

### Instructions for parents:

1. The P&C will be making the labels for your baked goods, because of this, please ensure you use the exact ingredients in the recipes below.
2. Should you wish to make something from a packet, this is totally ok, but to ensure the P&C can label it, please bring in the ingredients from the packet. You are welcome to use any brand of packet mix, however the Donna Hay packets seem to have the least amount of artificial ingredients.
3. The containers for your baked good will be made available from your teacher (to be confirmed).
4. Drop off date: **Friday 16 August**, to your class room

### [no bake] choc coconut slice



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#### Prep time

15 mins

#### Total time

15 mins

Author: my lovely little lunch box

Serves: 16 bars

#### INGREDIENTS

- 1 cup (95 grams) rolled [traditional] oats
- 1 cup (80 grams) desiccated coconut, plus extra to serve
- 1 cup (170 grams) almonds (nut free version replace almonds with an extra ½ cup coconut + ½ rolled oats)
- ½ cup (35 grams) cacao
- 4 medjool dates, pit removed
- ½ cup (80 ml) coconut oil, melted
- ¼ cup (60ml) maple syrup
- 1 teaspoon vanilla bean paste [or extract]

#### METHOD

1. Line a 20cm x 20 cm square tray with baking paper. Place the oats, coconut, almonds, cacao, dates, coconut oil, maple syrup and vanilla into the large bowl of a food processor. Blitz until finely chopped. With the motor running add 1-2 tablespoons of water and blitz until the mixture comes together. Pour mixture into the prepared tray, top with a sprinkle of coconut and freeze for 1-2 hours or until set and firm. Cut into 16 squares. Enjoy. X

## choc chip cookies



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### Prep time

15 mins

### Cook time

10 mins

### Total time

25 mins

Author: my lovely little lunch box

Serves: 15-18 cookies

### INGREDIENTS

- ¼ cup (55 grams) rapadura sugar (or brown sugar)
- 1½ cups (225 grams) wholemeal flour
- ¼ teaspoon baking powder
- ¼ teaspoon bicarbonate of soda
- ½ cup (45 grams) rolled oats
- ½ cup (40 grams) desiccated coconut
- 1½ teaspoon cinnamon
- 1 egg
- 1 teaspoon vanilla bean paste
- ½ cup (150 grams) maple syrup
- ½ cup (85 grams) coconut oil, melted and slightly cooled
- 60 grams dark chocolate, chopped into small pieces

### METHOD

1. Preheat oven to 160 degrees celsius (325 F). Line 2 cookie trays with baking paper and set aside. Place the sugar, flour, baking powder, bicarb soda, oats, coconut and cinnamon into a large bowl and mix to combine. Add the egg, vanilla, maple syrup and coconut oil mix to combine. Add the chocolate and mix to combine. Take heaped teaspoons of the mixture and roll into balls. Place onto the prepared trays leaving room for the cookies to spread a little and gently flatten each cookie. Bake for 10-12 minutes or until golden. Allow to cool for 5 or so minutes before placing the cookies onto a wire rack to cool completely. Enjoy x

## apricot and coconut bliss balls



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### Prep time

15 mins

### Total time

15 mins

FREEZER FRIENDLY

Author: my lovely little lunch box

Serves: 20 BALLS

### INGREDIENTS

- 1 cup (190 grams) dried apricots
- 1 cup (90 grams) desiccated coconut
- 1 cup (100 grams) almond meal (ground almonds)
- 1 tablespoon coconut oil, melted
- 1 teaspoon vanilla bean paste
- 2 tablespoons honey

### METHOD

1. Place the apricots, coconut, almond meal, coconut oil, vanilla bean paste and honey into the large bowl of a food processor and blitz until the mixture comes together. If needed, add a splash of water until the mixture is wet enough to shape into balls. Take heaped teaspoons of the mixture and shape into balls and roll in coconut until coated. These balls will keep refrigerated in an air tight container for 7 days. They also freeze beautiful, simply pop into a freezer safe bag or container and stash in the deep freeze for up to 3 months.

## strawberry, banana & cacao nib muffins



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### Prep time

10 mins

### Cook time

12 mins

### Total time

22 mins

Author: my lovely little lunch box

Serves: 12 muffins

### INGREDIENTS

- 2 eggs
- ½ cup (125 ml) coconut oil, melted and slightly cooled
- ½ cup (110 grams) coconut sugar (alternative – ½ cup brown sugar or maple syrup)
- 1 cup (250 ml) greek yoghurt
- 1 tablespoon vanilla bean paste
- 2 bananas, mashed
- 1 teaspoon vanilla bean paste
- 2 cups (300 grams) wholemeal plain flour
- 2 teaspoons baking powder
- 1 x 250 gram punnet strawberries, cut 12 rounds (to decorate) and dice the remaining
- ½ cup (60 grams) cacao nibs, plus extra to decorate

### METHOD

1. Preheat oven to 180 degrees celsius (350F) and line a 12 hole muffin tin with papers. Place the eggs, coconut oil, sugar, yoghurt, bananas and vanilla bean paste into a large bowl and whisk to combine. Add the flour and baking powder and mix until just combined. Do not overmix. Gently fold through the diced strawberries and cacao nibs. Divide the mixture evenly between the muffin papers and top each muffin with a round of strawberry and a sprinkle of cacao nibs. Bake for 12-15 minutes or until golden and when a skewer inserted removes cleanly. Allow to cool for a minute or so before removing the muffins from the tin and placing on a wire rack to cool completely. Serve alongside a little fresh fruit for a lovely morning tea. Enjoy x

## **wholemeal apple muffins**

makes 12

freezer friendly

### **INGREDIENTS**

1 cup (250 ml) yoghurt

3/4 cup (180 ml) vegetable oil (lightly flavoured olive oil or cold pressed macadamia nut oil are great choices)

2 eggs

1/2 cup (125 ml) maple syrup

1 teaspoon vanilla extract

1 cup (125 grams) plain wholemeal flour

1 cup (110 grams) almond meal

2 teaspoons baking powder

2 teaspoons cinnamon, ground

2 medium apples, skin on and diced plus an extra apple, thinly sliced

### **METHOD**

Preheat oven to 180 degrees celsius (350F). Line a 12 hole muffin tin with muffin papers. Place the yoghurt, oil, eggs, maple syrup and vanilla extract into a large mixing bowl and whisk to combine. Add the flour, almond meal, baking powder and cinnamon and mix until just combined. Do not overmix. Gently fold through the diced apple. Use a 1/4 measuring cup to ladle the batter into the prepared tin and top each muffin with a slice of apple. Bake for 12-15 minutes or until golden and cooked. A skewer inserted should remove cleanly. Allow to cool slightly before removing the muffins from the tin and placing on a wire rack to cool completely. Enjoy x

## carrot cake porridge bars



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### Prep time

15 mins

### Cook time

25 mins

### Total time

40 mins

Author: my lovely little lunch box

Serves: 8 bars

### INGREDIENTS

- ½ (80ml) cup milk (of your choice)
- 1 tablespoon pure maple syrup
- 6 medjool dates, pit removed
- 2 bananas
- 1 teaspoon vanilla bean paste (or vanilla extract)
- 1 cup (150 grams) plain wholemeal flour
- 1 teaspoon baking powder
- 1 cup (80 grams) desiccated coconut
- 1 cup (100 grams) rolled (traditional) oats
- 1 teaspoon cinnamon, ground
- 1 teaspoon mixed spice
- 2 carrots, grated
- white choc yoghurt topping;
- 50 grams white chocolate
- 1 tablespoon greek yogurt
- 1 teaspoon vanilla bean paste (or extract)
- mandarin zest (to serve)

### METHOD

1. Preheat oven to 160 degrees celsius and line a 20cm x 20cm tin with baking paper. Set aside. Place milk, maple syrup, dates, banana and vanilla into the bowl of a food processor and blitz for a minute. Add flour, baking powder, coconut, oats, cinnamon, mixed spice and carrot and blitz until combined. Pour mixture into prepared tray and flatten. Bake for 20-25 minutes or until golden. Place onto a wire rack to cool completely. Place chocolate into a microwave bowl, heat on high in 15 second intervals (stirring occasionally) until chocolate is melted. Add yoghurt and vanilla and stir to combine. If the mixture splits simply heat for 10-15 seconds and stir again. Drizzle over cooled bars, top with mandarin zest (optional) and cut into 8 serves.

## **easy peasy banana oat cookies**

### **INGREDIENTS**

1 banana, mashed

1 cup oats

1/2 teaspoon cinnamon, ground

### **METHOD**

Preheat oven to 180 degree celsius (350 F). Place the banana, oats and cinnamon in a medium bowl and mix to combine. Take tablespoon amounts of the banana oat mixture and shape into rounds. Place the cookies on an oven tray lined with baking paper and bake for 15-20 minutes or until the cookies are cooked and slightly golden. Place on a wire rack to cool. Serve alongside a little fresh fruit.

## choc chip cookies



### Prep time

15 mins

### Cook time

10 mins

### Total time

25 mins

Author: my lovely little lunch box

Serves: 15-18 cookies

### INGREDIENTS

- ¼ cup (55 grams) rapadura sugar (or brown sugar)
- 1½ cups (225 grams) wholemeal flour
- ¼ teaspoon baking powder
- ¼ teaspoon bicarbonate of soda
- ½ cup (45 grams) rolled oats
- ½ cup (40 grams) desiccated coconut
- 1½ teaspoon cinnamon
- 1 egg
- 1 teaspoon vanilla bean paste
- ½ cup (150 grams) maple syrup
- ⅓ cup (85 grams) coconut oil, melted and slightly cooled
- 60 grams dark chocolate, chopped into small pieces

### METHOD

1. Preheat oven to 160 degrees celsius (325 F). Line 2 cookie trays with baking paper and set aside. Place the sugar, flour, baking powder, bicarb soda, oats, coconut and cinnamon into a large bowl and mix to combine. Add the egg, vanilla, maple syrup and coconut oil mix to combine. Add the chocolate and mix to combine. Take heaped teaspoons of the mixture and roll into balls. Place onto the prepared trays leaving room for the cookies to spread a little and gently flatten each cookie. Bake for 10-12 minutes or until golden. Allow to cool for 5 or so minutes before placing the cookies onto a wire rack to cool completely. Enjoy x

## **banana coconut breakfast loaves**

makes 12 mini loaves

### **INGREDIENTS**

1 cup (250 ml) plain or greek yoghurt

2 eggs

1/2 cup (125 ml) milk

1/2 cup (125 ml) coconut oil, melted and cooled

1/2 cup (110 grams) rapadura sugar (or coconut sugar)

1 tablespoon vanilla bean paste

2 bananas, mashed plus 1 banana cut into thin rounds to adorn the top of each loaf

2 cups (300 grams) wholemeal (wholewheat) plain flour

2 teaspoons baking powder

1 tablespoon cinnamon, ground

1 cup (80 grams) shredded unsweetened coconut

topping:

1/3 cup (25 grams) shredded unsweetened coconut

1 heaped tablespoon rapadura (or coconut) sugar

1 teaspoon cinnamon, ground

### **METHOD**

Preheat oven to 180 degrees celsius (350 F) and grease a 12 hole mini loaf pan (if not using silicone). Place the yoghurt, eggs, milk, coconut oil, sugar, vanilla bean paste and mashed bananas into a large bowl. Whisk to combine. Add the flour, baking powder, cinnamon and coconut and mix to combine. Divide the batter evenly between the prepared pan and top with 3 coins of banana. Topping: place the coconut, sugar and cinnamon into a small bowl and mix to combine. Evenly divide the topping between the loaves and bake for 15-20 minutes or until golden and a skewer inserted removes cleanly. Allow to cool for 15 minutes or so before placing the loaves onto a wire rack to cool completely. Enjoy x

## ALLERGY OPTIONS

**Note for parents:** In regards to gluten free options, to ensure there is no cross-contamination with any gluten/wheat products please use ensure you use a sanitised work space.

### Gluten Free Coconut Ice

#### Ingredients

- 2 1/3 cups gluten-free pure icing sugar, sifted
- 1/4 teaspoon cream of tartar
- 395g can sweetened condensed milk (see Notes)
- 3 1/2 cups desiccated coconut
- 2 teaspoons vanilla essence
- Rose-pink food colouring

#### Method

- Step 1 - Grease a 6cm-deep, 20cm square cake pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.
- Step 2 - Sift icing sugar and cream of tartar together into a large bowl. Add condensed milk, coconut and vanilla. Mix until well combined. Divide mixture in half. Tint 1 portion of mixture pink with food colouring. Leave remaining portion plain.
- Step 3 - Press plain mixture over base of prepared pan, levelling top with the back of a spoon. Press pink mixture over plain mixture, levelling top with spoon. Cover. Chill for 3 hours or until set.
- Step 4 - Cut coconut ice into 2.5cm squares. Serve.

## Gluten Free Chocolate Brownie

### Ingredients

- 1 cup gluten-free plain flour
- 1/4 cup cocoa powder
- 150 g butter
- 125 g dark chocolate
- 3 eggs beaten
- 1 1/2 cups caster sugar
- 1 tsp vanilla essence

### Method

1. Preheat oven to 180C or 160C fan forced.
2. Oil and line a 20 cm square pan.

## Gluten Free Vanilla Cupcakes

### Ingredients

#### For the cupcakes:

- 1/2 cup vegetable oil (or oil of choice)
- 3/4 cup granulated sugar
- 2 large eggs, room temperature
- 1 1/4 cups all purpose gluten-free flour blend (I used Bob's Red Mill Gluten Free 1-to-1 Baking Flour)
- 1/4 teaspoon salt
- 1 3/4 teaspoons baking powder
- 1/2 cup dairy-free milk
- 2 teaspoons rodelle vanilla paste or vanilla extract

#### For the frosting:

- 1/2 cup dairy-free butter (1 stick), room temperature
- 1 teaspoon rodelle vanilla paste or vanilla extract
- 3 cups powdered sugar
- 2 tablespoons dairy-free milk

### Instructions

1. For the cupcakes: Preheat oven to 350°F (180°C). Position rack in center of oven. Line cupcake pan with paper liners; set aside.
2. In a medium mixing bowl combine oil and sugar.
3. Add eggs and beat with an electric mixer at medium speed for one minute. Add flour, salt, baking powder, dairy-free milk, and vanilla paste; beat at medium speed for one minute.
4. Spoon batter evenly into cupcake liners. Bake for 18-20 minutes or until the centers springs back when touched and cupcakes are very lightly browned.
5. Let cool in the pan on rack for five minutes. Remove cupcakes from pan onto rack and cool completely before frosting.
6. For the frosting: In a medium mixing bowl, beat together dairy-free butter and vanilla paste until smooth and creamy.

7. Gradually add powdered sugar, one cup at a time, beating well. Alternate one cup of powdered sugar and 1 tablespoon of dairy-free milk until all ingredients are blended.
8. Beat in additional dairy-free milk if needed to obtain desired constancy.
9. Frost and enjoy!

### Notes

When working with or measuring gluten-free flour, spoon the flour into the measuring cup and level. Do not scoop your measuring cup into the gluten-free flour. The best method really is to weight it but I don't have the ingredient weights for all my recipes yet.

### Gluten Free Chocolate Cupcakes

**Prep Time** 15 minutes

**Cook Time** 22 minutes

**Additional Time** 15 minutes

**Total Time** 52 minutes

### Ingredients

#### For the cupcakes:

- 1 1/2 cups granulated sugar
- 2 cups all purpose gluten-free flour blend OR Bobs Redmill 1-to-1 gluten-free flour blend
- 3/4 cup unsweetened cocoa (I use Rodelle)
- 1 1/2 teaspoons gluten-free baking powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 2 large eggs
- 1 cup milk (or dairy-free milk)
- 1/2 cup vegetable oil
- 1 1/2 teaspoons gluten-free vanilla extract
- 3/4 cup boiling water (for activating the cocoa)

#### For the frosting:

- 1/2 cup butter (or dairy-free butter)
- 1 1/2 teaspoons gluten-free vanilla extract
- 1/2 cup unsweetened cocoa powder
- 4 1/2 cups powdered sugar
- 1/4 cup milk (or dairy-free milk)

### Instructions

1. Preheat oven to 350°F (180°C). Position rack in center of oven. Line two 12-serving cupcake pans with paper liners; set aside.
2. In a large mixing bowl, stir together sugar, flour, cocoa, baking powder, baking soda, and salt until there are no visible clumps.
3. Add eggs, milk, oil, and vanilla. Beat with a mixer on medium speed for two minutes.
4. Stir in boiling water.
5. Spoon batter evenly into cupcake wells. Bake for 20 to 22 minutes, or until a toothpick inserted in the center comes out clean.
6. Remove from oven and let cool in the pan for 5 minutes, then remove from pan and let cool on a rack.
7. For the frosting: In a medium mixing bowl, beat butter and vanilla until smooth and creamy. Add cocoa powder and beat until combined. Gradually add powdered sugar, one cup at a time. Slowly beat in milk. Beat in additional milk if needed, to obtain desired consistency.

8. Frost cupcakes.
9. Store in an airtight container at room temperature for up to three days, or in the refrigerator for up to a week.