



Gracie Drew

Snack Recipes

Squash Muffins - makes 12

4 eggs, beaten
1/2 c. virgin olive oil
2 c. pureed (or mixed until smooth), cooked squash or
2 c. flour
1 1/2 tsp. cinnamon
1/2 tsp. nutmeg
3/4 c. brown cane sugar
2 1/2 tsp. baking powder
3/4 c. raisins (optional)

Pre heat the oven to 180. Blend eggs, oil and squash until smooth. Blend flour, sugar, baking powder cinnamon, nutmeg (optional), salt and raisins or nuts (optional) until mixed. Combine wet and dry, and fold in until just mixed. Fill greased muffin pans to about 3/4 full.

CONTAINS: GLUTEN, EGGS, SULPHUR DIOXIDE

Cheesy popcorn

1 full-size bag microwave popcorn
1/4 cup grated mild cheddar cheese
6 Tbsp. butter, melted

Prepare popcorn in the microwave, according to package instructions. Pour into a large bowl. Sprinkle grated cheese over top. Drizzle melted butter on top of cheese. Toss to coat well.

CONTAINS: MILK, SULPHURE DIOXIDE (IF USING RAISINS AS A TOPPING)

You could use raisins, dries fruit or cinnamon to create a sweet popcorn surprise!

Cocoa - nut bananas - serves 4

4 tsp cocoa
4 tsp desiccated coconut
2 small bananas, sliced

Place cocoa and coconut on separate plates. Roll each banana slice in the cocoa, shake off the excess, then dip in the coconut

CONTAINS: MILK

Sultana sushi - serves 2

1 wrap
1/3 cup cream cheese
1/3 cup sultanas

Spread 1 wrap evenly with 1/3 cup cream cheese, then sprinkle over 1/3 cup sultanas. Roll up tightly and wrap in plastic wrap. Pop in the fridge for 2 hours. Cut into sushi-sized pieces.

CONTAINS: GLUTEN, MILK, SULPHUR DIOXIDE

Fruity flapjacks - makes 16

250g butter, plus extra for greasing
150g mixed dried fruit, like cherries, cranberries, apricots or strawberries
4 tablespoons golden syrup
200g brown sugar
350g oats

Preheat the oven to 150°. Chop up your dried fruit. Put the golden syrup, sugar and butter into a large saucepan . Place on a medium heat until the butter has melted and everything is bubbling and golden . Take the pan off the heat and stir in the oats, dried fruit and stem ginger. Pour the mixture into the baking tray and press it down with the back of a wooden spoon to make it smooth and flat. Bake in the hot oven for 40 to 45 minutes .

(<http://www.jamieshomecookingskills.com/recipe.php?title=fruity-flapjacks>)

CONTAINS: GLUTEN, SULPHUR DIOXIDE

Sweet potato muffins - makes 12

2 eggs, beaten
200g caster sugar
225g cooked sweet potato, mashed
120ml olive oil
80ml water
200g plain flour
1 teaspoon ground cinnamon
1 teaspoon bicarbonate of soda

1/2 teaspoon baking powder

Preheat the oven to 180 C / Gas mark 4. In a large bowl, mix eggs, sugar, sweet potato, oil and water. Combine flour, cinnamon, bicarbonate of soda, baking powder and salt. Add the dry ingredients to the wet ingredients along with the nuts. Fold gently until just moistened. Fill muffin cups 3/4 full. Bake in the preheated oven for 20-25 minutes.

CONTAINS: GLUTEN, EGGS, SULPHUR DIOXIDE

Cheesy twists

Cheesy twists were a firm favourite during last year's menus for the Wednesday boys and girls. They were so simple to make using three ingredients:

grated cheese

flour

butter

The children were given the ingredients and a large mixing bowl and with a little guidance from Gillian or Tamsin they all guessed how much of each to pour in. No scales or measurements were used but they always turned out a treat! If too floury add a little more butter, if too wet sprinkle in more flour. Easy.

To make Hawaiian twists mix in a handful finely chopped pineapple and ham.

CONTAINS: GLUTEN, MILK

Apple bread - 2 loaves

3 cups all-purpose flour
2 cups sugar
2 teaspoons ground cinnamon
1 teaspoon baking soda
1/2 teaspoon baking powder
4 eggs
1 cup canola oil
1/2 teaspoon vanilla extract
2 cups coarsely chopped peeled apples

Preheat oven to 350°. In a large bowl, whisk the first six ingredients. In another bowl, whisk eggs, oil and vanilla until blended. Add to flour mixture; stir just until

moistened (batter will be thick). Fold in apples. Transfer to two greased 8x4-in. loaf pans. Bake 50-55 minutes.

CONTAINS: GLUTEN, EGGS,

Banana Bread

140g butter, softened, plus extra for the tin
140g caster sugar
2 large eggs, beaten
140g self-raising flour
1 tsp baking powder
2 very ripe bananas, mashed

Heat oven to 180. Cream the butter and sugar until light and fluffy, then slowly add the eggs with a little flour. Fold in the remaining flour, baking powder and bananas. Pour into the tin and bake for about 30 mins until a skewer comes out clean.

CONTAINS: GLUTEN, EGGS, MILK

Honey muesli balls

1 1/2 cups oats
3/4 cup diced dried apricots
1/2 cup, lightly packed brown sugar
1/2 cup desiccated coconut
1/3 cup honey
50g unsalted butter, melted

Process muesli, apricot, sugar and coconut in a food processor until finely chopped. Add the honey and butter and process until the mixture is very finely chopped and holds together when squeezed. Roll tablespoonfuls of the muesli mixture into balls. Place on a lined tray. Place in the fridge for 30 minutes or until set. Store the muesli balls in an airtight container in the fridge for up to 4 days.

(<http://www.taste.com.au/recipes/32483/honey+muesli+balls>)

CONTAINS: GLUTEN, MILK, SULPHUR DIOXIDE

Tortillas cups with fruit and yoghurt

6 flour tortillas (6-inch)

2 tablespoons unsalted butter, melted

2 tablespoons granulated sugar

1 1/2 cups plain yogurt

3 tablespoons light-brown sugar

1 1/2 cups fruit, such as berries or sliced nectarines, peaches, or plums

1 1/2 teaspoons fresh lemon juice

Preheat oven to 375 degrees. Lightly brush both sides of tortillas with melted butter and sprinkle both sides with granulated sugar. Lay tortillas over 6 jumbo muffin cups (tortillas will overlap). Bake until tortillas are soft and pliable, 3 minutes. Remove from oven and, with the bottom of a glass, gently press each tortilla into a muffin cup so it folds up and forms a cup shape. Bake until tortillas are crisp and golden at edges, about 12 minutes. Immediately remove tortillas from cups and let cool completely on a wire rack, 15 minutes. Meanwhile, in a small bowl, whisk together yogurt and 2 tablespoons brown sugar. In another small bowl, toss together fruit, 1 tablespoon brown sugar, and lemon juice. To serve, divide yogurt mixture among cooled tortilla cups and top with fruit.

(<http://www.marthastewart.com/333925/tortilla-cups-with-yogurt-and-fresh-frui>)

CONTAINS: GLUTEN, MILK

Pita nachos

1 regular size (6 inch) whole-wheat pita, split in half horizontally and cut into quarters

1/3 cup mild salsa, plus more for serving (optional)

1/2 cup shredded cheese (2 ounces)

Heat broiler, with rack set in top third of oven. Arrange pita pieces in a single layer, cut side up, on a baking sheet; dividing evenly, top each first with salsa, then cheese. Broil until cheese has melted and edges of pita are crisp, 2 to 4 minutes. Serve with extra salsa, if desired.

(<http://www.marthastewart.com/328013/pita-nachos>)

CONTAINS: GLUTEN, MILK

Cheeky cherry snack bars

2 1/2 cups unsweetened puffed wheat cereal OR oats
1/4 cup dried cherries or dried cranberries, coarsely chopped
2 tablespoons sesame seeds (OPTIONAL)
1/2 cup honey
1/2 teaspoon vanilla extract
1/2 cup mini chocolate chips

Pre heat oven to 180. Toss cereal and cherries (or cranberries), sesame seeds in a large bowl. Combine honey and vanilla in a small saucepan. Warm over medium heat, stirring, until the honey is more fluid. Pour the honey mixture over the dry ingredients and fold until everything is moistened and sticky. Let cool for 5 minutes. Fold in chips until evenly distributed. Scrape the mixture into the prepared pan and spread evenly with a fork. Using the back of the fork, press the mixture very firmly all over. Bake until the top is golden brown, about 35 minutes. (If in doubt, take it out so the honey does not burn.) Run a knife along the unlined sides of the pan to detach the bars.

CONTAINS: GLUTEN, EGGS, SULPHUR DIOXIDE, SESAME SEADS, MILK

Melon Muffins - makes 16

1 cup of flour
1/2 cup of oats
3/4 of a cup of brown sugar
2 teaspoons of baking powder
1/2 teaspoon of cinnamon
pinch of allspice or nutmeg
1 cup of cantaloupe puree

Preheat oven to 180. Combine flour, oats, sugar, salt, baking powder, ginger, cinnamon, and nutmeg in a mixing bowl. Mix well. Cut about a third of a cantaloupe into chunks and throw into a food processor. Puree until you get one cup. Add puree to mixing bowl. Mix together. Pour mix into muffin pan. Bake for 20 to 25 minutes.

CONTAINS: GLUTEN

Sushi surprise - serves 2

2 sandwich bread slices, flattened
4 cucumber and 4 carrot matchsticks, (each 6 inches long)
Cream cheese spread, (3 tablespoons cream cheese mixed with 1 1/2 tablespoons sour cream)

Flatten bread slices with a rolling pin. Spread cream-cheese mixture over slices. Lay 2 carrot and 2 cucumber matchsticks at the bottom of each slice -- let ends hang over edges. Roll up bread, pressing gently to seal, then cut each roll into 4 equal pieces.

(<http://www.marthastewart.com/316394/sushi-surprise>)

CONTAINS: GLUTEN, LUPIN, MILK

Frogs on a log - serves 1

1 stalk celery
1 tablespoon cream cheese
5 pimiento-stuffed green olives, sliced

Spread celery with cream cheese. Top with olives.

CONTAINS: MILK, CELERY

Cheddar and carrot balls

4 ounces cold cream cheese (1/2 bar)
2 ounces yellow cheddar cheese, finely grated (1 cup loosely packed)
1 carrot, finely grated (1/2 cup)

In a medium bowl, with a wooden spoon, combine cream cheese, cheddar cheese, and carrot. With moistened hands, gently form 12 balls, each equal to 1 level tablespoon of mixture. Serve or refrigerate, covered with plastic wrap, up to 2 days.

(<http://www.marthastewart.com/318881/cheddar-carrot-balls>)

CONTAINS: MILK

Carrot/blueberries and banana oaties

3 RIPE mashed bananas
1 cup grated carrot or 1/2 cup blueberries
1 cup of honey
2 cups oats
1tsp vanilla essence
1tsp cinnamon

Pre heat the oven to 180

Mix all the ingredients together in a large mixing bowl. Divide the mixture into bite size balls and bake for 15 minutes. **CONTAINS: GLUTEN**

Zucchini bread - 2 loaves

3 1/4 cups all-purpose flour
1 teaspoon ground nutmeg
2 teaspoons baking soda
1 teaspoon ground cinnamon
3 cups sugar
1 cup vegetable oil
4 eggs, beaten
1/3 cup water
2 cups grated zucchini
1 teaspoon lemon juice

Preheat oven to 180. In a large bowl, combine flour, nutmeg, baking soda, cinnamon and sugar. In a separate bowl, combine oil, eggs, water, zucchini and lemon juice. Mix wet ingredients into dry and fold in. Bake in 2 standard loaf pans, sprayed with nonstick spray, for 1 hour, or until a tester comes out clean. Alternately, bake in 5 mini loaf pans for about 45 minutes.

CONTAINS: GLUTEN, EGGS, SULPHUR DIOXIDE

Blueberry and lemon scones

2½ cups self-rising flour
1/3 cup sugar + more for topping
1/2 teaspoon salt
1/2 cup (1 stick) butter + more for topping
zest and juice of one lemon
1 cup cream
1 cup fresh blueberries

Preheat oven to 180. Whisk together flour and sugar in a large bowl. Add butter to the bowl and cut into the flour with a pastry blender until the largest pieces of butter are about the size of a pea and the flour mixture resembles coarse meal. Add zest and juice of lemon and cream to flour mixture. Stir until well-combined. Fold blueberries into the dough. Pour dough onto a lightly floured countertop or a pastry board. Pat dough into a large round disc, about an inch thick. Cut dough into equal sized wedges and place onto prepared baking sheet pan. Bake scones for 20-25 minutes or until they are just beginning to turn lightly brown.

(<http://addapinch.com/cooking/2014/04/25/lemon-blueberry-scones-recipe/>)

CONTAINS: GLUTEN, MILK

Strawberry cereal bars - makes 24

1 3/4 sticks butter, cut into pieces, plus more for greasing pan
1 1/2 cups all-purpose flour
1 1/2 cup oats
1 cup packed brown sugar
1 teaspoon baking powder
One 10 to 12-ounce jar strawberry preserves

Mix together the butter, flour, oats, brown sugar, baking powder and salt. Press half the oat mixture into the prepared pan. Spread with the strawberry preserves. Sprinkle the other half of the oat mixture over the top and pat lightly. Bake until light brown, 30 to 40 minutes. Let cool completely, and then cut into squares.

(<http://www.foodnetwork.com/recipes/ree-drummond/strawberry-oatmeal-bars-recipe.html>)

CONTAINS: GLUTEN, MILK

Cinnamon pita chips- serves 6

1 package of pita bread
3 tablespoons butter, melted
3 tablespoons sugar
2 teaspoons ground cinnamon

Preheat an oven to 180.

Brush the butter evenly over the pita. Sprinkle sugar and cinnamon evenly over the pita. Cut into strips or wedges (a pizza slicer works really well) . Place on baking sheet and bake for 5-8 minutes, or until crispy and slightly golden

CONTAINS: WHEAT, MILK

Waffles and berries - serves 6

1 packet of good quality waffles
1 punnet of berries

Toast the waffles as per instructions and top with berries. Serve.

CONTAINS: EGG, SOYA

Pancakes and berries - serves 6

1 packet of good quality pancakes
1 punnet of berries

Toast the pancakes as per instructions and top with berries. Serve.

CONTAINS : EGG, MILK

Cherry muffins - serves 12

2 cups all-purpose flour
6 tablespoons sugar
4 teaspoons baking powder
1/2 cup unsalted butter
1 large egg
3/4 cup whole milk
1 cup pitted and sliced cherries
Topping: 1/4 cup brown sugar pinched together with 1 tablespoon unsalted butter

Preheat the oven to 425 degrees F. Line a 12-cup muffin tin.

Whisk together flour, sugar, salt and baking powder into a bowl. Cut the butter into chunks and pinch it into the dry ingredients with your hands. This takes a few minutes to do, but make sure the butter and dry ingredients are fully combined.

In a separate bowl lightly beat the egg and milk. Pour them into the dry ingredients and stir with a wooden spoon until fully combined. Note: the mixture will look odd and a little gluey, but this is totally normal. Stir in the cherries until just combined. Fill each cup $\frac{3}{4}$ full. Scatter a little bit of the topping on top of each muffin. Bake the muffins for 20 minutes or until tops are golden and spring back to the touch.

CONTAINS: WHEAT, MILK, EGG

Cheesy muffins - serves 12

- 1 cup milk
- 3 tablespoons unsalted butter, melted & then cooled
- 1 large egg, lightly beaten
- 1 pinch cayenne pepper
- 1 $\frac{3}{4}$ cups all-purpose flour
- 1 tablespoon baking powder
- 1 tablespoon granulated sugar
- $\frac{3}{4}$ cup grated cheese

Preheat oven to 350 degrees F. In a large bowl, combine milk, melted butter, egg & cayenne. In a second bowl, sift together flour, baking powder and sugar. Stir in cheese. Add flour mixture to milk mixture and stir batter until it is just combined. The batter should be lumpy. Spoon the batter into muffin tins (buttered or lined) filling each about $\frac{2}{3}$ full. Bake 20- 25 minutes.

CONTAINS: WHEAT, EGG, MILK

Banana wraps - serves 2

- 1 large tortilla
- 1 banana
- jam optional

Lay the tortilla flat and if using jam spread the jam evenly over the wrap. Peel the banana and place in the centre of the wrap and then roll. Cut the wrap in half and serve.

CONTAINS: WHEAT

Crackers and cheese - serves 2

- 4 crackers
- 4 slices cheese

Place the cheese on top of the crackers and enjoy!

CONTAINS: WHEAT, MILK

Turkey Roll ups - serves 2

1 tortilla wrap
2 slices of turkey
Salad vegetables optional for fussy eaters

Lay the tortilla flat and place the turkey on the wrap and add vegetables if desired. Cut in half and enjoy.

CONTAINS: WHEAT

Oatcake towers - serves 2

6 oatcakes
6 slices of cucumber
6 slices of avocado
6 slices of egg (optional)
6 slices of cheese

Place out the 6 oatcakes and tower up the various ingredients in any order.

CONTAINS: MILK, EGG

Crunchy vegetables and yummy dip - serves 2

2 slices of celery
2 slices of carrot
2 slices of peppers
2 slices of cucumber
1 pot houmous
1 pot cool salsa

Peel the carrots and cucumber and slice all the vegetables into long fingers. Place the dips into a bowl and enjoy.

CONTAINS: SESAME SEED

Avocado and turkey toast - serves 2

2 slices of bread
1/2 avocado
2 slices of turkey
butter

Toast the bread following instructions and spread the toast with butter and top with turkey and avocado.

CONTAINS: WHEAT, SOYA

Funny face pizzas - serves 2

1 english muffin
jam
4 grapes
2 slices of apple
1 strawberry halved

Cut the muffin in half and toast following instructions. Spread jam evenly over the muffin and use the fruit to make a funny face.

CONTAINS: WHEAT, SOYA

Apple and cinnamon fruit slice

1 1/3 cups flour
3/4 teaspoon baking powder
1 teaspoon cinnamon
1/4 teaspoon ground cloves
1 cup sugar, divided
1 teaspoon sugar, divided
1/2 cup vegetable oil
2 eggs, beaten
1 teaspoon vanilla
2 cups apples, peeled and coarsely chopped

Mix together first 4 ingredients. Set aside. Mix 1 cup sugar with oil in large bowl. Stir in eggs and vanilla, then apples. Stir in dry flour ingredients. Pour into greased loaf pan. Bake at 325 F for 50 to 60 minutes. After bread has baked for 20 minutes,

remove from oven and sprinkle with 1 teaspoon sugar. Return to oven and finish baking. Do not undercook. Requires frequent toothpick testing at the end. Many variables seem to affect final doneness. Let cool in pan.

Note: I made 2 mini loaves and baked them for 45 minutes.

CONTAINS: WHEAT, EGGS

Ham and veggie stacks - serves 1

2 slices of ham
4 slices of cucumber
2 cheesy biscuits

Use the biscuit as the base and add the ham and cucumber.

CONTAINS: MILK

Cookies and milk

1 cup caster sugar
2 cups plain flour (sifted)
1 cup of butter melted
1tsp vanilla extract
1tsp of baking powder
1 egg
100g-200g chocolate chips (if you want to make them as chocolate chip biscuits)

Add the sugar and melted butter in a bowl and mix together - a wooden spoon is fine, no need for a whisk. Sift the flour, baking powder, vanilla and salt together and add to the sugar and butter mixture. Add the chocolate chips at this stage if you're making chocolate chip cookies. Mix together using your hand. Once you get a dough texture, add the egg and knead using your hand again. Spread some butter onto a baking tray. Take some of the dough, roll into ball then flatten a little. Keep them on the small side as they spread out during baking. Also, don't keep biscuits close to each other otherwise they will get stuck together. Place in the oven and bake at 160C, gas 3 for 10-20 mins. The bigger the cookies, the longer they'll take to cook. They're ready when the edges are a bit golden. Serve with milk.

CONTAINS: WHEAT, MILK, EGG, SOYA

Rice cakes with traffic light peppers

- 2 Rice cakes
- 2 slices of green pepper
- 2 slices of yellow/orange pepper
- 2 slices of red pepper

Serve the rice cakes and pepper on a plate and let the children dress the rice cake with the different colours of peppers - see if they can put them in the same order of traffic lights.

Cheesy biscuit shapes

- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 2 tablespoons granulated sugar
- 2 cups grated sharp cheddar cheese
- $\frac{1}{3}$ cup oil
- $\frac{3}{4}$ cup milk

Measure first 3 ingredients into bowl. Add grated cheese. Stir. Add cooking oil and milk. Stir to form a soft ball of dough. Add more milk if needed to make dough soft. Turn out on lightly floured board and knead gently 8-10 times. Roll to $\frac{3}{4}$ to 1 inch thick. Cut with biscuit cutter. Place on un-greased cookie sheet close together for moist sides or 1 inch apart for crisp sides. Bake in 425 degree oven for 15 minutes or until nicely browned. Serve plain or with butter.

CONTAINS: WHEAT, MILK

Watermelon delight

- 1 large watermelon

Slice the watermelon into thin large chunks, and use different shaped cutters to make a delightful watermelon towers.

Cranberry muffins - serves 12

1 1/4 cups sugar
1/4 cup butter or margarine, softened
2 eggs
1/2 cup milk
2 cups flour
2 teaspoons baking powder
2 cups Ocean Spray® Fresh or Frozen Cranberries, coarsely chopped

Mix sugar and butter together in a medium mixing bowl until completely blended. Add eggs one at a time, beating after each addition. Stir together flour, baking powder and salt in a separate medium mixing bowl. Add this alternately with the milk to the butter mixture. Stir in nuts and cranberries. Spoon into 12 paper-lined muffin cups, filling 3/4 full with batter. Bake 25-30 minutes or until golden brown.

CONTAINS: WHEAT, MILK, EGG

Cranberry and cheese bites - serves 1

Handful of cranberries
Handful of grated cheese
1 slice of french toast

Sprinkle the cranberries onto the toast and then the cheese. Grill until the cheese is melted. Enjoy.

CONTAINS: WHEAT, MILK

Orange cereal bars

Nonstick cooking spray
4 tablespoons unsalted butter
1 bag (10 ounces) marshmallows
6 cups toasted oat cereal
1 cup dried cranberries, or raisins
Splash of orange

Spray a 10-by-15-inch rimmed baking sheet with cooking spray. Line with waxed paper; spray paper with cooking spray, and set aside. In a large saucepan, melt butter over medium heat. Add marshmallows and a splash of orange juice, cook, stirring occasionally, until marshmallows have melted, about 5 minutes. Remove from heat, and stir in cereal and dried cranberries. Immediately transfer mixture to prepared baking sheet. Using a spatula (or your fingers) coated with cooking spray,

press in quickly and firmly. Let cool, about 1 hour; cut into 24 bars (3 rows lengthwise by 8 rows crosswise)

CONTAINS: MILK