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meals

to fuel

YOUR KIDS



Featuring lots of **delicious**
nut-free options for breakfast,
lunch, dinner and snacks



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Without realising it, the food that we give our children can have a significant impact on their mood, energy and even ability to concentrate. Our children's lives are so busy with their full days of school, extra-curricular activities after school and then social events and sporting games on the weekend, we need to fuel them correctly to be able to handle it all. We need to make sure that they are able to extract all the vitamins and minerals required to sustain their energy and keep them going, however with all the fabulous marketing out there and our lack of time, it is so easy to resort to pouring a bowl of sugar laden cereal for breakfast, packaged foods for lunch and then fast food take away options for dinner.

Part of my own personal health and wellness journey included changing the way my kids eat and eliminating many foods from their diet which were staples such as Weet-Bix, muesli bars, 'fruit' flavoured yoghurt, chocolates, chips, fried foods etc... Now their days consist of foods packed with nutritional goodness such as smoothies, homemade hummus, protein balls, seeded power bars, kale chips, baked fish and chips, just to name a few. Therefore, I have created this eBook with a focus on (tried and loved!) kid friendly recipes complete with several options for breakfast, lunch, dinners and snacks that hopefully your kids will enjoy as much as mine do.

In good health,

Keren xx

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Breakfast



Vanilla Wish smoothie

(Makes 2 serves)

Ingredients:

- 1 can coconut milk
- 400ml coconut water
- 2 tablespoons coconut nectar
- 2 tablespoons raw cacao powder
- 1 teaspoon vanilla essence
- 1/3 cup raw cashews (omit for nut free option)

Method:

Place all ingredients together in a high-speed blender.

Blend until smooth.



Choc-mint smoothie

(Makes 2 serves)

Ingredients:

- 1.5 cups almond or cashew milk
- 1 frozen banana
- 2 pitted dates
- 2 tablespoons cacao nibs
- 1 tablespoon cacao
- 1/2 tablespoon flaxseeds
- 1 teaspoon vanilla essence
- Few drops peppermint essence
- Few fresh mint leaves
- Handful spinach leaves

Method:

Place all ingredients in a high-speed blender and blend until smooth.

If you prefer a little crunch, hold off from adding the cacao nibs until the end and then pulse them in for a few seconds.

Honey drizzled banana toast

(Makes 1 serve)

Ingredients:

- 1 slice seeded wholegrain bread
- 1 tablespoon peanut butter (use sunflower butter as an alternative for a nut free option)
- ½ banana sliced diagonally
- 1 teaspoon honey
- Sprinkle cinnamon

Method:

Toast bread and place on a plate. Spread peanut butter and top with sliced banana. Drizzle with honey and sprinkle some cinnamon on top.



Warming porridge

(Makes 2 serves)

Ingredients:

- 2 ½ cups water
- 1 ¼ cups rolled oats
- Pinch salt
- 1 red apple, grated

Toppings

- Sprinkle Cinnamon
- Drizzle Honey
- Berries / Banana
- Shredded Coconut
- Cacao nibs
- Goji Berries

Method:

Bring 2 ½ cups of water to a boil in a medium saucepan. Add a pinch of salt and stir in the oats. Reduce heat and simmer, stirring occasionally, until the oats begin to thicken, 3 to 4 minutes.

Add the apple and cook, stirring occasionally, until the apple is just tender and the oatmeal has thickened, 1 to 2 minutes.

Transfer oat mixture into 2 bowls and sprinkle with whichever toppings you desire.

Baked beans

(Makes 4 serves)

Ingredients:

1 tablespoon olive oil
1 brown onion, finely diced
1 teaspoon cumin
1 teaspoon smoked paprika
½ teaspoon sea salt
400g tomato puree
2 tins beans of choice (I like to use a mix of Borlotti and Kidney beans)

Method:

Heat olive oil in medium sized saucepan on medium heat. Add onion and sauté for 5 minutes. Add seasoning and stir for 1 minute. Add tomato puree and simmer on low heat for 5 minutes.

Add beans, bring sauce back to a simmer. Place lid on pot, leaving it slightly ajar. Simmer for 15 minutes.

Serve on a slice of toasted wholegrain sourdough bread.



Egg muffins

(Makes 12 muffins)

Ingredients:

Coconut oil, for greasing muffin tin
10 eggs, whisked
1 tablespoon water
50g baby spinach, shredded
½ carrot, grated
¼ cup corn kernels
8 cherry tomatoes, quartered
Pinch of sea salt & pepper

Method:

Preheat oven to 180 degrees. Grease a 12-hole muffin tray with the coconut oil.

Whisk eggs with the water until fluffy.

Add vegetables (vegetables can be adjusted according to what your children enjoy eating) and seasoning.

Pour egg mixture into the muffin tray. You may want to top muffins with some grated cheese. Cook for 15-20 minutes.

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Lunch & Dinner



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Honey soy drumettes

(Makes 5 serves)

Ingredients:

20 chicken drumettes
½ cup tamari
¼ cup raw honey
1 garlic clove, minced

Method:

Combine the tamari, honey and garlic ensuring that it is all mixed well.

Place the drumettes in an oven-proof dish and pour over the marinade. Marinade chicken for at least 30 minutes prior to cooking. Heat oven to 180 degrees. Bake drumettes for 45 minutes, stirring occasionally.

Satay chicken

(Makes 4 serves)

Ingredients:

500g chicken strips
2 tablespoons olive oil
1 clove garlic, crushed
½ teaspoon ginger, minced
1 can full cream coconut milk
1 teaspoon curry powder
2 tablespoons, smooth peanut butter (can use sunflower seed butter for a nut free alternative)
½ teaspoon salt

Method:

On the stove, heat 1 tablespoon of oil in a pan on medium heat. Add chicken strips and cook for approximately 10 minutes until browned. Transfer chicken to a bowl and set aside.

Heat remaining oil in pan on medium heat then add garlic and ginger, stirring for 1-2 minutes.

Add remaining ingredients, bring to boil and then reduce to a simmer for approximately 5 minutes until all the peanut butter has dissolved. You may need to stir occasionally to ensure that everything mixes well and does not stick to the bottom of the pan.

Add the cooked chicken and allow it to simmer in sauce for a further 5-8 minutes.

Serve with sprouted brown rice and cooked veggies.

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Oven-baked chicken schnitzel

(Makes 5 serves)

Ingredients:

- 10 chicken tenderloins
- 1 egg plus 1 tablespoon water, beaten
- 1 cup panko bread crumbs (or almond meal)
- 2 tablespoons sweet paprika
- 1 tablespoon garlic powder
- Sea salt and pepper, to taste

Method:

Preheat oven to 160 degrees. Line a tray with baking paper and set aside.



Place panko bread crumbs, paprika, garlic and seasoning in a bowl and mix to combine. In a separate bowl beat your egg and water.

Place your chicken tenderloin in the egg mixture and coat both sides. Allow excess egg to drip off and then place tenderloin into panko crumbs and pat lightly until all the chicken is covered.

Place chicken on prepared tray. Once all chicken pieces have been prepared, bake in oven for 30 minutes until the chicken is cooked through. Chicken will need to be turned half way through cooking.

Spaghetti and meatballs

(Makes 5 serves)

Ingredients:

Meatballs

500g beef mince
1 small zucchini, grated
1 small carrot, grated
1 teaspoon onion powder
Sprinkle sea salt and pepper

Sauce

1 tablespoon olive oil
1 brown onion, finely diced
1 garlic clove, minced
1 tablespoon paprika
1 teaspoon mustard powder (optional)
1 tablespoon coconut sugar (optional)
50g tomato paste
1 tin diced tomatoes
1 cup vegetable stock

Pasta

1 packet of your preferred choice of pasta. I like to use a quinoa and rice penne, brown rice thread noodles or a wholegrain spaghetti.

Method:

Preheat oven to 160 degrees.

Prepare meatballs by mixing all ingredients well. Set aside.

Using a heavy based saucepan, heat olive oil on stove on medium heat. Add onion and sauté for 5 minutes, add garlic and stir for approximately 1 minute. Add the paprika, mustard, sugar and tomato paste and stir. Add diced tomatoes and stock and bring sauce to a simmer.



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Once sauce is simmering, roll the meatball mixture into balls and place directly into the sauce. Return the sauce to a boil and then place in the oven and cook for 2 hours, turning the meatballs over half way through cooking.

About 20 minutes prior to the completion of cooking your meatballs, bring a pot of water to the boil on the stove and cook your choice of pasta.

Japanese marinated salmon

(Makes 4 serves)

Ingredients:

- 4 x 180g salmon fillets
- ½ cup tamari
- 1 garlic glove, minced
- 1-2 tablespoons raw honey (depending on how sweet you like it)
- ¼ teaspoon sea salt
- 2 tablespoons sesame seeds

Method:

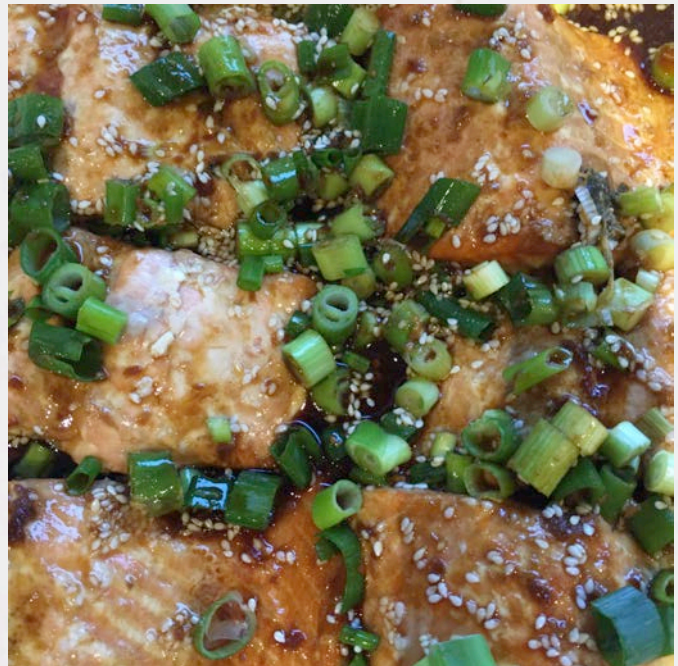
Prepare marinade by combining tamari, garlic, honey, salt and sesame seeds.

Marinate salmon for up to 30 minutes prior to cooking.

Preheat oven to 180 degrees.

Prepare salmon by placing skin side down on tray lined with baking paper.

Bake for 20-25 minutes depending on how you like to eat your salmon.



Baked fish fingers and roast potatoes

(Makes 4 serves)

Ingredients:

4 washed potatoes, peeled and cut into wedges
1 tablespoon olive oil
1 teaspoon garlic powder
1 teaspoon sweet paprika
Sprinkle salt and pepper
8 x firm rectangular cut white fish pieces (ask your fish monger to prepare this)
1 egg, beaten
1 cup unsweetened desiccated / shredded coconut
1 garlic clove, minced
rind of 1 lemon

Alternative coating

1 cup almond meal (or 1 cup panko crumbs)
½ teaspoon garlic powder
½ teaspoon salt.

Method:

Preheat oven to 180 degrees.

Prepare potatoes by peeling and cutting them and placing them in an oven proof dish. Drizzle oil, garlic, paprika, salt and pepper and then toss ensuring that all the potatoes are coated.

Place potatoes in the oven and toss every 20 minutes to ensure that they do not stick to the dish. Potatoes will probably need 80 minutes to cook.

Whilst the potatoes are baking, prepare your fish by placing a fish piece in the beaten egg, coating all sides. Allow the excess egg to drip off and then place it in your coating of choice. Make sure all the fish is covered and then place on a tray that is lined with baking paper.

To ensure that fish and potatoes are cooked at the same time, place the fish in oven approximately 20 minutes prior to the potatoes being ready.



Green rice

(Makes 6 serves)

Ingredients:

2 cups uncooked brown rice
1 tablespoon olive oil
½ white onion, diced
1 garlic clove, minced
1 bok choy, chopped
100g baby spinach, shredded
½ cup fresh or frozen peas
2 tablespoons tamari

Method:

Cook rice as per instructions and set aside.



Heat olive oil on medium heat and add onion, sautéing for 3-4 minutes. Add garlic and stir well. Add vegetables and sauté for 3-4 minutes. Pour in prepared rice and tamari and mix well until all the vegetables and rice are coated in the sauce.

Tomato soup

(Makes 4-6 serves)

Ingredients:

1 tablespoon coconut oil
1 brown onion, diced
1 garlic clove, chopped
2 celery stalks, diced
2 carrots, chopped
1 tablespoon tomato paste
800g roma tomatoes, chopped
400g cannellini beans, rinsed and drained
500ml vegetable stock
salt and pepper to taste

Method:

Heat oil on medium heat and sauté onion for approximately 5 minutes. Add garlic, celery, carrot and tomato paste. Stir for 1-2 minutes until well combined.

Add tomatoes, beans and vegetable stock. Season to taste.

Bring soup to the boil and then reduce heat to a simmer and allow to cook for 15 minutes.

Once vegetables are soft, remove soup from heat and using a hand mixer, blend until smooth.

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Grain free pizza

(Makes 4 generous slices)

Ingredients:

Pizza Base

1 cup chickpea flour

1 cup water

2 tablespoons Extra Virgin Olive Oil

½ teaspoon Sea Salt

Pizza Toppings:

2 tablespoons tomato paste

Steamed broccoli

Steamed sweet potato

Rocket leaves

Grated Cheddar Cheese

Goats Cheese

Fresh Basil



Method:

Turn oven to 200 degrees. Line a 20cm skillet with baking paper and set aside.

Combine all pizza base ingredients together and whisk until smooth.

Pour into prepared skillet and bake for 20 minutes.

Remove pizza from oven and top with whatever ingredients you desire. The pizza I created has the toppings listed above. Place pizza back in the oven for a further 10 minutes until the cheese has melted and is nice and golden.

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Zucchini and carrot fritters

(Makes 8 fritters)

Ingredients:

- 1 zucchini, grated
- 2 carrots, grated
- 1 egg, whisked
- 1/3 cup arrowroot powder, sifted
- 2 teaspoons ground turmeric
- 1 teaspoon sea salt
- 1/4 teaspoon cracked black pepper
- Extra virgin coconut oil, for frying

Method:

Place all ingredients together in a bowl and mix well until all combined.

Heat some coconut oil in a pan on medium heat.

Add a spoonful of the mixture to the pan, making sure not to overcrowd and cook too many at the one time. Cook for approximately 3-4 minutes until golden brown and then flip to cook for a further 3-4 minutes until it is golden brown on the other side.

Continue this process until all the mixture has been used.



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Sweet treats



Chocolate seed roughs

(Makes 10+ serves)

Ingredients:

- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 3 tablespoons raw cacao powder
- 2 tablespoons coconut oil
- 1 tablespoon maple syrup

Method:

Melt the cacao powder, coconut oil and maple syrup together until smooth.

Add the seeds to the chocolate mixture and mix well.

Smooth out mixture onto a tray lined with baking paper. Place in fridge for 30 minutes to set and then break it up into bite sized pieces.



Chocolate crackles

(Makes 12 crackles)

Ingredients:

- 1/2 cup coconut oil, melted
- 1/2 cup raw cacao powder
- 1/4 cup tahini
- 1/4 cup maple syrup
- 1 teaspoon vanilla essence
- Pinch sea salt
- 2 cups puffed brown rice
- 1.5 cups desiccated coconut

Method:

Place the coconut oil, cacao powder, tahini, maple syrup, vanilla essence and salt in a blender and combine until smooth.

Place brown rice and desiccated coconut in a bowl. Add the chocolate mixture and mix until well combined.

Spoon into patty cans and place in the fridge for 30 minutes to set.

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Date-mint slice

(Makes 12 bars)

Ingredients:

- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/2 cup coconut flakes
- 8 dates
- 2 tablespoons raw cacao
- 1/4 teaspoon sea salt
- 1/4 cup coconut nectar (or raw honey)
- 1/4 cup coconut oil, melted
- 1/4 teaspoon peppermint essence
- 1 tablespoon cacao nibs
- 1 tablespoon chia seeds
- Desiccated coconut, for topping

Method:

Blend seeds, coconut, dates, cacao and sea salt.

Transfer into bowl and add coconut nectar, coconut oil and peppermint essence. Stir until well combined.

Add cacao nibs and chia seeds and mix.

Spoon mixture into lined 8x8 inch tray. Top with desiccated coconut and place in fridge for 60 minutes to set before cutting into bars. Transfer into well sealed glass container and keep in fridge.



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Chocolate zucchini muffins

(Makes 12 muffins)

Ingredients:

¾ cup coconut flour
6 eggs, at room temperature
½ cup pure maple syrup
¼ cup melted coconut oil
2 tablespoons raw cacao powder
1 teaspoon vanilla extract
1 teaspoon ground cinnamon
¼ teaspoon ground nutmeg
¾ teaspoon baking soda
1 ½ cups shredded zucchini, tightly packed

Method:

Pre-heat the oven to 180 degrees and line a standard muffin tin with 12 baking cups.

In a large bowl, combine the coconut flour, eggs, maple syrup, oil, vanilla, cacao, cinnamon, nutmeg, and baking soda and use a whisk to stir well, breaking up any lumps as you go. The batter will most likely be thicker than the cake-like-batter you've come to expect when making quick breads.

Stir in the shredded zucchini and then divide the batter into the 12 lined muffin cups.

Bake the muffins for 25 to 30 minutes. Cool in the pan for 15 minutes, then transfer to a wire rack to cool completely.

Store in a fridge for best shelf life. It should keep in an airtight container for up to a week – if you don't eat them all before then!

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Quick snacks



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Hummus

(Makes approx. 1 cup)

Ingredients:

1 tin chickpeas (BPA free)
1 garlic clove, crushed
½ teaspoon salt
1 teaspoon cumin
1 lemon, juiced
2 tablespoons tahini
1/3 cup olive oil

Method:

Place all ingredients in a high-speed blender. Start with a smaller quantity of oil and keep adding until you get your desired consistency. Adjust seasoning to taste.

Hummus can be served either with a variety of veggie stick, on brown rice cakes or with kale chips.

Kale Chips

(Makes 2 serves)

Ingredients:

1 bunch kale, stems removed and washed
1 tablespoon olive oil
½ teaspoon salt
½ teaspoon garlic powder
1 tablespoon smoked paprika

Method:

Dry de-stemmed kale well and tear into bite size pieces.

Season with oil and spices and rub them in well so that all the kale leaves are coated.

Place on a baking tray and bake in preheated 160 degree oven for approximately 20 minutes until all the kale leaves are dry.

Rice cakes with different toppings

(Makes 3 serves)

Ingredients:

Hummus and veggie

- 1 brown rice sprouted rice cake
- 1 tablespoon hummus
- a few slices cucumber
- 2 cherry tomatoes

Avocado

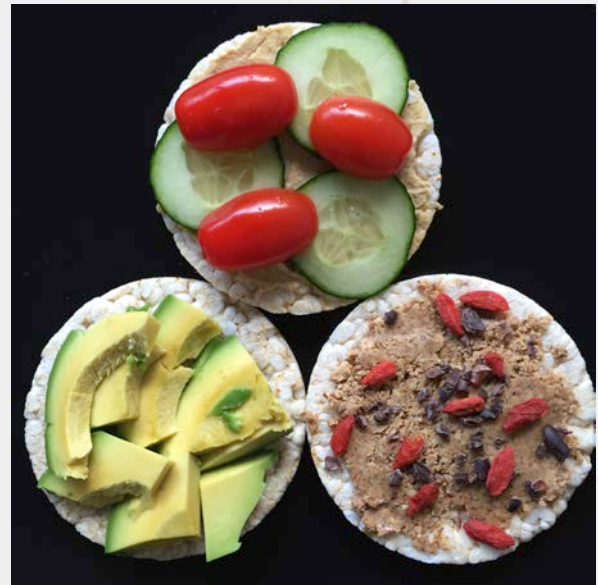
- 1 brown rice sprouted rice cake
- ¼ avocado, sliced

Sweet

- 1 brown rice sprouted rice cake
- 1 tablespoon almond butter (or you can use sunflower butter or tahini for nut free alternatives)
- Sprinkle cacao nibs
- Sprinkle goji berries

Method:

Prepare your rice cakes by topping them with the ingredients listed. You can be as creative as you like with these adding whichever condiments and veggies you choose.



Fruit skewers

(Makes as many as you like)

Ingredients:

- Bamboo skewers
- Fruit of choice (grapes, strawberries, pineapple, watermelon, cantaloupe)

Method:

Prepare fruit by cutting pineapple, watermelon and cantaloupe into bite size squares and hulling the strawberries.

Place a piece of each different fruit on the skewer. Place on a tray and keep in fridge until required.

Apple slices with nut butter

(Makes 3 serves)

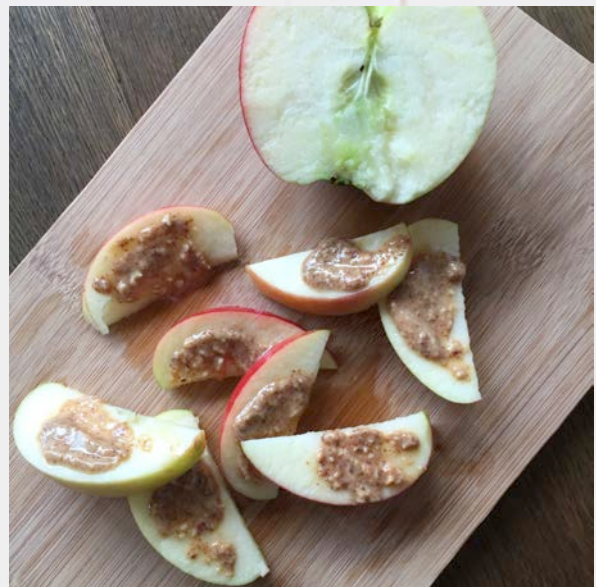
Ingredients:

1 red or green apple, cored and sliced into 1/8ths
2 tablespoons of almond butter (sunflower butter or tahini can be used for nut-free alternatives)

Method:

Prepare apple and spread small amount of nut butter on each piece.

You can top with a sprinkle of coconut, goji berries or cacao nibs.



Cinnamon toasted apple slices

(Makes as many as you like)

Ingredients:

3 apples (Granny Smith or Pink Lady)
Ground cinnamon
Coconut sugar

Method:

Preheat oven to 200 degrees. Line two baking trays with parchment paper.

Wash and thinly slice the apples into circles. Spread the apples onto the prepared trays, making a single layer. Sprinkle them with the cinnamon and sugar.

Bake for 1 hour, flip the apples over, and bake them for a further 1-1.5 hours. Turn the oven off and then keep the apples inside the oven as it cools for a further 1 hour. This will help get them crunchy.

Store apples at room temperature in an airtight container for 1 week.