

MONDAY'S LUNCHBOX

Crepes with Filling

Makes 4

4 eggs
2 Tsp coconut oil
½ tsp vanilla essence *
80 ml (1/3 cup) coconut cream
1 tsp honey*
pinch of salt
2 Tbs coconut flour

Combine the eggs with the coconut oil, vanilla, coconut cream and honey and whisk until light and frothy. Add the sifted coconut flour and combine until the mixture thickens slightly.

Heat a little oil in a frying pan on medium and pour in a large spoon full of the batter into the pan. Lift the pan by the handle and roll the batter over the surface of the pan until the whole surface is covered. It only takes around one minutes for the crepe to brown on one side. Turn it over and brown on the other side.

For school lunches you can make enough crepes ahead of time and refrigerate inbetween waxed baking paper in an airtight container.

Fill the crepe with your child's favourite filling and roll the crepe around the filling. Cut into halves for easy handling.

Yogurt - Jelly Cups

Serves 8

500 ml (2 cups) grape juice
1 Tbs gelatin

500 ml yogurt
fresh berries
honey

Yogurt is an essential part of introducing good bacteria into the digestive system. Having a good bacterial balance will prevent a multitude of illnesses. If your child is lactose intolerant you will need to make your own yogurt. This is relatively simply. Please go to www.cccibs.com and under the reference section you will see the yogurt making video tutorial.

Take 80 ml/1/3 cup of the grape juice, pour into a small bowl, and dissolve the gelatin until thick and spongy. Heat the rest of the juice in a saucepan until just boiling. Turn off the heat and pour in the gelatin and whisk until all the gelatin has dissolved. Pour into individual jelly moulds or small bowls and refrigerate for 4 hours or until set.

Any pure juice can be used for this recipe. If using unsweetened cranberry juice, add 1 Tbs of honey to sweeten.

To make the Yogurt-Jelly Cups, pour the warm jelly into the bottom of individual small plastic containers which have a lid, as these are the final container for your child to take to school. Once the Jelly has set, top it with yogurt and perhaps some fresh berries and honey. Remember to pack an ice pack into the bottom of the lunch box to keep the cups cool. The jelly will melt if it gets to warm.

Fruit Roll-Ups

Makes about 8

250 g (1 cup) apple & pear sauce
250 g (1 cup) strawberries - hulled

Combine the fruit in a food processor and process until smooth. Pour onto the flat dish of the food dehydrator and dry for 6 - 8 hours.

Store the roll-ups separated by waxed paper in an airtight container.

Kids simply LOVE these! Experiment by pureeing any kind of fruit and drying it.

TUESDAY'S LUNCHBOX

Soft Souffle Bread Bites

Makes 6 slices

6 egg whites
pinch salt
4 egg yolks
100 g (3 oz) scd dripped yogurt*

SCD dripped yogurt is made from the yogurt in the *Cooking for Celiacs, Colitis, Crohn's and IBS* cookbook. Otherwise if your child is not lactose intolerant take 200g of natural yogurt and place into a sieve which is lined with 2 layers of cloth kitchen wipes and let drain for 8 hours. The result is a thick cream cheese like consistency.

Banana-Raisin Muesli Crunch

Makes 1 kg (2 lb) of Muesli

85 g (1 cup) flaked almonds
40 g (1 cup) flaked coconut
45 g (1 cup) raisins
120 g (1 cup) pecans
65 g (1/2 cup) pine nuts
120 g (1 cup) dried apricots
120 g (1 cup) prunes

1 Banana
1/2 tsp lemon juice

Dried Fruit Salad

Makes about 2 cups

4 ripe bananas - peeled
4 Granny Smith apples
- peeled, cored
2 pears - peeled, cored
4 kiwi fruit - peeled
juice from 1/2 lemon
1 Tbs honey

Preheat oven to 150°C/300°F

Line a 22 x 33 cm/9 x 13 inch glass Pyrex dish with baking paper

Whip the egg whites and salt until stiff. Combine the egg yolks with the dripped yogurt* and mix until smooth, then gently fold under the egg whites. Pour into the prepared Pyrex dish and bake for 30 minutes. Remove from the oven. Place another piece of baking paper onto a flat cutting board and tip the Pyrex dish with the dough onto the cutting board. Remove the baking paper from the underside of the bread and lift the bread with the new baking paper back into the Pyrex dish. Bake the bread for another 10 - 15 minutes. Let cool and store in a covered container in the refrigerator. This bread will toast nicely.

For school lunches place the child's favorite filling in between two slices and cut into quarters for easy handling.

Place pecans, pine nuts, apricots, and prunes into a food processor and chop for about 5 - 10 seconds until roughly chopped. Remove into a bowl and mix with the almonds, coconut, and raisins. Store in an airtight container.

Mash banana with the lemon juice.

For school lunches place mashed banana into the bottom of a small plastic container with a lid. Sprinkle muesli on top and drizzle with a little honey if so desired.

Slice the fruit into 5 mm/1/4 inch slices. Mix the lemon juice and honey and dip the bananas, pears and apples into the mixture. Remove and place into the food dehydrator with the sliced kiwi fruit overnight for at least 8 hours.

Store in an airtight container. The kids will love this for a snack or in their school lunches.

WEDNESDAY'S LUNCHBOX

Mini Chicken Satays

Serves 4

500 g (1 lb) chicken breast fillet - deboned
120 ml (½ cup) coconut milk
1 Tbs fish sauce
2 tsp red curry paste
1 tsp ground turmeric
1 tsp honey
1 Tbs fresh coriander - minced
salt and pepper
toothpicks soaked in water

Pound the chicken flat and cut it into thin strips (about 2 cm/¾ inch wide). Combine the coconut milk, fish sauce, curry paste, turmeric, honey, and coriander, and marinate the chicken strips for at least one hour, covered in the refrigerator. Season with Salt and Pepper to taste. Then thread each strip onto a toothpick. Heat some oil in a frying pan and fry the chicken for around 7 minutes turning them halfway through. They should be lightly browned and cooked through. Serve hot or cold.

With meat it is always a good idea to pack a cold pack into the lunch box.

Stewed Pears and Apples

Makes 300 g (6 cups)

150 g (10 oz) Granny Smith apples - peeled, cored
150 g (10 oz) Green Pears - peeled, cored
½ lemon - juiced and grated rind
1 stick cinnamon
1 Tbs honey

Slice the apples and pears into thick pieces and combine with all other ingredients in a saucepan. Cook covered for about 10 minutes or until apples have become quite soft. Refrigerate in an airtight jar.

For school lunches place the stewed fruit into individual small plastic containers with a lid.

Coconut Pancake Roll-Ups

Makes 4

4 eggs
2 Tsp coconut oil
½ tsp vanilla essence
80 ml (1/3 cup) coconut cream
1 tsp honey
pinch of salt
2 Tbs coconut flour

This recipe makes thin crepes which are delicious with any cooked fruit filling and perhaps served with some honey drizzled over the top.

Combine the eggs with the coconut oil, vanilla, coconut cream and honey and whisk until light and frothy. Add the sifted coconut flour and combine until the mixture thickens slightly.

Heat a little oil in a frying pan on medium and pour in a large spoon full of the batter into the pan. Lift the pan by the handle and roll the batter over the surface of the pan until the whole surface is covered. It only takes around one minutes for the crepe to brown on one side. Turn it over and brown on the other side. Fill the crepes with homemade jam and cut into halves for ease of handling.

THURSDAY'S LUNCHBOX

Pumpkin and Leek Pie

Makes 6

150 g (1 cup) fresh pumpkin - diced
1 ½ Tbs butter
150 g (¾ cup) leeks - chopped
1 Tbs honey
1 clove garlic - minced
10 Eggs
30 g (1/3 cup) parmesan cheese - grated
80 ml (1/3 cup) scd french cream*

If your child is lactose intolerant follow the recipe in *Cooking for Celiacs, Colitis, Crohn's and IBS* on how to make scd french cream. Otherwise use normal cream

Preheat oven to 180°C/360°F
Lightly oil a large 6-hole muffin tin

Dice pumpkin into 1 cm/½ inch pieces, place in pot, cover and steam in a small amount of water about 10 minutes until they start to soften. Drain and set aside. Heat the butter in a small skillet and add the chopped leeks. Stir and sauté about 2 minutes - until the leeks start to wilt. Add the honey and garlic, and cook, stirring for 3 - 4 minutes. Remove from heat and set aside. In a large bowl combine the eggs, parmesan and french cream, and mix well. Add the pumpkin and leeks, and season to taste. Pour the mixture into the prepared muffin tin and bake for 30 - 40 minutes until the tops of the pies feel firm. Remove from the oven and let cool for a few minutes before removing from the moulds. Serve at room temperature or cold. Refrigerate in an airtight container.

Cheddar Crackers and Cheese

Makes about 50 crackers

200 g (2 cups) almond flour
200 g (2 cups) sharp cheddar
1 tsp baking soda
1 tsp dried thyme
¼ tsp cayenne pepper
6 Tbs cold water

Pre-heat oven to 150°C
Line two baking trays with baking paper

Mix almond flour, cheddar, baking soda, thyme, and cayenne pepper. Add the cold water and mix to form into a flat dough. Cover and place into the refrigerator for 30 minutes.

Take the dough from the refrigerator and take about 1 teaspoon of dough and roll each one into a ball and squeeze down with your fingers onto the prepared baking tray. Each cracker should be about 3 mm/⅛ inch thick and at least 2 cm/¾ inch away from the next cracker. Bake in oven for ½ hour or until edges start to brown. The crackers still need to look pale in the centre. Turn the oven down to 100°C/210°F. Take the trays out of the oven and let cool for 5 minutes. Turn each cracker over and put the trays back into the oven. Bake for another ½ hour, turn the oven off, and let the crackers sit in the oven until the oven has cooled down. Take the trays out of the oven and let cool completely. Crackers should be slightly browned, but still pale. It is important not to brown beyond a faint golden hue, as the crackers will not taste good.

Store crackers between kitchen paper in an airtight container.

Coconut Date Balls

Makes 30 - 35

150 g (1 cup) pitted dates
150 g (1 cup) dried apricots
150 g (1 cup) raisins
100 g (1 cup) walnuts
70 g (1cup) shredded coconut
3 Tbs fresh orange juice
70 g (1 cup) shredded coconut
for coating

Cut all pitted dates in half, making sure all seeds have been removed. Combine dates, apricots, raisins, and walnuts in a food processor and grind to a paste. Add coconut and process again until the mixture is smooth. Place some cold water in a bowl and dip your fingers in the bowl. With moist hands, form small balls out of the date paste and roll in the shredded coconut.

Refrigerate in an airtight container. Eliminate the walnuts if a nut free version is desired.

FRIDAY'S LUNCHBOX

Chicken and Carrot Soup

Stock

Makes 2.5 Liters (10 cups)

1 ½ kg (3 lb) chicken pieces
- with bones
10 small carrots - or baby carrots
3 stalks celery - chopped
1 bunch fresh parsley - chopped
80 g (1 cup) onion - peeled, chopped
3 cloves garlic
3 liters (12 cups) water

500 g (1 lb) chicken thighs - de-boned
6 small carrots - or baby carrots

Place the chicken pieces in a large pot or slow cooker. Add peeled and roughly chopped carrots, celery, parsley, onion, and whole garlic cloves. Pour in the water and, if cooking in a large pot, bring to boil then lower the heat, skimming off any scum which forms on the surface. Simmer, covered on low for at least 4 hours. If you are using a slow cooker, set it on low with the lid, and cook 6-8 hours. Let the stock cool down, and then remove all the chicken and vegetables by straining through a sieve and discard.

To complete the soup, take 1.5 liters of the stock and freeze the rest for use in other dishes. Pour the stock into a pot. Dice the chicken, peel and dice the carrots, and add to the stock. Cook for about 30 minutes or until chicken is cooked through. Take out a third of the chicken and carrots and blend in a food processor until smooth. Add this back to the chicken soup. This will thicken the soup.

You will need a thermos to keep the soup warm in. Make sure the soup is eating temperature and not boiling hot, so that when it comes to opening the thermos at lunch time the soup is just the right temperature for eating immediately.

Banana Pikelets

Serves 4

5 eggs
1Tbs scd yogurt
2 ripe bananas - sliced
1 Tbs honey

*If your child is lactose intolerant you will need to make the yogurt according to the instructions in the *Cooking for Celiacs, Colitis, Crohn's and IBS Cookbook*. Otherwise use natural yogurt.

Add the eggs into a bowl and mix with the honey and yogurt until light and fluffy. Place oiled egg rings into a lightly greased non-stick pan. Heat the pan on high until it is hot and then reduce the heat. Slowly pour the mixture into the egg rings. Place three slices of banana on each pikelet. Fry on low heat until the egg starts to firm up. Turn pikelets and fry until golden brown. Drizzle with honey.

Apple and Cinnamon Muffin

Makes 6

2 eggs - separated
1 whole egg
60 g (¼ cup) butter - softened
60 g (¼ cup) scd yogurt
150 g (½ cup) honey
250 g (2 ½ cups) almond flour
½ tsp ground cinnamon
1 tsp baking soda
225 g (1 cup) Granny Smith apples
- peeled,
cored and chopped

Preheat oven to 150°C/300°F
Butter large 6-hole muffin tin

Place the two egg yolks and the one whole egg into a large bowl. Add butter, yogurt, honey, and whisk or beat with an electric mixer until light and fluffy. In another bowl, combine the almond flour, cinnamon, and baking soda. Whisk the egg whites in another bowl until stiff peaks form. Pour the almond flour mixture into the previously combined egg and yogurt mixture and combine well. Add the apple and egg white and gently fold under. Pour the batter into the buttered muffin tin and bake for 40 minutes until muffins feel spongy when pressed. Leave to cool. Store in an airtight container.

For nut free muffins using coconut flour see the recipe in the 'Flog' section of our website <http://flog.cookingforceliacscolitisandibs.com/>