



Future Families

Feb 2008

Healthy Snacks for Kids

Scones

1 egg
1 Desertspoon sugar
1 Tablespoon butter
1 cup milk
2 cups SR flour
1/2 teaspoon salt

Beat the sugar and egg together. Melt the butter and add the milk and butter to egg mix. Add salt to sifted flour and then add wet to dry ingredients and blend.

Variations: Add pureed pumpkin (about 1/2 cup if desired) or grated cheese, or grated vegetables.

Add more flour if sticky. Roll out and cut into scones. Bake 8-10 mins in hot oven 270 ° C.

Vegie Fritters

1 egg
1 Desertspoon pl. flour
1 Desertspoon SR flour
1/2 cup milk (or so)
1/2 teaspoon salt

1-2 cups grated vegies (carrots, pumpkin, potato)

Variations: Add cheese, herbs, add left over meat (mince in food processor first)

Beat all the batter ingredients together—add more flour or milk to get to a smooth and runny (but thickish)

consistency. Then add the grated vegies. Cook in a little oil in a frying pan (medium heat) until brown and vegies are soft (about 10 mins)

Protein Biscuits

3 egg whites
2 cups crushed nuts
1/2 cup crushed sultanas
1/2 teaspoon vanilla essence

Beat the eggwhites until stiff then add vanilla essence. Then fold in the sultanas and nuts. Put on baking tray and cook for 5-8 minutes at 200 ° C.

Orange & Polenta Biscuits

2 eggs
85 gm sugar
85 gm butter
50 gm plain flour
125 gm polenta
Zest 2-3 oranges

Rub the butter, sugar, flour and polenta together then add the zest and the eggs and mix. Cover with plastic wrap and refrigerate for 1 hour. Then spoon onto trays and cook for 6-8 mins at 190 ° C.

These are all healthy and simple recipes that the kids can help with. Remember to use organic ingredients where possible to maximise nutrition!



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Tuna Patties

1 tin tuna (large)
1 cup mashed potato
1 egg
Grated cheese
1/2 cup grated carrot
Herbs if desired
Breadcrumbs or rice
crumbs

Mix together in a large bowl the tuna, mashed potato, egg, cheese and grated carrot. Take spoonfuls of mixture and roll into balls and coat in bread crumbs. Fry in a small amount of oil in frying pan until brown both sides (about 10 minutes) Can be frozen once cooked.

Mini Quiche

3 eggs
1/2 cup cream
Grated cheese
1-2 cups grated
vegies (carrots,
pumpkin, potato)
Herbs if desired
Bought puff pastry

Mix the quiche mixture by whipping eggs and cream then add cheese and vegies. Cut circles of puff pastry and line them into the holes of a muffin or small cake tin tray. Push pastry in gently with spoon and then fill with small scoops of egg mix. Cook for about 10 mins at 180 ° C or as directed on pastry box.

Wheat & Dairy Free Cake

3 egg separated
1/4 cup honey (or less)
3/4 cup of cooked, pureed carrot
1 & 1/2 cups almond meal
1/2 tablespoon orange rind
1/2 tablespoon orange juice

Beat egg yolks and honey together then add carrot puree, orange rind and juice and almond meal. Beat the egg whites until stiff and fold into the other mixture. Put in 9 inch cake tin and bake for 20 minutes at 160 ° C. Cool in pan and then turn onto rack to cool completely.

Pear Muffins

1 egg lightly beaten
1/2 cup sugar
1/4 cup oil (coconut, olive, grapeseed etc)
1 & 1/2 cups SR flour
1/2 cup milk
1/2 cup chopped fresh pear

Sift flour into bowl and add sugar, milk, oil, egg and lastly pears. Put mix into greased muffin tray (12 largish muffins) and cook for about 15-20 minutes at 180 ° C.

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