

BACK TO SCHOOL LUNCH BOX IDEAS

Choc Zucchini Muffins

Serves: 12

Ingredients:

- 2 cups almond flour/meal
- ¼ cup cacao
- ¼ tsp sea salt
- ½ tsp baking soda
- 1 medium zucchini, grated
- 1/3 cup honey
- 2 tbsp unsweetened almond milk
- ¼ tsp vanilla extract
- 3 eggs (must include yolks), whisked
- 2 tbsp coconut oil
- ¼ cup dark chocolate chips (to top) – optional

Instructions:

1. Preheat oven to 180°C
2. Mix dry ingredients (almond flour, cacao powder, sea salt and baking soda) and set aside
3. Mix wet ingredients (honey, almond milk, vanilla extract, eggs and coconut oil) and set aside.
4. Incorporate dry and wet ingredients. Mix well.
5. Fold in zucchini to your mix.
6. Pour mixture into cupcake/muffin pans (line with cupcake wrappers if you wish)
7. Bake for 30-40 minutes or until cooked through and slightly browned
8. Let cool and enjoy!

Healthy Banana Cake

Ingredients:

- 2 cups almond meal
- 2 well ripened bananas
- 3 eggs
- 3 tablespoons coconut oil
- 2 teaspoons vanilla extract
- 1 tablespoons ground cinnamon
- 1 teaspoon ginger
- 2 teaspoons ground nutmeg
- ½ cup sultanas or dates
- ½ cup organic shredded coconut
- 2 tablespoons raw honey
- 1 tablespoon apple cider vinegar
- 1 generous teaspoon baking soda
- 1/2 cup raw chopped walnuts

Instructions:

1. Mash bananas well and mix all ingredients together in a mixing bowl until well blended. (except apple cider vinegar & baking soda)
2. Add the baking soda. Do Not Mix
3. Add the apple cider vinegar. The mixture will bubble up. Mix well
4. Pour into greased baking dish.

Top with crushed nuts (press in firmly)

Bake at 170°C for approx 25 – 45 mins (until cooked through)

Almond Coated Chicken

Serves: 4

Ingredients:

- 480g chicken breast cut into strips
- 1 cup almond meal
- ½ tsp. paprika
- ½ tsp. turmeric (optional)
- Salt
- Pepper
- 2 eggs, beaten

Instructions:

1. Preheat oven to 160°C.
2. Line a baking tray with non-stick baking paper.
3. Mix almond meal, turmeric and paprika together. Season with salt and pepper.
4. Take one strip of chicken and coat in egg. Place straight into bowl of almond meal mix and coat on both sides.
5. Place on baking tray (lined with baking paper).
6. Repeat with all strips
7. Cook 20-25 minutes until chicken is cooked through.