

# HEALTHY BAKING

Baking with children is a fun, budget friendly way to include more nutrients and fibre in their diets. While home baked goods are a better option to pre-packaged treats, some can still be high in sugar. Check and adjust recipes using our handy tips below for a healthy and yummy treat.



## Benefits to baking at home

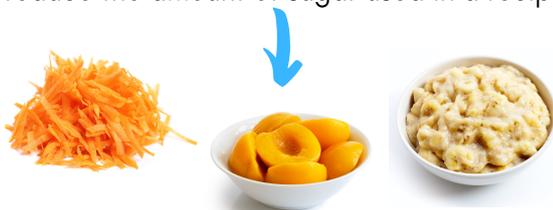
- Baked foods from the supermarket or bakery can have more sugar, salt and saturated fat.
- Modify your favourite recipes to make them healthier. This can help with picky eaters who struggle with food variety.
- Choose flavours that suit your child's taste preferences. This can help them eat more!
- Bake in large batches and freeze leftovers. Now you can always have healthy snacks available!

Want to make your baking healthier?  
Try these tips below:



## Get funky with fruit & vegetables

- Grate vegetables like zucchini, carrot or sweet potato into savoury and sweet foods. You can do this in muffins, slices and cakes.
- Try adding frozen, stewed, grated or fresh fruit.
- Use mashed banana, pumpkin puree, or sugar-free applesauce to naturally sweeten foods and reduce the amount of sugar used in a recipe.



## How to use less sugar & fat

- Try reducing the sugar in a recipe by 25–50%.
- Skip frosting and icing!
- Look for recipes that use natural nut butters. This will reduce the butter used in a recipe. Nuts also contain a lot of beneficial nutrients!
- Swap short crust or puff pastry for filo pastry. This will reduce the amount of saturated fat.



## Add fibre to your favourites!

- Swap regular flour for wholemeal flour.
- Beans in brownies? Try a chocolate black bean brownie recipe!
- Experiment using fibre-dense flours. For instance, buckwheat & chickpea flour are great for pancakes, while almond flour is good for baking.
- Throw some nuts into your baking, such as walnuts in banana bread! Always make sure nuts are appropriate for a child's age and pose no choking risk.
- Add smaller seeds for subtlety, such as chia or poppy seeds.
- Try adding wheat bran, rolled oats or psyllium husk for a fibre punch!



## OAT & BANANA PIKELETS

### INGREDIENTS

- 1 egg
- 0.5 cup flour
- 0.5 cup rolled oats
- 1 teaspoon baking powder
- 200mL milk
- 1 banana, mashed
- 0.5 teaspoon vanilla essence

### INSTRUCTIONS

1. Combine all ingredients.
2. Add extra milk if the batter is too dry.
3. Heat pan with a small amount of oil.
4. Cook until small bubbles form on the surface. Flip over and cook the other side.
5. Serve.

Makes 10 pikelets