



## Lunchbox ideas for healthy little bodies!

### Include a mixture of all 3 groups daily in their lunchbox:

**Carbohydrate:** grainy bread, wholegrain wrap, grainy crackers eg. Ryvita 's or Vita wheat, high fibre pasta, brown rice or basmati rice, corn on the cob, baby corn, baked potatoes, sweet potato wedges, English muffins (wholemeal or fruit), raisin bread, wholemeal crumpet, dry Weetbix, dry Sultana Bran or All Bran, air popped popcorn, wholemeal fruit muffins or homemade banana bread.

**Protein:** cheese, left over cold meat (eg schnitzel or kebab), boiled egg, quiche, tuna, lean meat, chicken, tofu, baked beans, 4 bean mix, edamame beans, dried chickpeas or fav-va beans, yoghurt.

**Fruit and Vegetables:** fresh fruit, bliss balls (dried fruit/oats etc), fresh chopped vegetables +/- dip (eg. hummus), baby corn, corn on cob, olives, roasted capsicum, gherkins or cornichons, cherry tomatoes, baked beans, 4 bean mix, edamame, dried chickpeas or fav-va beans.

**Try to send package free "nude food" to reduce environmental waste.  
Every Tuesday is "NUDE FOOD" day.**

### Example 1

**Crunch and sip:** fresh strawberries and blueberries

**Lunch:** grainy sandwich with cheese and lettuce + fresh chopped vegies

**A/Tea:** Home-made brownie or dried chickpeas/Fav-va beans

### Example 2

**Crunch and sip:** fresh chopped carrot and cucumber

**Lunch:** grainy sandwich with butter + cubes of cheese or lean meat + fresh fruit

**A/Tea:** home-made banana bread or Vita wheats with vegemite

## Black Bean Chocolate Brownie

– loaded with goodness for growing bodies



### Ingredients

1 x 400g tin organic black beans  
(strained and rinsed)  
3 Tablespoons coconut oil  
3 eggs (preferably organic)  
1/3 cup cocoa powder  
1/3 cup raw sugar  
pinch of salt  
3 tsp vanilla essence  
1 tsp baking powder

### Method

1. Preheat oven to 160 degrees Celsius
2. Line a square baking tray with baking paper  
(and slightly grease tray to enable paper to stick to pan)
3. Blend all ingredients together in a food processor at high speed until forms a paste
4. Cook for approx 30 mins until ready (knife placed in centre of brownie comes out clean)
5. Enjoy!!