Weet-Bix™

LUNCHBOX SNACKS COOKBOOK

Eleven delicious recipes to help keep the kids happy and healthy

Weet-Bix™ Recipes

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Apple Crumble Muffins

PREP
15 mins

COOK
30 mins

DIFFICULTY
Easy

MAKES
12 Servings

Ingredients

4 Sanitarium Weet-Bix™ crushed

1 ½ cup wholemeal self-raising flour

¼ cup sugar

1 teaspoon cinnamon

425g can pink lady apple, drained & diced

2 eggs, lightly beaten

⅓ cup vegetable oil

1 cup So Good™ Almond Milk

Method

1. Place 3 crushed Weet-Bix™, flour, sugar, cinnamon and apple in a large mixing bowl.
2. Combine egg, oil and almond milk in a separate bowl.
3. Fold liquid ingredients gently into dry ingredients until just combined.
4. Spoon mixture into lightly greased 12 hole muffin tray and sprinkle with the remaining one crushed Weet-Bix™.
5. Bake in a moderate oven, 180°C, for 30 minutes or until golden.

Nutrition Info

	per serve
Energy (kJ)	790
(Cal)	189
Protein (g)	3.6
Fat (g)	8.1
Saturated Fat (g)	1.0
Carbohydrate (g)	23.7
- Sugars (g)	9.3
Dietary Fibre (g)	3.5
Sodium (mg)	155
Potassium (mg)	115
Calcium (mg)	36
Iron (mg)	1.4

Our Tips

Use ¾ cup wholemeal self-raising flour and ¾ cup white self-raising flour for a lighter result.

Weet-Bix

Golden Oat Biscuits

Ingredients

4 Sanitarium Weet-Bix™ crushed

½ cup wholemeal self-raising flour

½ cup rolled oats

½ cup desiccated coconut

¼ cup sugar

¼ cup honey

100g margarine or butter

Nutrition Info

	per serve
Energy (kJ)	733
(Cal)	175
Protein (g)	2.0
Fat (g)	9.8
Saturated Fat (g)	6.7
Carbohydrate (g)	19.5
- Sugars (g)	10.1
Dietary Fibre (g)	2.1
Sodium (mg)	55
Potassium (mg)	74
Calcium (mg)	10
Iron (mg)	1.0

PREP 15 mins

COOK 15 mins

DIFFICULTY Easy

MAKES 12 Servings

Method

1. Combine Weet-Bix™, flour, oats and coconut in a large bowl.
2. Place sugar, honey and oil in a saucepan. Bring mixture to boil then reduce and simmer until well combined.
3. Add liquid ingredients to dry ingredients and mix well. Roll mixture into balls and press onto a lined baking tray.
4. Bake in a moderate oven, 180°C, for 15 minutes or until golden.

Our Tips

1 tablespoon of cocoa can be added to this recipe.

Store cookies in an air tight glass jar to keep fresh for longer.

Spinach Parcels

PREP 10 mins | COOK 25 mins | DIFFICULTY Easy | MAKES 8 Servings

Ingredients

3 Sanitarium Weet-Bix™ crushed

2 sheets of square puff pastry

3 cups baby spinach leaves

1 bunch shallots (spring onions, white and pale green parts), finely sliced

½ cup grated tasty cheese

5 eggs

Nutrition Info

	per serve
Energy (kJ)	916
(Cal)	218
Protein (g)	8.5
Fat (g)	11.8
Saturated Fat (g)	5.4
Carbohydrate (g)	18.6
- Sugars (g)	0.9
Dietary Fibre (g)	2.3
Sodium (mg)	298
Potassium (mg)	130
Calcium (mg)	82
Iron (mg)	1.6

Method

1. Preheat the oven to 180°C and line a baking tray with baking paper.
2. Lay out the pastry sheets and score into square quarters.
3. In a large bowl, place the spinach leaves, cheese, Weet Bix™ and 4 eggs. Stir to combine.
4. Place ⅛ of the mixture onto each quarter of the pastry, keeping it neat and tidy in the centre.
5. Brush the edges of the square with egg, and draw the 4 points together in a peak.
6. Pinch the seams of the pastry together, and brush the top with egg.
7. Bake on the lined tray for 25 minutes or until golden brown and crisp.

Our Tips

These are tasty hot, or at room temperature.

Weet-Bix

Samosa Patties

PREP
30 mins

COOK
10 mins

DIFFICULTY
Easy

MAKES
8 Servings

Ingredients

4 Sanitarium Weet-Bix™ finely crushed

500g potato, peeled & chopped

500g sweet potato, peeled & chopped

¼ cup grated cheese

½ cup frozen peas & corn, steamed

¼ teaspoon curry powder

½ teaspoon salt

1 egg, lightly beaten

2 tablespoon oil

Nutrition Info

	per serve
Energy (kJ)	762
(Cal)	182
Protein (g)	5.6
Fat (g)	6.6
Saturated Fat (g)	1.3
Carbohydrate (g)	22.7
- Sugars (g)	4.4
Dietary Fibre (g)	4.1
Sodium (mg)	204
Potassium (mg)	497
Calcium (mg)	55
Iron (mg)	1.9

Method

1. Place all potatoes in a saucepan and cover with water. Bring to boil then reduce heat and simmer until soft. Remove from stove, strain and mash.
2. Place in a large bowl mashed potato, cheese, peas & corn, curry powder, salt and egg. Mix well.
3. Form into tablespoon size patties and roll in crushed Weet-Bix™.
4. Heat oil in frypan and cook potato patties until golden on both sides.

Our Tips

Make using Gluten Free Weet-Bix™ and the recipe is then Gluten Free.

Can place on lightly oiled oven tray and lightly oil top of patties. Bake in a moderate hot oven, 190°C, for 30 minutes turning half way through cooking time.

Mini Banana & Strawberry Loaves

Ingredients

3 Sanitarium Weet-Bix™ finely crushed

1 ½ cup wholemeal self-raising flour

⅓ cup sugar

250g punnet strawberries, hulled & diced

1 egg, lightly beaten

3 tablespoons light olive oil

3 very ripe bananas, mashed

1 cup So Good™ Almond Milk

PREP	COOK	DIFFICULTY	MAKES
15 mins	30 mins	Easy	8 Servings

Method

1. Place Weet-Bix™, flour, sugar and strawberries in a large mixing bowl.
2. Combine egg, oil, bananas and almond milk in a separate bowl.
3. Fold liquid ingredients gently into dry ingredients until just combined.
4. Spoon mixture into lightly greased 8 hole loaf tin tray.
5. Bake in a moderate oven, 180°C, for 30 minutes or until golden.

Nutrition Info

	per serve
Energy (kJ)	1100
(Cal)	263
Protein (g)	5.0
Fat (g)	8.8
Saturated Fat (g)	1.3
Carbohydrate (g)	39.4
- Sugars (g)	15.3
Dietary Fibre (g)	3.3
Sodium (mg)	236
Potassium (mg)	250
Calcium (mg)	53
Iron (mg)	1.5

Our Tips

These mini loaves can be made into muffins if you do not have small 8 hole loaf tray.

These loaves freeze well and can be taken from freezer and popped into lunch box.

Use ¾ cup wholemeal self-raising flour and ¾ cup white self-raising flour for a lighter result.

Seeded Date Loaf

Ingredients

3 Sanitarium Weet-Bix™ finely crushed

1 ¼ cups chopped pitted dates

¼ cup sugar

2 tablespoons light olive oil

1 egg lightly beaten

½ cup wholemeal self-raising flour

1 teaspoon baking powder

2 tablespoons combined pepitas and sunflower seeds

Nutrition Info

	per serve
Energy (kJ)	691
(Cal)	165
Protein (g)	2.7
Fat (g)	5.1
Saturated Fat (g)	0.8
Carbohydrate (g)	26.2
- Sugars (g)	18.5
Dietary Fibre (g)	3.3
Sodium (mg)	100
Potassium (mg)	247
Calcium (mg)	19
Iron (mg)	1.5

PREP 15 mins

COOK 35 mins

DIFFICULTY Easy

MAKES 10 Slices

Method

1. Place dates, sugar, oil and 1 cup water in a saucepan and bring to boil. Reduce heat and simmer for 2 minutes. Cool.
2. Add egg and mix well, then stir through Weet-Bix™, sifted flour and baking powder.
3. Place mixture into a lightly greased and lined 12cm x 21cm loaf tin. Sprinkle with seeds and lightly press into mixture.
4. Bake in a moderate oven, 180°C, for 35 minutes or until golden.

Our Tips

Seeds can be omitted from this recipe.

Cut into slices and store in freezer. Excellent for lunch boxes.

Weet-Bix

Olive Oil Flatbread Wraps

Ingredients

4 Sanitarium Weet-Bix™ finely crushed

3 ½ cups self-raising flour

½ teaspoon salt

½ cup olive oil

350ml warm water

¼ cup olive oil, for cooking

Nutrition Info

	per serve
Energy (kJ)	1793
(Cal)	428
Protein (g)	7.4
Fat (g)	22.4
Saturated Fat (g)	3.4
Carbohydrate (g)	47.7
- Sugars (g)	0.2
Dietary Fibre (g)	3.2
Sodium (mg)	608
Potassium (mg)	119
Calcium (mg)	45
Iron (mg)	1.7

PREP
45 mins

COOK
10 mins

DIFFICULTY
Easy

MAKES
8 large pieces

Method

1. Combine Weet Bix™, flour and salt in a bowl. Separately, combine the olive oil and water.
2. Make a well in the centre of the flour and pour the water and oil in, gradually bringing the flour in from the sides. When the flour is all incorporated, you should have a soft dough.
3. Knead the dough for at least 5 minutes on a floured surface, until stretchy. If the dough is too sticky, add small amounts more flour.
4. Wrap the dough in cling wrap and allow to rest at room temperature for 30 mins. Divide the dough into 8 pieces and roll out on a floured surface as thinly as you can.
5. Heat a generous splash of olive oil in a large frypan over medium to high heat. When the oil is hot, place one piece of flatbread in the base. It will immediately start to bubble up. When the edges are starting to look golden and the bread is becoming less floury looking around the edges (about 40 second to 1 minute), flip the bread carefully with a spatula.
6. Cook for a further 40 seconds to a minute and remove to a piece of paper towel.

Our Tips

Kneading can also be achieved by putting the ingredients into the bowl of an electric stand mixer fitted with a dough hook, and set it to a low speed to knead for 5 minutes.

These flatbreads can be served cut into wedges with hummus, tzatziki or other dip, or made into wraps with your favourite salad ingredients and dressings.

Weet-Bix™ Hommus

PREP
5 mins

DIFFICULTY
Easy

MAKES
2 cups

Ingredients

2 Sanitarium Weet-Bix™, crushed

400g can chickpeas, drained

2 cloves garlic

¼ cup tahini

1 Lemon, juiced

Iced water

½ teaspoon salt

White Pepper

Method

1. Place the chickpeas, Weet Bix™, garlic, tahini, lemon juice and ¼ cup water in the bowl of a food processor. Blitz until smooth.
2. Season with salt and pepper then blitz again.
3. Add iced water until the hommus is the desired consistency.

Our Tips

Serve with flatbread, raw vegetables, or in a wrap

Nutrition Info

2 tablespoon 40g as serving suggestion

	per serve
Energy (kJ)	300
(Cal)	72
Protein (g)	3.1
Fat (g)	3.5
Saturated Fat (g)	0.4
Carbohydrate (g)	5.5
- Sugars (g)	0.3
Dietary Fibre (g)	2.4
Sodium (mg)	164
Potassium (mg)	64
Calcium (mg)	30
Iron (mg)	1.1

Weet-Bix™ Bliss Balls

PREP
15 mins

DIFFICULTY
Easy

MAKES
14 servings

Ingredients

4 Sanitarium Weet-Bix™

12 Medjool dates, pitted

½ cup coconut

¼ cup pepita seeds

¼ cup chia seeds

1 teaspoon vanilla essence

3 tablespoons water

Method

1. Place all ingredients, except water into food processor and process until fine.
2. Gradually add enough water while still processing until mixture comes together.
3. Transfer mixture to bowl and mix well.
4. Form mixture into balls. Store in refrigerator in a glass jar.

Nutrition Info

	per serve
Energy (kJ)	324
(Cal)	77
Protein (g)	2.1
Fat (g)	4.4
Saturated Fat (g)	2.2
Carbohydrate (g)	6.1
- Sugars (g)	3.2
Dietary Fibre (g)	2.6
Sodium (mg)	14
Potassium (mg)	98
Calcium (mg)	25
Iron (mg)	1.3

Our Tips

Bliss balls can be frozen or stored in sealed container in fridge for 2 weeks.

Make using Gluten Free Weet-Bix™ and the recipe is then Gluten Free.

Weet-Bix

Zucchini & Corn Slice

PREP
10 mins

COOK
35 mins

DIFFICULTY
Easy

MAKES
12 servings

Ingredients

2 Sanitarium Weet-Bix™, crushed

2 zucchini, grated

1 large carrot, grated

1 large onion finely chopped

420g can corn kernels, drained

1 cup tasty cheese grated

½ cup self-raising flour

½ cup olive oil

5 eggs

½ teaspoon salt

Nutrition Info

	per serve
Energy (kJ)	826
(Cal)	197
Protein (g)	6.9
Fat (g)	14.7
Saturated Fat (g)	4.1
Carbohydrate (g)	8.6
- Sugars (g)	2.0
Dietary Fibre (g)	1.9
Sodium (mg)	140
Potassium (mg)	190
Calcium (mg)	109
Iron (mg)	1.0

Method

1. Preheat oven to 170ºC. Grease and line a non-stick 20x30cm lamington tray.
2. Combine zucchini, onion, carrot, corn, flour, Weet Bix™ and cheese in a large bowl.
3. Add oil and lightly beaten eggs, and mix. Season with salt. Pour into the lamington tray.
4. Bake for 35-40 mins until golden and set. Allow to cool slightly before cutting.

Our Tips

This recipe is suitable to freeze and reheat. It can be enjoyed hot or at room temperature.

Weet-Bix

Sultana Pikelets

Ingredients

2 Sanitarium Weet-Bix™, finely crushed

1 cup self-raising flour

½ cup sultanas

1 egg

¾ cup milk

1 tablespoon honey

¼ cup olive oil

Nutrition Info

	per serve
Energy (kJ)	591
(Cal)	141
Protein (g)	2.8
Fat (g)	5.9
Saturated Fat (g)	1.2
Carbohydrate (g)	19.0
- Sugars (g)	9.1
Dietary Fibre (g)	1.1
Sodium (mg)	111
Potassium (mg)	134
Calcium (mg)	46
Iron (mg)	0.8

PREP
5 mins

COOK
10 mins

DIFFICULTY
Easy

MAKES
12 servings

Method

1. Combine the flour, Weet Bix™ and sultanas in a medium bowl.
2. Lightly beat the egg in a small bowl and add the milk and honey.
3. Make a well in the centre of the dry ingredients and add the wet ingredients, stirring well. Make sure there are no lumps, then cover and rest for 15 minutes.
4. Heat a large frying pan or chef pan over medium heat and add a teaspoon of olive oil.
5. Drop large spoonfuls of the mixture into the pan – about 4 pikelets at a time. Cook until the edges of the pikelets start to turn golden. Turn, and cook on the other side until golden brown.
6. Set aside on paper towel to cool.

Our Tips

These are delicious served with a dollop of yoghurt and some berries, or with peanut butter and drizzle of honey.

Weet-Bix™

Weet-Bix™ is Australia's favourite breakfast cereal. Aussie kids have been Weet-Bix™ kids for over 80 years and today they consume a staggering 1.4 billion biscuits every year.

Weet-Bix™ has always been and will always be the simple, wholesome way to get the wholegrain goodness and nutrition you need.

With a delicious malty flavour and the goodness and energy of wholegrain wheat to help kick-start your day, Aussie Kids are Weet-Bix Kids.

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