



The ultimate Cook n Create toolkit for lunchbox ideas!



**Pizza swirls
are ALWAYS
a huge hit!**

Filling ideas:

- Zucchini
- Tomatoes
- Ham
- Cheese
- Capsicum
- Spinach
- Olives
- BBQ sauce
- Tomato sauce
- Vegemite

Arancini balls

Filling ideas:

- Zucchini
- Mushrooms
- Ham/Bacon
- Cheese
- Spinach
- Carrot
- Fresh herbs
- Chard
- Minced meat



Quesadilla's

(You can sneak
in a wholegrain
wrap too and they
won't notice if
its toasted!)



Filling ideas:

- Zucchini
- Mushrooms
- Ham/Bacon
- Cheese
- Spinach
- Salami/beef
- Tuna/chicken
- Sweetcorn
- Mixed beans
- Fresh herbs
- Chard

Extra ideas:

- Zucchini
- Spinach
- Sweetcorn
- Carrot
- Cheese
- Capsicum
- Chard
- Olives
- Vegemite

Scotch eggs!

Grate veggies
into the
sausage meat!



Skewer ideas:

- Mixed fruit wands
- Mixed veggie wands
- Deconstructed sandwiches etc



Skewers

Rice Cakes!

You can also get creative
with rice cake sandwiches!

Toppings/fillings:

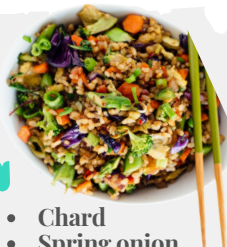
- Dips
- Peanut butter
- Cream cheese
- Meats
- Tuna
- Veggies
- Fruits
- Jam etc



Veggie fried rice!

Filling ideas:

- Zucchini
- Spinach
- Sweetcorn
- Peas
- Carrot
- Cabbage
- Capsicum



- Chard
- Spring onion
- Broccoli
- Snow peas
- Meats



Fritters!

Grate veggies
into mixture

Fillings:

- Sweetcorn
- mushroom
- Olive
- Zucchini
- Capsicum
- Spinach

- Cheese
- Ham/Bacon
- Carrot
- Fresh herbs
- Broccoli
- Spring onion

Tortilla wrap Sushi!

Use wholegrain wraps if you can!



Fillings:

- Grated veggies
- Rice
- Meats
- Tuna/fish
- Sweetcorn
- Avocado

Savoury veggie muffins or scones!

Grate lots of veggies in



Fillings:

- Sweetcorn
- mushroom
- Olive
- Zucchini
- Capsicum
- Spinach
- Cheese
- Ham/Bacon
- Carrot
- Fresh herbs
- Broccoli
- Spring onion

Stuffed pita pockets!

Use wholegrain if you can!

Fillings:

- Vegetables
- Salads
- Meats
- Fish
- Cheese
- Salad



Rainbow frittata

You can use cupcake tins too!

Fillings:

- Sweetcorn
- mushroom
- Olive
- Zucchini
- Capsicum
- Spinach
- Cheese
- Meat
- Fish
- Carrot
- Fresh herbs
- Broccoli
- Spring onion



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What is Cook n Create?

Cook n Create is a fun and interactive mobile cooking school for kids in Adelaide. Founder - Jess is a qualified and vastly experienced Food and Nutrition teacher with an unbelievable background in the food industry.

Cook n Create host exciting themed children's events all over Adelaide, After School Clubs, Birthday parties (which are awesome!), School/kindy/OSHC incursions as well as commercial events and workshops.

Find out more by following our socials or check out the website to find out more!



The ultimate Cook n Create toolkit for lunchbox ideas!

Flapjacks!

You can add so many extras to pack this snack with goodness!

Fillings:

- Dried Fruits
- Nut butters
- Coconut
- Natural sugars
- Grated fruits
- Fruit Purees
- Jams/marmalades
- Nuts
- Seeds



Melon Pizzas!

Full of nourishment and colour!
A super hydrating snack for hot days!

Toppings:

- Fresh fruits
- Coconut
- Yogurt
- Cream cheese
- Natural sugars
- Grated fruits
- Fruit Purees
- Nuts
- Seeds



Fruity rice cakes!

Use cream cheese, yogurt, nut butters and pile on the beautiful fruits!

Toppings:

- Fresh fruits
- Yogurt
- Cream cheese
- Jam/Marmalade
- Granola/Oats
- Grated fruits
- Fruit Purees
- Nuts/Seeds



Rainbow skewers!

You can make rainbow skewers or use cookie cutters to make shapes for wands etc for boys and girls.

Ingredient ideas:

- Fresh Fruits
- Fresh vegetables
- Frozen fruits
- Large dried fruits e.g apricots, apple etc



Home made fruit gummies and roll ups!

These are so fun to make with the kiddos too!

Ingredient ideas:

- Strawberries
- Blackberries
- Blueberries
- Raspberries
- Mango
- Orange
- Lemon
- Lime
- Apple
- Other fruits



Fruit Pops!

Kids LOVE these!
Simple and awesome!

Ingredient ideas:

- Kiwi
- Banana
- Apple
- Mango
- Orange
- Papaya
- Tangerine
- Pear



Summer fruit spring rolls!

These are so fun and full of juicy fruits

Filling ideas:

- Berries
- Mango
- Banana
- Grated fruits
- Coconut rice
- Seeds
- Honey
- Yogurt
- Cream cheese



Ingredient ideas:

- Fresh Fruits
- Fresh vegetables
- Frozen fruits
- Yogurt
- Juices
- Ice

Smoothies!

They LOVE these!
Simple, hydrating and awesome!



Banana Bread sandwich!

Filling ideas:

- Berries
- Mango
- Banana
- Grated fruits
- Coconut
- Seeds
- Honey
- Yogurt
- Cream cheese
- Nut butters



Chia seed puddings!

Such a nourishing and filling pud!

Filling ideas:

- Berries
- Mango
- Banana
- Grated fruits
- Coconut
- Seeds
- Honey
- Yogurt
- Cream cheese
- Nut butters



Fruit sushi!

Fun, bite size and yummy!

Toppings ideas:

- Berries
- Mango
- Banana
- Coconut
- Seeds
- Honey
- Yogurt
- Cream cheese
- Nut butters



Bliss Balls

You jam pack these with goodness

Filling ideas:

- Dried fruits/berries
- Dried fruits
- Cocoa powder
- LSA/protein etc
- Coconut
- Seeds
- Honey
- Nut butters



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