

Year 7 Packed lunch 2017-18 Recipes

<p><u>Milk and fruit smoothie</u> 2 portions of fruit (fresh fruit must be ripe, soft and juicy). Eg: a small banana, a handful of strawberries, a small tin of peaches or apricots. 150ml of milk (whole or semi-skimmed) 2 tablespoons of yoghurt/small pot (What flavour?)</p> <p>Container: leak proof to take home your smoothie</p>	<p><u>Vegetable cous cous pot</u> 1 vegetable stock cube 100g couscous 4 different vegetables (cucumber, pepper, tomato, sweetcorn, mushrooms, peas, carrot) 4 dried apricots/sultanas 1 x 15ml spoon parsley 2 x 15ml spoons low fat dressing</p> <p>Container to take home</p>
<p><u>Fruity layered dessert</u> Fruity layer – 100g approx Soft fruits e.g strawberries, blueberries, raspberries, sliced banana Passion fruit Grapes Tinned fruit in natural juice e.g. mandarins, pineapple Crunchy Layer 50g of cereal (Nut Free) e.g. toasted oats, crushed Weetabix, Oat flakes. Digestive biscuits Ginger biscuits Creamy Layer A small pot of: Low fat crème fraiche Low fat Greek style yogurt Low fat fruit yogurt 200 ml Low fat fruit flavoured yogurt</p> <p>Container: A plastic cup/flask to present and take it home in.</p>	<p><u>Dips & Dippers</u> Vegetable sticks 1 carrot 1 stick of celery ½ a red or yellow pepper ¼ of a cucumber</p> <p>Dip- Tomato Salsa 1 clove of garlic ½ medium onion 2 medium tomatoes ½ lime 1 tablespoon chopped fresh coriander ½ teaspoon chilli powder (or less to taste!) salt and pepper ½ teaspoon cumin 1-2 teaspoons tomato puree</p> <p>** Please wash all vegetables at home</p> <p>Containers: 2- one for dip and one for vegetable sticks.</p>
<p><u>Cereal Bar</u> 100g Margarine 75g sugar 1 egg 75g Plain flour 125g Rolled oats 50 – 75g Extra ingredients – Rasins, dried apriots, dried apple, chocolate chips, seeds</p> <p>Container: A_square oven proof tin/dish to cook the cereal bar and a container to fit the tin in.</p>	