



TASTING FITNESS SNACK & LUNCH IDEAS

for No Packet November



WELCOME!

Hi, I'm Kate from Tasting Fitness and welcome to my first recipe e-book. I have a background in Nutrition, Health Promotion & Fitness, I'm a busy mum of 3, and in 2016 I founded Tasting Fitness®. We provide school wellbeing workshops, cooking classes & exercise sessions, to motivate students on how to lead a healthier life. During my time teaching children how to cook, I noticed the huge amount of processed, packaged foods in the average lunchbox. Some students had up to 6 or 7 packets per day which lead me to the launch of No Packet November® in 2016. The idea was simple; if kids and their families could just reduce the number of packets in their lunchbox for one month, they would notice an improvement in their health, the environment, and set up life-long changes.

I admit that although I love baking, not everyone does, which is why I have created these simple and nutritious recipes, that can often be made in less than 10 minutes, using only one bowl. Most of the recipes in this book are simple enough to be made by beginners and children. I have often used white flour or wholemeal flour, as they are more affordable and accessible, however over time, I have tried to incorporate wholemeal spelt flour, for the added nutrition. I am not anti-sugar, but prefer to opt for honey or maple syrup in most recipes. My philosophy is to eat whole foods as much as possible, such as vegetables, fruit, meat, eggs, nuts & seeds. However, I certainly indulge in the occasional cake or pastry as I have a bit of a sweet tooth. I prefer to go to my local café, or make a cake myself, instead of buying a sugar and preservative loaded cake from the supermarket with over 30 ingredients. Similarly, my children eat well most of the time, but instead of eating chips and chocolates each day which seems to have become normal now, we save these for the weekend.

Please note that 20% of funds from the sale of this book will go to the Mai Wiru Sugar Challenge Foundation to support indigenous health. I am incredibly passionate about improving the health of everyone, especially children. I would like to

dedicate this book to my three beautiful children for taste-testing my recipes, along with the wonderful students and staff at Kyneton Primary School and The Field Trip for their support.

Thank you also to the many talented women who have helped me during No Packet November including Karlie from The Techno Bird for designing my website, Leah from Leah Ladson Photography for creating the logo, graphic designer Christina Scott for my promotional material, Julie from @julienoted_ for her visual merchandising skills, Lee from Lee Sandwith Photography for the photo below, Camielle from Follow Me Media for her social media assistance, and Michaela from MMD Graphic Design for putting together this beautiful book. Finally, a big thank you to you for buying my recipe book and supporting No Packet November®.

Kate Coleman



NUTS ABOUT GRANOLA

INGREDIENTS

- ¼ cup coconut oil
- ¼ cup honey
- 2 cups rolled oats
- ½ cup almonds
- ½ cup walnuts
- ½ cup seeds (pepitas and sunflower seeds)
- 1 tblsp chia seeds
- 1 tblsp flaxseed meal
- 1 tblsp sesame seeds
- 1 tsp cinnamon

Melt oil and honey together in a large saucepan, add the remaining ingredients. Stir well and tip mixture onto a lined baking tray. Spread out evenly with a spoon over the whole tray to make a thin layer of granola.

Bake for 20 min at 140 degrees C, stir and bake for another 15-20 mins depending on how crunchy you like your granola. Allow to cool completely before breaking it up into chunks to store in an airtight container for 7-10 days.

Tip: You can use butter in place of coconut oil, and substitute any other nuts you prefer.



BREAKFAST

OVERNIGHT OATS

INGREDIENTS

1/3 cup rolled oats
1/3 cup milk
2 tablespoons Greek
yoghurt
Frozen berries (optional)

You will need to prepare these the night before, but they only take 2 minutes. In a bowl or container, combine oats, milk and yoghurt. Stir well and add frozen berries if desired. Cover and refrigerate overnight.

The next morning, they are ready to eat. Serves 1-2.

Tip: I like to add grated apple, sliced banana or any other fruit I have in the house, along with chopped nuts, seeds and a sprinkle of cinnamon.



BANANA PANCAKES

INGREDIENTS

- 3 mashed bananas
- 3 eggs
- 3 tablespoons wholemeal flour
- 3 tablespoons LSA mix

Mash bananas, add eggs and mix well. Add flour and LSA, stir well. Drop into a hot buttered frying pan, cook 2-3 mins each side until browned. Makes approximately 9-10 small pancakes.

Tip: I like to serve these little pancakes topped with fresh berries, banana, maple syrup and cinnamon.



EGG & BACON CUPS

INGREDIENTS

6 Bacon rashers
6 eggs

Arrange bacon rashers to line a muffin tin, crack an egg over each one.

Bake at 180C for 25-30 mins. If you have any leftovers, store in the refrigerator for 2-3 days.

Tip: Top with feta cheese or any other chopped veg if you like.



POACHED EGG & VEG

INGREDIENTS

- 1 egg (cracked onto a saucer)
- 1 tblsp vinegar
- 4 mushrooms
- ¼ red capsicum
- 100g baby spinach
- 1 avocado
- Rocket leaves

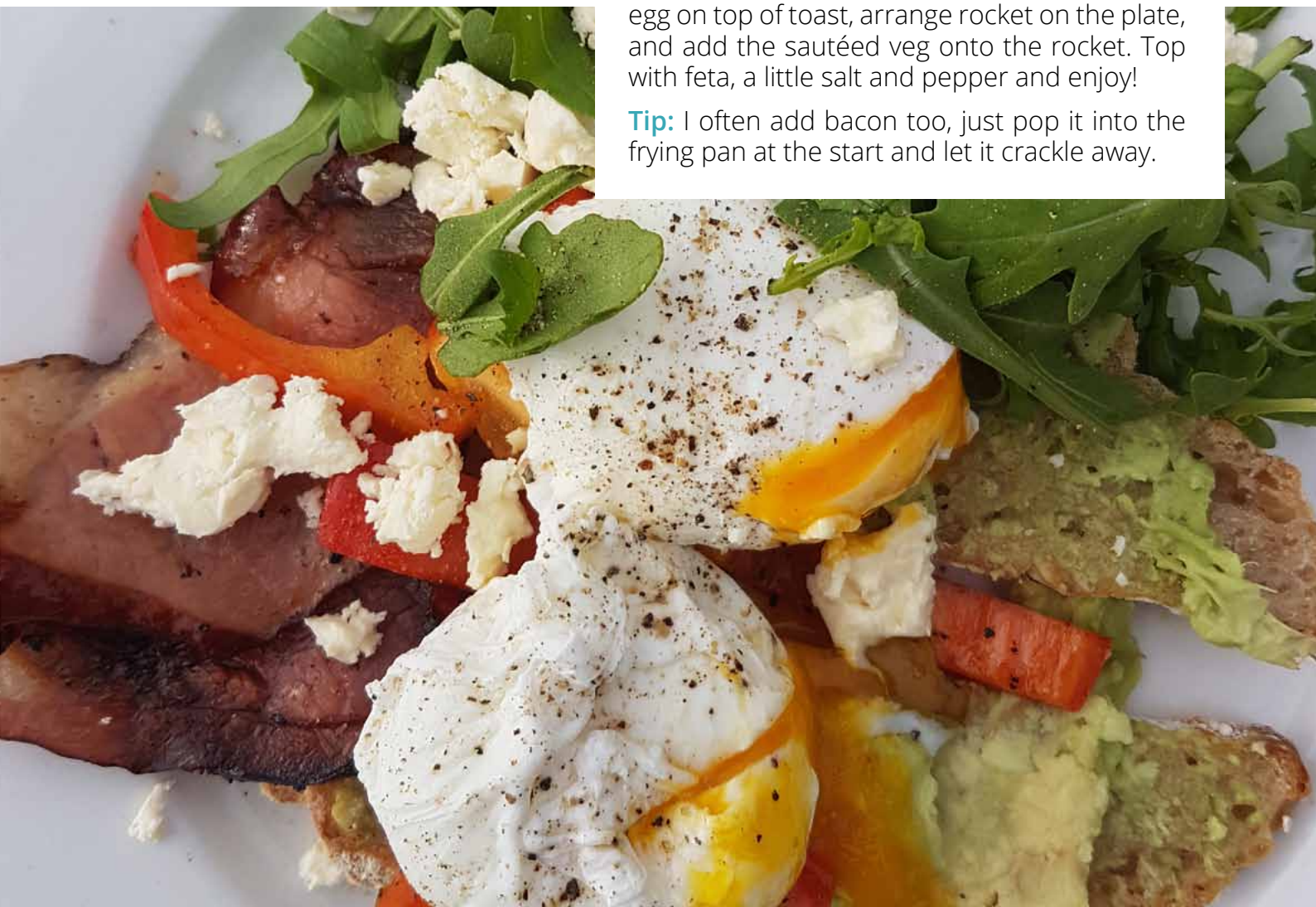
Fill a medium sized saucepan with water, add a splash of vinegar, and bring to the boil.

In a frying pan, add mushrooms and capsicum and gently fry.

Once the water has boiled, make a whirlpool by stirring the water. Gently lower the saucer down and drop the egg into the water. Stir the water occasionally, and ensure it continues to simmer. Set the timer for 3 minutes, pop some toast into the toaster, and chop your avocado in half. Add the spinach to the frying pan and stir.

Once the toast pops up, spread with avocado (or butter if preferred), remove the egg after 3 mins and drain on paper towel. Then place egg on top of toast, arrange rocket on the plate, and add the sautéed veg onto the rocket. Top with feta, a little salt and pepper and enjoy!

Tip: I often add bacon too, just pop it into the frying pan at the start and let it crackle away.



CHOC AVOCADO SMOOTHIE

INGREDIENTS

200 mls milk
½ avocado
½ frozen banana
1 tsp cacao powder
1 tsp peanut butter
1 tsp LSA mix

Mix all ingredients together in a blender. The frozen banana makes it quite thick, so you can almost eat it with a spoon. If you prefer, add a little extra milk so it isn't as thick.

Tip: You can use whatever milk you like, including soy milk or almond milk.



CREAMY HERB DIP

INGREDIENTS

1 x 400g tin chickpeas,
rinsed and drained
¼ cup extra virgin olive oil
2-3 tablespoons Greek
yoghurt
½ cucumber, finely chopped
2 Spring onions, sliced
Coriander, finely chopped
Mint, finely chopped
Salt & Pepper

Place chickpeas and 1 tablespoon water into a food processor and blend until finely chopped. With the motor running, pour the olive oil in a thin, steady stream and process until smooth.

Pour chickpea mixture into a bowl and stir through yoghurt, cucumber, chopped herbs and spring onion. Season with salt and pepper.

Serve with vegetable sticks or crackers.

Tip: This dip can be customised to suit individual tastes. I love coriander, but some people don't, so just leave it out.



SNACKS

CHOC MUESLI SLICE

INGREDIENTS

125 butter, melted
1/3 cup honey
2 tblsp cacao powder
2 tsp cinnamon
1 1/2 cups rolled oats
1 1/2 cups nuts and seeds,
chopped
3/4 cup desiccated or
shredded coconut

Melt butter, add honey and cacao powder and stir well.

Combine dry ingredients and add to the wet ingredients.

Mix well and press into a slice tin. Allow to set in the freezer, then cut into approx. 18 squares. This slice is best kept in the freezer as it holds together well, and tastes really delicious when it is cold.

Tip: I like to use a mix of almonds, walnuts, pepitas and sunflower seeds. However, if nuts are not allowed at your school, swap them for more seeds and puffed rice.



RASPBERRY & WHITE CHOC CHIP MUFFINS

INGREDIENTS

- ¼ cup extra virgin olive oil
- ¼ cup maple syrup
- 2 eggs
- 1 cup Greek yoghurt
- 2 cups plain flour
- 2 tsp baking powder
- ¾ cup frozen raspberries
- ¾ cup white choc chips

In a large bowl whisk oil, syrup and eggs. Add yoghurt and stir well. Tip in flour and baking powder, and gently mix. Carefully fold through raspberries and choc chips. Spoon into greased muffin trays and bake for 20-25 minutes at 170 degrees C. Makes 10-12 muffins (depending on how big you make them). Store in an airtight container. Can be frozen.

Tip: I make these quite small, rather than the size of muffins that you find in a café. I prefer to use wholemeal flour (2 cups) or wholemeal spelt flour (1 ½ cups) which makes them dense and filling.



PUMPKIN & APPLE MUFFINS

INGREDIENTS

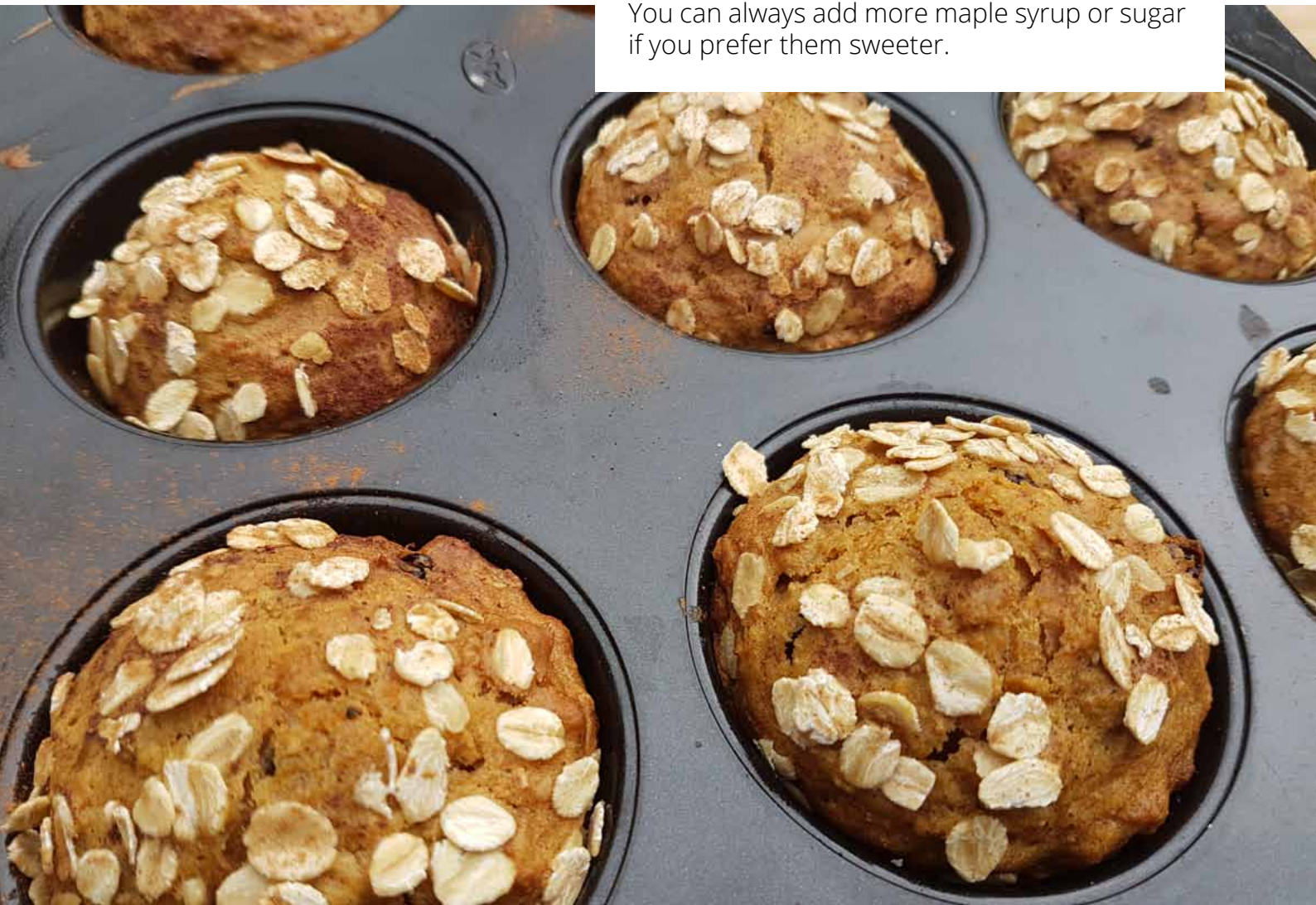
1 apple, peeled & chopped
200g pumpkin, peeled & chopped
1/3 cup olive oil
1/3 cup maple syrup
2 eggs
3/4 cup wholemeal plain flour
3/4 cup plain flour
2 tsp baking powder
1/2 cup rolled oats
1/2 cup currants

Place chopped apple and pumpkin into a small saucepan with a tablespoon of water. Cover and simmer gently until soft. Mash and allow to cool.

In a large bowl, combine oil, maple syrup and eggs. Add puree and stir well. Gently fold through flours, baking powder, oats and currants. Sprinkle with extra rolled oats if you like.

Divide batter into greased muffin trays and bake at 170 degrees C for 18-20 minutes. Makes approximately 12 muffins. Store in an airtight container. Can be frozen.

Tip: These muffins are not very sweet, but taste great warm from the oven with butter on top. You can always add more maple syrup or sugar if you prefer them sweeter.



BANANA & CHOC CHIP MUFFINS

INGREDIENTS

2 bananas, mashed
¼ cup olive oil
¼ cup maple syrup
2 eggs
1 cup Greek yoghurt
2 cups plain flour
2 tsp baking powder
1 cup rolled oats
1 cup choc chips
¾ cup walnuts (optional)

In a large bowl whisk oil, syrup and eggs with mashed bananas. Add yoghurt and stir well. Tip in flour, baking powder and oats, and mix well. Gently fold through choc chips and walnuts. Spoon into muffin trays and bake for 20-25 minutes at 170 degrees C. Makes approximately 8-12 muffins. Store in an airtight container. Can be frozen.

Tip: I prefer to use wholemeal flour and dark choc chips. If you have a sweet tooth, perhaps add ½ cup maple syrup or ½ cup sugar and slowly decrease the amount once your tastebuds adapt.



PEANUT BUTTER BALLS

INGREDIENTS

1 ½ cups rolled oats
2 tblsp cacao powder
¼ cup maple syrup
¾ cup peanut butter
¼ cup desiccated coconut
(for rolling)

Mix all ingredients in the food processor, shape into balls, roll in coconut. Chill.

Makes approximately 15 balls. Store in an airtight container in the fridge.

Tip: If the mixture feels dry, add a little water. It depends on how runny your peanut butter is.



RICE PAPER ROLLS

INGREDIENTS

- 100g Rice vermicelli noodles
- 1 carrot, peeled and grated
- ½ cucumber, peeled and de-seeded
- Lettuce, shredded
- Fresh Coriander, washed and chopped
- Fresh mint, washed and chopped
- Rice Paper sheets (approx. 12)

Soak rice vermicelli noodles in boiling water according to instructions on packet (approx. 10 mins).

Finely chop or grate carrot, cucumber (peeled & de-seeded) and any other vegetables and fresh herbs that you like. Mix with the well-drained rice noodles. Wet rice paper and place on a clean, wet tea-towel. Once it softens, add filling and roll according to instructions on the packet. Store in the refrigerator and serve with Sweet Chili Sauce.

Tip: You can add any ingredients you like, including chicken or prawns. Such a healthy and delicious meal or snack that both kids and adults love. It's best to eat them within 24 hours or they will dry out.



HOME-MADE PIZZA

INGREDIENTS

Dough:

350g plain flour
1 tablespoon dried instant yeast
Pinch salt
Pinch sugar
350ml Tepid water
1 tsp olive oil

Sauce:

Tinned tomato or passata
Fresh basil
Garlic (optional)

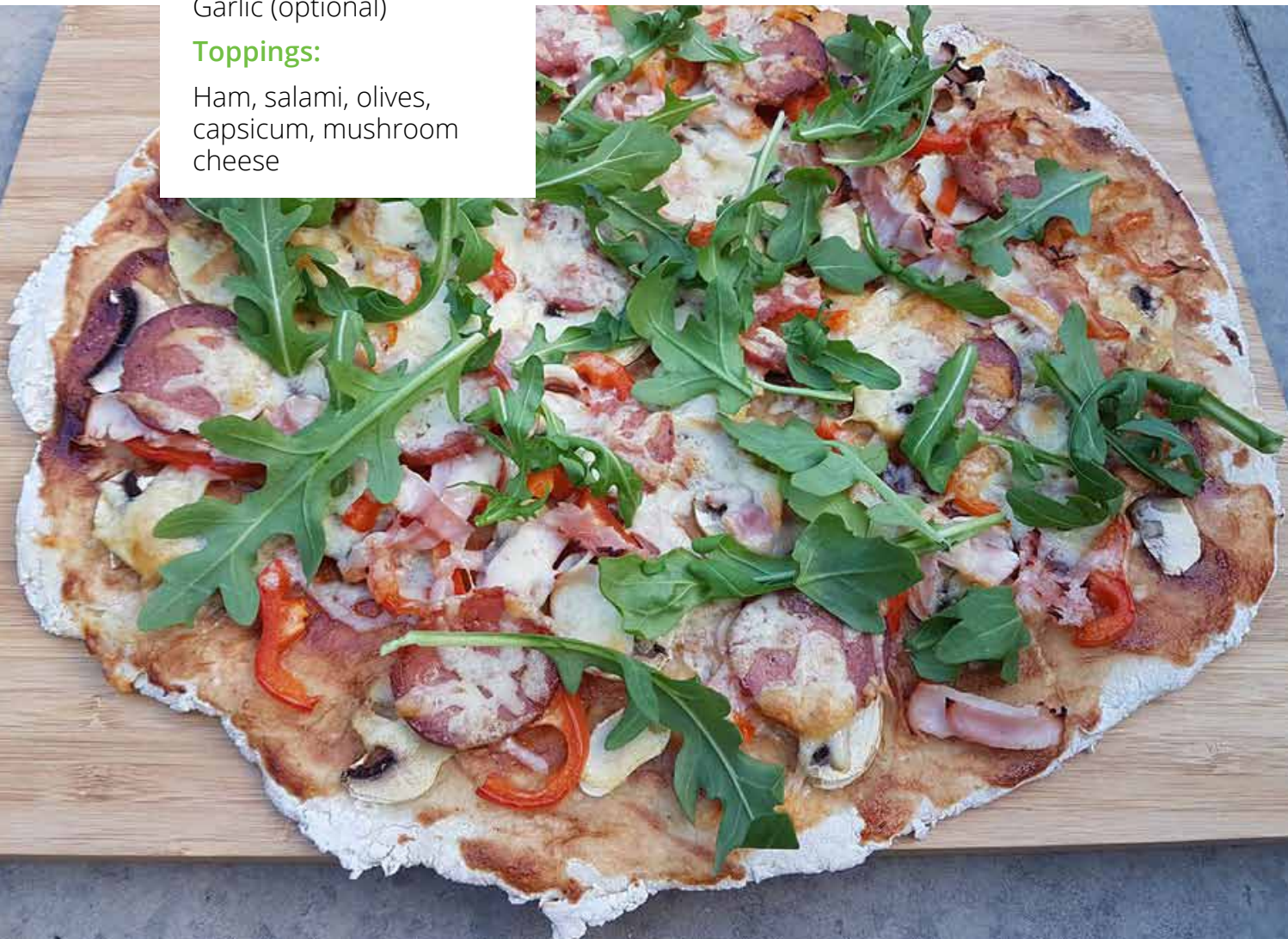
Toppings:

Ham, salami, olives,
capsicum, mushroom
cheese

Dough: Mix flour, yeast, salt and sugar together on a large pastry board or clean bench. Add olive oil to water and gradually pour over dry ingredients and mix until a dough is formed. You may not need all the water. Shape dough into 2 even balls and then roll into the shape of pizza bases. Place on a tray that has been sprayed with oil.

Sauce: Simmer tomato, basil and garlic for 5-10 minutes. Allow to cool slightly.

Toppings: Spread sauce over base, then top with whatever you like, place in a hot oven, 200 degrees C for 10-15 minutes until golden and crunchy. Top with fresh rocket and olive oil.



PUMPKIN SOUP

INGREDIENTS

1 onion
1 clove garlic
1 tsp ground cumin
½ butternut pumpkin
½ carrot chopped
1 potato
½L chicken stock or
vegetable stock

In a large saucepan add onion, garlic and cumin. Stir for 1 min and add pumpkin, carrot and potato.

Stir gently and fry off for a few minutes. Then add chicken or vegetable stock.

Put the lid on and let simmer for 30 minutes. When the vegetables are soft, allow to cool and blend with a food processor or a stick blender. Add cream or coconut cream if you like.

Tip: I love Pumpkin Soup with a dash of cream and crusty sourdough bread.



CHICKPEA & ZUCCHINI FRITTERS

INGREDIENTS

1 can chickpeas, drained and rinsed
1 zucchini, grated
½ brown onion, thinly chopped
½ cup self-raising flour
2 eggs
2 tablespoons milk
½ cup grated cheese
Salt and pepper
Coriander

Place chickpeas in a bowl, mash a little. Add remaining ingredients and stir well.

Drizzle oil into a hot frying pan, add spoonfuls of mixture and cook until browned on one side, turn over and cook for another 1-2 minutes or until golden.

Serve with a salad and some chutney, relish or a minted yoghurt. Makes approx. 16 fritters.

Tip: You can use gluten free flour if needed.



CORN & SWEET POTATO FRITTERS

INGREDIENTS

310g tin corn kernels, drained
150g sweet potato, grated
2 eggs, lightly beaten
½ cup milk
1 cup self-raising flour
½ teaspoon ground cumin
2 spring onions, sliced
Salt and pepper
Optional – grated cheese or feta cheese

Whisk together the corn, sweet potato, eggs and milk. Gradually stir in the flour, cumin, spring onion, salt and pepper.

Heat a little oil in a non-stick frying pan over medium heat. Using a tablespoon, place heaped spoonfuls of the mixture in the pan and cook in batches. Turn them once, until golden and cooked through. Drain on paper towel, cover and keep warm as you cook remaining fritters. Makes approximately 12-15 fritters. Serve with chutney or minted greek yoghurt.

Tip: These fritters also taste great cold the next day for lunch with a salad



CHICKEN & SPINACH BURGERS

INGREDIENTS

1 chicken breast fillet,
roughly chopped
4 chicken thigh fillets,
roughly chopped
100g baby spinach leaves
1 tablespoon almond meal
1 eggwhite
Sea salt and cracked black
pepper
100g feta, chopped
2 spring onions, chopped
1/3 cup sesame seeds

Place the spinach in a heatproof bowl and pour over boiling water. Allow to stand for 1-2 minutes, drain and squeeze out excess moisture. Roughly chop and set aside.

In a food processor, add the chicken, almond meal, eggwhite, salt and pepper and pulse until finely chopped and combined. Transfer to a large bowl and add the spinach, feta and spring onion and mix to combine.

Shape the mixture into burgers and press both sides into the sesame seeds. Heat a large non-stick frying pan, add some oil and cook the burgers for 6-8 minutes each side, or until well browned and cooked through.

Serve with rocket, tomato and coleslaw or on a lightly toasted bun with avocado and salad. Makes approx. 10 burgers.

Tip: Cut one in half to check that the chicken has cooked completely.



LEMON TRUFFLES

INGREDIENTS

1½ cups shredded or desiccated coconut (plus ½ cup extra for rolling)

1 cup almond meal

80g butter

Grated rind and juice of 1 lemon

¼ cup honey

1 teaspoon vanilla essence

Place all ingredients into a food processor and mix to combine. Shape into balls and roll in extra coconut. Chill. Makes approximately 24 balls. Store in an airtight container in the fridge. Can be frozen.

Tip: You can replace the butter with coconut oil. Don't over process the mixture or it will become really sloppy.



SWEET TREATS

CHOC BLISS BALLS

INGREDIENTS

1 cup walnuts
½ cup almonds (I like dry roasted)
Pinch salt
10 pitted Medjool dates (soak in 2 tbsp boiling water)
¼ cup cacao powder
1 tbsp maple syrup (optional)
Desiccated or Shredded Coconut (for rolling balls in)

Process walnuts and almonds in a food processor until fine, add salt and dates, mix again. Then add cacao powder and maple syrup. Mix together, form into small balls and roll in coconut. Chill. Makes approximately 18 balls. Store in an airtight container in the refrigerator. Can be frozen.



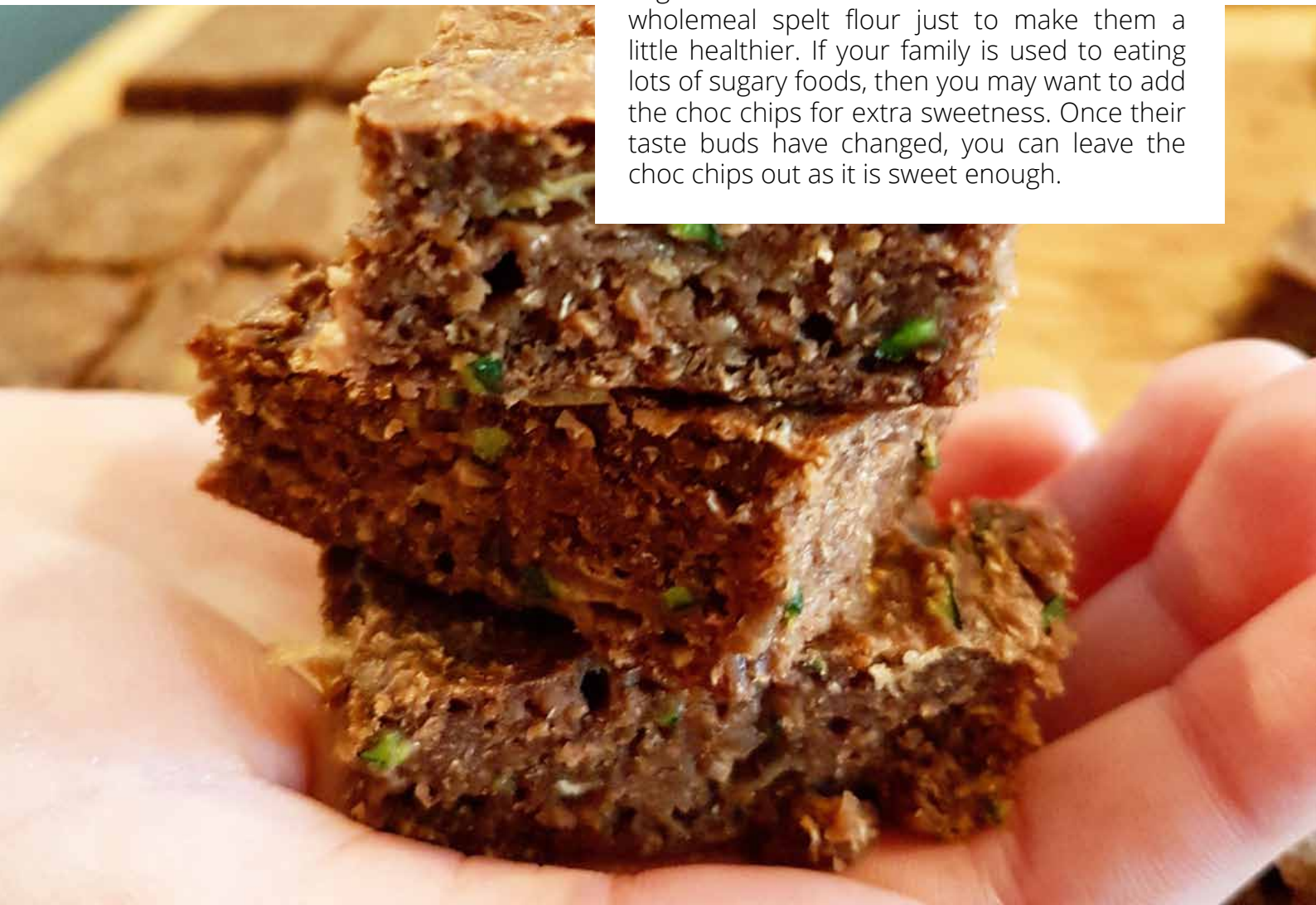
CHOC ZUCCHINI SLICE

INGREDIENTS

½ cup Extra Virgin Olive oil
¼ - ½ cup maple syrup (or
½ cup sugar)
1 tsp Vanilla
2 eggs
½ cup Cacao Powder
1 cup Plain or Wholemeal
Flour
1 tsp Baking Powder
1½ cups grated zucchini
walnuts (optional)
choc chips (optional)

Whisk oil, maple syrup, vanilla and eggs. Add cacao powder, flour, baking powder and grated zucchini. Stir until well combined. Add a handful of chopped walnuts if desired. Spread into a lined and greased 26cm slice tin (or silicone tray) and bake at 160 degrees C for 25-30 minutes or until a skewer comes out almost clean (I really like them to be gooey in the centre, so take them out after 25 minutes). Eat them warm or wait until they cool, if preferred. Store in the refrigerator for 2-3 days. Makes 15 squares. Can be frozen.

Tip: I started using white flour and white sugar in this recipe, and over time have cut out the sugar and use a mix of wholemeal flour or wholemeal spelt flour just to make them a little healthier. If your family is used to eating lots of sugary foods, then you may want to add the choc chips for extra sweetness. Once their taste buds have changed, you can leave the choc chips out as it is sweet enough.



MIXED BERRY SLICE

INGREDIENTS

150g butter, melted
1/2 cup raw sugar
1/3 cup Greek yoghurt
1 egg
1 1/2 cups plain flour
1 1/2 tsp baking powder
1/2 cup rolled oats
1 tsp cinnamon
1 1/2 cups fresh or frozen blueberries
1 1/2 cups fresh or frozen raspberries
1-2 tblsp maple syrup
1/2 cup walnuts, chopped (optional)

Melt butter, whisk in sugar, yoghurt and egg. Add flour, baking powder, rolled oats and cinnamon. Press 3/4 of mixture into a greased and lined 20cm slice tin.

Meanwhile, gently mash up the berries with a fork, stir through maple syrup and spread the berry mix over the base. Add finely chopped walnuts to the remaining 1/4 of dough mixture and spread evenly over the top.

Bake at 170 degrees C for 25 minutes or until browned. Allow to cool completely in the tin before cutting into squares. Store in an airtight container for 2-3 days. Makes 15-18 squares.



CHOC AVOCADO MOUSSE

INGREDIENTS

2 avocados, mashed
1 tablespoon cacao powder
3 tablespoons Greek Yoghurt
1-2 tablespoons Maple Syrup

In a food processor mix avocado, cacao, yoghurt and maple syrup until smooth and creamy.

Refrigerate for at least 30 minutes. Serve with fresh fruit. Serves 3-4.

Tip: We like it with fresh berries on top, or for a more indulgent treat, splash over some cream and choc chips.

