

Lunch Box Recipes

For people who care about food



my
organics™
as nature intended

Anzac cookies



- | | |
|-------------------------------------|------------------------------|
| 1 cup MyOrganics oats | 2 tbsp 100% pure maple syrup |
| 1 cup MyOrganics desiccated coconut | 1/2 tsp baking powder |
| 2 tbsp coconut oil (melted) | 10 dates |
| 1 tbsp honey | 1 egg |

- 1 Line a tray with baking paper
 - 2 Place all ingredients into a food processor and blend until the dates are broken up.
 - 3 Shape the mixture into cookies by rolling them into balls and pushing them down slightly using the back of a spoon once on the baking tray
 - 4 Bake for approximately 10 minutes or until the biscuits are golden brown on top, turning the tray half way through cooking time to ensure even baking
 - 5 Allow to cool slightly before transferring them to cooling rack.
- Keeps up to a week in refrigerator

Crunchy Nut Squares



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|--|---------------------------------------|
| 1/4 cup MyOrganics cacao nibs | 1/2 cup MyOrganics pepitas |
| 1/2 cup MyOrganics raw almonds – chopped roughly | 2tbs Honey |
| 1/2 cup MyOrganics cashews – chopped roughly | 2tbs Brown rice syrup |
| 1/2 cup MyOrganics sunflower kernels | 1/2 tsp Ground salt flakes (optional) |
| | 1 tsp Ground ginger(optional) |

- 1 Preheat oven to 200 degrees cel
- 2 Line loaf tin with greaseproof paper
- 3 Mix dry ingredients
- 4 Mix honey with rice syrup until well combined
- 5 Pour honey mix over dry ingredients and mix
- 6 Turn mix into loaf tin & press down firmly
- 7 Bake for 10 mins turn, bake for a further 5 to 7 mins
- 8 Allow to cool completely
- 9 Cut into small squares as needed
- 10 Keep refrigerated in an airtight container

Bliss Balls



2 cups MyOrganics Pitted Dates

2 cups of your favourite MyOrganics nuts (almonds, cashews and hazelnuts all work well)

1/3 cup MyOrganics Cacao Powder

1 cup MyOrganics Desiccated Coconut

- 1 Add all ingredients into a food processor, mix until well combined.
- 2 Roll into bite sized balls.
- 3 Decorate as desired. Enjoy!

Choc goji & currant slice



1/2 cup MyOrganics desiccated coconut

1 cup MyOrganics Goji Berries

1/2 cup MyOrganics Dried Currants

1 cup MyOrganics Sunflower Kernels

1 cup carob powder

1/2 cup coconut oil

1 Blend all ingredients in a food processor or Thermomix until combined but still chunky.

2 Pour mixture into a lined slice tray and place in the fridge to set for 1 hour.

3 Take the slice out, cut into slices then place back in the fridge to store (they won't last long!)

Sweet Potato Brownie



500g sweet potato, peeled and cut into chunks

¼ cup cocoa powder

⅓ cup MyOrganics almond meal

¼ cup wholemeal plain flour, sifted

¼ tsp. baking powder

1 tsp. vanilla bean extract

2 eggs, lightly beaten

½ cup maple syrup

100g dark chocolate, roughly chopped

1 tbsp. olive oil

- 1 Preheat oven to 180C and line a baking tray with baking paper.
- 2 Place sweet potato in a steam, cook until very soft, stand aside to cool and mash.
- 3 In a small jug whisk together olive oil, vanilla, eggs and maple syrup set aside.
- 4 In a large bowl, combine sweet potato, cocoa, almond meal, wholemeal flour, baking powder, and dark chocolate, mix well. Pour in wet mixture and combine well.
- 5 Spoon mixture into the lined baking dish. Bake for 20-30mins until slightly firm to touch.

Fruit and nut muffins



3 large eggs

Zest of 1 orange

1/3 cup (85ml) freshly squeezed orange juice

1 1/4 cups (140g) MyOrganics almond meal

1/2 cup (75g) MyOrganics dates

1/2 cup (80g) MyOrganics mixed fruit

1/4 cup (35g) MyOrganics walnuts, chopped

2 tsp (6g) baking powder

1 tsp (2g) ground cinnamon

1/2 tsp (1g) vanilla powder

1/4 tsp nutmeg

Slivered almonds or chopped almonds to decorate (optional)

- 1 Pre-heat fan-forced oven to 180°
- 2 In a mixing bowl combine eggs with orange zest and juice.
- 3 Mix in remaining ingredients and combine well.
- 4 Pour mixture into a greased muffin tray.
- 5 Sprinkle almonds on top (optional) and bake in oven for 20 – 25 minutes or until golden and cooked through.

Note

These muffins are suitable to freeze. You can also top these muffins with coconut before baking.