



healthy recipes for children

Cheryl Reid

www.ultimatenutrition.com.au

www.beaconmedia.com.au

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About the ingredients

New Start is all about cooking for health. Junk food and fast food aside, it *doesn't* mean that by choosing healthy ingredients the taste buds will be deprived!

The recipes are simple enough for children to try with help from Mum or Dad. Children will be encouraged to try new healthy foods as they get involved in the cooking process.

So don't compromise on ingredients. Use the following list as a guide to using only the best ingredients. All of these ingredients, with the exception of unrefined salt, are available from your supermarket.

Milk

rice milk – *Vitasoy* RICE milk (not soy), is protein and calcium enriched.

A2 milk – available in the fridge section of the supermarket. Studies have shown that people who switched from regular A1 milk to A2 milk showed improvement in allergies and nasal congestion and were less prone to heart disease.

coconut milk – previously thought to cause weight gain and cause high cholesterol, has now been proved to be a very healthy product that will not have this effect.

Bread

Wholemeal, spelt or rye are good choices. Look for bread that does not contain preservative 282. Flat bread is also a good alternative.

Sugar substitutes

stevia – a herb that is powerfully sweet and does not compromise the immune system as sugar does.

honey – another good natural sweetener.

vanilla extract – made from pure vanilla bean, whereas *vanilla 'essence'* contains artificial flavouring.

Salt and seasonings

unrefined salt – This one is *not* usually available from the supermarket. Health shops stock Himalayan (pink) and Celtic or macrobiotic (grey) salt. These salts taste the same as white salt, but are full of beneficial minerals. They do *not* have the negative effects of white bleached salt.

natural stock cube – *Massel* brand (*Woolworths*) or *Swiss Bionature* (*Coles*) - these do not contain MSG.

Tamari – a low salt soy sauce from the health section of the supermarket.

Balsamic vinegar – seasoned with herbs and adds flavour to salads

Hungarian sweet paprika – made from capsicum, not chili, therefore not too spicy.

Nuts and seeds

pepitas – green pumpkin kernels, (health section of supermarket)

raw cashews – unsalted and free of processed vegetable oil (health section of supermarket)

sesame seeds – high in calcium

sunflower seeds – high in protein

*Note that nuts should not be given to children under five, due to choking hazard. Nut allergies are common among children today, so if your child **can** eat nuts, keep them for eating at home. (Do not send in school lunch box)!*

Oils

butter – organic butter is available in the regular dairy section of the supermarket. Avoid margarine which has a negative impact on health due to the high heat treatment of the oil. Margarine and heat-processed vegetable oils have now shown to be less heart-friendly than butter.

olive oil – the only oil that withstands high heat without becoming carcinogenic. Use olive oil in preference to other vegetable oils.

coconut oil – although a saturated fat, it does not have the negative effects of animal based saturated fats. In fact, it has wonderful health benefits.

Spreads

tahini – a sesame seed paste (health section of supermarket)

nut spreads - (*Melrose* or *Macro* brands for almond, brazil and cashew spreads - (health section are very nutritious).

Avoid spreads that are high in refined salt.

Meats

organic chicken – this is the only type of chicken that is free of antibiotics. Note that ‘free-range’ chicken is not. Organic chicken is available from *Woolworths* supermarkets. Look in the ‘organic meats’ section.

lamb – Look for lamb cuts with the least fat possible. Whole roast lamb is a good option because fat drains in the roasting process. Cold sliced lamb can be used for sandwich fillings school lunches.

beef – organic minced beef is available from *Woolworths* supermarkets. Home-made beef burgers can be frozen and used for sandwich fillings.

Food storage

Choose BPA-free plastics. *Tupperware* is one of the better brands. Glass jars are excellent for storing food in the fridge.

Fruit Smoothies

These make good after-school snacks. The mixture can also be frozen to make icy-poles.
Use a blender to blend any of the following:

Banana Smoothie

1 banana
2 cups rice milk or A2 milk

Berry smoothie

2 cups berries – fresh or frozen
1 cup milk – rice milk or A2
honey or stevia to taste

Peach-Mango Smoothie

1 small tin peaches or fresh mango
2 cups rice milk or A2 milk

Note that rice milk is a low allergy milk which can contain as much protein and calcium as regular milk. Look for 'Vitasoy' *calcium and protein enriched* rice milk. Note that this is not soy milk.

Soup

Home-made soup makes a good after-school snack.

Potato Soup

4 medium potatoes, steamed and mashed
Onion, chives, parsley, celery and zucchini
1 teaspoon unrefined salt
1 cup water
1 cup rice milk, A2 milk or 1 cup water

1. Blend onion, parsley, celery, zucchini and onion powder in blender with 1 cup water.
2. Put the blended mixture in a saucepan and bring to boil. Simmer 5 minutes, stirring occasionally.
3. Add mashed potato and milk. Heat for another few minutes while stirring.
4. Serve with extra chopped parsley or chives.

Pumpkin Soup

750 g. pumpkin
1 potato
1 carrot
1 stick of celery
1 onion
parsley (optional)
1 teaspoons unrefined salt
1 natural stock cube
water to cover vegetables

1. Boil all vegetables together. Add salt and stock cube.
2. Blend all vegetables together in a food processor, including enough of the cooking water to make a good soup consistency. Alternatively blend with a hand-held electric mixer.

Minestrone

1 tin red kidney beans
1 onion
a variety of diced vegetables – (about 150 gm.) e.g. carrot, potato, sweet potato, celery, sweet corn, capsicum, zucchini
1 teaspoon dried Italian herbs, (basil and oregano)
1 tin of chopped tomatoes
2 cups water
1 tablespoon tomato paste
1 teaspoon unrefined salt
½ cup uncooked pasta

1. Chop onion and stir-fry in a little olive oil.
2. Place onion and all other ingredients in a large saucepan.
3. Simmer until vegetables are cooked.

Vegetable Soup

1 tin of 3-bean mix, or 1 tin of brown lentils
½ cup uncooked rice
1 litre water
500 g of various raw vegetables including onion
1 natural vegetable stock cube or 1 tsp. unrefined salt

1. Chop vegetables.
2. Place all ingredients into large saucepan and boil for ½ hour, stirring occasionally.
3. Add stock cube or unrefined salt. Stir and cook a further 5 minutes.

This recipe can also be made in a slow-cooker (crock-pot. Simmer for about 5 hours.)

Red lentil Soup

2 cups red lentils (dry)
1 tin chopped tomatoes
2 tsp. unrefined salt
1 onion
500 ml water

1. Soak red lentils in boiling water for 10 minutes.
2. Pour off water through strainer and place lentils in a large saucepan.
3. In a blender, place tomatoes, onion and water. Blend.
4. Pour blended mixture into saucepan with lentils. Add salt.
5. Bring to boil and simmer 20 minutes.

Vegetables

Stir-fried vegetables

1 chopped onion
a selection of vegetables e.g. carrot, celery, snow peas, green beans, capsicum, zucchini
1 dessertspoon olive oil
1 tablespoon Tamari (low-salt soy sauce)
Sesame seeds, pine nuts, pepitas or raw cashews

1. Stir-fry onion in olive oil.
2. Prepare vegetables, cutting carrot, zucchini and celery into thin sticks.
3. Add vegetables. Stir-fry briefly.
4. Stir in Tamari and ½ cup water. Cook with lid on for 5 more minutes.
5. In separate pan dry roast sesame seeds and/or nuts/seeds. Sprinkle on top of served vegetables.

Chunky Salad

Beetroot (raw)
Snow peas
Celery
Carrot
Asparagus (raw)
Capsicum
Zucchini
Cucumber

Choose vegetables and cut them into long thin strips. Arrange them decoratively on a plate. Eat them on their own or with a dip.

Tropical Coleslaw

2 cups shredded cabbage – red, green or both
1 grated carrot
1 chopped apple
1 tin pineapple in natural juice
1 dessertspoon cold-pressed olive oil

Drain pineapple. Mix all ingredients together, adding a little juice from the pineapple.

Rice Salad

1 cup uncooked rice
½ teaspoon unrefined salt
1 stick of celery, finely chopped
1 dessertspoon olive oil
½ cup sunflower seeds, pepitas, cashews or pine nuts, (pan-roasted if preferred)
½ cup grated carrot
½ cup finely chopped capsicum
chopped parsley
chopped spring onion, red onion or chives

1. Cook rice for 12-15 minutes, with salt. Drain and cool.
2. Combine all ingredients with cooled rice.

Vegetable stack

1 large egg plant
2 medium zucchinis
1 red capsicum
1 medium sweet potato
2 medium tomatoes
4 large mushrooms
2 tablesp. olive oil
grated cheese

1. Heat oven to 180 degrees C
2. Slice sweet potato, zucchini, capsicum and eggplant into fine strips lengthways, brush with olive oil and bake on a greased baking tray.
3. After 15 minutes add mushrooms, and tomatoes to baking tray and bake a further 10 minutes.
4. Remove vegetables and place in a stack.
5. Top with grated cheese and return to oven until melted.

Rice Fritata

2 cups cooked vegetables
chives or spring onion, chopped
1 cup cooked brown rice
1 small diced tomato
2 beaten eggs
1 cup grated cheese (optional)
½ teasp. unrefined salt
2 tablesp. rice milk or A2 milk

1. Place eggs into a bowl and whisk.
2. Add all other ingredients and stir gently.
3. Spoon mixture into greased pie dish.
4. Bake in moderate oven for 25 minutes.

Tomato and Beans with Greens

1 tin tomatoes
1 onion, chopped
1 tin white beans, (haricot, navy, or 3 bean mix)
parsley and basil
a selection of green vegetables
½ teaspoon unrefined salt

1. Boil the onion and tomatoes together in a saucepan for 5 minutes.
2. Add the greens, herbs and salt, and simmer a few more minutes.
3. Stir in the beans.

Potato cakes

These are good for a week-end lunch. Easy to make!

2 medium white potatoes
same quantity of sweet potato
chives or spring onions
butter
1 egg
1 teasp. unrefined salt
1 tablesp. grated cheese

1. Steam two medium white potatoes and the same quantity of sweet potato.
2. Chop some chives or spring onions.
3. Grate the cheese.
4. Mash the potato with a teaspoon of butter and a raw egg. Don't add water or milk as this will make the mixture too wet.
5. Add 1 teaspoon unrefined salt.
6. Add chives and cheese and mix through.
7. Prepare electric fry-pan with melted butter or olive oil. Place potato in dollops on to hot surface.
8. After a few minutes, turn, using two spatulas. Turn three times in total.

Note: Pink or grey unrefined salt can be bought from a health food shop. Unlike white bleached salt, this salt is extremely healthy and contains many vital minerals.

Mashed Potato

potatoes
rice milk, A2 milk or water
butter
unrefined salt

1. Steam the potatoes.
2. Mash the cooked potatoes with a potato masher, adding milk or water and a little butter.

Baked Potato Chips

potatoes
olive oil
wire rack for baking

1. Peel potatoes and cut up into chip shapes. Brush with olive oil.
2. Arrange on to the wire rack. (A cake cooling rack will do.)
3. Bake in a moderate oven for 15 minutes.

Meat

Crock-pot chicken

In hot weather, a good way to cook a whole chicken is in a crock-pot or slow cooker.

1. Buy an organic whole chicken from *Woolworths* supermarket. In the morning, place whole chicken in crock-pot. Add water to the crock-pot, just covering the chicken.
2. Simmer for 7-9 hours.
3. Remove chicken from crock-pot and save the water.
4. Cut up the chicken and use to create your favourite chicken dish e.g. *chicken with stir-fried vegetables*. Use additive-free stock cube such as *Massel*, or season with unrefined salt.
5. Refrigerate the water overnight, and use the next day to make a delicious chicken and vegetable soup.

Notes:

If you have a power point outside on your verandah, the chicken can simmer there all day without adding heat to the house. You can go away for the day and leave it simmering.

Organic chicken is guaranteed free of antibiotics. However, non-organic chickens, including free-range, are fed antibiotics

Warm chicken salad

1 clove garlic
half teasp. Hungarian sweet paprika
half teasp. unrefined salt
1 tablesp. lime or lemon juice
500 g organic chicken breast
50 g snow peas
100 g rocket leaves
2 cups butternut pumpkin, cubed and roasted
12 cherry tomatoes
half avocado, diced
1 tablesp. pine nuts
half red onion
1 tablesp olive oil
2 teasp Balsamic vinegar
sesame seeds – pan-fried

1. Mix garlic, salt, paprika and lime/lemon juice in bowl
2. Add chicken. Coat with lemon juice and seasoning mixture.
3. Grill or pan-fry chicken 5 minutes each side. Remove from heat.
4. Place vegetables in large salad bowl.
5. Add Balsamic vinegar and toss gently.
6. Chop chicken breast into pieces. Toss with vegetables and arrange on serving plates. Sprinkle with pan-fried sesame seeds.

Crock-pot lamb stew

half kg. lean lamb

unrefined salt

half cup rice

1 onion

selection of vegetables e.g. carrot, celery, sweet potato, green beans

parsley and/or chives

1. Buy lamb that is not marbled with fat. e.g. leg chops, lamb steaks or diced lamb
2. Place lamb in crock-pot with one teaspoon unrefined salt.
3. Add water to the crock-pot, just covering the lamb.
4. Simmer for anywhere between 7-9 hours. You can be away for the day!
5. When you get home, transfer lamb and water to a saucepan and add chopped onion and other vegetables, plus half cup dry white rice. Simmer for about 15 minutes, just so the vegetables and rice are cooked.
6. Add chopped parsley and/or chives.

Beef burgers

These can be used to make sandwiches for the school lunch box. They freeze well.

half kilo lean minced beef

olive oil

1 onion

1 egg

1 carrot (grated)

1 tablesp. tomato paste

1 teasp. unrefined salt

1. Buy premium lean beef or organic beef from *Woolworths* supermarket.
2. Mix raw beef in a bowl with chopped onion, parsley, herbs, raw egg, grated carrot, tomato paste and unrefined sea salt.
3. Prepare electric fry-pan with a little olive oil.
4. Drop by spoonful to make patties. Turn after about 5 minutes.

Dips

Savoury Cashew Dip

1 cup raw, unsalted cashews
1 cup cold water
3 rounded teaspoons arrowroot
1 teaspoon unrefined salt
¼ teaspoon sweet paprika

1. Place the cold water in a saucepan. Add the arrowroot.
2. Stir constantly over heat, as the mixture comes to the boil. Allow to cool.
3. Place cooled arrowroot mixture in a strong blender or food processor. Add cashews gradually while blending. Add other ingredients. Continue to blend.

This mixture keeps in the fridge for 3 days, or otherwise can be spooned into small Tupperware containers and frozen.

Avocado Dip

1 ripe avocado
250 g cottage or ricotta cheese
1 dessertspoon lemon juice
1 dessertsp chopped chives (optional)
1 clove garlic, grated (optional)
½ teaspoon unrefined salt

1. Pan-roast garlic in 1 teasp. olive oil. Cool. (This step is optional. You may prefer raw garlic).
2. Mix the avocado and cheese together with fork until smooth.
3. Mix in other ingredients.

Hommus

This makes an excellent item for school-lunch or snack. After making a quantity, place into small Tupperware containers and freeze. Take out of freezer and place in refrigerator the night before. Prepare raw vegetable sticks for dipping.

1 tin chick peas
1 clove garlic, crushed
15 ml. lemon juice
70 ml. water
2 tablespoons tahini
1 tablespoon olive oil
½ teaspoon unrefined salt
½ teaspoon Hungarian sweet paprika

1. Place all ingredients into food processor
2. Blend for about 15 seconds

Salsa dip with raw vegetables

A good recipe for the school lunch box. Place in small Tupperware container and use as a dip with raw vegetable sticks and crackers. Freezes well.

1 onion
1 clove garlic
half chopped capsicum
1 tin chopped tomatoes
half teaspoon Hungarian sweet paprika
half teaspoon unrefined salt
cornflour

1. Chop onion and garlic and stir-fry in a pan with a little olive oil.
2. Add all other ingredients, but save a little of the tomato juice.
3. Simmer 10 minutes.
4. Thicken with 2 teaspoons cornflour mixed with the remaining tomato juice. Bring to boil. Cool.

Eggplant Dip (Baba Ganoush)

1 eggplant
1 clove garlic
olive oil
oregano
half cup natural yoghurt
1 tablesp. lemon juice
half teasp. Hungarian sweet paprika
half teasp. unrefined salt

1. Bake whole eggplant in oven with a little olive oil in baking tray, at 200 degrees C for 35 minutes.
2. Allow to cool, then cut eggplant in half and scoop out flesh using a spoon.
3. Squeeze the flesh from the garlic.
4. In a food processor blend garlic, eggplant flesh, oregano salt and paprika.
5. Transfer mixture to a bowl. Fold in lemon juice and yoghurt.

Snacks

Sesame Crunch

This makes a good snack food for the lunch box. Can be taken in a small Tupperware container and eaten with a spoon.

- 1 cup rolled oats
- ½ cup sesame seeds
- ½ cup coconut
- 1 dessertsp. olive oil, butter or coconut oil
- 1 tablespoon honey

1. Place honey and olive oil large saucepan. Warm over a low heat. Add all other ingredients and mix together with a wooden spoon.
2. Place mixture in a shallow baking dish.
3. Bake in a moderate oven for 10 minutes. Take out of oven, stir, then return to oven for a further 5 minutes.
4. Serve into cups when cool and eat with spoon.

Trail mix

A good recipe for the school lunch box. Place the mix in a small Tupperware container and can be eaten with a spoon. Can also be added to natural yoghurt.

Mix together:

- a variety of dried fruits – Look for naturally dried fruits without preservative 220.
- Sunflower seeds
- Pepitas (the green part of the pumpkin seed)

Notes:

This recipe does not contain nuts, so is suitable for the school lunch box. (Note that many children now have nut allergies.)

Preservative 220 is a common preservative used in dried fruit and is one to be avoided if possible.

Pancakes

½ cup plain flour
½ cup wholemeal flour
1 teaspoon of baking powder
1 egg
butter
1 cup rice milk, A2 milk or water

1. Mix all ingredients together in a bowl.
2. Place a little butter in a fry pan. Drop mixture by the spoonful, and turn when bubbles appear.

Fruit Fritters

½ cup wholemeal flour
½ cup white flour
1 egg
1 apple or banana
1 tablespoon rice milk, A2 milk or water
butter

1. Peel and chop apple or banana.
2. Whisk all ingredients together except for fruit.
3. Add fruit to the mixture and stir.
4. Place 2 teasp. butter into electric frypan.
5. Drop by the spoonful and turn when ready.

Corn Fritters

½ cup wholemeal flour
½ cup white flour
1 egg
1 cup cooked corn (or tinned corn)
½ teaspoon unrefined salt
1 tablespoon rice milk, A2 milk or water
olive oil

1. Whisk all ingredients together except for corn.
2. Add corn to the mixture and stir.
3. Grease an electric frypan with olive oil or butter.
4. Drop by the spoonful and turn when ready.

Potato Pancakes

3 cups cooked potato
1 tablespoon rice milk or A2 milk
1 egg
½ teaspoon unrefined salt
olive oil

1. Mash potato with salt and milk.
2. Add egg and mix.
3. Pour about 1 tablespoon of olive oil into an electric fry pan on moderate to high heat. Spread oil with spatula.
4. Drop potato mixture by the spoonful and turn after 5 minutes.
5. Flatten and continue cooking. Turn twice more.

Breakfast foods

Fruit Salad

A variety of chopped fruit

Fruit is excellent as the first food of the day. On an empty stomach, it helps to eliminate toxins.

Granola

½ cup sunflower seeds
½ cup sesame seeds
½ cup pepitas or cashews
½ cup coconut
1 cup rolled oats
1 tablespoon honey
1 teaspoon olive oil

1. Mix all ingredients together well.
2. Spread over the base of a large oven-proof dish. Mixture should be no more than 1½ cm. in thickness. Bake 10 minutes. Take out of the oven and stir. Return to oven for another 5 minutes. Break up and eat with a spoon. Add fruit, milk or fruit juice.

Sesame Crunch is a similar recipe making a good breakfast cereal. (See 'Snack' section).

Oatmeal Waffles

1¾ cups water
1½ cups rolled oats
½ teaspoon unrefined salt
1 desertsp. butter

1. Blend in a blender.
2. Pour into waffle-maker and cook for 3 minutes. Serve with maple syrup or honey.

Breakfast tips

Fruit for breakfast helps maintain a healthy bowel
Include protein in your breakfast for sustained physical and mental energy and to assist muscle development.

Some breakfast protein sources:

eggs
yoghurt
milk – A2 milk or rice milk (calcium/protein enriched)
nuts
seeds

Lunch specials

Flat bread pizzas

These are excellent for school lunches. Children can help make them the night before.

Mountain bread or Pita bread (flat bread)

tomato paste

Italian herbs

sliced or chopped vegetables - celery, capsicum, mushrooms, zucchini, tomato

grated cheese

1. Spread the Mountain bread with tomato paste.
3. Sprinkle the Mountain bread with Italian herbs.
4. Add sliced / chopped vegetables
5. Add grated cheese.
6. Place on a baking tray and place under grill for a few minutes. Watch them carefully. They burn easily!

Note – the ‘Savoury Cashew Dip’ recipe (see ‘Dips’ section), can be used to spread on the flat bread along with the tomato paste. This tastes quite ‘cheesy’ so you can use less cheese or no cheese if you like, and it will still taste delicious!

Alfalfa Head Pizza

Pita Bread (flat bread) – small round pockets

tomato salza

alfalfa sprouts

red and green capsicum

carrot

celery

sliced cherry tomatoes

1. Spread pita bread with tomato salsa.
2. Make a face using alfalfa sprouts or grated carrot for hair, carrot rings or sliced cherry tomatoes for eyes, capsicum for mouth and eye brows, and celery for nose.

Mexican Bean Pocket Bread

Pita bread (small round pockets)

1 tin red kidney beans

2 tablespoons tomato paste

½ teaspoon Hungarian sweet paprika

½ teaspoon unrefined salt or ½ natural stock cube

finely chopped spring onion or chives

chopped salad

1. In a saucepan, mix tomato paste with ¼ cup water, then add salt and seasonings. Stir over heat until salt dissolves.
2. Add drained red kidney beans and chives / spring onion. Stir.
3. Place pita bread in toaster on low setting, or warm it in the oven. Split in two so that a pocket forms. Fill pocket with bean mixture. Add chopped salad.

Bread and loaves

Wholemeal Bread

1. Mix the following ingredients together in a large bowl:
 - 2½ cups wholemeal flour
 - 2½ cups white flour
 - ½ cup gluten flour
 - 1 cup rolled oats
 - 1 tablespoon dry yeast
2. Mix the following together in a jug:
 - 600 ml. hot water (400 ml. boiling water, 200 ml. cool water)
 - 1 tablespoon honey
 - 2 tablespoons cold-pressed olive oil
 - ½ teaspoon unrefined salt
3. Add the wet ingredients in the jug, to the dry ingredients in the bowl, and mix with a wooden spoon. Add more water or flour as needed so that firm, moist dough is achieved.
4. Cover the bowl with plastic wrap and a towel. Allow to rise 20 - 30 minutes.
5. Turn the dough onto a floured board and knead approximately 10 minutes. You can divide the dough into sections and give several people a section to knead.
6. Mould the dough into one big ball and then divide it in half. Place on a floured baking tray or in bread tins.
7. Let rise approximately 15 - 20 minutes, covered with plastic wrap.
8. Place in pre-heated oven at 180 degrees C for 10 minutes, and then reduce to 150 degrees C for another 30 minutes.

Potato Bread

- 1½ cups plain flour
- 2 teaspoons baking powder
- 1 dessertspoon cold-pressed olive oil
- ½ cup mashed potato
- 1 egg
- ¼ cup rice milk or A2 milk plain yoghurt
- ¼ teaspoon unrefined salt
- 1 teaspoon of dried herbs, or a tablespoon of fresh herbs - e.g. parsley, chives, basil, oregano

1. Mix all ingredients together, lastly adding milk. Add only as much as you need to make a moist dough.
2. Drop by the spoonful onto a greased tray to make buns.
3. Bake in a moderate oven for 25 minutes.

Damper

1½ cups flour
1½ teaspoons baking powder
1 dessertspoon olive oil
250 ml. rice milk or A2 milk
extra flour

1. Place flour and baking powder in a bowl.
2. Measure out milk into a jug. Add the olive oil to the milk.
3. Gradually add milk while stirring.
4. Turn mixture on to a lightly floured board and knead the mixture with hands. Mould into a round shape.
5. Bake for 20 minutes in a moderate oven. Serve warm, with honey if desired.

Note: For outdoor cooking over an open fire, the damper can be moulded around sticks and covered with foil. Hold the stick over the fire until damper is cooked. This mixture can also be used for scones.

Porridge Loaf

For a convenience food for school lunchbox, cut the loaf into slices when cool, and freeze individual slices with freezer-bags to separate. Slices can be taken out of the freezer as needed.. Can be spread with butter.

1 cup plain flour
1 teaspoon baking powder
1½ cups oats
3 tablespoons honey
½ teaspoon each of ginger and mixed spice
2 tablespoons cold-pressed olive oil
1 cup rice milk or A2 milk

1. Mix all ingredients together. The consistency should be moist and sticky. Add extra milk if needed.
2. Line bottom of a loaf tin with baking paper.
3. Bake at 180 degrees C for about 40 minutes.

Spreads for Bread

Try the following on bread:

- Savoury Cashew Dip (see 'Dips')
- Hommus (see 'Dips')
- Mashed avocado
- Tahini (a sesame seed paste available from the health section of the supermarket)
- Nut spreads – almond, brazil nut, cashew, available from the health section of the supermarket
- Sesame seeds or sunflower seeds toasted in olive oil (frying pan over a low heat)
- Olive oil mixed with herbs (spread on bread and grill under a griller)

Cookies, slices and muffins

Oat bars

A good lunch box snack

- 1 cup flour
- 1½ cups rolled oats
- 1 cup coconut
- ½ cup chopped nuts (optional) or dried fruit
- 2 tablespoons honey
- 3 tablespoons coconut oil or butter (not margarine)
- 2 tablespoons of water

1. Melt butter/coconut oil and honey together in saucepan over a low heat.
2. Mix all ingredients together except water.
3. Add enough water to make a firm mixture that holds together.
4. Spread mixture into a rectangular oven-proof dish. The mixture should be about 2 cm. thick.
5. Bake in a moderate oven for 20 minutes.
6. Run a knife around the edge of dish and cut into bars while hot.
7. Remove bars when the slice has cooled.

This recipe can be used as a cookie mixture. Try adding chopped raw apple or dried fruit.

Sultana-Coconut Muffins

- 1 cup wholemeal flour
- 1 cup coconut
- 1 cup sultanas
- 1 cup coconut milk, rice milk or A2 milk
- 2 tablespoons honey

1. Mix all ingredients together.
2. Place mixture into muffin tins or patty-pans.
3. Bake in a moderate oven for 20 minutes.

To make apple or banana muffins, replace the sultanas with chopped fresh fruit.

Tropical Coconut Balls

- 2 cups rolled oats
- 1 cup coconut
- 2 tablespoons honey
- 2 tablespoons coconut oil or butter (not margarine)
- 3 tablespoons tropical or pineapple juice

1. Bake oats on a shallow tray for 10 minutes.
2. Place all ingredients in a food processor and blitz.
3. Chill.
4. Roll into balls and roll in extra coconut. Serve and eat. No baking required.

Apricot Balls

1 cup naturally dried apricots (no preservative 220)
½ cup coconut
½ cup orange juice or apricot nectar

1. Soak apricots overnight in the orange juice, or cook briefly in juice.
2. Place all ingredients in the food processor and blend.
3. Form balls and chill.

Apple Slice

1½ cup flour (or ½ cup flour and 1 cup oats)
1 teasp. baking powder
½ cup coconut
½ cp sesame seeds
2 tablespoons honey
2 tablespoon melted butter or coconut oil (not margarine)
½ teaspoon cinnamon
2 finely chopped apples
Extra liquid (juice or water)

1. Combine all ingredients. Add a little extra liquid if needed to form a moist but firm consistency.
2. Press into a slab shaped oven-proof dish.
3. Bake in a moderate oven 25-30 minutes.
4. Run a knife around the edge of dish and cut into slices while hot.
5. Remove slices when cool.

Gingerbread Cookies

1½ cups flour
½ teaspoon baking powder
3 tablespoons olive oil or butter
2 tablespoons honey
½ teaspoon ginger
1 teaspoon cinnamon

1. Mix all ingredients together.
2. Knead.
3. Chill.
4. Roll out on to floured board and cut into cookie shapes.
5. Bake in a moderate oven for 7 minutes. Watch carefully! They burn easily.

Banana Date Cookies

3-4 ripe bananas
1 cup raisins
2 cups coconut
½ cup chopped nuts
1 cup dates
2 cups rolled oats

1. Mash bananas and combine all ingredients, oats last.
2. Roll into balls and flatten with a fork on a baking tray.
3. Bake in a moderate oven for 20 minutes. Remove from tray while hot, using a slide.

International dishes

Ratatouille (France)

(Rat-a-too-ee)

1 onion, chopped
1 cup chopped eggplant
1 cup chopped zucchini
chopped celery
parsley
1 tin tomatoes
1 dessertspoon olive oil
1 teaspoon unrefined salt

1. Stir-fry onions in olive oil.
2. Stir in other vegetables, except for tomatoes.
3. Lastly stir in tomatoes and salt.

Chinese Stir-fried vegetables

1 chopped onion
a selection of vegetables – carrot, celery, capsicum, green beans, broccoli, zucchini, snow peas, bok choy
1 dessertspoon olive oil
1 tablespoon Tamari (low-salt soy sauce)
half teaspoon unrefined salt
1 cup unsalted cashews

1. Chop onion and stir-fry in a little olive oil.
2. Wash and prepare the rest of the vegetables. Cut carrot, zucchini, celery and capsicum into thin sticks
3. Stir in vegetables. Stir-fry for a few minutes.
4. Add Tamari, salt and ½ cup water.
5. Stir 5 more minutes. Add extra water if needed.
6. Serve with rice.

Fried Rice

2 cups Basmati rice
carrot and zucchini
spring onion
3 eggs
olive oil
half teasp. unrefined salt
1 dessertsp. Tamari (low salt soy sauce)

1. Boil rice in 800 ml water for 15 minutes.
2. Finely chop spring onion and zucchini. Grate carrot.
3. Beat eggs with half teasp. salt and fry separately in a frying pan with a little olive oil, like making an omelette. Remove from pan and set aside.
4. Add oil to pan and stir fry Spring onion, carrot and zucchini for a few minutes. Add cooked, drained rice and chopped egg.
5. Add Tamari and stir together gently for a few minutes.

Mexican Chilli Beans

1 tin red kidney beans, drained and rinsed
1 tin white beans, drained and rinsed
1 tin tomatoes, chopped
2 tablespoons tomato paste
1 onion, chopped
1 teaspoon chopped basil
1 grated carrot
½ teaspoon sweet paprika
1 clove garlic, crushed (optional)
1 teaspoon unrefined salt
olive oil

1. Stir-fry onion and garlic in a little olive oil.
2. Mix together all ingredients.
3. Place in a saucepan and bring to the boil. Simmer for 15 minutes.
4. Serve with Tortillas (see following recipe) or alternatively, low-salt preservative-free corn chips (available from health section of supermarket).

Mexican Tortillas

1½ cups plain flour
1 cup corn meal (polenta)
1 cup water
olive oil

1. Mix the flour and cornmeal together with the water. Use just enough water to make a firm dough.
2. Knead and roll out as pastry. Cut out circles by running knife around a saucer.
3. Spread a little olive oil over the base of a frypan and cook tortillas on high heat, in a similar way to pancakes. Flip when bottom side is cooked.
4. To keep warm, wrap in baking paper and place in a casserole dish with lid on, in warm oven.

Chilli Con Carne

500 g. lean minced beef
olive oil
1 large onion
1 clove garlic
2 teasp. sweet paprika
2 tablesp. tomato paste
1 460 g. tin whole tomatoes
1 460 tin red kidney beans
1-2 teasp. dried or fresh oregano
1 natural stock cube
1 teasp. unrefined salt

1. Place olive oil in pan and heat. Add meat and brown.
2. Chop onion and crush garlic
3. Add garlic and onion to meat and stir over heat for a few minutes.
4. Add tomato paste and tomatoes, salt, herbs, spices and stock cube.
5. Cook 30 minutes.
6. Add kidney beans. Stir and cook a further 10 minutes.

Eggplant Italian

2 potatoes, steamed and diced
1 eggplant
1 zucchini
3 tomatoes, chopped
1 onion, chopped
2 tablespoons wholemeal flour
½ teaspoon each dried basil and oregano (or fresh)
1 natural stock cube
3 tablespoons breadcrumbs
1 tablespoon olive oil

1. Stir-fry onion, eggplant, zucchini and tomato in olive oil.
2. Stir in the flour and cook for 1 minute.
3. Add 1 cup of water and the herbs. Bring to boil while stirring. Simmer 5 minutes.
4. Place potatoes in casserole dish.
5. Spoon over the vegetable sauce mixture.
6. Sprinkle with breadcrumbs and bake in moderate oven 15 minutes.

Spaghetti with Tomato Sauce (Italy)

1 tin tomatoes, chopped
1 tablespoon tomato paste
1 onion, chopped
1 dessertspoon olive oil
½ teaspoon unrefined salt
½ teaspoon each basil and oregano

1. Stir-fry onion in olive oil.
2. Stir in other ingredients and simmer 5 minutes.
3. Serve over cooked spaghetti.

Vegetable Lasagna (Italy)

6 lasagna sheets
400 g. tin tomatoes, chopped
1 tablesp. tomato paste
basil, oregano and thyme (dried or fresh)
1 teasp. unrefined salt or a vegetable stock cube
1 onion, chopped
1 tablesp. olive oil
3 cups chopped, vegetables (various)

Cheese sauce:

1 cup rice milk or organic milk
2 dessertsp. CORN cornflour
150 g. grated cheese or ricotta cheese
Heat milk in a saucepan. Dissolve cornflour in a little cold and add to milk, stirring while coming to the boil. Add cheeses and stir.

Preparing the Lasagna:

1. Lightly steam the vegetables.
2. Boil lasagna sheets in a large saucepan for 5 minutes. Pour off the boiling water and stand lasagna sheets in cold water.
3. In a frying pan, stir-fry onion in olive oil. Add tomatoes, herbs, salt and tomato paste. Then gently stir in steamed vegetables.

4. Place half of the lasagna sheets in an oven-proof dish (square or rectangular), to form the bottom layer.
5. Spoon on steamed vegetable mixture.
6. Place another layer of the remaining pasta on top.
7. Pour cheese sauce over top and bake in a moderate oven 20 minutes.

Indian Spiced Chick Peas

2 tins chick peas
1 onion, chopped
1 clove garlic
1 teaspoon curry powder
1 tablespoon tomato paste
½ cup water
½ teaspoon unrefined salt

1. Chop onion and crush garlic. Stir-fry in a little olive oil.
2. Add other ingredients and simmer for 30 minutes.
3. Serve with cucumber and natural yoghurt.

Indian Lentil Burgers

1 tin brown lentils, drained (or equivalent dried cooked lentils)
1 medium white potato (steamed)
1 piece sweet potato equivalent in size to the white potato (steamed)
1 onion, chopped
1 egg
¼ teaspoon sweet paprika
½ teaspoon curry powder
½ teaspoon unrefined salt
olive oil

1. Stir-fry onion in a little olive oil.
2. Combine all ingredients.
3. Place in scoops in an electric fry-pan and turn after a few minutes. Flatten like pancakes. Turn again after another 5 minutes.

Red Lentil Dahl (India)

2 cups dry red lentils
750 ml water
1 tablespoon tomato paste
2 teaspoon unrefined salt
1 teaspoon curry powder
1 onion

1. Pour boiling water over dry lentils and allow to stand for 10 minutes.
2. Drain and rinse.
3. Blend water, onion, curry powder and tomato paste in a blender.
4. Cook lentils on stove, in blended liquid. Boil for 20 minutes, stirring occasionally.
5. Add salt.

Onion can be chopped instead of blended if you don't have a blender.

Falafel (Middle-East)

These can be eaten cold as part of a salad in a school lunch box. They go well with salsa or mayonnaise, plus raw salad vegetables.

Ingredients:

400 g of mixed root vegetables - potato, sweet potato, pumpkin, carrot
1 tin chick peas
1 egg
1 onion
1 clove garlic
Parsley
½ teaspoon of each: coriander, turmeric, cumin
1 teaspoon unrefined salt or 1 natural stock cube
Olive oil for frying

1. Steam root vegetables. Set aside.
2. Combine all ingredients in food processor except for root vegetables.
3. Add root vegetables and blend again.
4. Spread some olive oil over the base of an electric fry-pan.
5. Using a tablespoon, drop mixture in dollops, into hot electric fry-pan.
6. After 5 minutes, turn.
7. Cook another 5 minutes and turn.
8. Cook another 5 minutes and turn.

Desserts

Banana Ice cream

- 1 cup rice milk or A2 milk
- 1 banana
- 1 teaspoon of honey

Blend together in blender and pour into disposable cups. Place a pop-stick in each cup. Freeze.

Spice Pudding

- 2 cups breadcrumbs (make breadcrumbs by grating good-quality bread)
- ¼ teaspoon nutmeg
- ½ teaspoon each cinnamon and mixed spice
- 1 egg
- 3 dessertspoons honey
- 7 tablespoons rice milk or A2 milk
- 1 teaspoon of butter (optional)

1. Place breadcrumbs in an oven-proof dish.
2. Mix egg, spices, butter and milk together. Stir in honey and bake in a moderate oven 25-30 minutes.

Creamed Rice

- 1 cup uncooked rice
- 1 cup rice milk or A2 milk
- 1 teaspoon honey
- A few drops of vanilla extract

1. Boil rice for 12 minutes. Drain.
2. Add milk and heat while stirring for about 2 minutes
3. Add honey and vanilla essence.
4. Serve plain or with fruit. Add sultanas if desired.

Stewed Apple or Pear

- 4 apples or pears
- 4 tablesp. water
- 1 tablesp. honey or fruit juice concentrate

1. Peel and slice apples or pears. (Golden Delicious apples are naturally sweet when cooked.)
2. Place fruit, water and honey in a saucepan and cover.
3. Bring to boil and simmer 5 – 10 minutes.

Apple or pear juice concentrates are available from the health sections of supermarkets. The consistency is more like a syrup than a juice.