sides and repeat if necessary, set aside once done in a large bowl.
- 5 Chop onion in half and then blitz onion and garlic for 3 seconds/speed 6. Add butter and cook for 2 minutes/100°C/speed 1.
- 6 Add all remaining ingredients (except pasta and pureed vegetables) to the mixing jug and cook for 7 minutes/90°C/speed 4.
- 7 Cook the pasta according to the packet instructions, then drain and put in a large bowl.
- 8 Once sauce is cooked, mix everything together in a bowl and serve.

TRADITIONAL METHOD

- 1 Boil vegetables in a pot of water until tender.
- 2 Discard water and mash veggies or puree with a stick blender and set aside.
- 3 Finely chop onion and garlic. Add this, along with butter, to a large pot. Cook over a medium/high heat until the onion is translucent.
- 4 In a small jug, mix the milk and flour together, removing all lumps. Then pour this into the pot and stir well. Add both the cheeses, stir in well. Turn down the heat to a simmer, stirring constantly, until the sauce thickens and cheese melts.
- 5 Follow steps 7 - 8 of the thermal method (above.)

*This recipe is
best reheated
fresh, however,
it is possible to
freeze it.*

*Freeze
in individual portions
and defrost in
the fridge
overnight.*

*When
reheating, slowly
reheat in a pot on the
stovetop. Add a little
more milk as it will
thicken after being
frozen.*



minestrone soup

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 small brown onion, finely diced
- 2 garlic cloves, finely diced
- 2 carrots, diced into 1 cm pieces
- 2 potatoes, washed, peeled, diced into 1 cm pieces
- large handful of fresh green beans, diced into 1 cm pieces
- ¾ cup frozen corn
- 1 swede, peeled, diced into 1 cm pieces
- 800 gram tin tomatoes
- 1 heaped tablespoon tomato paste
- 3 tablespoons chicken bone broth powder
- 1.5 litres water
- salt and pepper to taste
- 300 grams pasta (bow ties, macaroni or spirals work well)
- 400 gram tin cannellini beans, drained

PREP	COOK
5 minutes	20 minutes

SERVES 12

METHOD

- 1 Heat the oil in a large pot, over a medium-high heat. Add onion and garlic, then cook for 5 minutes, stirring often, until the onion is soft.
- 2 Add diced veggies, tinned tomatoes, tomato paste, stock and water, then bring to the boil. Turn down and simmer for 10 minutes.
- 3 Add pasta and simmer until the pasta is almost tender, approx. 8 minutes.
- 4 Add beans and cook for 2 minutes.
- 5 Serve immediately, or freeze in individual portions (see notes).

You can use any vegetables you like. It is the perfect way to use up last week's veggies. Celery, peas, capsicum, zucchini or sliced spinach are nice additions.

The pasta will expand over time, continuing to soak up the liquid. Freeze, in individual portions, immediately after the soup has cooled to help prevent this happening. It will freeze for up to 2 months.



spaghetti bolognese

INGREDIENTS

1 brown onion, peeled
2 garlic cloves, peeled
1 tablespoon extra virgin olive oil
3 – 5 button mushrooms
1 carrot
1 zucchini
½ red capsicum
500 grams beef mince
700 grams passata sauce
60 grams tomato paste
1 tablespoon dried or fresh thyme
1 pinch of salt
pasta of choice or zoodles (gluten-free works well)
handful of freshly grated tasty or parmesan cheese (for serving)

PREP

15 minutes

COOK

30 minutes

SERVES 8

METHOD

- 1 Finely dice onion, garlic, mushrooms and capsicum, then set aside.
- 2 Grate carrot and zucchini, then set aside.
- 3 Over a medium-high heat, in a large frying pan, add olive oil and brown off onion and garlic for two minutes, stirring constantly.
- 4 Add mince and cook until browned. Using a spatula break up the meat and continue to stir.
- 5 Add all vegetables and cook for 2 minutes then add remaining ingredients (except pasta and cheese). Turn down heat to low-medium and leave to simmer for 10 – 15 minutes stirring occasionally.
- 6 Cook pasta as per packet instructions.
- 7 Drain and rinse pasta with warm water then serve with some freshly grated cheese or parmesan on top of bolognese.

Freeze in individual portions so you're ready to go for lunches. Simply defrost in the fridge overnight and reheat before placing in a thermos that morning.



snacks



banana and blueberry muffins

INGREDIENTS

50 grams butter
(or coconut oil)
150 grams milk
2 large eggs
60 grams rapadura sugar
2 very ripe bananas
200 grams self-raising
flour
1 teaspoon bicarb soda
20 grams desiccated
coconut (preservative-free)
2 large handfuls of
blueberries (frozen is fine)

PREP

10 minutes

COOK

18 minutes

MAKES 12 MUFFINS

THERMAL METHOD

- 1 Preheat oven to 180°C and line a 12 hole muffin tray with muffin cases.
- 2 Place butter, milk, eggs, sugar and bananas into mixing jug and mix 10 seconds/speed 4.
- 3 Add flour, bicarb, desiccated coconut and mix for 10 seconds/speed 4.
- 4 Add blueberries and mix gently by hand until well combined.
- 5 Fill muffin cases $\frac{3}{4}$ full with mixture and bake for approx. 15 - 18 minutes, or until a skewer inserted comes out clean.
- 6 Allow to cool in tin for 5 minutes, then transfer to a wire rack to cool completely.

TRADITIONAL METHOD

- 1 Preheat oven to 180°C and line a 12 hole muffin tray with muffin cases.
- 2 Beat butter, milk, eggs, sugar and bananas together using electric beaters for 10 seconds on medium speed.
- 3 Add flour, bicarb, desiccated coconut, blueberries and mix gently by hand until well combined.
- 4 Fill muffin cases $\frac{3}{4}$ full with mixture and bake for approx. 15 - 18 minutes, or until a skewer inserted comes out clean.
- 5 Allow to cool in tin for 5 minutes, then transfer to a wire rack to cool completely.

These freeze really well
in an airtight container
for up to 3 months.
Pop straight into the
lunchbox frozen and
it'll be defrosted by
morning tea.





banana mini loaves

INGREDIENTS

2 very ripe bananas
50 grams golden syrup
50 grams raw or rapadura sugar
2 large eggs
200 grams self-raising flour (gluten-free self-raising works well)
pinch of salt
¼ cup rolled oats for sprinkling on top

PREP

5 minutes

COOK

35 minutes

MAKES 12 MUFFINS

THERMAL METHOD

- 1 Preheat oven to 160°C and grease a mini loaf tin with butter.
- 2 Add everything (except oats) to mixing jug and mix for 15 seconds/speed 4.
- 3 Pour batter into loaf tins until ¾ full and sprinkle with oats.
- 4 Cook for approx. 20 minutes or until a skewer inserted comes out clean.
- 5 Allow to cool in tin for 5 minutes before turning out onto a wired rack.

TRADITIONAL METHOD

- 1 Preheat oven to 160°C and grease a mini loaf tin with butter.
- 2 In a large bowl mash bananas with a fork.
- 3 Add everything else (except oats) and mix together until well combined.
- 4 Pour batter into loaf tins until ¾ full and sprinkle with oats.
- 5 Cook for approx. 20 minutes or until a skewer inserted comes out clean.
- 6 Allow to cool in tin for 5 minutes before turning out onto a wired rack.

berry banana mini loaves

TRY ADDING

1 big handful of berries

METHOD

Once the batter is well combined add in fruit and stir them in by hand.

To lower the sugar content replace golden syrup with honey and the raw sugar with rice malt syrup.

These freeze really well in an airtight container for up to 3 months. Pop straight into the lunchbox frozen and it'll be defrosted by morning tea.





banana oat cookies

INGREDIENTS

2 very ripe bananas
110 g rolled oats or quinoa flakes
70 g plain flour (gluten-free also works well)
100 g rice malt syrup or raw honey

PREP

5 minutes

COOK

20 minutes

MAKES 8 COOKIES

THERMAL METHOD

- 1 Preheat oven to 175°C and line a baking tray with baking paper.
- 2 Add bananas to mixing jug and chop for 10 seconds/speed 4.
- 3 Add all remaining ingredients and mix for 10 seconds/speed 4/reverse.
- 4 Place dessert spoonful sized amounts of mixture onto the baking tray and bake for 20 minutes or until golden on top.

TRADITIONAL METHOD

- 1 Preheat oven to 175°C and line a baking tray with baking paper.
- 2 Add bananas to a bowl and mash them with a fork.
- 3 Add all remaining ingredients and mix together.
- 4 Place dessert spoonful sized amounts of mixture onto the baking tray and bake for 20 minutes or until golden on top.

Try adding choc chips to the top before baking.

This is a great low sugar option which can also be made gluten-free!





basic icing

INGREDIENTS

200 grams icing sugar
20 grams butter, soft
2 tablespoons milk

PREP

2 minutes

MAKES 1 BATCH

THERMAL METHOD

- 1 Place everything into mixing jug and mix for 10 seconds/speed 4 until well combined. Scrape down sides and repeat if needed.

TRADITIONAL METHOD

- 1 Place all ingredients into a bowl and mix until well combined and free of lumps.

This freezes well.
You could double or
triple the recipe if
needed and freeze
a batch or two for
another time.

lemon or orange icing

TRY THIS

Replace milk with lemon
or orange juice.

chocolate icing

VARIATION

Add 2 tablespoons of
cacao powder and an
extra 1 tablespoon of milk.





bbq chickpeas

INGREDIENTS

- 1 x 400 gram tin chickpeas
- 1 tablespoon extra virgin olive oil
- 1 pinch of salt
- 1 tablespoon smoked paprika
- ½ tablespoon rapadura sugar
- ¼ teaspoon garlic powder
- ¼ teaspoon salt

PREP

5 minutes

COOK

30 minutes

SERVES 4

METHOD

- 1 Preheat oven to 170°C and line a baking tray with baking paper.
- 2 Strain and wash chickpeas well. Dry on paper towel and move around to break off any shells.
- 3 In a small bowl add chickpeas, olive oil and salt, then coat well.
- 4 Spread out flat on an oven tray. Cook for 25 minutes, stirring once.
- 5 In a dry and clean bowl, mix together smoked paprika, sugar, garlic powder and salt. Add the chickpeas and coat well.
- 6 Now spread the chickpeas back onto the same baking tray and cook for a further 15 minutes, stirring once.
- 7 Let cool in the oven.

These don't stay crunchy for long, however we still find them yummy. Store in an airtight container in the pantry.

Chickpeas are a great source of protein.





bliss balls

INGREDIENTS

- 100 grams rolled oats (or quinoa flakes if gluten-free)
- 80 grams desiccated coconut (preservative-free)
- 170 grams medjool dates (pitted)
- 2 teaspoon vanilla bean paste
- 1 tablespoon rice malt syrup
- 40 grams coconut oil (soft)
- 2 tablespoon water
- extra: ½ cup desiccated coconut to coat bliss balls

PREP

10 minutes

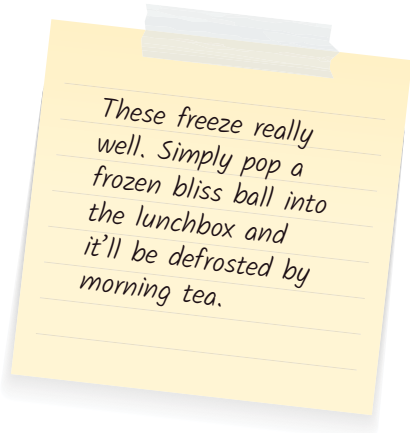
MAKES APPROX.
16 BALLS

THERMAL METHOD

- 1 Add all ingredients (except extra desiccated coconut) and blitz for 10 seconds/speed 9.
- 2 Roll into balls and coat in desiccated coconut.

TRADITIONAL METHOD

- 1 Add all ingredients (except extra desiccated coconut) to a blender and blitz on high speed until the mixture comes together.
- 2 Roll into balls and coat in desiccated coconut.



chocolate bliss balls

TRY ADDING

50 grams of dark chocolate pieces in step 1.





chia pudding

INGREDIENTS

4 tablespoons chia seeds
1 cup milk of choice
fruit toppings of choice

PREP

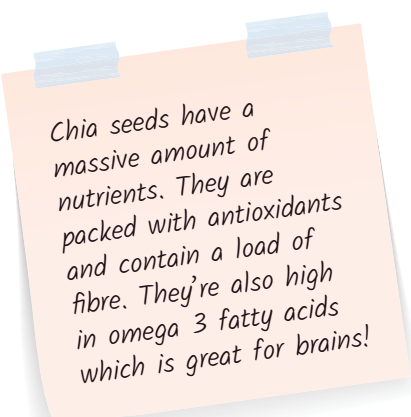
5 minutes

SET

overnight

MAKES 4 POTS

Chia seeds have a massive amount of nutrients. They are packed with antioxidants and contain a load of fibre. They're also high in omega 3 fatty acids which is great for brains!





chickpea chocolate slice

INGREDIENTS

- 1 x 400 gram tin chickpeas, drained and washed
- 110 grams hulled tahini
- 80 grams 100% pure maple syrup
- 1 tablespoon cacao powder
- ½ teaspoon baking powder
- ½ teaspoon bicarb soda
- 1 teaspoon vanilla bean paste
- 1 pinch of salt
- 90 grams additive-free dark chocolate (topping)

PREP	COOK
5 minutes	35 minutes

MAKES 15 PIECES

This recipe freezes perfectly. Pop straight into the lunchbox frozen and it'll be defrosted by morning tea.

THERMAL METHOD

- 1 Preheat oven to 175°C and line a 33 x 23 cm slice tin with baking paper.
- 2 Add chickpeas, hulled tahini and maple syrup into mixing jug and chop for 5 seconds/speed 7. Scrape down sides and repeat.
- 3 Add all remaining ingredients (except chocolate) and mix for 5 seconds/speed 5.
- 4 Cook in the oven for 20 minutes, or until golden on top. Let cool in the tin.
- 5 In a clean and dry mixing jug, add broken dark chocolate pieces, then melt for 5 minutes/70°C/speed 1. Scrape down sides and repeat for a further minute if not all melted.
- 6 Pour over the slice and let it set in the fridge for 15 minutes. Slice into pieces before the chocolate goes hard otherwise it'll crack.

TRADITIONAL METHOD

- 1 Preheat oven to 175°C and line a 33 x 23 cm slice tin with baking paper.
- 2 Add chickpeas, hulled tahini and maple syrup into a blender and then chop on high speed until all chickpeas are well processed.
- 3 Add all remaining ingredients (except chocolate) and mix until well combined.
- 4 Cook in the oven for 20 minutes, or until golden on top. Let cool in tin.
- 5 In a clean pot, add broken dark chocolate pieces and melt over low heat.
- 6 Pour over the slice and let set in the fridge for 15 minutes. Slice into pieces before the chocolate goes hard otherwise it'll crack.





choccy crunch biscuits

INGREDIENTS

- 250 grams butter, soft (could use coconut oil)
- 150 grams rapadura sugar
- 1 teaspoon vanilla bean paste
- 2 eggs
- 3 tablespoons cacao powder
- 3 cups self-raising flour
- 3 cups cornflakes

PREP	COOK
10 minutes	12 minutes

MAKES APPROX.
30 BISCUITS

These freeze really well in an airtight container for up to 3 months. In the morning simply grab out a couple of biscuits and they'll be defrosted by morning tea.

THERMAL METHOD

- 1 Preheat oven to 180°C and line two baking trays with baking paper.
- 2 Insert whipping tool and add the butter and sugar.
- 3 Cream butter and sugar for 15 seconds/speed 3. Scrape down the sides and repeat this step 3 - 4 times. The mixture needs to be pale and creamy.
- 4 Add vanilla, then add the eggs one at a time through the hole in the lid while mixing on speed 2. Scrape down the sides and mix for 5 seconds/speed 4.
- 5 Remove the whipping tool.
- 6 Add flour and cacao powder, 1 cup at a time, through the hole in the lid while mixing on speed 1. Once all added increase to speed 4 for 10 seconds.
- 7 Transfer mixture to a bowl and add cornflakes. Mix in well.
- 8 Roll into small balls and flatten slightly. Place them onto the baking trays.
- 9 Cook for 12 minutes or until golden. Leave on the tray for a few minutes and then transfer to wire racks to cool completely.

TRADITIONAL METHOD

- 1 Preheat oven to 180°C and line two baking trays with baking paper.
- 2 Cream butter and sugar with electric beaters until pale and creamy.
- 3 Add vanilla, then add the eggs one at a time and continue to mix on low speed until well combined.
- 4 Add flour and cacao powder, 1 cup at a time, whilst mixing on low speed.
- 5 Once all added increase to medium speed and incorporate well. Use a spatula to mix any flour that has not quite mixed in well.
- 6 Add cornflakes and mix in well.
- 7 Roll into small balls and flatten slightly. Place them onto the baking trays.
- 8 Cook for 12 minutes or until golden. Leave on the tray for a few minutes and then transfer to wire racks to cool completely.





chocolate zucchini cake

INGREDIENTS

- 1 medium zucchini (approx. 200 grams)
- 100 grams butter, soft
- 100 grams rapadura sugar
- 1 teaspoon vanilla bean paste
- 2 tablespoons cacao powder
- 2 eggs
- 350 grams self-raising flour
- 100 grams milk

PREP	COOK
5 minutes	40 minutes

SERVES 8

THERMAL METHOD

- 1 Preheat oven to 170°C and line a cake tin with baking paper.
- 2 Peel the zucchini if you don't want to see any green bits, this is optional. Chop into three pieces then blitz for 5 seconds/speed 5. Scrape and repeat to make it nice and fine.
- 3 Add all remaining ingredients and mix for 10 seconds/speed 5. Scrape sides and repeat if necessary.
- 4 Pour into cake tin and bake for approx. 40 minutes or until a skewer comes out clean.
- 5 Ice with basic icing recipe, page 110.

TRADITIONAL METHOD

- 1 Preheat oven to 170°C and line a cake tin with baking paper.
- 2 Peel the zucchini if you don't want to see any green bits, this is optional. Finely grate the zucchini and add to a mixing bowl.
- 3 Add all remaining ingredients and mix until well combined.
- 4 Pour into cake tin and bake for approx. 40 minutes or until a skewer comes out clean.
- 5 Ice with basic icing recipe, page 110.





citrus poppy seed muffins

INGREDIENTS

- zest of one lemon (save lemon juice for icing)
- 90 grams butter, soft
- 1 teaspoon vanilla bean paste
- 100 grams caster sugar
- 2 eggs
- 150 grams self-raising flour
- 2 tablespoons milk
- 1 tablespoon black poppy seeds

PREP	COOK
5 minutes	20 minutes

MAKES 10 - 12

THERMAL METHOD

- 1 Preheat oven to 180°C and line a 12 hole muffin tray with muffin cases.
- 2 Add all ingredients to mixing jug and mix for 10 seconds/speed 4. Scrape down sides and mix 3 seconds/speed 4.
- 3 Fill each muffin case $\frac{3}{4}$ full and bake in the oven for approx. 15 minutes or until a skewer inserted comes out clean.
- 4 Let them cool on a wire rack.
- 5 Make a half batch of lemon basic icing on page 110 and ice each muffin (optional).

TRADITIONAL METHOD

- 1 Preheat oven to 180°C and line a 12 hole muffin tray with muffin cases.
- 2 Add all ingredients to a bowl. Using electric beaters mix until well combined.
- 3 Fill each muffin case $\frac{3}{4}$ full and bake in the oven for approx. 20 minutes or until a skewer inserted comes out clean.
- 4 Let them cool on a wire rack.
- 5 Make a half batch of lemon basic icing on page 110 and ice each muffin (optional).

Freeze in an airtight container or store in the pantry for up to 3 days. Pop into the lunchbox frozen and they'll be defrosted by morning tea.





custard

INGREDIENTS

- 500 grams milk
- 60 grams raw sugar
- 30 grams cornflour
- 2 eggs
- 1 teaspoon vanilla bean paste (for vanilla custard)
- 50 grams dark chocolate (for chocolate custard)

PREP	COOK
5 minutes	7 minutes

SERVES 12

THERMAL METHOD

- 1 Add sugar and cornflour to mixing jug and blitz for 10 seconds/speed 9.
- 2 Add all remaining ingredients and cook for 7 minutes/90°C/speed 4.

TRADITIONAL METHOD

- 1 Add all ingredients to a saucepan and cook over medium heat, constantly stirring, until a smooth, thick consistency is reached. Will take approx. 10 minutes.

If making vanilla custard add the vanilla bean paste, but don't add the chocolate, and if making the chocolate custard add the dark chocolate, but don't add the vanilla bean paste.

Store in fridge for up to a week. The chocolate one is delicious with fresh raspberries on top... just saying ;)





gummy lollies

INGREDIENTS

- 4 tablespoons preservative-free grass-fed gelatin
- ½ cup water
- 1 ½ cups 100% juice
- 1 tablespoon honey or rice malt syrup (optional)

PREP

5 minutes

COOK

10 minutes

SET

2 hours

SERVES 10

Any juice will work, you could even try kombucha!

Eat within 5 days, otherwise they start to evaporate. Store in an airtight container in the fridge.

Make sure you find a good quality, ethically sourced grass-fed gelatin. Organic is best.

METHOD

- 1 In a small bowl mix together gelatin and water. Let this sit for 5 minutes to 'bloom'.
- 2 In a saucepan over low/medium heat add juice and honey. Warm the juice, being careful not to overheat.
- 3 Add bloomed gelatin and allow to melt.
- 4 Pour into moulds and place in the fridge for 2 hours to set.





protein pikelets

INGREDIENTS

- 2 small bananas
- 2 eggs
- 30 grams rice malt syrup (optional for sweetness)
- 20 grams collagen powder
- 30 grams vanilla protein powder
- 1 teaspoon baking powder
- 100 grams plain flour (gluten-free works well)
- 70 grams milk of choice
- ½ teaspoon bicarb soda
- butter for cooking

PREP	COOK
5 minutes	15 minutes

SERVES 10

chocolate pikelets

TRY THIS

Replace vanilla protein powder for cacao powder and create 'chocolate pikelets'.

THERMAL METHOD

- 1 Add bananas into mixing jug and blitz for 5 seconds/speed 4. Scrape down sides and repeat.
- 2 Add all remaining ingredients and mix for 10 seconds/speed 4.
- 3 If you have time, let stand for 10 minutes.
- 4 Heat a frying pan over medium heat and melt a teaspoon of butter.
- 5 Place ¼ cup of mixture into the frying pan to create the pikelets and cook until golden on each side (flip when bubbles start to appear). Protein powder can take longer to cook so a low/medium temperature is best, otherwise they will burn.
- 6 Let cool on a wire rack, serve warm or cold with butter on top.

TRADITIONAL METHOD

- 1 Add bananas into blender and blitz on medium speed until pureed. Scrape down sides.
- 2 Add all remaining ingredients and blitz on medium speed until well combined.
- 3 Follow steps 3 - 6 of the thermal method (above).

A lot of protein powders have a load of nasty additives. Be sure to get a super clean one with all natural ingredients. If feeding to children, make sure it's suitable for their age.

Store in fridge for up to a week. These also freezes well in an airtight container with a layer of baking paper between each layer of pikelets. Pop into the lunchbox frozen and they'll be defrosted by morning tea. Serve with butter.





sweet potato brownie

INGREDIENTS

10 medjool dates, pitted
500 grams sweet potato,
peeled and finely diced
100 grams additive-free
dark chocolate
50 grams coconut oil
200 grams plain flour
(gluten-free works well)
1 teaspoon baking
powder
2 eggs
1 pinch of salt
30 grams cacao powder
100 grams 100% pure
maple syrup (honey
or rice malt syrup also
works well)

PREP

10 minutes

COOK

25 minutes

MAKES 15

*If you don't
mind a little more
sugar, drizzle the
top with melted
chocolate!*

THERMAL METHOD

- 1 Boil kettle and soak dates in hot water.
- 2 Preheat oven to 175°C and line a 33 x 23 cm slice tin with baking paper.
- 3 Half fill the mixing jug with water then insert simmering basket and add the sweet potato. Cook for 15 minutes/100°C/speed 1.
- 4 Discard water, set simmering basket aside with the sweet potato, then dry the mixing jug.
- 5 Break up the chocolate into pieces and add this along with coconut oil to mixing jug and melt for 5 minutes/60°C/speed 1. Scrape down sides and repeat for a further minute if not all melted.
- 6 Strain dates, then add them and sweet potato into the mixing jug and blitz for 5 seconds/speed 7. Scrape down sides and repeat until the mixture is pureed.
- 7 Add all remaining ingredients and mix for 5 seconds/speed 4. Scrape down sides and repeat.
- 8 Pour into lined slice tin and cook for 25 minutes or until a skewer inserted comes out clean.

TRADITIONAL METHOD

- 1 Boil kettle and soak dates in hot water.
- 2 Preheat oven to 175°C and line a 33 x 23 cm slice tin with baking paper.
- 3 Boil or steam the sweet potato until cooked through, then strain and set aside to cool.
- 4 In a clean pot, break up the chocolate into pieces and add this along with coconut oil. Melt slowly over low/medium heat.
- 5 Strain dates, then add them and sweet potato into a food processor and blitz until pureed.
- 6 In a large bowl, add melted chocolate, dates, sweet potato and all remaining ingredients and mix until well combined.
- 7 Pour into lined slice tin and cook for 25 minutes or until a skewer inserted comes out clean.





trio chocolate biscuits

INGREDIENTS

- 250 grams butter, soft (could use coconut oil)
- 100 grams rapadura sugar
- 1 teaspoon vanilla bean paste
- 2 eggs
- 3 tablespoons cacao powder
- 3 cups self-raising flour
- 250 grams white chocolate chips
- 250 grams dark chocolate chips

PREP	COOK
10 minutes	12 minutes

SERVES 16

These freeze really well in an airtight container for up to 3 months. In the morning simply grab out a couple of biscuits and they'll be defrosted by morning tea.

THERMAL METHOD

- 1 Preheat oven to 180°C and line two baking trays with baking paper.
- 2 Insert whipping tool and add the butter and sugar.
- 3 Cream butter and sugar for 15 seconds/speed 3. Scrape down the sides and repeat this step 3 - 4 times. The mixture needs to be pale and creamy.
- 4 Add vanilla, then add the eggs one at a time through the hole in the lid while mixing on speed 2. Scrape down the sides and mix for 5 seconds/speed 4.
- 5 Remove the whipping tool.
- 6 Add flour and cacao powder, 1 cup at a time, through the hole of the lid while mixing on speed 1. Once all added increase to speed 4 for 10 seconds.
- 7 Transfer mixture to a bowl and add chocolate chips and mix with a wooden spoon.
- 8 Roll into small balls and flatten slightly. Place them onto the baking trays.
- 9 Cook for 12 minutes or until golden. Leave on the tray for a few minutes and then transfer to wire racks to cool completely.

TRADITIONAL METHOD

- 1 Preheat oven to 180°C and line two baking trays with baking paper.
- 2 Cream butter and sugar with electric beaters until pale and creamy.
- 3 Add vanilla, then add the eggs one at a time and continue to mix on low speed until well combined.
- 4 Add flour and cacao powder, 1 cup at a time, whilst mixing on low speed, or use a wooden spoon.
- 5 Add chocolate chips and mix with a wooden spoon.
- 6 Roll into small balls and flatten slightly. Place them onto the baking trays.
- 7 Cook for 12 minutes or until golden. Leave on the tray for a few minutes and then transfer to wire racks to cool completely.





vanilla cupcakes

INGREDIENTS

- 90 grams butter, soft
- 1 teaspoon vanilla bean paste
- 90 grams caster sugar
- 2 eggs
- 200 grams self-raising flour
- 2 tablespoons milk

PREP

5 minutes

COOK

15 minutes

MAKES 12

THERMAL METHOD

- 1 Preheat oven to 180°C and line a muffin tray with paper cases.
- 2 Mix all ingredients for 10 seconds/speed 4. Scrape down sides and mix with a spatula if required. Do not overmix, the secret to light and fluffy cupcakes is not to overmix the batter.
- 3 $\frac{3}{4}$ fill each paper case.
- 4 Bake for 15 minutes or until a skewer inserted comes out clean.
- 5 Cool on a wire rack before icing.

TRADITIONAL METHOD

- 1 Preheat oven to 180°C and line a muffin tray with paper cases.
- 2 Mix all ingredients together until just incorporated. Do not overmix, the secret to light and fluffy cupcakes is not to overmix the batter.
- 3 $\frac{3}{4}$ fill each paper case.
- 4 Bake for 15 minutes or until a skewer inserted comes out clean.
- 5 Cool on a wire rack before icing.

Ice with our
basic icing recipe
on page 110.

Add 1 teaspoon
of vanilla bean paste
to our basic icing
recipe for an extra
vanilla kick.





cookie dough

INGREDIENTS

250 grams butter, soft
100 grams caster sugar
1 tsp vanilla bean paste
2 large eggs
500 grams self-raising flour

PREP 40 minutes | **COOK** 10 minutes

MAKES 1 BATCH

chocolate cookie dough

VARIATION

Use 70 grams less flour and add 70 grams of cacao powder along with the flour.

This dough freezes well so make ahead of time if need to.

THERMAL METHOD

- 1 Insert whipping tool, add butter and sugar to mixing jug.
- 2 Cream butter and sugar for 15 seconds/speed 3. Scrape down the sides and repeat this step 3 - 4 times. The mixture needs to be pale and creamy.
- 3 Add vanilla, then add the eggs one at a time through the hole in the lid while mixing on speed 2. Scrape down the sides and mix for 5 seconds/speed 4.
- 4 Remove the whipping tool.
- 5 Add flour, 250 grams at a time, through the hole in the lid while mixing on speed 1. Once all added increase to speed 4 for 10 seconds.
- 6 Tip out onto a floured surface and bring together to form a ball.
- 7 Divide into three even portions and wrap in a brown paper bag, or biodegradable cling wrap, then sit in the fridge for 30 minutes.

TRADITIONAL METHOD

- 1 Cream butter and sugar with electric beaters until pale and creamy.
- 2 Add vanilla, then add the eggs one at a time and continue to mix on low speed until well combined.
- 3 Add flour, 250 grams at a time, whilst mixing on low speed (or with a wooden spoon).
- 4 Tip out onto a floured surface and bring together to form a ball.
- 5 Divide into three even portions and wrap in a brown paper bag, or biodegradable cling wrap, then sit in the fridge for 30 minutes.

COOKIE DOUGH MANY WAYS

choccy mallow wheels	cream cheese sandwich	mallow tops	kiss biscuit	tiny teddies
page 140	page 142	page 144	page 148	page 150





choccy mallow wheels

INGREDIENTS

1 batch chocolate
cookie dough (page 138)
1 batch marshmallow,
(page 146)
½ cup raspberry jam
250 grams milk or dark
chocolate

PREP

3 hours

COOK

30 minutes

**MAKES APPROX.
30 BISCUITS**

METHOD

- 1 Preheat oven to 170°C and line two baking trays with baking paper.
- 2 Make 1 batch of chocolate cookie dough. Roll out cookie dough to 5 mm and cut 5 cm round discs. Lay them onto the baking trays.
- 3 Cook for 10 minutes or until slightly golden. Let cool on tray for 5 minutes before transferring to a wire rack to cool completely.
- 4 Make 1 batch of marshmallow while they cool.
- 5 Spread one biscuit with raspberry jam and top with marshmallow, then sandwich together with another biscuit and repeat until all done. Place in fridge to set the marshmallow for 2 hours.
- 6 Melt chocolate in a glass bowl by microwaving 30 seconds at a time until melted. Stir each 30 seconds. Coat all biscuits until done. Place back in fridge to set.

*Store
in an airtight
container in fridge
for up to a week.
Best eaten fresh
however.*

*These are a little time
consuming, however,
they're fun to do with
the kids on a weekend.*

*Use a small glass
if you don't
have a cookie
cutter.*





cream cheese sandwich

INGREDIENTS

1 batch chocolate
cookie dough (page 138)
125 grams cream cheese
3 tablespoons icing sugar

PREP

40 minutes

COOK

10 minutes

MAKES APPROX.
30 BISCUITS

*These freeze really well,
creamed and all. Simply
store in an airtight
container, pop a frozen
biscuit in the lunchbox
and it'll be defrosted by
morning tea.*

*Add 1 teaspoon of
cacao powder to the
icing to make
'chocolate'
icing.*

*An egg cup works
well if you don't
have a cookie
cutter!*

METHOD

- 1 Preheat oven to 170°C and line two baking trays with baking paper.
- 2 Roll out cookie dough to approx. 3 mm thick and cut out 3 cm round discs using a cookie cutter. Lay them onto the baking trays.
- 3 Cook for 10 minutes or until slightly golden. Let cool on tray for 5 minutes before transferring to a wire rack to cool completely.
- 4 Beat cream cheese and icing sugar together until nice and creamy.
- 5 Spread some cream cheese onto one biscuit. Sandwich together with another biscuit and repeat until all done.





mallow tops

INGREDIENTS

1 batch chocolate cookie dough (page 138)

1 batch marshmallow (page 146)

½ cup raspberry jam

250 grams milk or dark chocolate

PREP

3 hours

COOK

10 minutes

SERVES LOTS

METHOD

- 1 Preheat oven to 170°C and line two baking trays with baking paper.
- 2 Roll out cookie dough to approx. 3 mm thick and cut out 3 mm round discs using a cookie cutter. Lay them onto the baking trays.
- 3 Cook for 10 minutes or until slightly golden. Let cool on tray for 5 minutes before transferring to a wire rack to cool completely.
- 4 Make 1 batch of marshmallow while they cool, allow to set slightly.
- 5 Spread one biscuit with raspberry jam and top with a mound of marshmallow, then repeat until all done. Place in the fridge to set the marshmallow.
- 6 Melt chocolate and coat the marshmallow until all biscuits are done. Place back in the fridge to set.

Store in an airtight container in fridge for up to a week.

These are a little time consuming, however, they're fun to do with the kids on a weekend.

An egg cup works well if you don't have a cookie cutter!





marshmallow

INGREDIENTS

90 grams cold water
(must be fridge cold)
150 grams caster sugar
½ cup boiling hot water
3 teaspoons preservative-free grass-fed gelatin
1 teaspoon vanilla bean paste
½ cup icing sugar and 1 teaspoon cornflour, to coat marshmallows (optional)

PREP	SET
10 minutes	2 hours

SERVES LOTS

If you are using a mould (like a rabbit for Easter) place this in the fridge so the mould is nice and cold before pouring the marshmallow mix into it. Otherwise, line a slice tin with some baking paper and put this in the fridge to get nice and cold.

Make sure you find a good quality, ethically sourced grass-fed gelatin. Organic is best.

THERMAL METHOD

- 1 Insert whipping tool into mixing jug.
- 2 Place cold water and sugar into the mixing jug and whip for 3 minutes/speed 3.
- 3 While this is mixing, boil the kettle. In a small cup add gelatin, then pour over the boiling hot water and stir until completely dissolved.
- 4 Turn the machine onto speed 2 and slowly pour the gelatin mix into the mixing jug through the hole in the lid. It's crucial to do this slowly, so take around 1 - 2 minutes to pour this in.
- 5 Add the vanilla paste and turn up to speed 4 and mix for approx. 5 minutes. It will go thick and glossy.
- 6 Pour into moulds or into a slice tin lined with baking paper.
- 7 Place in the fridge for up to 2 hours to set.
- 8 Once set use a hot knife to cut into little squares. Clean the blade in between slices with hot water. Use a spatula to remove the marshmallow from the paper if it sticks.
- 9 To coat the marshmallow, mix icing sugar and cornflour together. Coat marshmallow, dusting off any excess.

TRADITIONAL METHOD

- 1 Using a mix master or electric beaters place cold water and sugar into a large glass bowl and beat on high speed for 5 minutes.
- 2 While this is mixing, boil the kettle. In a small cup add gelatin, then pour over the boiling hot water and stir until completely dissolved.
- 3 Turn the mixers onto medium speed and slowly pour the gelatine mix into the bowl while continuously mixing. It's crucial to do this slowly, so take around 2 - 3 minutes to pour this in.
- 4 Add the vanilla paste and turn up to high speed and mix for approx. 5 minutes. It will go thick and glossy.
- 5 Follow steps 6 - 9 of the thermal method (above).

Store in the fridge in an airtight container for up to a week.





kiss biscuits

INGREDIENTS

- 1 batch vanilla cookie dough (page 138)
- ½ cup raspberry jam
- ½ batch basic icing (page 110)
- 2 tablespoons artificial colour free 100's & 1000's

PREP	COOK
40 minutes	10 minutes

SERVES LOTS

METHOD

- 1 Preheat oven to 170°C and line two baking trays with baking paper.
- 2 Roll out cookie dough to approx. 3 mm thick and cut out 3 cm round discs using a cookie cutter. Lay them onto the baking trays.
- 3 Cook for 10 minutes or until slightly golden. Let cool on tray for 5 minutes before transferring to a wire rack to cool completely.
- 4 Once cool make icing recipe.
- 5 In a small bowl add 100's & 1000's
- 6 Spread jam on the flat side of one biscuit and join it together with the flat side of another biscuit. Ice the top with icing and dip into the 100's & 1000's. Repeat until done.

These freeze really well, iced and all. Simply store in an airtight container, pop a frozen biscuit in the lunchbox and it'll be defrosted by morning tea.





tiny teddies

INGREDIENTS

1 batch cookie dough
(page 138)

PREP

40 minutes

COOK

10 minutes

SERVES LOTS

METHOD

- 1 Preheat oven to 170°C and line two baking trays with baking paper.
- 2 Roll out cookie dough to approx. 3 mm thick and cut out tiny teddies using a cookie cutter. Lay them onto the baking trays.
- 3 Cook for 10 minutes or until slightly golden. Let cool on tray for 5 minutes before transferring to a wire rack to cool completely.

*This recipe
make a lot!*

*These freeze really
well. Simply store in an
airtight container, pop a
few frozen teddies in the
lunchbox and they'll be
defrosted by morning tea.*

100's & 1000's

ADD THIS

Before cutting out the shapes push in some artificial colour free 100 & 1000's.

chocolate

TRY THIS

Make a chocolate batch of cookie dough.





muesli bars

INGREDIENTS

120 grams butter
(could use coconut oil)
130 grams raw honey
60 grams rapadura sugar
170 grams rolled oats
30 grams pepitas
30 grams sunflower seeds
80 grams cranberries
1 teaspoon cinnamon

PREP	COOK
10 minutes	12 minutes

MAKES 15 BARS

THERMAL METHOD

- 1 Preheat oven to 170°C and line a 33 x 23 cm slice tin with baking paper.
- 2 Add butter, honey and sugar to mixing jug and melt for 5 minutes/70°C/speed 1.
- 3 Add all remaining ingredients and mix for 10 seconds/speed 3/reverse.
- 4 Tip mixture into slice tin and press it down flat and firmly. Cook for 20 minutes until golden.
- 5 Allow it to completely cool in tin then cut into portions with a sharp knife.

TRADITIONAL METHOD

- 1 Line a 33x23cm slice tin with baking paper and preheat oven to 170°C.
- 2 Add butter, honey and sugar into a pot and melt over medium heat. Stir until completely melted. Remove from heat.
- 3 Add all remaining ingredients and mix until well combined.
- 4 Tip mixture into slice tin and press it down flat and firmly. Cook for 20 minutes until golden.
- 5 Allow it to completely cool in tin then cut into portions with a sharp knife.

These freeze really well in an airtight container for up to 3 months. In the morning simply grab out a slice and it'll be defrosted by morning tea.

Replace
cranberries with
sultanas.





fruit straps

INGREDIENTS

1 kilogram fruit
(see notes)
60 grams raw sugar
(honey or rice malt syrup
also works well)
juice of 2 lemons

PREP

5 minutes

COOK

4 hours,
10 minutes

**MAKES 4
LARGE STRAPS**

Store rolled up, in
an airtight container
in the fridge for a
couple of weeks.

Use any fruit you like, also
try and blend a variety
of fruits together. Sugar
is optional, however some
fruit can be quite tart, but
you may love them that
way. Play around and let us
know what your favourite
combination is!

Each fruit will dehydrate
at different rates and it
will depend on how thick
you spread out the fruit,
therefore cooking times
may vary. Use 4 hours as
a rough guide.

You'll know when your
fruit strap is cooked
because it will be sticky,
but not wet. You don't
want it overly dry or it will
go brittle, but it can't be
wet. Sticky is perfect.

THERMAL METHOD

- 1 Preheat oven or dehydrator to 60°C.
- 2 Add fruit and sugar to mixing jug and cook for 10 minutes/90°C/speed 1.
- 3 Puree for 10 seconds/speed 7.
- 4 Spread evenly over 4 baking paper sheets (on flat oven trays), or dehydrator sheets, to about 2 mm thick.
- 5 Cook for 4 hours, or until the fruit is no longer wet to the touch. See notes.

TRADITIONAL METHOD

- 1 Preheat oven or dehydrator to 60°C.
- 2 Add fruit and sugar to a pot and simmer over low-medium heat until cooked through and sugar is fully dissolved (approx. 10 minutes).
- 3 Puree using a stick blender until smooth.
- 4 Spread evenly over 4 baking paper sheets (on flat oven trays), or dehydrator sheets, to about 2 mm thick.
- 5 Cook for 4 hours, or until the fruit is no longer wet to the touch. See notes.





donuts

DOUGH INGREDIENTS

30 grams butter, soft
1 egg
340 grams milk
120 grams coconut or rapadura sugar
410 grams self-raising flour
extra butter
for greasing pan

CINNAMON SUGAR INGREDIENTS

1 cup fine raw sugar
(coconut or rapadura sugar also works)
3 teaspoons cinnamon powder
100 grams butter, melted

PREP	COOK
5 minutes	12 minutes

MAKES 18

THERMAL METHOD

- 1 Preheat oven to 170°C and grease a donut pan with butter.
- 2 Add butter, egg and milk to mixing jug. Stir for 10 seconds/speed 5.
- 3 Add sugar and flour. Stir for 10 seconds/speed 4.
- 4 Add dough to a piping bag with a large holed end. Pipe mixture into donut tin and cook for 12 minutes or until golden on top and cooked through (see note).
- 5 Allow to cool in tin for 5 minutes, then tip out and cool on wire rack.
- 6 Mix sugar and cinnamon together. Brush the donut with melted butter using a pastry brush.
- 7 Dip into cinnamon sugar.

TRADITIONAL METHOD

- 1 Preheat oven to 170°C and grease a donut pan with butter.
- 2 Beat butter, egg and milk together using electric beaters until light and creamy.
- 3 Add sugar and flour and mix together.
- 4 Follow steps 4 - 6 of the thermal method (above).

Only ¼ fill each donut hole in the tin. These rise a lot.





bubble mallow bar

INGREDIENTS

4 cups puffed rice
150 grams white marshmallows (preservative-free)
50 grams butter
additive-free pink food colour, raspberry powder or acai powder (optional)

PREP	COOK
5 minutes	10 minutes

MAKES 15 PIECES

THERMAL METHOD

- 1 Line a 33 x 23 cm slice tin with baking paper, leaving some paper hanging over the sides.
- 2 Melt butter and marshmallows for 8 minutes/70°C/speed 1. If adding food colour/powder, then add this now.
- 3 In a large bowl add puffed rice.
- 4 Add melted marshmallow mix to puffed rice and mix together.
- 5 Press mixture into tin and allow to set in the fridge.

TRADITIONAL METHOD

- 1 Line a 33 x 23 cm slice tin with baking paper, leaving some paper hanging over the sides.
- 2 Melt butter and marshmallows in a pot over low-medium heat until all melted, stirring occasionally. If adding food colour/powder, then add this now.
- 3 In a large bowl add puffed rice.
- 4 Add melted marshmallow mix to puffed rice and mix together.
- 5 Press mixture into tin and allow to set in the fridge.

Store in an airtight container in the fridge. They'll last for a week, if they're not all eaten before then. :)

Supermarkets and local health food stores sell puffed rice.
Local health food stores sell preservative-free marshmallows and additive-free food colours.





chocolates

INGREDIENTS

¼ cup cacao butter
¼ cup coconut oil
2 tablespoons honey
(rice malt syrup also works well)
¼ cup cacao powder

PREP

5 minutes

COOK

10 minutes

**MAKES APPROX.
12 CHOCOLATES**

Easily double or triple this recipe if you'd like to make more.

Sprinkle some artificial colour free 100's & 1000's into the mould, then add the melted chocolate on top to set.

These will melt easily in a hot climate so be sure to pack an ice-brick in with the lunchbox.





vanilla yoghurt

INGREDIENTS

50 grams raw sugar (less if you like, it will just be less sweet)

1 litre full cream milk

50 grams milk powder

½ teaspoon vanilla bean powder or 2 teaspoons vanilla bean paste

80 grams starter (vanilla or natural greek yoghurt)

PREP

12 hours

COOK

20 minutes

SERVES 12

To help save the environment and your finances, purchase reusable food pouches.

THERMAL METHOD

- 1 Please read tips and FAQ before starting (page 164).
- 2 Put sugar, milk, milk powder and vanilla into mixing jug and stir for 5 seconds/speed 6, then cook for 15 minutes/90°C/speed 3.
- 3 Once that has finished, put the mixing jug into the fridge (take the lid off) and turn on a timer for 50 minutes so you remember it's in there. If you need the jug you can tip the mix into a clean bowl and put that into the fridge instead. Then you can use the mixing jug for something else.
- 4 Once the 50 minutes is up, put the milk mixture back into the mixing jug (if it isn't already) and put this back into the thermo machine. It will hopefully be at 37°C, if it's not put it back in the fridge for another 10 minutes. When the machine says it's at 37°C leave it in the machine and wait for the temperature light to go OFF – this is important!
- 5 As soon as the light goes off, add the starter and cook for 5 minutes/37°C/speed 3.
- 6 Tip the yoghurt mixture into a thermal bowl, or a well-insulated bowl (or a thick glass bowl) with a lid. Wrap this in a blanket and sit it somewhere undisturbed for 12 hours.
- 7 After 12 hours the yoghurt should be set and ready. Transfer to containers and store in the fridge. See notes for flavour ideas.

TRADITIONAL METHOD

- 1 Please read tips and FAQ before starting (page 164). You will need a cooking thermometer for this method.
- 2 Put sugar, milk, milk powder and vanilla into a pot over low/medium temperature and stir constantly. Heat liquid to 90°C and cook it at this temperature for 15 minutes, continuing to stir constantly.
- 3 Turn the heat off and allow to sit until the temperature comes back down to 35°C.
- 4 Add the starter and cook for 5 minutes, at 37°C.
- 5 Follow steps 6 - 7 of the thermal method (above).

Turn the page for hints & tips...



hints and tips

- You need to follow this recipe to the letter – it most probably won't work if you don't follow it.
- You need good quality milk. Non-homogenized full fat is best. Purchase milk on sale and freeze it, this will save more money. Non-homogenized milk is less processed than regular milk.
- Use a good quality additive-free starter (yoghurt). Full-fat Greek yoghurt is best.
- Once you make yoghurt, freeze 80 grams of it. This will be your starter for the next batch.
- Use a thermal container or EasiYo if you have one. If not use a really thick bowl. Wrap it well in a thick blanket because you are trying to keep it at 37°C for 12 hours.
- Once wrapped in a good blanket sit is somewhere warmish but not next to a heater. Just in a bedroom or somewhere that's not super cold.
- You can leave your yoghurt sitting for up to 24 hours however the longer it sits the more tart it will taste. 12 hours is best.



Add in frozen fruit that morning, it'll help to keep the yoghurt cold during the day, but be nice and defrosted by lunchtime.

FREQUENTLY ASKED QUESTIONS

- | | |
|---|---|
| <p>Q Do I have to use the milk powder?</p> <p>A You don't, but it won't go as thick and creamy.</p> | <p>Q How long will my yoghurt last before it goes out of date?</p> <p>A If stored in the fridge in an airtight container it will last approx. 2 weeks.</p> |
| <p>Q Can I use long life milk?</p> <p>A You can, but it's not recommended.</p> | <p>Q What if my milk is nearly out of date, will this mean my yoghurt will go out of date too?</p> <p>A No, as long as your milk isn't off, your yoghurt will still last approx. 2 weeks.</p> |
| <p>Q Can I use lite milk?</p> <p>A You can, but it won't go as thick and creamy.</p> | |
| <p>Q Can I use almond or another non-dairy milk?</p> <p>A No, this recipe only works with cow's milk.</p> | |





dips and
spreads

pesto



corn relish



sundried tomato



french onion



hummus





corn relish dip

INGREDIENTS

¼ cup corn relish
(page 171)
¾ cup sour cream

PREP

2 minutes

SERVES 12

METHOD

1 Mix everything together and serve immediately.



corn relish

INGREDIENTS

5 fresh corn cobs,
kernels removed
1 medium red or green
capsicum, seeds removed
and diced
1 small brown onion,
peeled and diced
100 grams salt
550 grams white vinegar
400 grams raw sugar
2 tablespoons mustard
powder
2 tablespoons ground
turmeric
¼ cup cold water
3 – 6 large glass jars

PREP

3 - 5 hours

COOK

50 minutes

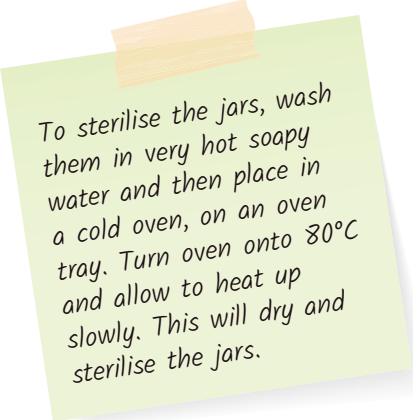
SERVES LOTS

THERMAL METHOD

- 1 Place corn, capsicum and onion into a large glass bowl and sprinkle with salt. Stir through and leave for 2 – 3 hours. Strain and rinse thoroughly.
- 2 Add everything else (except cornflour and water) into mixing jug and cook for 45 minutes/steaming temp/speed 1/reverse/MC off/simmering basket on top.
- 3 Combine cornflour and water in a small bowl and stir well. After 45 minutes, turn machine back on for 3 minutes/steaming temp/speed 2/reverse and pour the cornflour mix through the hole in the lid (be careful as there will be hot steam). Allow to mix well and thicken.
- 4 Pour into sterilised glass jars and seal tightly.

TRADITIONAL METHOD

- 1 Place corn, capsicum and onion into a large glass bowl and sprinkle with salt. Stir through and leave for 2 – 3 hours. Strain and rinse thoroughly.
- 2 Add everything else (except cornflour and water) into a pot and cook over medium-high heat until it reaches boiling point. Then reduce heat to a slow simmer and cook for 35 minutes.
- 3 Combine cornflour and water in a small bowl and stir well. Add this slowly to the pot, continually stirring, for approx. 3 minutes to combine and thicken.
- 4 Pour into sterilised glass jars and seal tightly.





basic hummus

INGREDIENTS

- 1 x 400 gram tin of chickpeas
- 1 litre water
- ½ teaspoon bicarb soda
- juice from one large lemon
- 1 garlic clove, peeled
- ½ teaspoon paprika or sumac
- ½ teaspoon cumin powder
- 15 grams extra virgin olive oil
- 60 grams hulled tahini
- 45 grams cold water (fridge cold)
- pinch of salt

PREP	COOK
5 minutes	15 minutes

MAKES 1 BATCH

Often store-bought hummus will contain preservatives linked to respiratory and behavioural issues

For a 'cheesy' hummus add 20 grams of nutritional/savoury yeast flakes when you add all remaining ingredients.

THERMAL METHOD

- 1 Strain and wash chickpeas under cold water.
- 2 Add chickpeas and bicarb soda to simmering basket and insert into mixing jug. Add 1 litre of water and cook for 15 minutes/steaming temperature/speed 1.
- 3 Discard water and pour chickpeas into the mixing jug.
- 4 Add all remaining ingredients and blitz for 30 seconds/speed 4. Scrape down sides and repeat if necessary.

TRADITIONAL METHOD

- 1 Strain and wash chickpeas under cold water.
- 2 Add chickpeas, bicarb soda and water to a pot then slowly boil for 10 minutes.
- 3 Drain chickpeas and discard water.
- 4 Add chickpeas and all other ingredients to a blender and puree until smooth.



french onion dip

INGREDIENTS

- 1 brown onion, peeled
- 2 tablespoons butter
- ½ teaspoon dried thyme
- 1 teaspoon celery salt
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- 80 grams sour cream
- 80 grams cream cheese

PREP	COOK
5 minutes	10 minutes

YIELD 1

METHOD

- 1 Finely dice onion and cook in a pot along with the butter over medium heat. Stir often and cook until slightly brown (but not burnt).
- 2 Add thyme, celery salt, paprika and garlic powder then cook for 2 minutes, stirring constantly.
- 3 Turn heat down to low and add sour cream and cream cheese. Cook until melted through, stirring constantly.
- 4 Take off the heat and allow to cool in a container.

Store in fridge for up to a week, otherwise freeze and defrost overnight in the fridge.

When buying cream cheese be sure to buy it in the block as this is usually preservative-free.



sundried tomato dip

INGREDIENTS

20 sundried tomatoes
200 grams cream cheese

PREP

5 minutes

YIELD 1

THERMAL METHOD

- 1 Add all ingredients to mixing jug and blitz for 5 seconds/speed 6. Scrape down sides and repeat. This step may need to be repeated a few times.

TRADITIONAL METHOD

- 1 Add all ingredients to a blender and puree until smooth.

When buying sundried tomatoes be sure to find preservative-free ones. Look near the deli at the supermarket in the fridge section.

When buying cream cheese be sure to buy it in the block as this is usually preservative-free.



pesto

INGREDIENTS

3 garlic cloves, peeled
100 grams parmesan cheese, diced
70 grams baby spinach
15 grams basil leaves
60 grams toasted pine nuts
50 grams extra virgin olive oil
juice of ½ a lemon
1 pinch of salt

PREP

5 minutes

YIELD 1

THERMAL METHOD

- 1 If the pine nuts are not already toasted then cook for 5 minutes/ 100°C/speed 1/reverse.
- 2 Add all remaining ingredients and blitz for 10 seconds/speed 8. Scrape down sides and repeat.

TRADITIONAL METHOD

- 1 If the pine nuts are not already toasted then cook in a frying pan over medium-high heat stirring constantly. As soon as they are golden brown remove from pan and place in a blender.
- 2 Add all remaining ingredients into the blender and blitz on high speed until well pureed.

Pine nuts are technically a seed, however, check with your school before packing in the kids lunchbox.

Store in fridge for up to 5 days, otherwise freeze and defrost overnight in the fridge. It may go a little brown, but it'll taste fine.



le snacks

INGREDIENTS

200 grams cream cheese,
cut into small cubes

150 grams cheddar
cheese, cut into small
cubes

50 grams milk

1 pinch of salt

PREP	COOK
5 minutes	5 minutes

MAKES 1 BATCH
APPROX 12 PORTIONS

THERMAL METHOD

- 1 Add cream cheese and cheese to mixing jug and chop for 5 seconds/
speed 4, then scrape down the sides.
- 2 Add the remaining ingredients and cook for 5 minutes/90°C/speed 2.
- 3 Once finished, stir with a spatula to make sure all the mixture is
melted. If not, cook again for a further minute.
- 4 Once fully melted pour into containers and allow to cool and set.

TRADITIONAL METHOD

- 1 Place all ingredients into a pot and melt over medium heat,
continually stirring to ensure it doesn't stick to the bottom of the pot.
- 2 Once melted pour into containers and allow to cool and set.

Serve with plain
original rice crackers
or veggie sticks.

Store in the
fridge for up to
5 days.



tips for parents

It is a very common (and real) fear that being additive-free at school may be hard for your child. As parents, we don't want our kids to feel 'different' or 'left out'. We don't want them being teased or made fun of, and we sure don't want them to feel that eating additive-free is wrong or strange.

So, we thought we'd share some ideas to help your little ones out. Plus, we want to shed some light on a certain brightly coloured icy-pole that is very popular in schools these days.

birthdays

We went to school in the 80's and 90's, and neither of us can ever remember taking cake into school for our birthday. We don't remember the teacher giving out lollies, or the school handing out icy poles on sports days.

But these days, it seems every child takes something to school to celebrate their birthday and with up to 35 students per classroom, that's a lot of store-bought cake!

Now, we are not the fun police, but let's think about this... most schools throughout Australia stipulate that no homemade cakes can be bought into school due to allergies.

It must be a store-bought item with the ingredients panel shown and like we mentioned at the start of this book, with so many children now diagnosed with allergies and intolerances, from this point of view, it's a good idea!

From our research, and from the feedback we receive, by far the most popular option is to purchase a pack of icy poles from the canteen. You know, the ones that are brightly coloured and come in a long plastic tube? In some schools the canteen staff will even take them up to the classroom. These are an additive-free family's worst nightmare!

So, what do you do when you have a child that is additive-free, but all they are offered is a brightly coloured cupcake with all sorts of artificial ingredients, or, even worse, an icy-pole that is packed full of 100% artificial food colours, sugar and preservatives?

There is only one option, you take in your own food, and you tell the school you are an additive-free family and under no circumstances are they to eat anything that is provided by someone else.

You also need to teach your child and get them to understand what these ingredients do and why you don't want them eating it. This is the most important thing you can do. When your child knows what to avoid and why, they will do it automatically and without fear.

our tips

Make some cupcakes that your child is ok to eat. Label the container with their name and ask the teacher to keep them in the freezer at school. Whenever it's someone's birthday your child can have one of their own cupcakes.

This same option goes for icy-poles. Take in a packet of additive-free icy-poles and label them with your child's name. Then on sports days, or when the toxic treats are handed out, your child will have their safe option.

In our opinion, these brightly coloured toxic treats should not be in our schools. They are handed out way too frequently – birthdays, sports days, wet weather days, fundraising days, free dress days, 'cleaning out the canteen' days and so on.



They offer no nutritional benefit at all. They are toxic to the body and they are not needed. There are plenty of other fun things that can be done at schools instead of handing out food.

Let us shed some light on the ingredients you'll find in these so-called harmless tubes of 'fun'.

colours 122, 150d, 110, 102, 123 and 133

On page 24, we talk about artificial colours. If you haven't read it yet, please go back and have a read. We talk about the ground-breaking study conducted by the Southampton University which changed the food labelling laws in Europe.

No such law exists in Australia/New Zealand as of the publication of this book.



cook once
for a month



We realised early on that being prepared was a key step to living additive-free. When we were not prepared, we were tempted to buy those not-so-great snack items for school lunches or take-away on busy nights.

We had to start to think differently about how this looked, and begin to change our mindset around being busy – because we are all busy, we all have loads on our plate... family commitments, school runs, work, errands, kids' sports, our sports, health issues, appointments... and the list goes on.

But living additive-free is not a fad and something that comes and goes – it is a total lifestyle. For this reason, we encourage you to start to plan, to cook in bulk, to prepare for busy times, to have something in the freezer and to begin to change your mindset, just like we did.

That is why we have added these guides to this book. These are samples of what we do on a monthly basis to help our lifestyle remain additive-free.

As a result of being organised, we are not tempted to grab those \$2 muffins at the supermarket – or the cookies for easy snacks.

We like to cook something on the weekends to keep our freezer filled with options. Or if we have

a day off during the week, even better. Getting our freezer stocked up and full of additive-free lunches and snacks is actually really easy once you create the habit. It is now just a part of our routine, and we don't think twice about it.

So, let us share our tips for cooking 'once for a month!' Even if you hate cooking, or perhaps you don't think you are any good at it, we promise, cooking isn't so bad and can be very therapeutic once you get into it.

The following three guides are to take some overwhelm and decision making out of your day.

If you follow along the step-by-step process, you'll be in the kitchen maybe two to three hours but will have set yourself up for success for an entire month!

* These are a guide only and will, of course, depend on how much you eat. We have based these on a family of four consisting of two adults and two primary school-aged children.

prep guide one

lunch main meals

Hawaiian scrolls – make two batches makes approx. 48 scrolls (page 52)

Wraps – make two batches makes approx. 24 wraps (page 36)

Normal wraps (page 36)
or **GF wraps** (page 41)

Zucchini slice bites – make two batches makes approx. 48 bites (page 81)

Savoury muffins – double this recipe makes approx. 24 muffins (page 55)

snacks

Chocolate zucchini cake – make two batches serves 16 (page 122)

Vanilla yoghurt – single batch serves 8 (page 162)

Protein pikelets – double this recipe makes 40 pikelets (page 130)

Caramel bliss balls – make two batches makes 24 bliss balls (page 114)

hints and tips for cooking

Make sure you set timers for each recipe, since you’re adding dishes at all different times to the oven, you don’t want them to burn.

hints and tips for storing

Apart from the yoghurt, all of these recipes freeze really well. Allow everything to cool before freezing.

Freezing wraps

Roll or stack wraps and freeze in an airtight container. They defrost quickly on the bench.

Scrolls, savoury muffins, zucchini slice bites, zucchini cake, pikelets and bliss balls

Freeze each recipe in separate airtight containers. If stacking things on top of each other, stack between sheets of baking paper.

Slice the cake into portions, that way you don’t have to defrost an entire cake, you can just grab out a slice as you need it.

Simply add these to your lunchbox and they should be defrosted before morning tea. Otherwise, pack lunches the night before and allow them to defrost in the fridge overnight.

Yoghurt

Place in small, airtight containers or reusable food pouches.

see shopping list on page 190

preparation and cooking

- 1 Make scroll dough and set aside in a separate bowl to rise. Then move on to make the wraps. There is no need to wash your bowl or thermo jug. Just make sure to remove as much of the scroll dough as possible.
- * Do not double this recipe in a thermo jug as it’s too much for the machine to handle. Make in two batches.

While the scrolls are rising...

- 2 Make wrap dough and cook as per recipe instructions. Set aside to cool. There is no need to wash your bowl or thermo jug. Just make sure to remove as much of the dough as possible.
- * Do not double this recipe in a thermo jug as it’s too much for the machine to handle. Make in two batches.

Wash and tidy kitchen and then move onto the muffins.

- 3 Make savoury muffins and cook as per instructions. Scrape out all the mixture, no need to wash your bowl or thermo jug.
- * Do not double this recipe in a thermo jug as it’s too much for the machine to handle. Make in two batches.

While the muffins are cooking...

- 4 Check scroll dough, if doubled in size, cook as per recipe. If not, move onto the next recipe (zucchini slice bites) and come back to the scrolls once dough is ready.
- 5 Make zucchini slice bites and cook as per recipe instructions. Scrape out all the mixture and wash your bowl or thermo jug.
- * This recipe is fine to double in thermo jug.

While the zucchini bites are in the oven...

- 6 Make zucchini chocolate cake and cook as per recipe instructions. You will need to wash your bowl or thermo jug in order to be prepared to make the pikelets.
- * Do not double this recipe in a thermo jug as it’s too much for the machine to handle. Make in two batches.

While the cake is in the oven...

- 7 Make pikelet mixture and cook as per recipe instructions.
- * This recipe is fine to double in thermo jug.

As each batch is cooking, give your kitchen a tidy up. Wash bowl or thermo jug and make a start on the bliss balls...

- 8 Make bliss balls as per recipe instructions.
- * Do not double this recipe in a thermo jug as it’s too much for the machine to handle. Make in two or three batches.

Wash and tidy kitchen, then...

- 9 Make yoghurt as per recipe instructions.
- * Do not double this recipe in a thermo jug as it’s too much for the machine to handle. Make in two batches if doubling.

Technically this recipe will not last you a month. It will only remain fresh for 2-3 weeks.

- * If doubling (or tripling) a recipe please be mindful that it might not fit into your thermo jug, so you may need to do it in batches, one right after the other ie, with the chocolate, make one cake, empty the jug, but don’t wash it, and then make another cake right away, placing both in the oven at once.

prep guide two

lunch main meals

- Chicken wings** – double this recipe makes approx. 60 pieces (page 59)
- Sausage rolls (beef)** – single batch makes approx. 48 sausage rolls (page 70)
- Oven baked sausages** – single batch cook as many as you need (page 65)
- Chicken noodle soup** – make two batches serves approx. 12 (page 87)
- Parmesan crumbed tofu (or chicken)** make two batches – serves approx. 12 (page 67)

snacks

- Sweet potato brownie** – make two batches makes 30 slices (page 132)
- Trio chocolate biscuits** – make two batches makes approx. 50 biscuits (page 134)
- Citrus poppy seed muffins** – double this recipe makes 24 large muffins (page 124)
- Banana mini loaves** – double this recipe makes 24 loaves (page 106)

hints and tips for cooking

Make sure you set timers for each recipe, since you’re adding dishes at all different times to the oven, you don’t want them to burn.

hints and tips for storing

All of these recipes freeze really well. Allow everything to cool before freezing.

Chicken wings, sausage rolls and sausages

Freeze each recipe in separate airtight containers. If stacking things on top of each other, stack between sheets of baking paper. Defrost in the fridge overnight.

Chicken noodle soup

Freeze individual portions in airtight containers. Defrost in the fridge overnight.

Sweet potato brownie, triple chocolate biscuits, citrus poppy seed muffins, banana mini loaves

Cut the brownie into portions before freezing in an airtight container. Freeze the biscuits, muffins and banana mini loaves in separate airtight containers. Defrost in the fridge overnight.

see shopping list on page 191

preparation and cooking

- 1 Coat chicken wings in spices and cook as per recipe.
- * Double this recipe.

While they are cooking...

- 2 Add sausages and veggies (optional) to an oven tray and place in the oven to cook.

While both those recipes are cooking...

- 3 Make parmesan crumb and coat tofu (or chicken).
- * This recipe is fine to double in thermo jug.

Start frying these on the stove top...

- 4 Make sausage roll mixture and prepare sausage rolls. Place in the oven to cook as soon as there is space. Otherwise, pop in the fridge until your oven is free.
- Wash bowl or thermo jug to be prepared for making biscuits.

While your sausage rolls are cooking...

- 5 Make the triple chocolate biscuits dough and start to roll into balls.
- Place onto oven trays and cook as per recipe.
- Scrape out all the mixture, no need to wash your bowl or thermo jug.
- * Do not double this recipe in a thermo jug as it’s too much for the machine to handle. Make in two batches.

HINT (optional): To make these a little different, leave out the cacao powder in half the dough. Change up the choc chips by adding only white to some batches and only milk to others.

While your biscuits are cooking...

- 6 Make sweet potato brownie and cook as per recipe instructions.
- * Do not double this recipe in a thermo jug as it’s too much for the machine to handle. Make in two batches.

While your brownie is cooking...wash everything and tidy up, then...

- 7 Make the citrus poppy seed muffins and cook as per recipe instructions.
- * Do not double this recipe in a thermo jug as it’s too much for the machine to handle. Make in two batches.

While your muffins are cooking...wash everything and tidy up, then...

- 8 Make banana mini loaves and cook as per recipe instructions.
- * This recipe is fine to double in thermo jug.

While your banana loaves are cooking... wash everything and tidy up, then...

- 9 Make chicken noodle soup as per recipe instructions.
- * Do not double this recipe in a thermo jug as it’s too much for the machine to handle. Make in two batches.
- * If doubling (or tripling) a recipe please be mindful that it might not fit into your thermo jug, so you may need to do it in batches, one right after the other ie, with the sweet potato brownie, make one then empty the jug, but don’t wash it, and then make another one right away, placing both in the oven at once.

prep guide three

lunch main meals

Mini pizzas and pizza pockets
make two batches – makes approx. 20 serves (page 42)

Turkey meatballs – triple this recipe makes approx. 36 meatballs (page 79)

Chicken pinwheels – make two batches makes approx. 30 pinwheels (page 61)

Minestrone soup – single batch serves approx. 12 (page 99)

Curried chicken lasagne – make two batches serves approx. 24 (page 90)

snacks

Cookie dough – make two batches (page 138)

- Make kiss biscuits with one batch (page 148)
- Use half batch to make Tiny Teddies (page 150)
- Use other half of batch to make chocolate sandwich cookies (page 142)

Muesli bars – double this recipe makes 30 bars (page 152)

Donuts – single batch makes approx. 18 (page 156)

French onion dip – double batch serves approx. 10 (page 173)

Chocolates – double this recipe makes approx.. 30 chocolates (page 160)

hints and tips for cooking

Make sure you set timers for each recipe, since you’re adding dishes at all different times to the oven, you don’t want them to burn.

hints and tips for storing

All of these recipes freeze really well. Allow everything to cool before freezing.

Mini pizzas, pizza pockets, turkey meatballs, chicken pinwheels, curried chicken lasagne, biscuits, muesli bars and donuts

Freeze each recipe in separate airtight containers. If stacking things on top of each other, stack between sheets of baking paper. Defrost in the fridge overnight.

Minestrone soup and french onion dip

Freeze individual portions in airtight containers. Defrost in the fridge overnight.

Chocolates

Store in an airtight container in the fridge.

see shopping list on page 192

preparation and cooking

- 1 Make scroll dough and set aside in a separate bowl to rise. Wash jug well.
- * Do not double this recipe in a thermo jug as it’s too much for the machine to handle. Make in two batches.

While the scrolls are rising...

- 2 Make turkey meatball mixture and start cooking them on the stove top.

While they are cooking...

- 3 Make chicken pinwheels as per recipe instructions.

While they are cooking wash everything and tidy up, then...

- 4 Make minestrone soup (single batch) as per recipe instructions.

While that is simmering...

- 5 Make lasagne as per recipe instructions.
- * Do not double this recipe in a thermo jug as it’s too much for the machine to handle. Make in two batches.

Wash and tidy up the whole kitchen.

- 6 Check dough. By now it should be doubled in size. Proceed with pizza or pizza pockets and cook in the oven.

While in the oven...

- 7 Make cookie dough mixture and place in fridge to rest. Wash out jug.
- * Do not double this recipe in a thermo jug as it’s too much for the machine to handle. Make in two batches.

While the dough is resting in the fridge...

- 8 Make muesli bar recipe and cook in the oven. Wash bowl or thermo jug.
- * This recipe is fine to double in thermo jug.

While in the oven cooking...

- 9 Make donuts (single batch) as per recipe instructions. Wash bowl or thermo jug.

While in the oven cooking...

- 10 Make french onion dip as per recipe instructions. Wash pot.
- * Double on stove top.
- 11 Make chocolates as per recipe instructions. Wash bowl or thermo jug.
- * This recipe is fine to double in thermo jug.

- 12 Remove cookie dough from fridge and proceed with rolling out dough and cutting out shapes. (Tiny Teddies and discs).

While they are in the oven cooking...

- 13 Sugar donuts if completely cooled.
- 14 Once cookies are cooked and cooled, proceed with kiss biscuits and finish off the recipe.
- * If doubling (or tripling) a recipe please be mindful that it might not fit into your thermo jug, so you may need to do it in batches, one right after the other ie, with the cookie dough, make one then empty the jug, but don’t wash it, and then make another one right away, placing both in the oven at once.

shopping list: guide one

Pantry

Bakers flour	1 kilo
Self-raising flour (gluten-free optional)	1260 grams
Plain flour (gluten-free optional)	700 grams
Dried yeast	4 teaspoons
Baking powder	2 teaspoons
Bi-carb soda	1 teaspoon
Cacao powder	4 tablespoons
Collagen powder (optional)	40 grams
Vanilla protein powder (child friendly)	60 grams
Milk powder	50 grams
Rapadura sugar	200 grams
Raw or rapadura sugar	70 grams
Rice malt syrup	100 grams
Rolled oats (or quinoa flakes if GF)	200 grams
Desiccated coconut	250 grams
Coconut oil	80 grams
Extra virgin olive oil	1200 grams
Mixed herbs	2 tablespoons
Salt	3 teaspoons
Pineapple pieces	2 cups
Tomato paste	1 cup

Fridge

Butter	200 grams
Cheddar block cheese	900 grams
Parmesan cheese	80 grams
Eggs	22
Medjool dates	170 grams
Milk	2 litres
Nitrate-free bacon	16 rashers
Nitrate-free ham	300 grams

Vanilla bean paste	8 teaspoons
Vanilla or Greek yoghurt	80 grams
Vegetable stock paste	4 tablespoons

Fruit/Vegetables

Bananas, very ripe	4 small
Brown onion	2
Carrots	6
Corn kernels (frozen or fresh)	120 grams
Kale or spinach leaves	4
Zucchini	6 medium
Medjool dates	340 grams

Gluten based wraps

Baking powder	2 teaspoons
Plain flour	800 grams
Salt	2 pinches
Butter or coconut oil	4 tablespoons
Spinach	60 grams (optional if making spinach wraps)
Sundried tomatoes	10 (optional if making sundried tomato wraps)

Gluten-free wraps

Eggs	4
Extra virgin olive oil	80 grams + extra ¼ cup for frying
Plain flour, gluten-free	240 grams
Salt	2 teaspoons
Xanthan gum	2 teaspoons

shopping list: guide two

Pantry

Plain flour (gluten-free optional)	650 grams
Self-raising flour	2200 grams
Baking powder	2 teaspoons
Cornflour	1 tablespoon
Cacao powder	110 grams
Rolled oats	½ cup
Rapadura sugar	300 grams
Caster sugar	200 grams
100% pure maple syrup	200 grams
Golden syrup	100 grams
Dark chocolate	200 grams
Dark chocolate chips	500 grams
White chocolate chips	500 grams
Vanilla bean paste	4 teaspoons
Coconut oil	100 grams
Extra virgin olive oil	200 grams
Salt	9 teaspoons
Black pepper, ground	1 teaspoon
Garlic powder	2 teaspoons
Onion powder	2 teaspoons
Paprika, ground	2 tablespoons
Mixed herbs	2 teaspoons
Black poppy seeds	2 tablespoons
Bone broth powder (optional)	1 tablespoon
Sesame seeds or chia seeds	¼ cup
Spaghetti noodles	200 grams

Fridge/Freezer

Chicken wings	2 kilos
Sausages - preservative-free	3 kilos
Chicken breasts	4
Tofu or chicken breast	900 grams
Butter	800 grams
Eggs	22
Milk	4 tablespoons
Parmesan cheese	200 grams
Vegetable stock paste	2 tablespoons
Breadcrumbs	400 grams
Butter puff pastry	6 sheets

Fruit/Vegetables

Bananas, very ripe	4
Broccoli florets	8
Brown onions	5
Carrots	6
Garlic cloves	4
Lemons	2
Potatoes	6
Sweet potatoes	1 kg
Zucchini	3
Medjool dates	20

shopping list: guide three

Pantry

Bakers flour	1 kilo
Plain flour (gluten-free optional)	4 tablespoons
Self-raising flour	1500 grams
Dried yeast	4 teaspoons
Rolled oats	340 grams
Pepitas	60 grams
Sunflower seeds	60 grams
Cranberries	160 grams
Raw sugar, fine	250 grams
Caster sugar	220 grams
Icing sugar	220 grams
Rapadura or coconut sugar	240 grams
Honey (raw and local is best)	350 grams
Cacao butter	125 grams
Cacao powder	70 grams
Salt	5 teaspoons
Pepper, ground black	2 teaspoons
Celery salt	1 teaspoon
Chicken bone broth powder	3 tablespoons
Mixed herbs	3 teaspoons
Curry powder	2 teaspoons
Dried oregano	2 teaspoons
Dried thyme	½ teaspoon
Garlic powder	4 teaspoons
Onion powder	1 teaspoon
Paprika	4 teaspoons
Cinnamon powder	5 teaspoons
Vanilla bean paste	2 teaspoons
100 & 1000's (artificial colour-free)	2 tablespoons
Extra virgin olive oil	100 grams
Coconut oil	125 grams
Raspberry jam	½ cup

Tomatoes, tinned	800 grams
Tinned cannellini beans	400 grams
Tomato paste	1 heaped tablespoon
Passata sauce	2 cups
Pasta (bow ties, spiral or shells)	300 grams
Lasagna sheets	16 sheets

Fridge/Freezer

Chicken breasts	1 kilo
Chicken mince	1 kilo
Turkey mince	1.5 kilo
Eggs	10
Milk	1 litre
Butter	1 kilo
Sour cream	80 grams
Cream cheese	180 grams
Cheddar cheese, grated	500 grams
Vegetable stock paste	2 tablespoons
Breadcrumbs, fresh	1 cup
Butter puff pastry	8 sheets
Corn, frozen	200 grams
Peas, frozen	100 grams

Fruit/Vegetables

Brown onions	6
Carrots	9
Garlic cloves	4
Green beans	1 cup
Potatoes	2 large
Swede	1
Zucchinis	2

pizza toppings or pocket filling ideas

CHICKEN AND MAYO

- 2 - 3 handfuls of shredded cooked chicken
- ½ cup egg mayonnaise

HAWAIIAN

- 2 - 3 tablespoons tomato paste or bbq sauce
- 150 grams nitrate-free ham, sliced
- 1 cup pineapple pieces
- 2 cups freshly grated cheese

VEGGIE SMUGGLED

- 1 carrot, roughly chopped
- 1 zucchini, roughly chopped
- 2 large silverbeet leaves, core removed and finely sliced



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