

Foodie Mumma Ren



Lunchbox Creations

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******Thai Coconut Sesame Chicken Meatballs******



Ingredients:

500g of chicken mince (You can blitz up chicken breast or thigh in your thermo etc)
1 egg
1 carrot grated
1 teaspoon - tablespoon of Thai Green Curry Dip Mix (Depending on how spicy you like it) You could also use Lemon Basil chopped up.
Salt and Pepper to taste

Method:

Chop or Grate Carrot add rest of the ingredients and mix well.
Shape into balls.
Roll in Shredded Coconut and Sesame Seeds

Place on a lined baking tray. Bake for 20 minutes at 170-180 degrees approximately until fully cooked.

Serve with a yoghurt dipping sauce or sweet chilli sauce.

These are perfect served cold in lunch boxes or for an afterschool snack.

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* To purchase the Thai Green Curry Dip Mix please visit <http://renitahenrymay.yourinspirationathome.com.au/>

**** Apple Chia Spiced Muffins ****

These make the perfect lunch box treat. Wrap in gladwrap and freeze.

Ingredients

4 Apples (Core Removed)
3 Eggs
1 Cup SR Flour
1/2 Cup Melted Coconut Oil
1 Tablespoon Country Apple Pie Spice
1 Tablespoon of Vanilla
1/2 Teaspoon Baking Powder
1-2 Tablespoons of Coconut Sugar
1 - 2 Tablespoons of white chia seeds



Method:

Grate or Chop Apple. (I used my Kenwood kCook to process the apples, skin and all)
Add remaining ingredients and mix well.

Bake for 15-20 minutes at 170-180 degrees (fan forced) until cooked.

THERMO INSTRUCTIONS courtesy of Tracey Lewis

4 Apples (Core Removed)
3 Eggs
130g SR Flour
85g Cup Melted Coconut Oil
1 Tablespoon Country Apple Pie Spice
1 Tablespoon of Vanilla
1/2 Teaspoon Baking Powder
25g Tablespoons of Coconut Sugar
1 - 2 Tablespoons of white chia seeds

Method:

Quarter and core apple, don't peel, Speed 5 for 5 seconds

Add rest of ingredients and mix Reverse Speed 4 for 6-8 seconds or until combined

Bake for 15-20 at 170-180 degrees (fan forced) minutes until cooked.

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* To purchase Country Apple Pie Spice please visit <http://renitahenrymay.yourinspirationathome.com.au/>

****** Frozen Inspired Crunchie Bliss Balls ******

Who has a Frozen Fan? ❄️

These Frozen Inspired Bliss Balls will be a huge hit.



Ingredients:

1/2 a tin of condensed milk

2-3 crunchie bars

1 tablespoon white choc powder

1 250g pack of plain biscuits crushed

Dessicated Coconut for rolling

Sugar Glitter

Method

Crush/Blitz biscuits and crunchies to a crumb. Mix in the condensed milk and white chocolate powder.

Roll mixture into balls and then into coconut and glitter sugar to coat

Refrigerate until ready to serve.

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* To purchase White Chocolate Powder please visit <http://renitahenrymay.yourinspirationathome.com.au/>

**** LSA Coconut & Banana Treats ****



Ingredients

3 overripe bananas

2 cups desiccated coconut

½ cup coconut sugar

½ cup coconut oil

2 tsp baking powder

1 tsp pumpkin pie spice

1 and a half cups of LSA Mix (Lindseed, Sunflower and Almond meal) If your school/workplace is nut free omit the almond meal.

1 Cup SR Flour

Method:

Preheat your oven to approximately 160-170 degrees (fan forced)

Combine banana, coconut sugar, coconut oil, baking powder and pumpkin pie spice. Mix in flour, coconut and LSA. Mix Well.

Place into muffin trays or a loaf tin for a banana bread (Cook for 50 mins for the loaf)

Bake for 15-20 minutes for the muffin treats until cooked.

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* To purchase Pumpkin Pie Spice please visit <http://renitahenrymay.yourinspirationathome.com.au/>

**** Pumpkin & Date Muffins ****



Ingredients

¼ Butternut Pumpkin Grated or Blitzed in the food processor

3 Eggs

1 Cup SR Flour

1/2 Cup Melted Coconut Oil

1 Tablespoon Country Pumpkin Pie Spice

1 Tablespoon of Vanilla

1/2 Teaspoon Baking Powder

1-2 Tablespoons of Coconut Sugar

¼ Cup of Pitted Dates

Sunflower and Pumpkin seeds to top the muffins

Method:

Grate or Chop Pumpkin. (I used my Kenwood kCook to process the pumpkin and dates)
Add remaining ingredients and mix well.

Place into lined muffin trays, top with sunflower and pumpkin seeds

Bake for 15-20 minutes at 170-180 degrees (fan forced) until cooked.

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* To purchase Pumpkin Pie Spice please visit <http://renitahenrymay.yourinspirationathome.com.au/>

****** Pear, Banana & Ginger Muffins ******



Ingredients

2 Pears

2 Bananas

¼ cup crystalized ginger

1 Cup SR Flour

1/2 Cup Melted Coconut Oil

1 Teaspoon of Vanilla Sugar

1/2 Teaspoon Baking Powder

2 Eggs

Method:

Grate or finely dice pears & ginger. (I used my Kenwood kCook to process the ingredients)

Mash Banana, add remaining ingredients and mix well.

Place into lined muffin trays.

Bake for 15-20 minutes at 170-180 degrees (fan forced) until cooked.

These freeze well. Wrap in gladwrap or place in a container.

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* To purchase Vanilla Sugar please visit <http://renitahenrymay.yourinspirationathome.com.au/>

****** 'Scaffins' inspired by my wonderful customer Jodie Black ******



Ingredients

1 Cup Self Raising Flour

1 Cup Grated Cheese

1 Cup Leftover Meat / Ham

1 Cup Milk

1 Tablespoon of your favourite YIAH Dip Mix

Method:

Place all ingredients into a bowl and mix well.

Bake in greased muffin trays at 180 degrees for 15-20 minutes.

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* To purchase Dip Mixes please visit <http://renitahenrymay.yourinspirationathome.com.au/>

**** Choc Raspberry Bliss Balls ****

Ingredients:

1 packet of plain biscuits (Marie, Arrowroot etc)

1 tin of condensed milk

1 tablespoon of Choc Raspberry Powder

Coconut for Rolling

Method:

Crush or blitz biscuits in a food processor.

Pour in condensed milk. Mix well until combined.

Roll into balls and toss through coconut

Refrigerate until set.



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* To purchase Choc Raspberry Powder please visit <http://renitahenrymay.yourinspirationathome.com.au/>

**** Mini Shortcrust Quiches ****



Ingredients:

- 2 Sheets of Shortcrust pastry
- 4-6 Eggs (depending on how many you would like to make)
- Dash of Milk
- ½ Cup Grated Cheese
- 1 tablespoon of your favourite dip mix or fresh herbs
- Any other fillings you like (I used Mushroom & Ham in these)

Method:

- Preheat oven to 180 degrees
- Mix Eggs, Milk and other fillings
- Cut out rounds using a scone cutter and place into a greased muffin tray
- Place approximately a tablespoon of filling into each shortcrust pastry case
- Bake for 15 -20 minutes until golden brown.

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* To purchase Dip Mixes please visit <http://renitahenrymay.yourinspirationathome.com.au/>

****** Devilled Eggs ******



Ingredients:

6-8 Boiled and Cooled Eggs

2 tablespoons mayonnaise

1 tablespoon fresh herbs or dip mix of choice (I used Thai Green Curry In these)

Method:

Boil and Cool Eggs.

Slice Eggs in half and remove yolks

Mix Yolks, Mayonnaise and choice of herbs until creamy

Scoop a teaspoon of yolk mix back into the whites

Serve. These are so moreish you won't be able to stop at one!

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* To purchase Dip Mixes please visit <http://renitahenrymay.yourinspirationathome.com.au/>