

HEALTHIER OAT COOKIES

Makes 15

Ingredients

100g/4oz Olive Oil Spread
50g/2oz Light Muscovado sugar
2 tbsp Clear Honey
¼ tsp Ground Mixed Spice
100g/4oz Self Raising Flour
100g/4oz Oats
50g/2oz Raisins



Heat oven to 170c/fan150c/gas 3

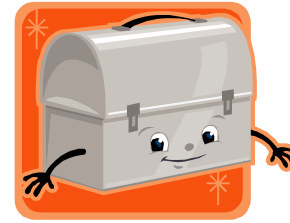
Method

1. Put spread, sugar and honey into heatproof bowl
2. Microwave on high (800watt) for 1 minute until all is melted
Or melt altogether in a small pan
3. Stir in mixed spice, flour, oats and raisins.
4. Mix together to combine.
5. Line 2 baking sheets with Baking Parchment
6. Put 15 tbsp of the mixture well spaced.
7. Flatten slightly with a fork.
8. Bake for 15 minutes until golden brown
9. And crisp on the base.
10. Leave to cool and store in an airtight container.

They will keep for up to 5 days

Healthy Lunchbox
Healthy Eating

St. Brendan's Boys P.S



Healthy Lunchbox

St. Brendan's Boys P.S. has a 'Healthy Eating' policy to encourage the children to eat and enjoy healthy food.

The following are some tips for a 'Healthy Lunchbox'

- Base the main part of the lunch on starchy foods like bread, cereal, rice, pasta or potatoes.
- Get creative with some alternatives to sandwiches, for example, wholemeal pitta pockets, tortilla wraps or pasta salad.
- Include some protein such as lean meat, chicken, tuna, hard cheese, egg or hummous.
- Aim to have at least one fruit or vegetable based food or drink in the lunch box to count towards your child's five fruit and vegetable portions a day.
- Children need to eat regularly to maintain energy levels, so don't forget to include a snack. This might include a treat such as a piece of fruit, yogurt, a scone, fruit bun or popcorn.
- Add a portion of semi-skimmed milk or other dairy food such as cheese or fromage frais.
- Fluids are an important part of a child's diet. Try a variety of different drinks such as fruit juice, water, yogurt or milk drink.





MONDAY'S LUNCH IS FUN AND GOOD TO EAT

Milk

Peanut Butter sandwich on wholemeal bread
1 orange

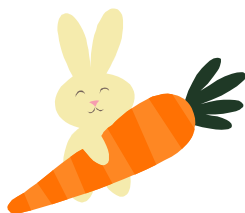
TUESDAY'S LUNCH LEAVES TIME FOR PLAYING

Flask of soup

Tuna Roll

Carrot and Celery Sticks

1 Mandarin Orange or Grapes



WEDNESDAY'S LUNCH IS NICE AND FILLING

Unsweetened Fruit Juice

Ham/Turkey/Chicken or Corned Beef
Sandwich On Wholemeal Bread

1 yogurt

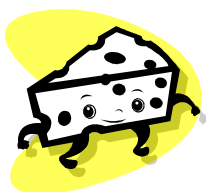
Popcorn

THURSDAY'S LUNCH IS HARD TO BEAT

Grated Cheese on Wholegrain Scone

1 Apple

Water or Milk or Fruit juice



FRIDAY'S LUNCH AND OFF WE GO FREE FOR 2 DAYS IN A ROW

Unsweetened Fruit Juice

Egg and salad sandwich on Wholemeal Bread

Or a filled Pitta Bread

1 Banana or Pear

RECIPE IDEAS

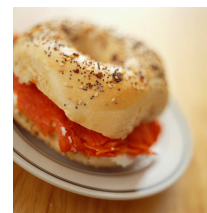
Cheesy Apple Slaw

Grate an apple and some cheese

Add some scallions if liked

A little squeeze of lemon juice. Combine with mayo

Fill into a pitta bread or 2 slices of wholegrain bread
or a roll



Salmon Smash

Drain and bone a can of red salmon

Mash with ketchup

Spread on wholegrain bread

Optional use mayo instead of ketchup

Mini Chicken Sandwich

Combine the following

Shredded chicken, grated carrot,

Sweetcorn, diced red peppers,

A little lemon juice and mayo



Tasty Chicken Wrap

Roll a flour tortilla around chicken pieces

With lettuce and tomato

Fruit Smoothie (Counts as one of five a day)

Whizz the following together

Can of peaches in natural juices, 1 sliced banana,

$\frac{1}{2}$ pint apple juice.

Cover jug or keep in plastic bottles.

Keep for 2 days in fridge.



Make it different

Add 150gm pot of tropical yogurt

Use mangos and raspberries instead of banana

Use strawberry or natural yogurt

Try orange or cranberry juice instead