

10 quickbakes

SAMPLE

PLUS 10 sandwich
spreads



SAMPLE

welcome

Welcome to this new e-book full of recipes guaranteed to give your lunchbox menu a boost.

The quickbakes are easy-to-whip-up snacks, both savoury and sweet that will add a bit of excitement to boring lunchboxes.

The sandwich spreads add flavour without hassle and avoid the need for margarine or butter.

I hope you enjoy!

wendy

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classic blueberry muffins

Always delicious, make these with either fresh or frozen fruit

- 1½ cups self-raising flour
- ½ cup caster sugar
- 1 egg, lightly whisked
- ½ cup grapeseed oil
- ¾ cup milk
- 1 apple, grated
- 250g blueberries (fresh or frozen)

Preheat the oven to 180C. Grease and line a 12-hole muffin tray (or use the silicon ones that don't need anything).

Sift the flour into a large mixing bowl. Mix in the sugar.

In a separate bowl, whisk together the egg, oil, milk, apple and blueberries. Pour into the dry ingredients. Combine well, but don't overmix. Divide evenly into the 12 muffin holes.


Bake 20-25 minutes until golden & springy to touch.

MAKES 12.



EASY SWAP

Raspberries can be used instead for a tangy, fresher flavour.



oat & sultana biscuits

These fibre-rich treats are a great snack option.

1/2 cup self-raising flour

1 1/2 cups rolled oats

1/4 cup Allbran cereal (or similar)

3 tbsp sesame seeds

1/4 tsp cinnamon

Pinch salt

1/2 cup sultanas or currants

60g butter, softened

1/2 cup brown sugar

1 egg

Preheat the oven to 180C. Line two biscuit trays with baking paper.

Sift the flour into a medium sized bowl. Mix in the oats, bran, seeds, cinnamon, salt and dried fruit.

In a separate, larger bowl, use hand-held beaters to combine the butter and sugar until creamy. Add the egg and mix well.

Use a spoon to fold in the dry ingredients. To avoid mess, pop on kitchen gloves and roll out ping-pong ball amounts of mixture. Press onto the trays and bake for 12-15 minutes until just brown.

MAKES ABOUT 24.



SESAME SEEDS are optional in this recipe, but they add a great flavour along with a nutritional burst.

salmon & cucumber

180g can salmon, drained

2 tbsp mayonaise

½ cucumber, seeded

1-2 tsp horseradish cream

Blitz the first three ingredients together. Add a teaspoon of horseradish cream and blitz. Taste and decide if you'd like to add more.

Makes enough for 2 wraps or 3 sandwiches.

Nice with lettuce, avocado, grated carrot, cream cheese.



avocado

1 ripe avocado

2 tbsp lemon juice

2 tsp Dijon mustard

1 tbsp olive oil

Blitz together. Taste and add more juice or mustard if needed.

Makes enough for 4 or 5 sandwiches.

Nice with chicken & lettuce, grated carrot & cheddar cheese or fennel, lettuce, alfalfa & roast beef.



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