

HEALTHY LUNCHBOX RECIPES

+ MUM HACKS AND
FUN IDEAS!



Little Treehouse Lane



FRUIT BARS

easy muesli bars

INGREDIENTS

- 3 cups muesli
- 1/2 cup dried fruit
- 2 bananas
- 1 egg
- 1 tablespoon oil

notes...

Make sure your muesli is nut-free if your school has a no nuts policy!

Make a double batch and freeze the rest!

METHOD

Preheat oven to medium, 180 degrees celsius and line a slice tin with baking paper.

Mash bananas and whisk in the egg and oil.

Add the muesli, apple and cinnamon and combine thoroughly.

Press into the slice tin and bake for 15-20 minutes.

Cool and slice with a bread knife.

lunch box ideas



EASY MINI BANANA PIKELETS

Cut bananas into circles, dip into your favourite pancake batter and fry in a pan! Delicious.

BANANA LOVE NOTES

Write notes to the kids on their bananas using a skewer! The writing becomes visible by lunch time.

APPLE SLICES

Cut apples into pieces and hold them back in place with a rubber band. It will keep the slices fresh and avoid browning!

MEATBALLS

A great way to add protein and vegetables to lunch boxes. Whizz up leftover vegetables in the food processor, add to mince, roll into small balls and bake on a tray in the oven.



BANANA MUFFINS

only three ingredients

INGREDIENTS

- 4 medium bananas
- 1 1/3 cup yoghurt
- 2 cups SR flour

notes...

- Eat these on the day you bake or freeze!
- Ripe bananas work best.
- You can use flavoured yoghurt if the kids like sweeter muffins.

METHOD

Preheat oven to medium, 180 degrees celsius.

Put muffin papers into a 12 cup muffin tray.

Mash bananas and mix in yoghurt.

Fold in flour gently until just combined.

Spoon into muffin cases and bake for 20 minutes or until cooked through.

Cool on a wire rack.



APRICOT SQUARES

INGREDIENTS

- 1.5 cups dried apricot
- 1 cup coconut
- 1 tablespoon orange juice

METHOD

Whizz everything in a food processor. Press into a slice tin. Refrigerate and then cut into squares.

CARAMEL SQUARES



INGREDIENTS

- 1 cup dried dates
- 1.5 cups coconut

METHOD

Whizz everything in a food processor. Press into a slice tin. Refrigerate and then cut into squares.

PIZZA PUFFS

a pizza-muffin mash up!



INGREDIENTS

- 1 cup SR flour
- 2 cups grated cheese
- 1/2 cup milk
- 1 egg
- 100g ham or salami
- 1/2 cup spinach
- 1 teaspoon oregano
- 8 cherry tomatoes

notes

You can sneak extra vegetables into these pizza puffs! Try grated zucchini.

These freeze well, so make a double batch!

METHOD

Preheat oven to medium, 180 degrees celsius. Line a tray with baking paper

Whisk milk and egg together until well combined.

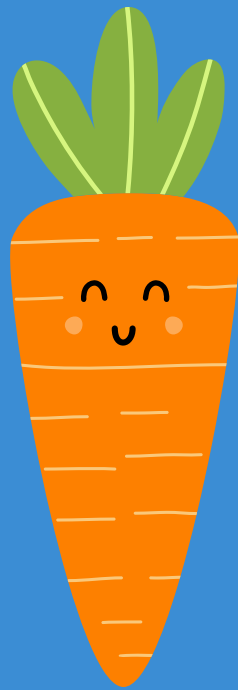
Add the cheese, chopped ham, oregano and spinach and mix well.

Sprinkle over the flour and fold in gently.

Add spoonfuls to a tray and top with a halved cherry tomato.

Bake for 20-25 minutes. Serve hot or cold.

VEGGIE FRITTERS



INGREDIENTS

- 3 eggs
- 1/3 cup SR flour
- 1/3 cup grated cheese
- 1 small grated zucchini
- 1 small grated carrot
- salt to taste
- olive oil

METHOD

Mix all ingredients together well in a bowl.

Heat a tablespoon or so of olive oil in a large frying pan on the stove.

Fry small spoonfuls of the fritter mixture for three-four minutes each side or until cooked through.

Repeat, using extra oil and mixture.

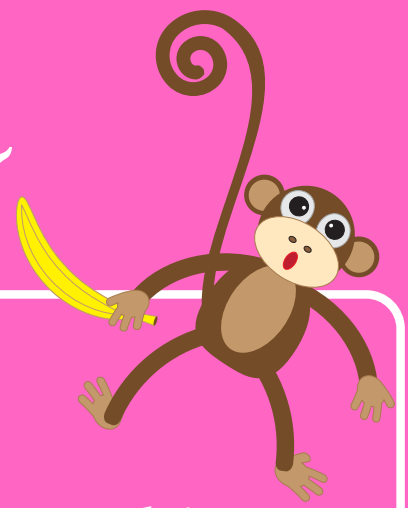
notes...

These fritters are delicious cold in lunch boxes! Make them bite-sized for easy eating for little ones.

You can use any variation of vegetables you like. Try using up leftover vegetables from dinner, chopped finely.

You could also send along some dipping sauce in a separate container.

lunch box hacks



BUY IN BULK

Portioned lunchbox snacks cost a bomb! Buy or cook in bulk and use small containers to portion out snacks.

LEFTOVERS

Cooking a bit extra at dinner can make lunch boxes easy. Use a food thermos or incorporate leftovers into fritters, pizza, quiches or scrolls.

INVOLVE THE KIDS

Get the kids involved as much as you can. Taking ownership of their lunch box, helping to cook and prepare all encourages them to eat a healthy lunch.

MAKE LUNCHES AT NIGHT

While you are in the kitchen at night doing dinner, make up the lunches at the same time. It's one lot of preparation and washing up and less chaos in the morning!

APPLE SCROLLS

healthy and easy snacks



INGREDIENTS

- 1 1/2 cups SR flour
- 1 cup natural yoghurt
- 2 small apples, grated
- 1/2 cup sultanas
- 2 teaspoons cinnamon

notes

You can make these savoury too - use your kids' favourite toppings. Hack time! Use dental floss to cut so the scrolls don't squish.

Make a double batch and freeze!

METHOD

Preheat oven to medium, 180 degrees celsius.

Combine flour and yoghurt into a bowl until a soft dough forms. Add more flour if you need.

Roll out into a rectangle shape, using extra flour to dust your bench.

Sprinkle with the apple, sultanas and cinnamon and roll up the dough from the long side.

Cut into scrolls, around about two centimetres thick.

Place flat on the tray and bake for 20 minutes.

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We hope these recipes and ideas help make packing lunchboxes for your kids that bit easier and yummiier.

We stock so many great lunchboxes, water bottles, food jars, lunch bags and more in store and online. Get in touch if you need advice or recommendations.

The Little Treehouse Lane Team xx

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