

★ Weet-Bix™ 👍

School Days Sorted



BACK TO SCHOOL

Cookbook

2024

CONTENTS

1. Back to school basics.....	3
• Tips to getting out the door	
• Why is breakfast important	
2. Character Toppers.....	5
3. Breakfast.....	13
4. School Snacks.....	23
5. School Lunch Boxes.....	31
6. After School Snacks.....	39
7. Healthy Treats.....	49
8. Kids Activities.....	57
• Colouring in page	
• Find a word	



1. BACK TO SCHOOL BASICS

- *Tips to getting out the door*
- *Why is breakfast important*

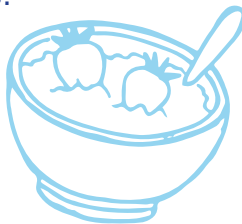
It all starts with breakfast!

Starting your day with a nutritious breakfast is one of the best ways you can kick-start your morning! While all meals are important, breakfast is your first opportunity to refuel your body for the day and allows you to get a head start on packing in the nutrients your body needs to function well. Did you know that children who eat breakfast tend to have higher intakes of dietary fibre, iron, and calcium – key nutrients that Australian and New Zealand children tend to fall short on?

A nutritious brekkie also helps to fuel the brain and support cognitive function. For example, as part of a healthy diet, iron can help support brain activity and function which is important for everyday learning.

So, what is a 'good quality' breakfast? Ideally, it's one that is well-balanced, nourishing, and delicious! This may look like:

- Wholegrain cereal with dairy or soy milk, topped with fruit or blended as a smoothie,
- wholegrain toast with peanut butter,
- baked beans and avocado on toast with grilled tomato, or
- something that can be prepared the night



before for a grab 'n go like a wholegrain bircher muesli, layered trifle using wholegrain cereal, low-fat yoghurt and fruit, or chia pudding made on your favourite milk topped with sliced banana and cinnamon.

Don't forget that rather than skipping, even a simple breakfast containing your favourite wholegrain cereal, milk and fruit also gets the tick, especially for those busy mornings when everyone is rushing to get out the door!



Heroing the lunchbox!

The lunchbox battle can get the best of everyone – trying to think up that winning formula of both tasty treats but also the good stuff you know they need to fill up can be a challenge, especially amongst all the other activities of a bustling household! Much like breakfast, a well-balanced, delicious, and nourishing lunchbox is key to supporting your child's development, activity levels, and performance at school. We've tried to take the guesswork out of the lunchbox build by providing some tasty, fun, and easy lunchbox fillers in this e-book. Let's get started with three top tips:





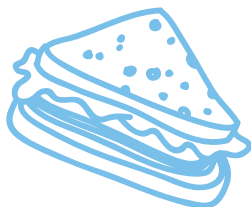
For more lunchbox tips, checkout our article here:

[8 tips on how to pack a healthy lunchbox for back to school](#)

1. EMBRACE THE BENTO:

Not only is it visually appealing, but it's a great way to increase the variety of foods for your kids – try popping something different into each compartment! The separate compartments also help to retain the textures of foods, so it's great for those that don't like their foods touching or want their crackers to keep nice and crunchy! A balanced bento hitting all 5 food groups could look like:

- Wholegrain sandwich squares – grains
- Mixed berries, mandarin segments or grapes – fruit
- Cheese cubes or yoghurt – dairy
- Hummus dip, mini lentil patties or falafel bites, veggie sticks – vegetables and protein
- Bliss ball or mini fruit and grain muffin – wholesome treat



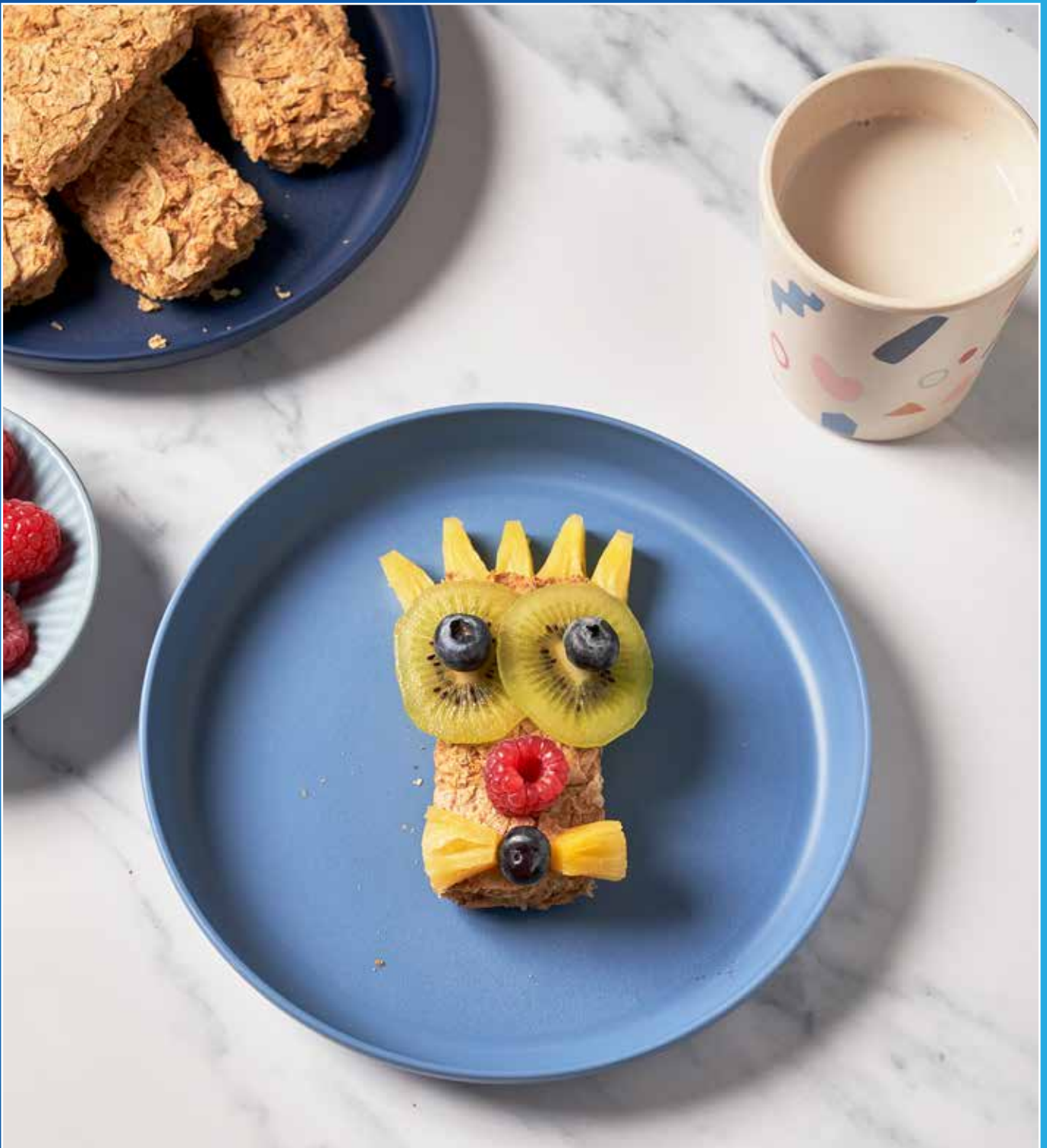
2. SEE YA SOGGY SANGAS:

Spread condiments between cheese and protein (not straight onto the bread) and pat dry wet vegetables like tomatoes, lettuce leaves and cucumber with a paper towel before layering them in a wholegrain sandwich. These layering hacks will hopefully keep those soggy sangas at bay!

3. LUNCH ON LEFTOVERS:

Make that cook-up at dinner go the extra mile and reduce food waste by making a little extra to pop aside for a ready-made lunch portion! Pastas, salads, quiches and frittatas all make easy next-day lunches. These can even be popped into one compartment of the bento box or, use the different sections of the bento box for a 'build-it-yourself' burger or wrap. Don't forget to pop leftovers in a cooler pack with an ice-brick to help keep them cool – especially in summer!

2. CHARACTER TOPPERS



PROFESSOR PINEAPPLE
WEET-BIX™ TOPPER



PREP:
5 mins



LEVEL:
Easy



SERVES:
1



High in /
good source
of fibre

INGREDIENTS:

- 1 Weet-Bix™
- 1 slice fresh pineapple, or tinned pineapple in juice
- 2 slices kiwi, peeled
- 1 raspberry
- 3 blueberries

METHOD:

1. Top a Weet-Bix™ with kiwi slices and two blueberries, to create eyes.
2. Cut pineapple slice into pieces and arrange for hair and bow tie.
3. Use the raspberry for the mouth, and remaining blueberry as the bow tie knot.
4. Serve immediately – on its own, or with almond milk or low-fat yoghurt.

1 2 3
A B C

	PER SERVE
Energy (kJ)	410
(Cal)	98
Protein (g)	3
Fat (g)	0.6
- Saturated Fat (g)	0.1
Carbohydrate (g)	19
- Sugars (g)	9
Dietary Fibre (g)	4.3
Sodium (mg)	46
Potassium (mg)	223
Calcium (mg)	14
Iron (mg)	1.8



VEGGIE PIRATE
WEET-BIX™ TOPPER



PREP:
5 mins



LEVEL:
Easy



SERVES:
1



Contains
protein
High in /
good source
of **fibre**

INGREDIENTS:

- 1 Weet-Bix™
- 1 Tbsp hummus
- ½ slice tomato
- 2 cherry tomatoes, halved lengthwise
- 2 florets broccoli
- 1 black bean
- 1 black olive

METHOD:

1. Spread a Weet-Bix™ with hummus to create face and nose.
2. Use tomato slice, and two cherry tomato halves, for the pirate's bandana.
3. Place half the olive on one side of the face as an eye patch, and thinly slice the other olive half to make the string for the patch. Create the opposite eye with a black bean.
4. Slice half of the remaining cherry tomato in half, for the pirate's mouth.
5. Serve immediately – on its own, or with almond milk or low-fat yoghurt.



	PER SERVE
Energy (kJ)	493
(Cal)	118
Protein (g)	5
Fat (g)	4
- Saturated Fat (g)	0.5
Carbohydrate (g)	13
- Sugars (g)	1
Dietary Fibre (g)	5.5
Sodium (mg)	180
Potassium (mg)	234
Calcium (mg)	27
Iron (mg)	2.3



STRAWBERRY FISH WEET-BIX™ TOPPER



PREP:
5 mins



LEVEL:
Easy



SERVES:
1



High in /
good source
of fibre
+ protein

INGREDIENTS:

- 1 Weet-Bix™
- 1 Tbsp nut or seed butter
- 2 strawberries
- 1 raspberry
- 1 blueberry

METHOD:

1. Spread a Weet-Bix™ with nut or seed butter
2. Cut strawberries into slices. Arrange centre slices as fish scales. Cut strawberry end slices in half to use as fins and tail.
3. Place raspberry nose and blueberry eye.
4. Serve immediately – on its own, or with almond milk or low-fat yoghurt.



	PER SERVE
Energy (kJ)	902
(Cal)	215
Protein (g)	10
Fat (g)	13
- Saturated Fat (g)	1
Carbohydrate (g)	14
- Sugars (g)	3
Dietary Fibre (g)	4.5
Sodium (mg)	43
Potassium (mg)	263
Calcium (mg)	19
Iron (mg)	2.1



EGGY OCTOPUS
WEET-BIX™ TOPPER



PREP:
10 mins



LEVEL:
Easy



SERVES:
1



Contains
**protein,
fibre +
iron**

INGREDIENTS:

- 1 *Weet-Bix™*
- ½ boiled egg
- 8 pieces spiralised carrot
- 1 green olive
- 2 pepitas

METHOD:

1. Place half a boiled egg on a *Weet-Bix™*, for the octopus head.
2. Arrange carrot spirals as tentacles
3. Add pepitas as eyes. Use a green olive slice for the mouth, and half green olive slices as eyebrows.
4. Serve immediately – on its own, or with almond milk or low-fat yoghurt.

TIPS:

- Boiled egg half can be replaced with a dollop of hummus, if preferred.



	PER SERVE
Energy (kJ)	433
(Cal)	104
Protein (g)	5
Fat (g)	3
- Saturated Fat (g)	0.7
Carbohydrate (g)	13
- Sugars (g)	3
Dietary Fibre (g)	3.2
Sodium (mg)	142
Potassium (mg)	167
Calcium (mg)	18
Iron (mg)	2.0

3. BREAKFAST



PEACHES & CREAM OVERNIGHT WEET-BIX™

Creamy yoghurt, sweet peaches, and a crunchy
topping make for a special breakfast treat!



PREP:
5 mins



FRIDGE:
2-3 hours



LEVEL:
Easy



SERVES:
1



Good source of
**protein,
calcium
+ iron**

INGREDIENTS:

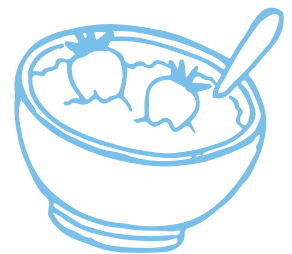
- 2 Weet-Bix™, roughly crushed
- 1/3 cup So Good™ Almond Milk Unsweetened
- 150 g low fat Greek yoghurt
- 1/2 cup sliced fresh peach, or tinned peaches in juice, divided
- 2 tsp toasted nuts or seeds
- 1-2 tsp juice from canned peaches or honey to serve (optional)

METHOD:

1. Mash or dice half the peach slices. In a small container or bowl, combine Weet-Bix™, almond milk, and diced peaches, to form the base.
2. Spread yoghurt on top of the base.
3. Top with remaining peaches, and sprinkle with toasted nuts and seeds.
4. Place in the fridge for 2 - 3 hrs, or overnight.

TIPS:

- If desired, stir 1 - 2 tsp of honey.



	PER SERVE
Energy (kJ)	1440
(Cal)	345
Protein (g)	18
Fat (g)	8
- Saturated Fat (g)	3
Carbohydrate (g)	43
- Sugars (g)	23
Dietary Fibre (g)	9.8
Sodium (mg)	287
Potassium (mg)	689
Calcium (mg)	349
Iron (mg)	3.6



RASPBERRY WEET-BIX™ BIRCHER POTS

Quick and easy bircher pots are great for a grab-and-go breakfast option for the whole family.



PREP:
5 mins



COOK:
N/A



LEVEL:
Easy



SERVES:
1



High in
fibre



INGREDIENTS:

- 3 Weet-Bix™, crushed
- ¼ cup chia seeds
- 2 cups milk, or So Good™ Soy or Almond Milk
- 1 tbs honey (optional)
- ½ cup rolled oats
- ½ apple, grated
- 1 cup frozen raspberries, plus extra for garnish
- 2 tbs chopped almonds, plus extra for garnish

METHOD:

1. Combine chia seeds, milk and honey (if using) in a large bowl. Mix well and set aside for 10 minutes to plump up the chia seeds.
2. Add crushed Weet-Bix™, oats, apple, raspberries and almonds to the chia mixture and fold through. Divide into 4 glasses.
3. Garnish with extra almonds and berries. Eat immediately or cover and refrigerate overnight for a quick breakfast.

	PER SERVE
Energy (kJ)	1100
(Cal)	263
Protein (g)	10
Fat (g)	11
- Saturated Fat (g)	4
Carbohydrate (g)	26
- Sugars (g)	8
Dietary Fibre (g)	7.9
Sodium (mg)	78
Potassium (mg)	385
Calcium (mg)	214
Iron (mg)	2.6



WEET-BIX™ WITH MANGO AND MACADAMIAS

Your breakfast options with Weet-Bix™ are only limited by your imagination. Here's a delicious tropical mix.



PREP:
5 mins



COOK:
N/A



LEVEL:
Easy



SERVES:
1



so simple
& delicious!

INGREDIENTS:

- 2-3 *Weet-Bix™*
- ½ cup reduced fat milk or milk alternative
- 2 tbsp plain unsweetened yoghurt
- 4 apricot halves (fresh or canned in juice)
- 1 tbsp macadamias, chopped

METHOD:

1. Place *Weet-Bix™* wheat biscuits in a bowl and top with yoghurt, apricots and hazelnuts.
2. Pour on milk or milk alternative. Enjoy!



	PER SERVE
Energy (kJ)	1460
(Cal)	350
Protein (g)	12
Fat (g)	14
- Saturated Fat (g)	3
Carbohydrate (g)	41
- Sugars (g)	21
Dietary Fibre (g)	5.8
Sodium (mg)	158
Potassium (mg)	599
Calcium (mg)	240
Iron (mg)	3.4



WEET-BIX™ FRUIT STACKS

Start your morning with this wholesome and tasty fruit stack packed with the goodness of nuts and wholegrains.



PREP:
5 mins



COOK:
N/A



LEVEL:
Easy



SERVES:
2



Great
for those
on the go
mornings!



INGREDIENTS:

- 4 *Weet-Bix™*
- 1/2 cup fresh or frozen berries
- 3/4 cup unsweetened yoghurt (200g)
- 1/4 cup raw, unsalted nuts
- 1/4 cup seeds

METHOD:

1. Crush half the *Weet-Bix™* into 2 serving glasses.
2. Layer the yoghurt on top, followed by the berries.
3. Repeat this again.
4. Sprinkle the nuts and seeds on top.

	PER SERVE
Energy (kJ)	1780
(Cal)	426
Protein (g)	18
Fat (g)	23
- Saturated Fat (g)	5
Carbohydrate (g)	33
- Sugars (g)	13
Dietary Fibre (g)	7.5
Sodium (mg)	144
Calcium (mg)	274
Iron (mg)	5.3



BANANA PIKELETS

Quick and easy banana pancakes with the goodness of Weet-Bix™.



PREP:
5 mins



COOK:
5 mins



LEVEL:
Easy



SERVES:
1



High in 
potassium

INGREDIENTS:

- 2 Weet Bix™, finely crushed
- 1 ripe banana, mashed
- 1 egg
- ¼ tsp ground cinnamon
- 1 tbs water
- ¼ cup Greek yoghurt to serve (optional)

METHOD:

1. Whisk together banana, egg, cinnamon and water with a fork. Stir through crushed *Weet-Bix™*.
2. Heat a non-stick skillet over medium heat, wipe or spray with a bit of oil.
3. Scoop batter onto pan with a tablespoon. Cook pikelets 3 minutes, flip and cook a further 2–3 minutes until golden. Serve warm, with a dollop of yoghurt if you choose.



	PER SERVE
Energy (kJ)	1170
(Cal)	279
Protein (g)	11
Fat (g)	6
- Saturated Fat (g)	6
Carbohydrate (g)	1
- Sugars (g)	41
Dietary Fibre (g)	6.2
Sodium (mg)	159
Potassium (mg)	524
Calcium (mg)	32
Iron (mg)	4.2
Plant Sterols (g)	2

4. SCHOOL SNACKS



CARROT CAKE MINI-LOAF

Healthy and delicious, this carrot cake mini loaf is perfect for big and little hands alike! This recipe transforms your typical indulgent carrot cake into wholesome mini loaves making them great for dessert, lunches, picnics and other fun adventures. Made using many wholesome dairy free ingredients including So Good™ Regular Soy or Almond Milk, this recipe is filled with goodness and is especially tasty.



PREP:
10 mins



COOK:
35 mins



LEVEL:
Easy



SERVES:
8



Good source of
calcium
+ fibre

INGREDIENTS:

- 4 Weet Bix™, crushed
- 1 can crushed unsweetened pineapple, including juice (432g tin)
- 1 cup carrot, grated
- 1 tsp ground cinnamon
- ½ tsp salt
- ¼ cup packed brown sugar
- 2 eggs, whisked
- 1 cup milk, or So Good™ Soy or Almond Milk
- ¼ cup light flavoured olive oil
- 1 ½ cups wholemeal self-raising flour
- 1 tsp baking powder
- ¼ cup sultana (optional)
- ¼ cup walnuts, chopped (optional)



METHOD:

1. Preheat oven to 180°C. Lightly oil an 8-hole mini-loaf tin.
2. To a large bowl add crushed Weet-Bix™, pineapple and pineapple juice. Stir well to moisten, then add grated carrot, cinnamon, salt, sugar, eggs, milk, and oil—stir again.
3. Add flour, baking powder, sultanas, and walnuts to the bowl and fold through, making sure not to over-mix.
4. Divide batter into prepared tin and bake for 35 minutes, or until tops are golden and a skewer inserted into the centre of a muffin comes with just a few crumbs clinging to it. Cool in tin for 5 minutes, then remove and cool completely on a rack.

	PER SERVE
Energy (kJ)	1140
(Cal)	272
Protein (g)	7
Fat (g)	10
- Saturated Fat (g)	2
Carbohydrate (g)	36
- Sugars (g)	14
Dietary Fibre (g)	4.9
Sodium (mg)	412
Potassium (mg)	336
Calcium (mg)	75
Iron (mg)	2.0



BAKED CARROT & CHICKPEA PATTIES

Baked Carrot and Chickpea patties are an awesome healthy addition to your lunch or dinner. They are low in saturated fat and a source of fibre and are baked instead of fried. These patties are great on their own with a dipping source, in a wrap or even as a meat free burger with a bread roll. Made with our own *Weet-Bix™*, these patties are marvelous.



PREP:
10 mins



COOK:
25 mins



LEVEL:
Medium



SERVES:
10 patties



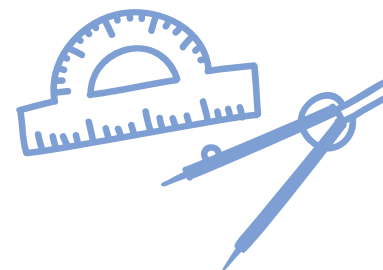
Great source of
protein

INGREDIENTS:

- ½ small red onion
- 2 medium carrots
- 1 x 425g tin chickpeas, drained
- 1 tbs water
- 2 tsp lemon juice
- 1 tbs olive oil
- salt and pepper
- 3 Weet-Bix™, finely crushed

METHOD:

1. Preheat oven to 200°C. Line a tray with baking paper.
2. Place onion and carrot into a food processor and pulse until finely chopped. Add chickpeas, water, lemon juice, olive oil, salt and pepper, and continue to pulse to a rough paste. Remove blade (or transfer to a large bowl) and stir through Weet-Bix™ wheat biscuits. Season to taste with salt and pepper.
3. Use a ¼ cup measure to scoop mixture. Form into a patty with clean hands, and place on prepared tray. Repeat with remaining mix.
4. Lightly coat top of patties either using olive oil cooking spray or a pastry brush and bake 25 minutes until golden. Cool on tray 5 mins, then move to a rack.
5. Serve warm or at room temperature, with crisp lettuce leaves, and sweet chilli or bbq sauce for dipping.



	PER SERVE
Energy (kJ)	308
(Cal)	73
Protein (g)	4
Fat (g)	2
- Saturated Fat (g)	0.4
Carbohydrate (g)	9
- Sugars (g)	1
Dietary Fibre (g)	3.4
Sodium (mg)	85
Potassium (mg)	129
Calcium (mg)	24
Iron (mg)	1.1



SWEET POTATO PIKELETS

Slightly spiced and perfectly fluffy, these wholesome pikelets are a nutritious treat at home or on the go.



PREP:
10 mins



COOK:
10 mins



LEVEL:
Easy



SERVES:
4-6



Rich in
iron
+ **fibre**



INGREDIENTS:

- 3 *Weet-Bix*TM, finely crushed
- 1/2 cup wholemeal flour
- 2 tsp baking powder
- 1/4 tsp ground cinnamon
- 1 cup mashed or pureed sweet potato
- 2 eggs
- 1 cup So GoodTM milk

METHOD:

1. In a large bowl, whisk together mashed sweet potato, eggs, and So GoodTM milk. Add *Weet-Bix*TM, flour, baking powder, and cinnamon, and stir well to combine. Set aside for 5 mins to thicken.
2. Heat a non-stick pan or griddle to medium, spray or wipe with a small amount of oil. Scoop generous tablespoons of batter onto hot pan, and cook pancakes 2 - 3 mins each side until golden. Repeat to make approximately 24 pikelets.
3. Serve warm or at room temperature. The pikelets are perfect on their own, with yoghurt and fresh berries, or with hummus and avocado.

TIPS:

- Mash can be made using steamed or roasted sweet potato. Last night's dinner leftovers are perfect for this recipe.
- Add an extra tablespoon or two of milk to thin batter if necessary – consistency can depend on the moisture in your sweet potato mash!

	PER SERVE
Energy (kJ)	950
(Cal)	227
Protein (g)	8
Fat (g)	7
- Saturated Fat (g)	1
Carbohydrate (g)	30
- Sugars (g)	5
Dietary Fibre (g)	5.2
Sodium (mg)	247
Potassium (mg)	523
Calcium (mg)	126
Iron (mg)	2.0



ZUCCHINI AND CORN SLICE

A simple twist on an old favourite, this quick and easy zucchini and corn slice is great for midweek meals. Use the leftovers in school lunchboxes.



PREP:
10 mins



COOK:
35 mins



LEVEL:
Easy



SERVES:
12



High in
calcium



INGREDIENTS:

- 2 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

METHOD:

1. Preheat oven to 170°C. 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.

TIPS:

- Suitable to freeze and reheat.
- Can be enjoyed hot or at room temperature so is perfect for lunchboxes.

	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
Dietary Fibre (g)	1.9
Sodium (mg)	235
Potassium (mg)	191
Calcium (mg)	109
Iron (mg)	1.0

5. SCHOOL LUNCH BOXES



WEET-BIX™
CARROT CAKE LUNCHBOX



PREP:
5 mins




LEVEL:
Easy



SERVES:
1



High in 
protein,
iron +
calcium

INGREDIENTS:

- 1 Weet-Bix™ Carrot Cake mini-loaf
- 1 Up&Go™ Vanilla Ice No Added Sugar
- ¼ cup blueberries
- 12 sugar snap peas, or snow peas
- 2 Tbs hummus

METHOD:

1. Prepare Carrot Cake mini-loaves in advance, and cool completely. Store in fridge for up to 3 days.
2. Assemble lunch box in the morning, or the evening before.

	PER SERVE
Energy (kJ)	2190
(Cal)	523
Protein (g)	18
Fat (g)	20
- Saturated Fat (g)	4
Carbohydrate (g)	60
- Sugars (g)	30
Dietary Fibre (g)	15.2
Sodium (mg)	721
Potassium (mg)	1218
Calcium (mg)	414
Iron (mg)	3.1



WEET-BIX™ SWEET POTATO FALAFEL LUNCHBOX



PREP:
5 mins



LEVEL:
Easy



SERVES:
1



Good source
of **fibre**



INGREDIENTS:

- 3 - 4 pieces Weet-Bix™ Sweet Potato Falafel
- Small handful of mixed greens
- 1 small wholemeal pita
- Small handful of cucumber sticks
- ½ cup cherry tomatoes
- 1 mandarin, or ½ apple

METHOD:

1. Prepare Sweet Potato Falafel in advance, and cool completely. Store in fridge for up to 3 days.
2. Assemble lunch box in the morning, or the evening before.

	PER SERVE
Energy (kJ)	994
(Cal)	237
Protein (g)	9
Fat (g)	2
- Saturated Fat (g)	0.3
Carbohydrate (g)	40
- Sugars (g)	13
Dietary Fibre (g)	9.8
Sodium (mg)	372
Potassium (mg)	685
Calcium (mg)	97
Iron (mg)	3.4



WEET-BIX™ ZUCCHINI & CORN SLICE LUNCHBOX



PREP:
5 mins





LEVEL:
Easy



SERVES:
1



High in 
protein
Rich in 
fibre

INGREDIENTS:

- 2 pieces Zucchini and Corn Slice
- 1 Up&Go™ Choc Ice No Added Sugar
- ¼ cup rainbow fruit salad
- 6-8 wholegrain rice crackers
- 2 Tbsp avocado dip

METHOD:

1. Prepare Zucchini & Corn Slice in advance, and cool completely. Store in fridge for up to 3 days.
2. Assemble lunch box in the morning, or the evening before.

	PER SERVE
Energy (kJ)	1870
(Cal)	448
Protein (g)	18
Fat (g)	21
- Saturated Fat (g)	5
Carbohydrate (g)	42
- Sugars (g)	18
Dietary Fibre (g)	11.7
Sodium (mg)	478
Potassium (mg)	1129
Calcium (mg)	416
Iron (mg)	1.5



WEET-BIX™ SWEET POTATO PIKELETS LUNCHBOX



PREP:
5 mins



LEVEL:
Easy



SERVES:
1



Good source
of **iron**
High in **calcium**



INGREDIENTS:

- 4 - 6 Weet-Bix™ Sweet Potato Pikelets
- 1/4 cup reduced fat natural yoghurt
- 6-8 Weet-Bix™ Bites
- 1 boiled egg
- 1/4 cup watermelon and/or raspberries

METHOD:

1. Prepare Sweet Potato Pikelets in advance, and cool completely. Store in fridge for up to 3 days.
2. Assemble lunch box in the morning, or the evening before.

	PER SERVE
Energy (kJ)	1920
(Cal)	457
Protein (g)	20
Fat (g)	12
- Saturated Fat (g)	3
Carbohydrate (g)	61
- Sugars (g)	20
Dietary Fibre (g)	9.1
Sodium (mg)	440
Potassium (mg)	823
Calcium (mg)	424
Iron (mg)	5.0

6. AFTER SCHOOL SNACKS



WEET-BIX™ SPINACH BALLS

These veggie-packed, bite-size, flavour bombs are great on their own or served with tomato puree for dipping.



PREP:
10 mins



COOK:
20 mins




LEVEL:
Medium



SERVES:
20



High in 
**potassium
+ calcium**

INGREDIENTS:

- 6 Weet-Bix™, finely crushed
- 250g frozen spinach, thawed
- 1 brown onion, grated
- 2 eggs, lightly whisked
- 2 tbs olive oil
- ¼ cup parmesan, grated
- 2 tsp dried Italian herbs
- ¼ tsp salt
- ¼ tsp cracked black pepper

METHOD:

1. Preheat oven to 180°C. Line an oven tray with baking paper. Squeeze thawed spinach and discard liquid.
2. Combine all ingredients in a large bowl and mix well. Form mixture into walnut sized balls and place on the prepared tray.
3. Bake for 20–25 minutes until golden and cooked through. Serve warm or at room temperature.

TIPS:

- For a gluten-free version of this recipe just make with Weet-Bix™ Gluten Free.



	PER SERVE
Energy (kJ)	376
(Cal)	90
Protein (g)	4
Fat (g)	5
- Saturated Fat (g)	1
Carbohydrate (g)	7
- Sugars (g)	1
Dietary Fibre (g)	1.7
Sodium (mg)	154
Potassium (mg)	123
Calcium (mg)	79
Iron (mg)	1.5



GLUTEN FREE CHEESY BIX-CUITS

A fantastic savoury treat! Keep these cheesy biscuits on hand for an after-school snack or whip them up when friends pop over.



PREP:
10 mins



COOK:
12 mins



LEVEL:
Medium



SERVES:
15



Great
**healthy
snack**
anytime of day!

INGREDIENTS:

- 4 Weet-Bix™ Gluten Free, finely crushed
- 1/2 cup gluten free flour
- 1 tbs fresh rosemary, chopped
- 1/4 tsp cracked black pepper
- 1 cup cheddar or tasty cheese, finely grated
- 2 tbs olive oil
- 1/4 cup milk, or So Good™ Soy or Almond Milk
- 1 tsp honey
- Pinch of salt, optional

METHOD:

1. Preheat oven to 180°C. Line an oven tray with baking paper.
2. Combine Weet-Bix™ Gluten Free, flour, rosemary, pepper, and cheese in a bowl—toss to combine. In a separate jug whisk together oil, milk and honey. Add wet ingredients to dry and stir until well moistened. Gently knead the mixture a few times in the bowl to bring the dough together.
3. Lightly dust benchtop with flour, turn out dough and pat to 1cm thick. Use a knife or a 5cm cutter to form biscuits. Place biscuit shapes on prepared tray and sprinkle with a bit of sea salt.
4. Bake for 12–14 minutes until golden. Cool on tray for 5 minutes then move to a rack to cool completely.



	PER SERVE
Energy (kJ)	382
(Cal)	91
Protein (g)	3
Fat (g)	5
- Saturated Fat (g)	2
Carbohydrate (g)	8
- Sugars (g)	0.9
Dietary Fibre (g)	0.4
Sodium (mg)	76
Potassium (mg)	34
Calcium (mg)	67
Iron (mg)	0.1



WEET-BIX™ COOKIE

Weet-Bix™ cookies are a tasty wholegrain biscuit, great for the lunchbox or afternoon snack.



PREP:
10 mins



COOK:
20 mins



LEVEL:
Easy



SERVES:
22



**Favourite
recipe**

INGREDIENTS:

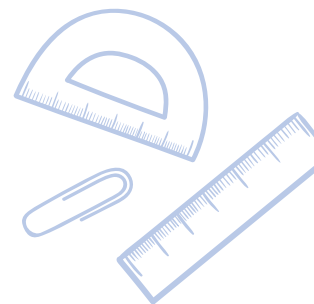
- 4 *Weet-Bix™* crushed
- $\frac{2}{3}$ cup rolled oats
- $\frac{3}{4}$ cup wholemeal plain flour
- 100g brown sugar
- $\frac{1}{3}$ cup dark choc bits
- $\frac{2}{3}$ cup dried apricots, diced
- 3 tbs reduced fat margarine
- 2 tbs golden syrup
- 1 tsp bicarbonate of soda
- $\frac{1}{4}$ cup boiling water

METHOD:

1. Mix together *Weet-Bix™*, rolled oats, flour, sugar, choc bits and apricots until well combined.
2. Place margarine and golden syrup in a small saucepan and heat gently until melted.
3. Mix bicarbonate of soda and water together then pour into margarine mixture. Add to dry ingredients and stir to combine.
4. Place tbs of mixture onto baking trays lined with baking paper. Bake at 160°C for 15-20 minutes. Cool on trays before serving.

TIPS:

- If you prefer your biscuits chewy, cook them for 15 minutes. For crunchier biscuits leave them in the oven for 20 minutes.



	PER SERVE
Energy (kJ)	350
(Cal)	84
Protein (g)	2
Fat (g)	2
- Saturated Fat (g)	0.5
Carbohydrate (g)	14
- Sugars (g)	8
Dietary Fibre (g)	1.5
Sodium (mg)	95
Potassium (mg)	130
Calcium (mg)	20
Iron (mg)	1



PIZZA EMPANADAS

Pizza in a pocket. Perfection.



PREP:
25 mins



COOK:
20 mins



LEVEL:
Medium



SERVES:
6



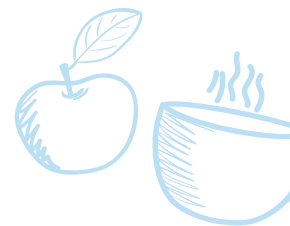
Great source of
protein

INGREDIENTS:

- 3 *Weet-Bix*[™], very finely crushed
- 1 $\frac{3}{4}$ cups white self-raising flour, plus extra for dusting (230g)
- $\frac{1}{8}$ tsp salt
- 1 cup unsweetened, reduced fat natural yoghurt
- 1 tbs extra virgin olive oil

Filling

- 1 cup prepared pasta sauce, salt reduced
- $\frac{1}{2}$ tsp dried Italian herbs
- 200g button mushrooms, finely diced
- 1 cup finely chopped broccoli (85g)
- 80g reduced-fat mozzarella, grated



METHOD:

1. In a medium saucepan, bring pasta sauce, mushrooms and dried herbs to a simmer. Cook 8 - 10 minutes, until the mushrooms have softened, and the sauce is thick. Stir through broccoli, remove from heat, and cool to room temperature.
2. Preheat oven to 200°C. Line two oven trays with baking paper.
3. Combine yoghurt and olive oil in a large bowl. Add flour, *Weet-Bix*[™], and salt, and mix to create a shaggy dough. Cover and rest 5 minutes.
4. Dust bench with a bit of flour, turn dough out, and knead for 1 minute until soft and pliable. Form dough into a long log, cut into 12 pieces and cover with an upturned bowl (to prevent drying out).
5. Working with one piece of dough at a time, lightly dust bench and dough with a bit of extra flour and roll into a 12cm round. Repeat with remaining pieces.
6. Place 1 tbs sauce on one round of dough, just off-centre, and top with a bit of cheese. Use a clean finger dipped in water to wet the edge of the dough, and fold un-topped side over to create a crescent shape. Gently press to remove air pockets, and crimp edges with a fork to enclose filling. Use the tip of a knife to make two small slits on the top for steam. Repeat to make 12 pizza pockets.
7. Transfer empanadas to the prepared trays. Bake 18 – 20 minutes, rotating trays half way through, until pastry is golden. Cool on tray for 5 minutes, then move to a rack to cool completely. Serve warm or at room temperature, with extra pasta sauce for dipping.

	PER SERVE
Energy (kJ)	1147
(Cal)	274
Protein (g)	12
Fat (g)	6
- Saturated Fat (g)	2
Carbohydrate (g)	38
- Sugars (g)	7
Dietary Fibre (g)	4
Sodium (mg)	501
Potassium (mg)	500
Calcium (mg)	227
Iron (mg)	1.9



MUSHROOM & LENTIL PATTIES

Hearty and flavourful, these veggie patties will satisfy vegans, vegetarians, and flexitarians alike!



PREP:
15 mins



COOK:
35 mins



LEVEL:
Medium



SERVES:
8



High in 
**protein +
potassium**

INGREDIENTS:

- ½ red onion
 - 250 g button mushrooms
 - 1 x 400g tin brown lentils, rinsed and drained
 - 1 Tbs chia seeds
 - 2 tsp reduced salt, gluten free tamari / soy sauce
 - 1 Tbs no added salt tomato paste
 - 1 Tbs olive oil
 - 1 tsp dried mixed herbs
 - ½ tsp ground paprika
 - 4 Gluten Free *Weet-Bix™*, finely crushed
 - Salt & pepper
- To serve**
- Lettuce leaves or buns, and toppings of choice

METHOD:

1. Preheat oven to 180°C, line an oven tray with baking paper and spray lightly with oil.
2. Pulse onion and mushrooms in a food processor until finely chopped, tip into a large bowl.
3. Add lentils to the processor, pulse to a rough paste, and transfer to bowl with mushrooms.
4. Add chia seeds, tamari, tomato paste, olive oil, herbs and paprika to the mushrooms and lentils. Mix well. Add crushed *Weet-Bix™*, and stir to incorporate. Season to taste with salt and pepper if necessary.
5. Divide mixture into 8 portions and shape into burger patties. Place patties on the prepared pan, spray tops with a bit of oil, and bake for 30 - 35 minutes, flipping once after 20 mins, until golden on top and firm in the middle.
6. Serve patties on a salad, a lettuce leaf, or a gluten free bun, with burger toppings of your choice.



TIPS:

- No food processor? Mushrooms can be chopped very finely with a knife and lentils can be mashed with a fork.
- Burgers can also be baked in advance, and then re-heated in a lightly oiled skillet over medium heat.

	PER SERVE
Energy (kJ)	585
(Cal)	140
Protein (g)	7
Fat (g)	4
- Saturated Fat (g)	0.5
Carbohydrate (g)	16
- Sugars (g)	1
Dietary Fibre (g)	4.5
Sodium (mg)	103
Potassium (mg)	313
Calcium (mg)	29
Iron (mg)	1.8

7. HEALTHY TREATS



WEET-BIX™ BIRTHDAY SLICE

This fun Weet-Bix™ slice is the perfect choice for any festive celebration!



PREP:
15 mins



COOK:
22 mins



LEVEL:
Easy



SERVES:
15



Simple
easy
birthday cake

INGREDIENTS:

- 5 *Weet-Bix™*, finely crushed
- 1 cup self-raising flour (130g)
- ½ cup desiccated coconut (50g)
- ¼ tsp salt
- ¼ cup rainbow sprinkles (50g)
- 2 eggs, room temperature
- ⅓ cup caster sugar (73g)
- 1 cup *So Good™* Unsweetened Almond Milk (250ml)
- ½ cup melted margarine, cooled (125g)

Icing

- 125g light cream cheese, room temp
- 1 Tbsp margarine, room temp (20g)
- ¼ cup icing sugar (30g)
- 1 - 2 Tbsp rainbow sprinkles, to decorate



METHOD:

1. Preheat oven to 180°C. Line base and two sides of a 20cm x 30cm slice tin with a strip of baking paper.
2. In a large bowl, combine *Weet-Bix™*, flour, coconut, salt, and sprinkles. Stir well.
3. In a separate bowl or jug, whisk together eggs and sugar until frothy. Whisk in *So Good™* milk and margarine.
4. Add wet ingredients to dry, stirring only until no streaks of flour remain.
5. Pour batter into prepared tin and smooth surface. Bake 20 - 25 minutes, until top of cake is just golden and springs back when pressed, or when a toothpick inserted into the centre comes out clean.
6. Cool in tin for 5 minutes, then transfer to a rack to cool completely.
7. For the icing, beat cream cheese and margarine until smooth. Beat in icing sugar. Spread icing over cooled cake and decorate with remaining sprinkles. Cut into 15 pieces to serve.

TIPS:

- Half of the white self-raising flour can be substituted with wholemeal self-raising flour, if preferred.

	PER SERVE
Energy (kJ)	810
(Cal)	194
Protein (g)	3
Fat (g)	10
- Saturated Fat (g)	5
Carbohydrate (g)	22
- Sugars (g)	13
Dietary Fibre (g)	1.5
Sodium (mg)	197
Potassium (mg)	70
Calcium (mg)	35
Iron (mg)	0.8



PEANUT BUTTER WEET-BIX™ SLICE

If you love peanut butter as much as we do, this peanut-butter-packed slice is the perfect sweet indulgence.



PREP:
10 mins



COOK:
15 mins



LEVEL:
Easy



SERVES:
18



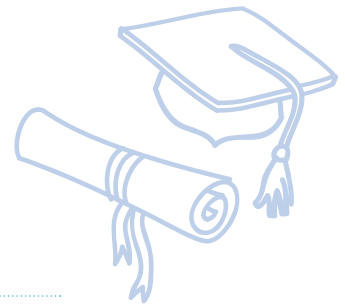
Delicious!

INGREDIENTS:

- 5 Weet-Bix™, crushed (85g)
- 1 cup white self-raising flour (140g)
- ½ cup desiccated coconut (35g)
- ¼ tsp salt
- 150 g margarine, melted
- 1 cup caster sugar (200g)
- ⅓ cup Sanitarium Natural Peanut Butter (90g)

Icing

- ¼ cup Sanitarium Natural Peanut Butter (70g)
- ¼ cup icing sugar (35g)
- 1 Tbs margarine, melted (20g)
- 1 Tbs boiling water



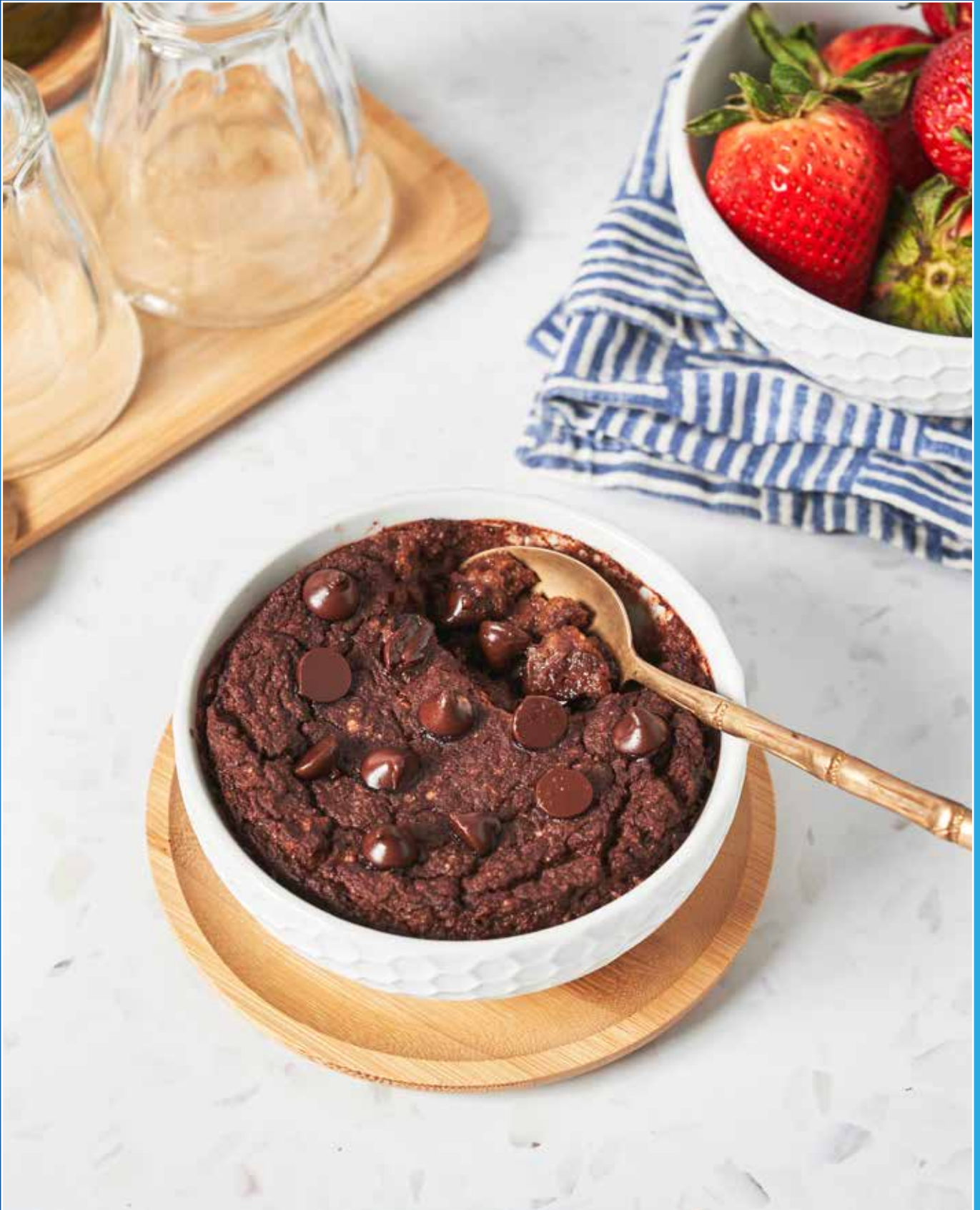
METHOD:

1. Preheat oven to 180°C. Line base and sides of a 20cm x 30cm slice tin with baking paper.
2. In a large bowl, stir together Weet-Bix™, flour, coconut, and salt.
3. Combine melted margarine, sugar, and peanut butter in a pan or heat-proof jug and mix until smooth. Add wet ingredients to dry and stir well.
4. Immediately transfer base mixture into the prepared tin and smooth surface.
5. Bake 15 minutes until golden – slice is soft when hot and will firm up as it cools. Cool in tin 20 mins, then transfer to a rack to cool completely.
6. To make icing, combine peanut butter, icing sugar, margarine and hot water in a small bowl. Stir until thick and smooth – it may look split at first, but just keep stirring and it will come together. Spread icing over cooled slice. Cut into 18 pieces.

TIPS:

- Icing will set to the touch at room temperature. Store extra slice in a sealed container in the fridge.
- Both smooth and crunchy peanut butter will work in this recipe.

	PER SERVE
Energy (kJ)	836
(Cal)	200
Protein (g)	4
Fat (g)	10
- Saturated Fat (g)	2
Carbohydrate (g)	23
- Sugars (g)	14
Dietary Fibre (g)	1.6
Sodium (mg)	135
Potassium (mg)	105
Calcium (mg)	5
Iron (mg)	0.5



CHOC LAVA CAKE

A warm, chocolate-y treat for when only something a bit oozy will do.



PREP:
5 mins



COOK:
25 mins



LEVEL:
Easy



SERVES:
1



Chocolatey
goodness
High in
calcium

INGREDIENTS:

- 2 Weet-Bix™, roughly crushed
- 1/2 ripe banana
- 1/2 cup So Good™ Almond Milk Unsweetened
- 2 tsp maple syrup
- 1 1/2 tsp cocoa powder
- 1/2 tsp baking powder
- 1/2 tsp vanilla extract
- Pinch salt
- 10 g dark chocolate, roughly broken
- 1 tsp dark chocolate chips, or extra chopped dark chocolate

METHOD:

1. Preheat oven to 180°C.
2. Add all the ingredients, except the chocolate, to a blender. Pulse until smooth.
3. Pour half the batter into a 1-cup oven-proof dish or ramekin. Add the dark chocolate pieces, then cover with the remaining batter. Top with chocolate chips / extra dark chocolate pieces.
4. Bake for 20-25 minutes until puffed and firm on top. Enjoy while warm.



	PER SERVE
Energy (kJ)	1300
(Cal)	310
Protein (g)	7
Fat (g)	9
- Saturated Fat (g)	4
Carbohydrate (g)	45
- Sugars (g)	20
Dietary Fibre (g)	6.4
Sodium (mg)	445
Potassium (mg)	711
Calcium (mg)	179
Iron (mg)	4.7



BAKED BERRY-BIX CUPS

A baked twist on Weet-Bix™ porridge, these berry cups are a wholesome breakfast for chilly winter mornings.



PREP:
5 mins



COOK:
25 mins




LEVEL:
Easy



SERVES:
2



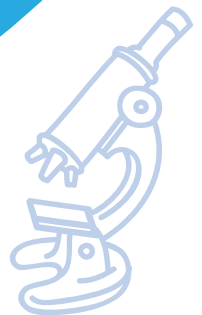
High in 
**protein,
calcium +
potassium**

INGREDIENTS:

- 4 Weet-Bix™
- 2 large eggs
- 1 medium banana
- ½ tsp baking powder
- pinch salt
- ½ cup frozen mixed berries

To Serve

- 2 tsp maple syrup, optional



METHOD:

1. Preheat oven to 200°C.
2. Combine Weet-Bix™, egg, banana, baking powder, and salt in the jug of a processor or blender. Pulse until smooth.
3. Divide batter into two 1-cup ramekins, and top with berries.
4. Bake 20-25 min until puffed and cooked through – a toothpick inserted into the centre will come out with a few crumbs clinging to it. Drizzle with maple syrup if using, and serve warm or at room temperature.

TIPS:

- Replace mixed berries with your favourite fruit.
- Recipe can easily be multiplied for more servings – make 4 or 6 cups, and feed the whole family!

	PER SERVE
Energy (kJ)	980
(Cal)	234
Protein (g)	11
Fat (g)	5
- Saturated Fat (g)	1
Carbohydrate (g)	32
- Sugars (g)	9
Dietary Fibre (g)	6.2
Sodium (mg)	315
Potassium (mg)	511
Calcium (mg)	34
Iron (mg)	4.3

Weet-Bix

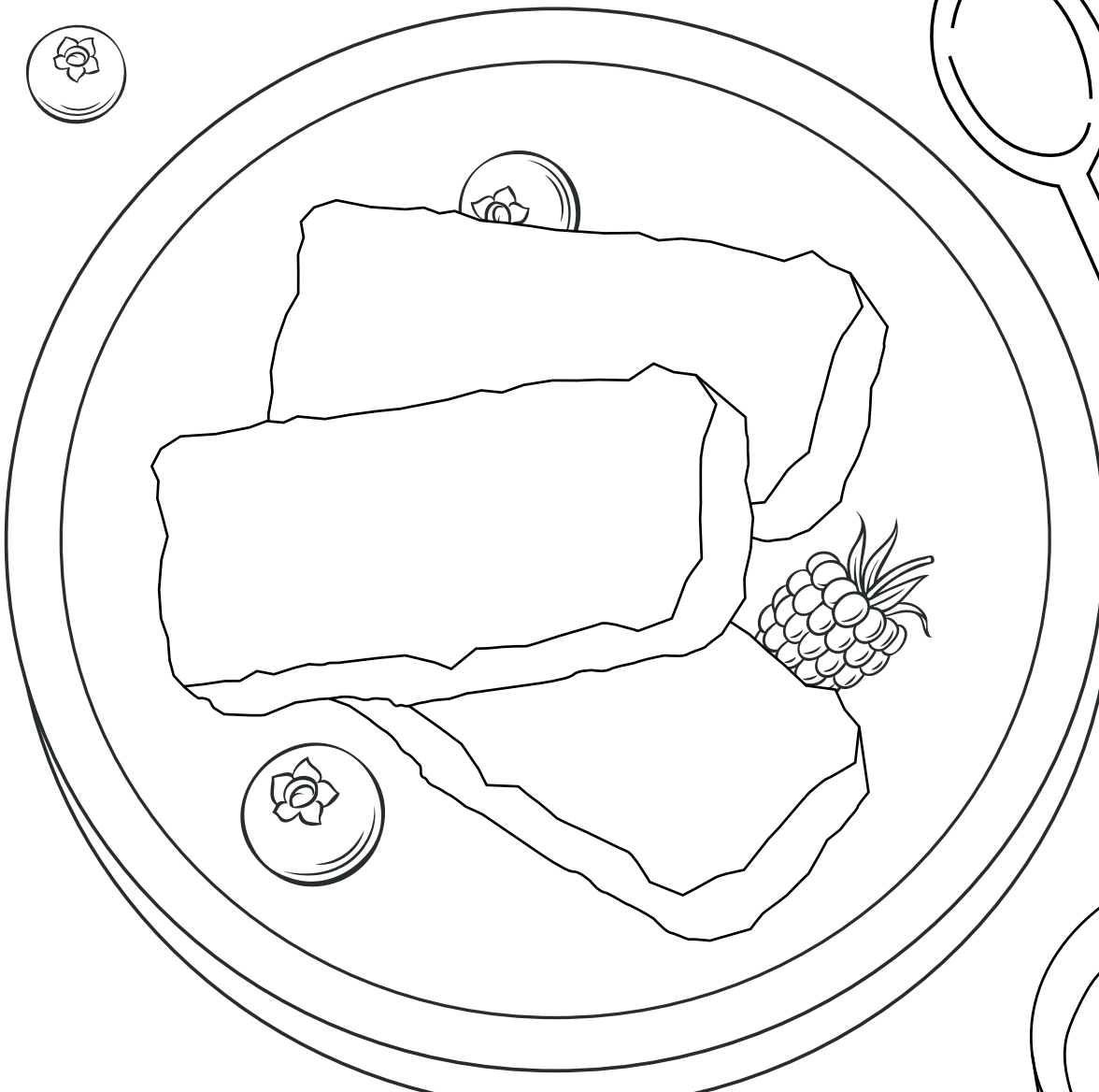
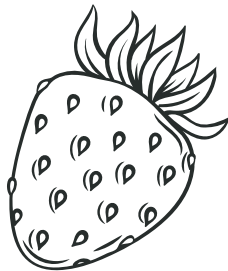
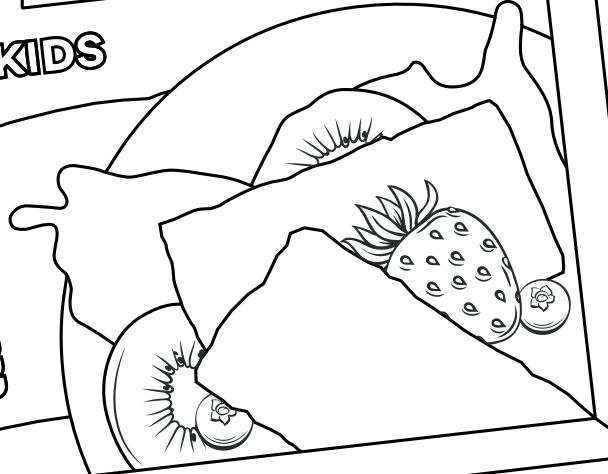
AUSSIE KIDS ARE WEET-BIX KIDS

97% whole GRAIN

AUSSIE OWNED & MADE

LOW sugar

HIGH fibre



Weet-Bix Back to School Cook Book

R Q O H E A L T H Y K K T K D V U G M F
 Q Y M B R K R A E A T K Q O T D L G E A
 L A A U C U M E Y F C X X X N S K J B V
 Q R U F O K F T H S Y Z G P K N H X O O
 X B O S F A R U W T O F P Q V A B T P U
 C B H R T C U Y U M M Y H U E C L H T R
 E A Y N C T I X F A X F R S G K S I M I
 H T M H E X T Q U M B W C D E A P G B T
 L U N C H E S I N C J I Q D T F D B R E
 R W E E T B I X C M N N B B A R I Z E O
 A K P G K I D S Z S M P S O B D N W A F
 A S W V A U T O I H V T A L L P N D K K
 X C A Z H O L G X G A X Y U E O E E F U
 M H V P L A Y W P P Q W R D S V R D A M
 Y O Q N F R E S H U U B P F K G T C S R
 E O G P Q X E T A H F A H A P P Y W T T
 A L K I Z P X E O Z K N H K Y D S D A F
 R X H X Y D K X S M B A T R O H N A V Y
 L U N C H B O X K Q J N S A S L Y Q L D
 E C N B H J G I B V U A G V E M R S G X

BREAKFAST

LUNCHBOX

FRESH

FUN

HEALTHY

VEGETABLES

YEAR

FRUIT

PLAY

BANANA

WEETBIX

KIDS

FAVOURITE

SCHOOL

YUMMY

EAT

LUNCHESES

DINNER

HAPPY

SNACK

★ **Weet-Bix** 👍
BACK TO SCHOOL
Cookbook



DISCOVER MORE AT:

weetbix.com.au

👍 *@weetbix* 📷 *weetbixau*