

These lunchbox bakes are perfect additions to a healthy lunchbox. Include with a piece of fruit or vegetable, yoghurt or cheese and a healthy lunchtime meal.

Banana Weet-Bix muffins

Ingredients (makes 12)

3 ripe bananas
4 Weet-Bix or similar
 $\frac{3}{4}$ cup milk
2 eggs
 $\frac{1}{3}$ cup oil
 $\frac{3}{4}$ cup self raising flour
 $\frac{3}{4}$ cup wholemeal self raising flour

Method

1. Preheat oven to 180°C.
2. Combine mashed bananas, crushed Weet-Bix, milk, eggs and oil.
3. Grease 12 hole muffin pan.
4. Add flours to wet ingredients. Stir until just combined. Be careful not to over mix.
5. Bake for 25 minutes or until skewer inserted in middle of muffin comes out clean.

Apple and zucchini muffins

Ingredients (makes 12)

2 eggs
2 tablespoons honey
 $\frac{1}{2}$ cup oil
1 teaspoon vanilla essence
1 cup of grated apple
1 cup of grated zucchini
2 cups self raising flour
1 teaspoon cinnamon

Method

1. Preheat oven to 180°C.
2. Combine eggs, honey, oil, vanilla essence, apple and zucchini in a bowl.
3. Grease 12 hole muffin pan.
4. Add flour to wet ingredients. Stir until just combined. Be careful not to over mix.
5. Bake for 20 - 25 minutes or until skewer inserted in middle of muffin comes out clean.

Sweet potato cakes

Ingredients (makes 8)

500g peeled diced sweet potato
3 teaspoons olive oil.
½ teaspoon ground cumin
½ teaspoon ground coriander
400g can brown lentils, rinsed and drained
2 tablespoons chopped parsley
½ cup breadcrumbs
3 eggs

Method

1. Preheat oven to 180°C.
2. Grease 12 hole muffin pan.
3. Boil sweet potato until soft. Mash sweet potato with olive oil in a bowl.
4. Add remaining ingredients to bowl.
5. Distribute mix between muffin holes.
6. Bake for 20 minutes.

Zucchini slice

Ingredients (serves 12 – snack size)

1/2 cup olive oil
1 large onion, chopped finely
3 medium sized zucchinis, grated
1 cup low fat cheddar cheese grated
1 cup wholemeal self raising flour
5 eggs

Method

1. Preheat oven to 180°C.
2. Use 1 teaspoon of the oil to grease a 16cm x 26cm baking tin.
3. Combine all ingredients.
4. Pour mixture into greased baking tin and bake for 30 to 40 minutes or until browned