

# Recipe Suggestions

These recipes are selected from <http://www.kidspot.com.au/>. There are thousands of clever and healthy kid-friendly recipes to choose from. Feel free to use or adapt these or prepare your own family favourites.

The children will look forward to sampling your creations.

## Savoury Pizza Pinwheels

Make a simple dough and fill with your chosen pizza toppings.



Prep Time	Cook Time	Makes
20 min	25 min	12

## Easy Pizza Pinwheels

Use puff pastry for really easy scrolls.  
Double the recipe to make 24



Prep Time	Cook Time	Makes
10 min	20 min	12

## Cheese and Vegemite Pinwheels

Use puff pastry for really easy scrolls.



Prep Time	Cook Time	Makes
10 min	20 min	24

## Cheese and Tomato Finger Puffs

These cheesy puffs are quick and easy and look fantastic. You can have them ready in 20 minutes and they're just as good cold as they are hot. Delish!



Prep Time	Cook Time	Makes
10 min	20 min	48

## Mini Quiches

Quick and easy mini- quiches.



Prep Time	Cook Time	Makes
5 min	25 min	48

## Easy Cheese Scrolls

Just three ingredients and you've got yourself a lunch box savoury snack! This easy recipe uses frozen puff pastry, tomato paste and grated cheese to make a surefire kid hit

Prep Time	Cook Time	Makes
10 min	20 min	24

## Zucchini Quiche

One bowl recipe with easy measurements. Use a muffin pan for individual quiches or make a large quiches and slice.



Prep Time	Cook Time	Makes
15 min	60 min	24

## One Cup Quiche

One bowl recipe with easy measurements. Use a muffin pan for individual quiches or make a large quiches and slice.



Prep Time	Cook Time	Makes
15 min	60 min	24

## Quick Mini Quiches

These quick and easy quiches are sure to be a hit.



Prep Time	Cook Time	Makes
10 min	30 min	12

## Mini Ham and Zucchini Quiches

The pastry base on these quiches will give a great crunch..



Prep Time	Cook Time	Makes
10 min	15 min	24

## Savoury Muffins

These delicious savoury muffins are a great meal on the run and go well in kids' and adults' lunch boxes. They are easy to whip up, and once you master this recipe, you will be able to make savoury muffins from whatever you have on hand.



Prep Time	Cook Time	Makes
10 min	20 min	12

## Cheese and Bacon Muffins

These fluffy savoury muffins are great any time of day. The children are sure to enjoy them,



Prep Time	Cook Time	Makes
20 min	25 min	12



## Corn and Cheese Savoury Muffins

These versatile corn and cheese savoury muffins are the perfect snack.



Prep Time	Cook Time	Makes
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35 min	20 min	12
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## Cheese Twists

These cheese twists are a great snack.



Prep Time	Cook Time	Makes
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5 min	10 min	20
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## Vegetable Pikelets

These savoury vegetable pikelets are full of hidden veggies that the kids won't see. A great idea for a healthy snack..



Prep Time	Cook Time	Makes
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5 min	10 min	12
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## Corn Pikelets

These corn pikelets are a great nutritious snack. You can triple the batch and freeze some for later.



Prep Time	Cook Time	Makes
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5 min	10 min	12
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## Sweet Home Made Muesli Bars

Muesli bars are a great snack but they can be expensive - and full of sugar, fat and who knows what else! Try making these healthy homemade muesli bars instead - your kids won't taste the difference



Prep Time	Cook Time	Makes
10 min	20 min	24

## Two ingredient Energy Bars

Wow. 2½ minutes. I wonder if the kids will eat dates...



Prep Time	Cook Time	Makes
2.5 min	0 min	12

## Apple and Zucchini Muffins

These muffins are delicious and healthy! Make a batch in secret and feed them to the kids. Just don't tell them you have hidden zucchini in there.



Prep Time	Cook Time	Makes
10 min	20 min	12

## Carrot, Oat and Orange Muffins

Tasty and light, they're perfect for sneaking more veggies into the kids when they're not looking too!



Prep Time	Cook Time	Makes
10 min	20 min	12

## Basic Muffins with Variations

This basic muffin recipe is a starting point to add your own variations. By adding a bit of this and that, you will have great tasting muffins. Just remember – no nuts.



Prep Time	Cook Time	Makes
10 min	25 min	12

## Strawberry Cream Cheese Muffins

The cream cheese in this recipe is a great substitute for butter..



Prep Time	Cook Time	Makes
10 min	20 min	12

## Rich but healthy Chocolate Muffins

These muffins are moist, nourishing and satisfying. Even better, they're quick and easy to prepare! Don't worry if you don't have cacao – just use cocoa powder.



Prep Time	Cook Time	Makes
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20 min	25 min	24
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## Banana Pikelets

These fluffy banana pikelets are a perfect after school snack and so easy to make. Use up those over-ripe bananas from the fruit bowl and make them into fluffy pikelets



Prep Time	Cook Time	Makes
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10 min	10 min	24
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## Crunchy Chocolate Slice

Adding weetbix to this recipe for chocolate slice makes it deliciously crunchy.

Prep Time	Cook Time	Makes
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5 min	20 min	24
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