



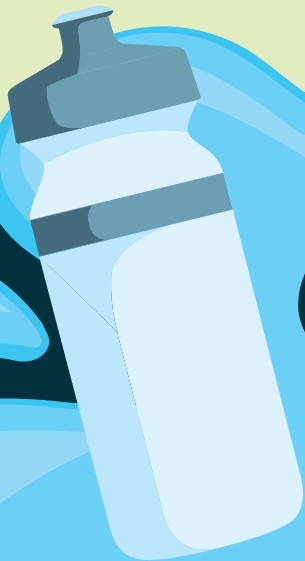
# TEDDY BEAR PICNIC

## RECIPE BOOK



TO BE YOUR BEST,

FUEL UP WITH  
**FRUIT  
& VEG**



**& CHOOSE  
WATER!**

# SEED & CARROT PESTO

## INGREDIENTS

- ½ cup sunflower seeds
- ½ cup pepitas (pumpkin seeds)
- ¼ cup sesame seeds
- 1 cup carrot, peeled, finely grated
- 1 cup coriander leaves, firmly packed
- 1 cup Italian parsley leaves, firmly packed
- 1 large lemon, zested and juiced 1 garlic clove, chopped
- 1 teaspoon ground cumin
- ¼ cup extra virgin olive oil

## SERVING SUGGESTION

- Use as a dip with celery sticks
- Stir through pasta
- Top a jacket potato
- Add a spread to any burger
- Toss through salad leaves.



Serves 10  
Traffic light category:  
**Green**

## METHOD

### STEP 1.

In a food processor, combine seeds, carrot, coriander, parsley, lemon zest and juice, garlic and cumin. Process to a rough paste.

### STEP 2.

Add oil and ⅓ cup of water, process until smooth.

### STEP 3.

Transfer to a sterilised jar, refrigerate until ready to use.





# CHEESE TORPEDO

## INGREDIENTS

- 1 long bread roll
- ½ cup reduced fat cheese, grated
- 3 slices of tomato
- ¼ shredded chicken
- 2-3 slices roasted pumpkin
- Sprinkle of fresh herbs e.g. parsley

### Optional Extras

Serves 1  
per roll

Traffic light  
category:  
**Green**

## METHOD

### STEP 1.

Preheat oven to 200°C.

### STEP 2.

Slice the bread roll long ways leaving one edge attached.

### STEP 3.

Fill with grated cheese or any other filling.

### STEP 4.

Wrap in foil and bake in a hot oven for 10 minutes.

### STEP 5.

Peel back the foil from the top, wrap the base in a napkin, enjoy.

## SERVING SUGGESTION

Alternatively, slice bread roll long ways, top with grated cheese (and optional extras) and grill until cheese is golden/melted.





# CHOCOLATE ZUCCHINI MUFFINS

## INGREDIENTS

- 1¼ cups wholemeal flour
- ¼ cup cocoa
- 1 teaspoon baking powder
- ¾ cup brown sugar
- 2 large eggs
- ½ cup vegetable oil
- 1 teaspoon vanilla essence
- 1½ cups grated zucchini

Serves 12

Traffic light  
category:  
**Amber**

## METHOD

### STEP 1.

Preheat oven to 180°C. Lightly grease a 12-cup muffin tin.

### STEP 2.

In a medium bowl combine flour, cocoa, and baking powder.

### STEP 3.

In a large bowl whisk sugar, eggs, oil and vanilla until smooth.

### STEP 4.

Gently fold flour mixture into liquid mixture until just combined (batter will be very thick).

### STEP 5.

Fold in grated zucchini.

### STEP 6.

Divide batter between greased muffin cups and smooth tops. Bake for 20 minutes.

### STEP 7.

Cool in pan 5 minutes before transferring to a wire cooling rack.





# MEXICAN PITA POCKETS

## INGREDIENTS

- 10 Tortillas
- 200g salsa / napolitana sauce recipe
- 3 ½ cups chopped cooked chicken breast
- 7 cups loosely packed English spinach
- 1 cucumber diced (optional)
- 2 ½ cups reduced fat grated cheese
- ½ cups diced avocado

## METHOD

Serves 10  
Traffic light  
category:  
**Green**

### STEP 1.

Lay tortillas flat and spread 1 tablespoon/20g of salsa in the middle of each tortilla.

### STEP 2.

Place ½ cup of chopped cooked chicken breast on top of salsa in each tortilla.

### STEP 3.

Place ¼ cup diced avocado and a small amount of diced cucumber on top of chicken in each tortilla.

### STEP 4.

Place ¾ cup loosely packed English spinach on top of avocado in each tortilla.

### STEP 5.

Sprinkle ¼ cup reduced fat grated cheese on top of English spinach in each tortilla.

### STEP 6.

Fold into a parcel shape and place in a sandwich press, folded side down, for approximately 1-2 minutes or until golden.



# BERRY SMOOTHIE

## INGREDIENTS

- 250g strawberries, washed, hulled and halved
- 125g blueberries, plus extra to serve (optional)
- 125g raspberries, plus extra to serve (optional)
- 1½ cups reduced fat plain or vanilla yoghurt
- 1 cup reduced fat milk
- ⅔ cup rolled oats, plus extra to serve
- 1 teaspoon vanilla extract
- 2 teaspoons honey
- 1 cup ice cubes

Serves 8  
Traffic light category:  
**Green**  
<300mL

## METHOD

### STEP 1.

Place all ingredients, except extra berries and oats, in a blender and blend on high speed for 2 minutes or until smooth and creamy.

### STEP 2.

To serve, pour into glasses and garnish with extra berries and oats.



# WRITE YOUR OWN HEALTHY SNACK RECIPE

FOR IDEAS HEAD TO [FUELTOGO.COM.AU](http://FUELTOGO.COM.AU)



## INGREDIENTS

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## METHOD

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