

# Healthy Lunchbox Ideas

**Remember to always include 1 portion of veg, 1 portion of fruit, some protein and some wholegrains**

FRUIT	VEGETABLE	MAIN SNACK – WHOLEGRAIN OR RYE BREAD / WRAP / PITTA WITH HEALTHY PROTEIN	ADD ON / TREAT
Apple	Mangetout /sugarsnap peas	Free range / organic hardboiled egg, cress with healthy mayonnaise*	Oatcakes and pesto dip
Plum	Carrot sticks	<b><u>Hummus</u></b> and grated carrot	Ryvita with <b><u>mango dip</u></b>
Pear	Celery sticks	Cheddar and tomato / brie and grapes	Rice cakes with nut butter
Banana	Sliced pepper	Peanut butter and sliced banana	Chunks of cheese
Melon / watermelon	Sprouts e.g. Happy Pear	Tuna / salmon & sweetcorn / pepper mixed with healthy mayonnaise*	Wholegrain crackers with <b><u>pea &amp; mint spread</u></b>
Grapes	Baby corn	Prawns / smoked or tinned salmon, avocado and cucumber	<b><u>Savoury pumpkin seeds</u></b> or mixed seeds
Berries	Homemade coleslaw	OR Mini pitta breads with falafel, hummus, lettuce and cucumber	<b><u>Hummus</u></b>
Orange, satsuma, clementine	Radish	Wholegrain wrap with tuna, lettuce, tomato	Hard boiled egg
Peach / nectarine	Cucumber sticks	Wholegrain / rice noodles, mixed vegetables, sesame seeds with cashew nuts / prawns	Olives
Pineapple chunks	Cherry tomatoes	Wholegrain tuna & sweetcorn pasta salad or pasta with pesto and peas	<b><u>Easy banana oat cookies</u></b>
Kiwi segments	Broccoli / cauliflower florets	Slice of quiche or frittata	Fruit puree / salad with natural yoghurt
Dried Figs / apricots / raisins	Vegetable soup	Wholegrain couscous / quinoa salad with cucumber and sweetcorn	<b><u>Wholemeal scone</u></b>

Always give water to drink

\*For 'healthy mayonnaise' mix mayonnaise with probiotic natural yoghurt

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<p><b><u>Pesto Dip</u></b>            2 Tablespoons natural probiotic yoghurt            1 Tablespoon green or red pesto</p> <p>Mix yoghurt and pesto together. Use in sandwiches, as a dip or in pasta salads</p>	<p><b><u>Mango Dip</u></b>            2 Tablespoons natural probiotic yoghurt            1 Tablespoon mild mango chutney</p> <ul style="list-style-type: none"> <li>Mix yoghurt and mango chutney together.</li> <li>Use in sandwiches, as a dip or in pasta salads</li> </ul>	<p><b><u>Smoked Mackerel Pate</u></b>            1 pack smoked mackerel fillets, skinned            4 spring onions, finely sliced            Juice ½ lemon            3 tbsp. natural probiotic yoghurt            2 tsp horseradish (optional)</p> <ul style="list-style-type: none"> <li>Place all ingredients in a bowl and mash with a fork</li> </ul>	<p><b><u>Wholemeal Scones</u></b>            100g self-raising flour            180g wholemeal flour            1 heaped tsp baking powder            25g oats            Handful mixed seeds            Pinch salt            60g cold butter, cut into cubes            1 egg            200ml buttermilk + 3 tbsp. milk</p>
<p><b><u>Hummus</u></b>            1 tin chickpeas            1 clove garlic            1 tbsp. tahini            juice of ½ - 1 lemon            2 tbsp. extra virgin olive oil / rapeseed oil            ½ tsp ground cumin (optional)</p> <ul style="list-style-type: none"> <li>Put the chickpeas and garlic in a blender and blend until small crumbs</li> <li>Add tahini, lemon juice, oil, cumin and blend. If required add some water to make thinner.</li> <li>For variety, add sundried tomatoes / harissa / roasted peppers to the hummus and blend.</li> <li>Use in sandwiches, as a dip or spread on rice cakes</li> </ul>	<p><b><u>Savoury Pumpkin Seeds</u></b>            6 tablespoons pumpkin seeds            ½ - 1 tablespoon soya sauce (use tamari for wheat free version)</p> <ul style="list-style-type: none"> <li>Preheat oven to 160°C</li> <li>Mix pumpkin seeds and soya sauce, place in a single layer on a preheated baking tray and roast for 10 – 15 minutes.</li> <li>Remove from the oven and allow to cool and 'dry out'</li> </ul> <hr/> <p><b><u>Fruit smoothie</u></b>            Blend together ½ banana, handful frozen berries, 1 tbsp. probiotic natural yoghurt, ½ tbsp. ground linseeds / ½ avocado and splash of apple juice. Thin with water if necessary.            NB always ensure to add protein e.g. natural yoghurt / nuts / seeds</p>	<p><b><u>Easy banana oat cookies</u></b>            80g porridge oats            20g ground linseeds            2 bananas, mashed            1 tbsp. chocolate chips (optional)</p> <ul style="list-style-type: none"> <li>Preheat oven to 180 °C</li> <li>Mix all ingredients together in a bowl and place teaspoons of mixture on baking sheet lined with baking paper. Flatten slightly</li> <li>Bake for 10 – 12 minutes until lightly browned</li> </ul> <hr/> <p><b><u>Pea &amp; mint spread</u></b>            3 cups frozen peas or petit pois, thawed (just pour boiling water over them)            ½ clove of fresh garlic, crushed            5 tablespoons extra virgin olive oil            ½ - 1 cup fresh mint leaves, roughly chopped</p> <ul style="list-style-type: none"> <li>Blend ingredients in food processor</li> <li>To make this dip/spread creamier, add 2 – 4 tbsp. full fat cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>Preheat oven to 190°C</li> <li>Mix flours, baking powder, salt, seeds and oats and rub in butter until mixture resembles fine breadcrumbs</li> <li>Briefly mix in milk to form soft dough. Do not overhandle.</li> <li>Turn onto floured surface pat out to 4 cm thick and cut out scones</li> <li>Put on baking sheet, brush with milk, sprinkle over mixed seeds and bake for 10 – 12 minutes until golden. Cool on a wire tray</li> <li>For <b><u>cheesy scones</u></b> add ½ tsp mustard powder and 85g mature cheddar into flour mix.</li> <li>For <b><u>sweet scones</u></b> add in 1 tbsp castor sugar and a large handful of raisins or frozen berries at the breadcrumb stage</li> </ul>