

Sesame + Rice Balls

Almond Butter Protein Ball

OUR CHBO!





8 homemade sesame & rice balls
12 assorted celery and carrot sticks
80g Veggie Chips
10 assorted cherry tomatoes
Handful dried peaches, pears, sultana
1 Almond Butter Protein Ball

SESAME & RICE BALLS

GF, MAKES 20

300g medium grain brown rice, cooked*
125g grated tasty cheese
100g Australian lupin flakes
1 egg
2 ths alive oil

½ tsp Himalayan or Celtic sea salt 140g black or white sesame seeds

Pre-heat oven to 220°C. Grease a baking tray with olive oil. Combine rice, cheese, lupin flakes, egg, olive oil and salt in a bowl and mix well. Allow to sit for 10 minutes so that lupin flakes absorb moisture.

Make a ball using 2 tablespoons of mixture. Roll each ball in the sesame seeds to coat. Place balls on greased baking tray. Bake for 20 minutes, turning balls halfway, until golden.

Store in a sealed container in the fridge once cooled. Will keep for 5 days.

^{*}Shelf life for prepared food as shown varies. Please check our website for detailed information on correctly storing food. Remember to always comply with your school's food policy regarding allergens.



Chicken Pinwheel with Hummus, Mixed Bean and Spinach

Homemade Pink Pitaya Gummies

OUR CHBOX

Homemade Muesli Bites





4 homemade muesli bites
2 homemade pink pitaya gummies
100g mix of Soya Crisps and Salt & Vinegar Chickpea Puffs
1 chicken pinwheel with hummus, mixed bean and spinach
1 small orange
7 assorted cherry tomatoes

MUESLI BITES

MAKES 12

240g premium natural or toasted muesli 60g nut butter or tahini 85g raw honey

Combine all ingredients in a large bowl and mix well. Chill in the fridge for 20 minutes. Roll into balls and store in a sealed container in the fridge. Will keep for one week.

CHICKEN PINWHEEL

MAKES 1

1 wrap or flatbread Handful fresh baby spinach 2 tbsp cooked mixed beans 50g shredded cooked chicken breast 1 tbsp hummus

Spread one flatbread wrap with hummus. Sprinkle spinach down one end of flatbread closest to you. Top with the beans and chicken. Season with salt and pepper (optional). Roll up flatbread tightly, without splitting the bread. Slice into 5cm pieces and store in a sealed container in the fridge.

PINK PITAYA GUMMIES

GF, MAKES 12

2½ cups water 3 tsp organic Pink Pitaya Dragon Fruit Powder 20g raw honey 50g natural gelatine

Mix water and pitaya powder together until well combined. Add gelatine and pitaya mixture to a small saucepan. Gently heat on low and stir with a metal spoon until the gelatin absorbs all of the liquid, known as "blooming". Do not boil or simmer. Add honey and stir until blended well. Remove from heat immediately. Set aside and cool to room temperature. Pour into a silicone ice cube tray. Refrigerate for at least ½ hour before removing from tray. Store in fridge and best brought to room temperature before eating.

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Inside Out Sushi Roll

OUR CABOX





3 protein balls of you choice	1 brown rice and cucumber 'inside
4 strawberries	out' sushi roll
3 celery sticks filled with almond	5 snowpeas
butter and sultanas	Handful of Banana Chips
Handful of cherry tomatoes	4 slices of cheese
1 medium carrot cut into sticks	

INSIDE OUT SUSHI ROLL

MAKES 1

1 small cucumber

1 small carrot

100g cooked brown rice*

Take cucumber and cut into 5cm pieces.

Peel a small carrot and cut into 5mm wide and 5cm long pieces.

Place cucumber pieces cut side up, on a board. Use a small knife to cut a circle around the seeds and use a small spoon to push the seeds out. Discard seeds.

Fill the cucumber with cooked brown rice (seasoned with salt and pepper if desired). Push a piece of carrot into the middle of each piece of cucumber and rice.

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Almond and Apricot Yoghurt Bite





2-3 homemade pasta cups
Handful of soya crisps
1 medium dried banana coated in raw honey and rolled in Organic Puffed Buckwheat
Small bunch grapes
1 almond and apricot yoghurt bite
6 snow peas
¼ capsicum, sliced
1 apple

PASTA CUPS

GF, MAKES 8

280g organic spinach & beetroot pasta, cooked*

125g grated tasty cheese

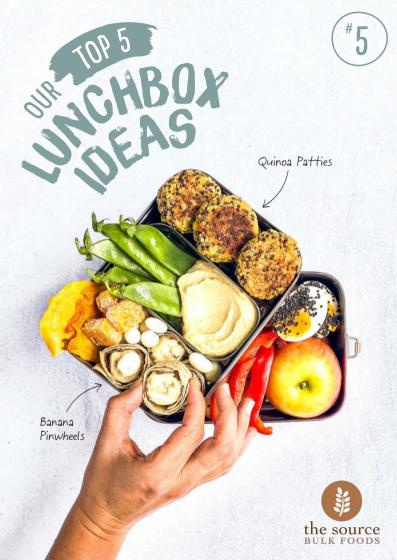
2 eggs

1/2 tsp Himalayan or Celtic sea salt

Pre-heat oven to 180°C. Grease 8 of the cups of a non-stick, 12 cup muffin tin with olive oil. Combine all ingredients in a bowl and mix well.

Divide mixture between muffin cup holes and bake for 15 minutes or until golden brown. Allow to cool in tin. Run a knife around the edge of each pasta cup to remove from tin. Store in a sealed container in the fridge for up to 5 days.

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QUINOA PATTIES

GF, MAKES 20

370g organic tricolour or organic Australian quinoa, cooked*

3 eggs

125g tasty cheese

100g Australian lupin flakes

 $rac{1}{2}$ tsp Himalayan or Celtic sea salt

1 tbsp olive oil for frying

Combine all ingredients in a bowl and mix well. Allow to sit for 10 minutes so that the lupin flakes can absorb moisture.

Shape 2 tablespoons of mixture at a time into patties. Heat oil in a non-stick frying pan over medium heat. Cook patties, about 3 minutes per side. until aolden brown.

Once cooled, store in a sealed container in the fridge.

BANANA PINWHEEL

MAKES 1

1 wrap or flatbread

1 medium banana

1 tbsp raw honey

1 tsp linseeds

1 tsp tahini

Spread flatbread with a thin layer of tahini, then drizzle over honey and sprinkle with linseeds.

Place banana lengthways along one end of flatbread closest to you, breaking slightly if the banana needs to straighten. You may wish to brush the banana lightly with lemon juice, to stop it going brown if not eating straight away.

Roll up flatbread around banana and slice into 5cm pieces.

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