



Year 6 Recipes

Dressings:

- Put all ingredients in a jar and shake well.
- Will keep in the fridge for 3 weeks.

Asian Sesame

2 tbsps cider vinegar
1 tbspn honey
2 tbspn sesame oil
1/3 cup olive oil
pinch salt
1/4 tspn garlic powder
1/2 tspn pepper

Honey Mustard

2 tbspn honey
2 tbspn Dijon mustard
2 tbspn white vinegar
1/4 cup olive oil
pinch salt
1/2 tspn pepper

Classic Vinaigrette

2 tbsps red wine vinegar
2 tspn Dijon mustard
1/3 cup olive oil
pinch salt
1/2 tspn pepper

Cocoa and coconut bliss balls:

90g rolled oats (replace with flaxseed for GF)
2 tbsps cocoa
12 pitted fresh dates
80g desiccated coconut
2 tbsps pure maple syrup
garnish of your choice

(freeze dried berries, desiccated coconut, toasted coconut, crushed nuts, goji berries, toasted sesame seeds)

1. Place oats (or ground flaxseeds), cocoa powder, dates, coconut and maple syrup in a blender and process until almost smooth and well combined
2. Remove the mixture from the blender being careful not to cut yourself on the blade
3. Roll into balls and roll the balls in garnish of your choice
4. Place in the fridge for 1 hour or until set
5. Will store in an airtight container in the fridge for up to two weeks.

Toasted coconut and sesame seeds:

- place a thin layer of coconut or sesame seeds on a baking sheet
- for coconut: bake at 160° for 8 minutes
- for sesame seeds bake at 160° for 20 minutes

Jar Assembly Tips:

1. Put the dressing in first (see recipes on other side)
2. Add hearty bits next (they will marinate in the dressing, not such a bad thing!)
3. Add any grains
4. Add extra proteins
5. Add lighter bits next
6. Add greens
7. They will keep for three days in the fridge
8. Don't forget to take a fork to eat it with!

2. Hearty Bits:

- Diced capsicum
- Chopped green beans
- Edamame
- Drained chick peas
- Drained tinned beans
- Diced carrot
- Sliced radishes
- Shredded cabbage

3. Grains:

- Quinoa
- Brown rice
- Cous cous
- Pasta or rice noodles

4. Extra Proteins:

- Cooked chicken
- Tuna

5. Lighter Bits:

- Pumpkin seeds
- Sprouts
- Tomatoes
- Red onion
- Corn
- peas
- Broccoli
- Nuts (not for school!)
- Diced cucumber
- Chopped snow peas
- Olives
- Baby bocconcini
- Roasted beetroot
- Roasted sweet potato
- Cauliflower

6. Greens:

- spinach
- rocket
- shredded cos lettuce
- shredded ice berg lettuce
- mixed leaves

