

# BACK TO SCHOOL COOKBOOK



A DELICIOUS [DIABETES.CO.UK](https://www.diabetes.co.uk) COOKBOOK



# Back to school recipe book

## Introduction

Deciding what to give your children for breakfast, in their lunch box or for their evening meals (and even as treats) can be a hard task, added on to the fact that if your child has diabetes, you don't want to exclude them from family meal times.

In this cook book, I have come up with some nutritious breakfasts that shouldn't send the blood sugar levels through the roof and should keep them going until lunch.

I have also looked at the 'bad, better and best' things that you could put in their lunch boxes.

And for the evening meal, I have come up with some healthy variations to some children's favourites such as chicken dippers and fish fingers; they are lower in carbs and glycemic index so the whole family can enjoy them together.

Finally, these days, it is hard to find treats for your children without sending their blood sugar levels through the roof. So, I have come up with some delicious recipes that are great for children with diabetes, coeliac disease and for all other children and are healthier alternatives to additive-ridden shop bought cakes and treats.

I hope you enjoy these recipes as much as we do and be sure to get in touch and let us know what you (and your kids) think!

Love, Shanta x

Post a picture of your dish on the Diabetes Forum: [Diabetes.co.uk/Forum](https://Diabetes.co.uk/Forum).  
Don't forget you can post a pic straight from the Diabetes Forum App!



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## Raspberry + Cinnamon Porridge

Serves 4

- 120g quinoa, rinsed
- 600g unsweetened almond milk
- ½ tsp. vanilla extract
- 1 tsp. sweetener
- 1 tsp. cinnamon
- 100g raisins
- 100g raspberries
- A medium apple, finely chopped; keep some aside for garnish
- 4 tbsp. raw walnuts, chopped
- 200g cup fresh organic blueberries

Quinoa (pronounced “keen-wah”) is great as it is so versatile. It can be used for breakfasts, lunches and dinners, as well as for sweet and savoury dishes.

It is high in protein, gluten free and very easily digestible.

It also has a low glycaemic index as well as being high in dietary fibre.

This breakfast is a great way of combining quinoa, fruit and nuts for your children.

### Preparation Method

Mix the quinoa, almond milk, vanilla extract, cinnamon and raisins in a medium sized sauce pan.

Bring to the boil. Then put the lid on the pan and turn down to a low heat.

After the mixture has simmered for 7 minutes add the chopped apple and simmer for another 5 minutes.



## Preparation Method

If the mixture contains too much liquid, cook some more.

Then remove from the cooker. Leave the lid on the pan and let the mixture rest for 5 minutes.

You may wish to add some sweetener. However, this is optional; you may not need to add any sweetener due to the raisins and apple adding a natural sweetness of their own.

Top each serving with walnuts, blueberries and the rest of the chopped apple.

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Nutritional value per serving

Calories: 260 | Total Fat: 15.1g | Saturated Fat: 8.5g | Carbohydrates: 39.5g | Fibre: 5.3g | Protein: 10.1g



## Fruity Quinoa Porridge

Serves 4

- 120g quinoa, rinsed
- 300ml unsweetened almond milk
- 120ml water
- 120ml plain soya yoghurt
- 2 tsp. sweetener
- 100g strawberries
- 1 green pear
- 1 red pear
- ¼ tsp. of cinnamon powder
- 1 tsp. vanilla extract

This porridge is one of my children's favourite breakfasts. It is filling and delicious all at the same time.

### Preparation Method

Put the almond milk, quinoa and water in to a pan and bring to the boil. Add the cinnamon and vanilla extract. Then allow the mixture to simmer and cover. Cook for around 15 minutes until soft, stirring frequently. If the mixture is too watery cook a little while longer. Alternatively, if the mixture is too thick add a little water.



## Preparation Method

Mix the cooked quinoa with the yoghurt and sweetener.

Grate the pear and apple into a medium sized bowl, juice included. Mix in with the quinoa mixture.

Place in serving bowls.

Serve topped with sliced strawberries.

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Nutritional value per serving

Calories: 200 | Total Fat: 10g | Saturated Fat: 2.5g | Carbohydrates: 33g | Fibre: 3g | Protein: 4.3g



## Barley Porridge

Serves 4

475ml unsweetened almond milk

½ tbsp. agave nectar

80g barley flakes

1 tsp. powdered cinnamon

A vanilla bean or 1 tsp. vanilla essence

1 tbsp. sultanas

2 tbsp. sunflower seeds

2 tbsp. flaked almonds + pumpkin seeds

A pinch of ground nutmeg

This is a lower carb version of traditional porridge.

Flaked barley is readily available in supermarkets.

I have used agave nectar, a vanilla bean and sultanas for sweetness. The flaked almonds and seeds add that extra crunch and texture and are bursting with health.

### Preparation Method

Heat up the milk with sweetener, cinnamon and vanilla essence/bean. Place the barley flakes and sultanas in the pan and cook on a low heat for 10 minutes. Stir mixture until it thickens and barley softens.

Toast the sunflower seeds, flaked almonds and pumpkin seeds in a non-stick frying pan until they are light brown. Divide the porridge between 4 bowls and dust with some ground nutmeg.

Nutritional value per serving

Calories: 260 | Total Fat: 14.1g | Saturated Fat: 5.5g | Carbohydrates: 33g | Fibre: 5.3g | Protein: 10.1g



## Mango and Strawberry Muesli

Serves 4

- 150g porridge oats
- 1 apple, grated
- 80ml unsweetened almond milk
- 80ml pressed apple juice
- 2 tbsp. honey
- ½ tsp. ground cinnamon
- 300ml water
- 250g soya yoghurt
- 1 small ripe mango in small chunks
- 200g strawberries, quartered

This is a tasty, healthy breakfast you can make ahead of when you need to serve it.

It is full of fantastic fruity flavours and the muesli part of it can be prepared up to 4 days ahead of serving as long as it is kept chilled. Add the fruit in when you wish to serve this breakfast.

### Preparation Method

Mix the oats, grated apple, almond milk, apple juice, honey and cinnamon in a saucepan. Place pan on a medium heat, adding the water. Bring the mixture to the boil and simmer for 3 minutes

Stir in the yoghurt, strawberries and mango. Spoon this mixture into bowls and top with the remaining fruit.

Nutritional value per serving

Calories: 290 | Total Fat: 7.1g | Saturated Fat: 2.5g | Carbohydrates: 45g | Fibre: 6.9g | Protein: 8.1g



## Berry + Nut Chia Porridge

Serves 1

- ½ tbsp. chia seeds
- 200ml unsweetened cold almond milk
- ½ tbsp. dried cranberries
- Sprinkle of cinnamon
- Seeds of two cardamom pods
- ¼ tsp. vanilla extract
- 3 drops liquid stevia, optional
- Chopped strawberries, raspberries & blueberries for toppings
- 1 tbsp. flaked almonds

Chia seeds are full of dietary fibre, protein and low-GI carbohydrates, so you feel fuller for longer and it means you do not crave food as much you may otherwise.

This yummy porridge combines chia seeds, nut and berries for a great tasting start to the day.

### Preparation Method

Put the almond milk in a bowl and sprinkle the chia seeds on top. Stir vigorously to ensure there are no clumps.

Add the cranberries, spices, stevia and vanilla extract in to the milk mixture and stir well. Allow this mixture to stand for 30-40 minutes to thicken. For the final touch, add the berries and nuts.

Nutritional value per serving

Calories: 210 | Total Fat: 14.5g | Saturated Fat: 2g | Carbohydrates: 10g | Fibre: 6.5g | Protein: 6g



## Mushroom Omelette

Serves 4

6 large eggs

100g mushrooms, finely chopped

1 spring onion, finely chopped

50g of Mozzarella Cheese

1 ½ tbsp. semi skimmed milk

2 tbsp. olive oil

Salt and freshly ground pepper to taste

### Preparation Method

Put a heavy frying pan on medium heat.

Then add the olive oil and spring onions.

Sauté the mixture until done and season to taste.

Whisk the eggs and the milk. Then season with salt and pepper.

Next add in the mozzarella cheese and fry the egg mixture on medium heat for around 4 minutes.

The final touch involves cooking the omelette under a hot grill for couple of minutes.

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Nutritional value per serving

Calories: 190 | Total Fat: 12.2g | Saturated Fat: 8.1g | Carbohydrates: 0.3g | Fibre: 1g | Protein: 23.5g



## Scrambled Egg + Sausage

Serves 4

4 large eggs

2 ½ tbsp. milk

400g of pork sausage, sliced thinly

½ tbsp. olive oil

### Preparation Method

Put the oil in a heated griddle pan. Brown the sausage pieces.

Whisk the eggs and milk together.

Then add this mixture to the sausage.

Place on to a serving plate and enjoy!

This is a take on the classic English breakfast.

Instead of cooking the sausages and the eggs separately, I have combined them for a quick and easy meal, bursting with flavour.

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Nutritional value per serving

Calories: 260 | Total Fat: 18.3g | Saturated Fat: 6g | Carbohydrates: 16.2g | Fibre: 0g | Protein: 22.2g



## Chicken Fajita with a Twist

Serves 4

- 4 chicken breasts, one per person
- 20 button mushrooms
- 1 medium red onion
- 1 green bell pepper; 1 green bell pepper
- 1 tbsp. olive oil
- 2 lemons
- 1 fresh green chilli (optional), chopped
- 2 cloves of garlic, finely chopped
- 1 tsp. paprika
- ½ tsp. dried oregano
- ½ tsp. ground cumin
- Pinch of dried thyme
- Salt and freshly ground black pepper to taste
- 4 large savoy cabbage leaves, for your fajita wraps

My children love this homemade Chicken Fajita Wrap in their school lunch boxes.

It is a healthy, filling and low in carbs because of the savoy cabbage leaves rather than a flour wrap.

### Preparation Method

Slice the chicken into thin strips.



## Preparation Method

Slice the mushrooms, onion and peppers into long thin strips

Combine the herbs, spices, salt and a few grinds of black pepper in a small dish.

Heat a tablespoon of olive oil in a large wide frying pan on a medium heat. Seal the chicken strips. This should take around 5 minutes or so.

Add the seasoning mixture and cook for a couple of minutes.

Then add the sliced vegetables. Next halve and squeeze the lemon to taste.

Cook on a low heat for another 5-7 minutes.

Gently blanch the 4 savoy leaves in a large pan of water for just a minute each.

Remove and place to one side.

When your chicken and vegetable mixture as well as your savoy cabbage leaves are ready place out the 4 savoy leaves.

Gently split the ingredients in the frying pan between the centres of each savoy leaf.

Then wrap into parcels or "fajitas". Let your children know that they need to peel back the foil just enough to expose some of the fajita to eat whilst retaining some of the foil as a 'handle'.

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Nutritional value per serving

Calories: 220 | Total Fat: 12g | Saturated Fat: 3.1g | Carbohydrates: 7.5g | Fibre: 1.5g | Protein: 28.9g



## Homemade Gluten-Free Pizza

Serves 8

### For the Crust:

- 2 egg whites
- 1 tsp. sea salt
- ½ tsp. pepper
- 300g almond flour
- 2 tbsp. olive oil

### For the Topping:

- 100g pizza sauce  
*(make sure its ingredients do not include sugar)*
- A medium white onion, finely chopped
- 20 button mushrooms
- 1 green bell pepper, finely chopped
- 1 red bell pepper, finely chopped
- 100g mozzarella cheese
- 1 tbsp. olive oil

This homemade pizza is highly appetising as well as being gluten free.

You can ensure that your child can eat a much healthier pizza than shop bought ones.

If you want to add meat to this recipe, cooked meat can be added into the pizza sauce prior to preparing the pizza to go in to the oven.



## Preparation Method

### For the Pizza Base:

Beat the egg whites with an electric mixer until frothy.

Add the rest of the ingredients and beat till combined. Roll into a ball and let chill for 10 minutes. Preheat the oven to 170C or Gas Mark 4.

Roll out the dough and press into a greased deep 25cm baking pan.

Top the crust with foil and place dried beans on the foil to keep it weighed down.

Bake for 10 minutes and remove from the oven. Then remove the foil.

### For the Pizza Topping:

Pour the pizza sauce into a pan and cook over medium-low heat until cooked through.

Fry the onions, mushrooms and bell peppers in a frying pan with a tablespoon of olive oil.

Then pour the sauce into the prepared crust.

Next top the sauce with the vegetables and a layer of mozzarella cheese and bake for 20 minutes.

When cool you can slice and store in the fridge. This makes a great time-saving lunch when made ahead of time!

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Nutritional value per serving

Calories: 380 | Total Fat: 26.5g | Saturated Fat: 4.5g | Carbohydrates: 12g | Fibre: 6g | Protein: 15.2g



## Celeriac Chips

Serves 6

2 medium celeriac, washed and dried,  
1.3kg approximately

2 tbsp. olive oil

Fine sea salt, for seasoning

### Preparation Method

Preheat the oven to 200C or Gas Mark 6.

Peel the celeriac, slicing off the top and bottom as well as down the sides with a heavy, sharp knife to remove the tough skin.

Cut the celeriac in to chip like 1½ inch long middle finger thick pieces.

Then spread the chips evenly on a baking tray, drizzle with olive oil and season with salt.

Bake the chips for 30-40 minutes until brown and crispy, turning them halfway through and serve.

Alternatively, they can be eaten cold.

Celeriac Chips are a healthier way of ensuring that your child has an alternative to conventional crisps, without over loading on carbohydrates.

Celeriac chips are great as a finger food as well as an item for your child's lunch box.

You can flavour these chips with additional toppings if you wish, such as, chilli flakes and garlic or cumin and paprika.

Nutritional value per serving

Calories: 85 | Total Fat: 6.4g | Saturated Fat: 1.3g | Carbohydrates: 4.2g | Fibre: 6.1g | Protein: 1.8g



## Homemade Potato Crisps

Serves 2

100g potato

Fine sea salt and freshly ground black pepper for seasoning

1 tbsp. extra virgin olive oil

Homemade Potato crisps are a healthier alternative to shop bought crisps.

You can make them for your children for their lunch box or as a treat.

### Preparation Method

Preheat oven to 200c or Gas Mark 6.

Peel the potato and slice it finely in to crisp shapes.

Lay the crisps out onto a baking sheet.

Drizzle with olive oil and sprinkle with the salt and pepper.

Place them on a non stick baking tray.

Bake for 10 minutes on one side and then for another 10 minutes on the other side.

Keep an eye on the crisps.

If they cook sooner, remove from the oven.

Allow them to cool down before you place them in your child's lunch box or give them to your children as a treat.

Nutritional value per serving

Calories: 80 | Total Fat: 7.5g | Saturated Fat: 2g | Carbohydrates 8.5g | Fibre 1.1g | Protein: 1g



## Sweet Potato Chips

Serves 2

- 1 large sweet potato
- Fine sea salt and freshly ground black pepper for seasoning
- 2 tsp. extra virgin olive oil

### Preparation Method

Preheat oven to 230c or Gas Mark 7.  
Gently peel the sweet potato and slice into 'chip' shapes.  
Lay the chips out onto a baking sheet.  
Drizzle with olive oil and sprinkle with the salt and pepper.  
Mix the chips around on the baking sheet with the olive oil.  
Then seasoning them and evenly space the chips apart.  
Bake for 10 minutes on one side, flip them over and bake for up to 10 minutes. If they brown sooner, remove from the oven.  
Let them cool down and they are then ready for your child's lunch box.

Sweet Potato Chips are a healthier way of treating your child to chips. You can send your children off to school with these sweet potato chips and a small pot of our homemade ketchup for dipping.

Nutritional value per serving

Calories: 125 | Total Fat: 6g | Saturated Fat: 1g | Carbohydrates: 20g | Fibre: 2.9g | Protein: 2g



## Homemade Choc Nut Bars

Makes 20

- 115g unsalted butter
- 120g cocoa powder
- 125g almond butter
- ½ tsp. vanilla extract
- 170g agave nectar
- Pinch of sea salt
- 85g chopped almonds

Homemade Choc-Nut Bars are a healthier alternative to shop bought chocolate bars.

They are a great treat for your children and last up to a week in the fridge.

### Preparation Method

Melt butter in medium sauce pan over low heat.

Mix in cocoa powder, butter, almond butter, vanilla extract, sea salt and agave nectar. Stir constantly until you get a thick texture.

Stir the chocolate mixture rapidly for another thirty seconds. Ensure that you do not overcook the mixture or you will burn it.

Remove from the heat. Then, stir in the chopped almonds. While the mixture is still warm spread smoothly over a baking parchment paper.

Let stand until firm.

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Nutritional value per serving

Calories: 145 | Total Fat: 11.4g | Saturated Fat: 4g | Carbohydrates: 11g | Fibre: 3g | Protein: 3.5g



## Chewy Snack Bars

Makes 12 Bars

- 100 barley oat flakes
- 2 Weetabix, finely crumbled
- 100g pumpkin seeds
- 100g sunflower seeds
- 40g flax seeds
- 40g chia seeds
- 80g dried cranberries
- 1 tsp. ground cinnamon
- 1 egg, beaten
- 50g almond butter
- 50g agave nectar
- 50g honey

These homemade snack bars are chewy and full of healthy seeds, fruit and nuts.

My children enjoy them in their lunch box as well as a wonderful after-school treat.

### Preparation Method

Preheat the oven to Gas Mark 4 or 180C.

Place all the dry ingredients in a large bowl.

Mix the agave nectar, honey and almond butter in bowl.

Pour this mixture onto the dry ingredients.



## Preparation Method

Beat the egg in a bowl and add to the mixture.

Use some baking parchment to line a baking tray and place the mixture in the tray. Flatten out manually if needs be.

Then place the tray in the pre heated oven and bake for 20 – 25 minutes.

When the bars are cooked, remove from oven and cool for a few minutes.

Then cut with a knife and into bar shaped shapes, ensuring you make 12.

Next, place the bars in a fridge.

When set, the bars can be kept in an airtight container for 2 weeks.

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Nutritional value per serving

Calories: 276 | Total Fat: 16.0g | Saturated Fat: 4.6g | Carbohydrates: 30.2g | Fibre: 5.0g | Protein: 7.5g



## Dressed-Up Strawberries

Serves 12

250g unsweetened dark chocolate,  
chopped

1 tbsp. unsalted butter

250g fresh strawberries (leaves left on)

These dressed-up strawberries are a scrumptious inclusion for your child's lunch box.

### Preparation Method

Insert a cocktail stick into the tops of each strawberry.

Melt the chocolate and butter in a bowl over a boiling pan of water, stirring occasionally until smooth.

Hold the strawberries by cocktail sticks and dip them into the chocolate mixture. If you find this too messy, cover the strawberry with a fine layer of chocolate by hand.

Place the strawberries in the fridge for at least 20 minutes or in the freezer for 5 minutes before serving.

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Nutritional value per serving

Calories: 62 | Total Fat: 4.0g | Saturated Fat: 0.0g | Carbohydrates: 8.8g | Fibre: 1.2g | Protein: 0.2g



## Homemade Gluten Free Cupcakes

Serves 6

- 125g almond flour
- 1/8 tsp. baking soda
- pinch of salt
- 2 tbsp. honey
- 125 ml coconut milk, full fat
- 2 tbsp. coconut oil, melted
- 1 egg
- 100g fresh blueberries

These Homemade Gluten Free Cupcakes are a fantastic snack for your child. They are a decidedly healthier alternative to shop bought cake, being lower in carbs and fat as well as being sugar

### Preparation Method

Preheat the oven at 170C or Gas Mark 4. In a large bowl mix the dry ingredients. In a separate bowl, mix the wet ingredients.

Pour into the almond flour mixture and mix to form a batter. Fold in the blueberries.

Pour the batter into cake cases on a baking tray or into a greased fairy cake tin. Bake for 20-25 minutes or until tops turn golden brown. Wait until they are completely cool before removing them from the cake tin.

Nutritional value per serving

Calories: 150 | Total Fat: 12.0g | Saturated Fat: 8.8g | Carbohydrates: 9.2g | Fibre: 1.0g | Protein: 2.0g



## Homemade Wholemeal Cheese Twists

Serves 4

75g spelt flour

75g plain flour

75g wholemeal flour

1 tsp. salt

115g cold butter, diced

70g Cheddar cheese, grated

4 tbsp. ice-cold water

These Wholemeal Cheese Twists are a great alternative to processed soft cheese and breadsticks for your child's lunch box.

They melt in your mouth and last for up to a week in an airtight container.

### Preparation Method

Combine all 3 flours into a bowl, add the salt and crumble the butter into the flours. Add 4 tablespoons of ice-cold water until the dough forms a ball. Stir in the cheese and wrap the dough in cling film.

Place the dough in the fridge for 30 minutes. Preheat oven to 200C or Gas Mark 6. Line a baking tray with greaseproof paper. Roll the dough into a large rectangle about 15x30cm on a well floured work surface.

Cut into 30 thin strips and lay the cheese straws on the baking tray 1cm apart from each other. Bake in the oven for 10-12 minutes until they are golden brown and then cool on a wire rack.

Nutritional value per serving

Calories: 65 | Total Fat: 4.0g | Saturated Fat: 2.5g | Carbohydrates: 5.7g | Fibre: 0.4g | Protein: 1.3g



## Three Veg Tortilla

Serves 4

400g white onions, finely chopped

6 large eggs

100g spinach, finely chopped

100g potatoes

1 tbsp. olive oil

Juice and zest of a lemon

A tortilla is basically a Spanish omelette.

Traditionally you would flip over the omelette and cook it on both sides. However, here I grill the omelette partly to finish off the top.

### Preparation Method

Peel the potatoes, boil them and then dice them into small pieces.

For the next stage place two tablespoons of olive oil in a large frying pan on a low heat. Cook the onions on a low heat until they soften. This should take around 5 minutes.

Then beat the eggs with a pinch of salt and pepper. Turn the heat up under the onions and cook until they are browned. Add the spinach and potatoes and fry for a couple of minutes.

Stir in the eggs and cook for around 5 minutes. Next, transfer the eggs to a pre heated grill and cook for 5-8 minutes until the eggs are golden. The dish can now be served hot or eaten cold.

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Nutritional value per serving

Calories: 250 | Total Fat: 15.0g | Saturated Fat: 3.4g | Carbohydrates: 20.0g | Fibre: 4.2g | Protein: 11.9g



## Sweet Potato Frittata

Serves 4

- ½ sweet potato, sliced and parboiled
- 5 eggs, beaten
- 1 tbsp. olive oil
- 1 medium onion, chopped finely
- 50ml skimmed milk
- 100g low fat cheddar cheese, grated
- ½ tsp. dried oregano
- ½ tsp. dried thyme
- ½ tsp. pepper

A frittata is a classic Spanish dish which uses beaten eggs. This filling dish combines sweet and savoury flavours. Sweet potato frittata is great served hot or cold.

### Preparation Method

Preheat the oven at 200C or Gas Mark 4. Put the olive oil in a medium frying pan on a medium heat. Add the onion and sweet potato and cook for 5 minutes or until the sweet potato is cooked. Set aside.

Place the eggs in a bowl and stir the milk and cheese into it. Season with thyme, oregano, salt and pepper and mix. Mix the sweet potato mixture in with the egg and place in an ovenproof dish and bake for 25 minutes.

Nutritional value per serving

Calories: 200 | Total Fat: 13.0g | Saturated Fat: 4.2g | Carbohydrates: 9.2g | Fibre: 1.9g | Protein: 14.3g



## Vegetarian Lasagne

Serves 4

- 200g aubergine, finely chopped
- 150g of mushrooms, finely chopped
- 200g of tinned tomatoes, finely chopped
- 1 medium onion, finely chopped
- 2 tbsp. olive oil
- 1 tsp. mixed herbs
- Salt to taste
- 200g courgette, thinly sliced into strips
- 250g low fat cottage cheese
- An egg
- 50g mild cheddar, grated

This vegetarian lasagne is a delicious low carb, low fat meal. It is full of healthy vegetables blended with herbs and cheese.

### Preparation Method

Preheat the oven to Gas Mark 4 or 170C.

Put the finely chopped aubergine, mushrooms and onion in some heated oil in a large saucepan for a few minutes.

Add the tomatoes, herbs and salt and mix well.



## Preparation Method

Remove from heat and place aside.

Blend the cottage cheese and egg for the cheese sauce and set aside.

Layer the bottom of a baking with strips of courgette and season with salt.

Grill the strips on both sides until they cooked and a little dehydrated; the intention is to extract their moisture.

Layer an ovenproof dish with a thin layer of the aubergine mixture.

Then add a layer of courgette strips and a layer of cheese sauce.

Repeat this process until you have used up all the ingredients.

Sprinkle the dish with grated cheese.

Bake on Gas Mark 4 or 175c for around 35-45 minutes.

You will know the lasagne is cooked when it is crispy and has a golden top.

Allow to rest for 20 minutes prior to cutting and serving up.

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Nutritional value per serving

Calories: 208 | Total Fat: 7.0g | Saturated Fat: 3.6g | Carbohydrates: 13.5g | Fibre: 5.4g | Protein: 13.5g



## Homemade Chicken Dippers

Serves 6

### For the dippers:

- 1 kg chicken breasts, skinless
- 3 egg whites
- 3 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. black pepper
- 150g fine wholemeal bread crumbs

### For the sour cream dip:

- 100g ground almonds
- 175g light sour cream
- Juice and zest of a lemon

### Preparation Method

Crack the egg whites in to a bowl and beat them.  
Slice the chicken into inch long strips.  
Then dip them into the egg mixture.

Your children can enjoy homemade chicken dippers without compromising on taste. These homemade chicken dippers are a healthy alternative to fast food. I have made a sour cream dip which accompanies the chicken dippers wonderfully.



## Preparation Method

Mix the garlic powder, onion powder and black pepper in to the bread crumbs.

Repeat this process of dipping the chicken pieces in the egg mixture and then the breadcrumbs again to attain an even crumb coverage.

Season the chicken dippers and place on baking parchment on a baking tray and bake them for 20 minutes until golden.

These homemade chicken dippers are best served hot with the sour cream dip.

### For the dip:

Separately mix the sour cream, ground almonds and the juice and zest of a lemon.

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Nutritional value per serving

Calories: 315 | Total Fat: 25.5g | Saturated Fat: 10.2g | Carbohydrates: 31.1g | Fibre: 6.2g | Protein: 32.3g



## Chicken Burgers

Serves 4

- 400g chicken mince
- 100g carrots, coarsely grated
- 2 medium onions, finely chopped
- 2 tsp. garlic, finely chopped
- 2 tsp. ground cumin
- 2 tbsp. skimmed milk
- ¼ tsp. dried Italian seasoning, crushed
- ¼ tsp. black pepper
- Salt to taste

These chicken burgers are tasty and nutritious at the same time.

They cater for your child's palate as well as ensuring this a meal the whole family can enjoy.

### Preparation Method

In a mixing bowl, combine the carrots, onions, garlic, cumin, milk, Italian seasoning, pepper and salt together.

Add the chicken mince and mix thoroughly.

Shape into patties and fry for around 4 minutes each side.

Serve with slices of tomato and lettuce.

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Nutritional value per serving

Calories: 240 | Total Fat: 13.0g | Saturated Fat: 3.1g | Carbohydrates: 3.5g | Fibre: 1.5g | Protein: 28.9g



## Homemade Lamb and Mint Burgers

Serves 4

- 400g lean lamb mince
- 2 medium onions, finely chopped
- 1 tbsp. mint, finely chopped
- 1 tbsp. parsley, finely chopped
- 2 tsp. Dijon mustard
- 2 tbsp. olive oil

Homemade Lamb and Mint Burgers are easy to make and a great hit with children. You can prepare the burgers on the day or the night before they are going to be eaten.

### Preparation Method

Pre heat the oven on Gas Mark 6 or 200C.

Put the lamb mince in a mixing bowl.

Add the herbs into the mixture, season with salt and pepper and mix thoroughly.

Next add in the mustard and mix well.

Then split the mixture into 4 portions and shape each one into round burgers.

Fry the burgers for around 4 minutes each side until they are cooked through.

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Nutritional value per serving

Calories: 230 | Total Fat: 17.2g | Saturated Fat: 6.4g | Carbohydrates: 4.0g | Fibre: 1.0g | Protein: 21.0g



## Homemade Tomato Relish

Serves 50

250g cherry or plum tomatoes, roughly chopped after blanching

250g tinned plum tomatoes, roughly chopped

1 large white onion, chopped roughly

½ bulb fennel, roughly chopped

2 tbsp. tomato puree

50 white wine vinegar

30g soft brown sugar

1 clove of garlic, finely chopped

1 tbsp. fresh basil, finely chopped

1 tsp. ground coriander

¼ tsp. freshly ground pepper

3 tbsp. olive oil

Salt to taste

Shop bought tomato ketchup and tomato relish tend to be high in sugar. This homemade tomato relish recipe is easy to make and much healthier. You can also keep it refrigerated for up to a month.

### Preparation Method

Put the onions and fennel in a food processor and whizz.



## Preparation Method

Place the olive oil in a medium sized pan.

Place the onion and fennel into the pan.

Cook for around 4 minutes until soft.

Put in the garlic and cook for another couple of minutes

Then add the coriander and cook for another minute.

Next, add all the remaining ingredients and cook on a low heat for half an hour.

This will stay in a fridge for up to a month.

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Nutritional value per serving

Calories: 27 | Total Fat: 1.2g | Saturated Fat: 0.0g | Carbohydrates: 4.2g | Fibre: 0.6g | Protein: 26.0g



## Mid-Week Roast

Serves 4

- 1 x 1.5g chicken
- 3 carrots, chopped
- 2 medium onions, sliced
- A stick of celery, chopped
- A whole head of garlic
- 100g butter
- 25g mint, finely chopped
- 200 ml vegetarian stock
- Juice of a lemon
- Salt and pepper to season

This is a classic dish. It is best to purchase free-range or organic chicken. However, if they are too expensive, RSPCA Freedom Food chickens are good; you can find them in most supermarkets.

### Preparation Method

Preheat the oven to 220C or Gas Mark 7.

Place the garlic cloves on a baking sheet and allow them to cook for 15 minutes.

Put the softened garlic in a bowl and combine with butter and herbs.

Add in the lemon juice.

Nutritional value per serving

Calories: 230 | Total Fat: 17.2g | Saturated Fat: 6.4g | Carbohydrates: 4.0g | Fibre: 1.0g | Protein: 21.0g



## Preparation Method

Place some of the mixture under the skin over the breast of the chicken and in the cavity of the chicken.

Place the chopped carrots, celery and onions on the bottom of a roasting tin.

Pour in the vegetable stock and cover with foil.

Roast for around an hour and remove the foil 20 minutes from the end.

Pierce the breast meat with a metal skewer to check if the chicken is cooked.

If the chicken juices are clear the chicken is cooked.

Finally, take the chicken out of the oven and allow it to stand for at least 10 minutes before serving.

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Nutritional value per serving

Calories: 550 | Total Fat: 30.2g | Saturated Fat: 15.0g | Carbohydrates: 9.0g | Fibre: 2.7g | Protein: 40.5g



## Homemade Fish Fingers

Serves 4

- 800g cod fillets
- 2 egg whites, beaten
- 100g fine wholemeal breadcrumbs
- 2tsp. lemon zest, finely grated
- 1 tbsp. olive oil

For the Lemony Mayo and Yoghurt Dip

- 4 tbsp. mayonnaise
- 100g young leaf spinach
- 200g frozen peas, cooked and cooled
- 1tbsp. plain Greek yoghurt
- Squeeze of lemon juice

### Preparation Method

Pre heat the oven on Gas Mark 6 or 200c.

Slice the fish into 16 finger lengths and dip them in the beaten egg white.

Who says your children have to miss out on fish fingers? These Homemade Fish Fingers ensure they can eat their favourite food. They are tastier and healthier than ready made alternatives.



## Preparation Method

Then you need to mix the breadcrumbs with the lemon zest.

Next you need to coat the fish fingers by dipping them in the bread crumb mixture.

Repeat this process of dipping the fish fingers in the egg and then the breadcrumbs once more to attain an even crumb coverage.

Season the fish fingers.

Next brush a non-stick baking tray with the oil.

Place the fish fingers on it and bake them for 20 minutes until golden.

For the Lemony Mayo

For the mayo, mix the mayo with a squeeze of lemon juice.

Then mix spinach leaves and peas with a little lemon juice and the remaining oil. Serve the fish fingers with the spinach and 100g of the peas and a spoonful of the lemony mayo.

For the Yoghurt Dip

Next place the remaining 100g of the peas in a food processor with the Greek yoghurt, a few sprigs of chopped fresh mint and a pinch of salt.

Serve the Yoghurt dip alongside the fish fingers and lemony mayo.

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Nutritional value per serving

Calories: 250 | Total Fat: 2.0g | Saturated Fat: 0.0g | Carbohydrates: 22.0g | Fibre: 1.0g | Protein: 39.5g



## Healthy Bolognese

Serves 4

- 2 onions, chopped
- 2 carrots, grated
- 4 cloves of garlic, finely chopped
- 100g mushrooms, finely chopped
- 1 stick of celery, finely diced
- 400g lean lamb mince
- 400g canned tomatoes, finely chopped
- 100ml water
- 1 tbsp. olive oil
- 2 tbsp. tomato puree
- ½ tsp. paprika
- Season with salt and pepper
- 400g of cooked brown long grain rice  
(100g cooked rice per serving)

### Preparation Method

Sauté the onions, garlic, carrot, mushrooms and celery in the olive oil over a medium heat until softened.



## Preparation Method

Add the lamb and cook for 5 to 10 minutes until browned.

Stir through the tomatoes and tomato puree cook for about 3 minutes.

Add the paprika and water.

Cover the pan and cook over a low heat for around 30 minutes until the sauce is thick and rich.

Season to taste and set the pan aside until ready to serve.

Serve immediately with the cooked brown rice.

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Nutritional value per serving

Calories: 500 | Total Fat: 16.2g | Saturated Fat: 8.0g | Carbohydrates: 35.0g | Fibre: 10.7g | Protein: 30.5g



## Strawberry Milkshake

Serves 1

400g strawberries

300ml soya milk

1 tbsp. runny honey

½ tsp. vanilla essence

A banana, sliced

### Preparation Method

Place all the ingredients in a blender.

Whizz until smooth and enjoy!

Your children are going to love this wonderful milkshake.

I have mixed strawberries and vanilla for a delicious combination. You can of course use other fruit if you wish to.

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Nutritional value per serving

Calories: 75 | Total Fat: 1.0g | Saturated Fat: 0.2g | Carbohydrates: 16.5g | Fibre: 1.0g | Protein: 1.1g



## Blueberry Smoothie

Serves 1

100 ml of skimmed milk

100g of blueberries

50ml of low fat plain yogurt

2 tsp. sweetener

2 tsp. vanilla extract

You children will find this Blueberry Smoothie most delicious. This Blueberry Smoothie is bursting with flavour and taste.

### Preparation Method

Whizz all the ingredients in a blender.

The smoothie is now ready to serve and enjoy.

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Nutritional value per serving

Calories: 120 | Total Fat: 1.5g | Saturated Fat: 0.1g | Carbohydrates: 23.0g | Fibre: 3.0g | Protein: 6.2g



## Banana Bread Muffins

Serves 12

- 200g of bananas, ripened and mashed
- 100g of self raising flour
- 100g of almond flour
- 2 eggs
- 60 ml of water
- 2 tsp. of sweetener
- 100ml of unsweetened apple juice
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 2 tsp. baking powder

I know I wonder what to do with that very ripe banana, as must you. So, I have come up with this Banana Bread Muffin. These muffins are a tasty, healthy treat for your children. And for you!

### Preparation Method

Preheat oven to 175C or Gas Mark 5. Grease a muffin tin or place muffin liners on a baking tray.

Then mix all the dry ingredients together. Follow this by adding all the wet ingredients and mixing thoroughly. Fill the muffin tins to half full. Bake in a hot oven for 20 minutes. Allow to cool before serving.

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Nutritional value per serving

Calories: 70 | Total Fat: 2.5g | Saturated Fat: 0.0g | Carbohydrates: 11.5g | Fibre: 1.1g | Protein: 2.1g



## Homemade Brownies

Serves 12

- 100g of almond flour
- 35g of unsweetened cocoa
- 2 medium eggs
- The whites of 2 large eggs, whisked
- 250g full fat cream cheese
- 80ml semi skimmed milk
- 1 tsp. vanilla extract
- 2 tbsp. of runny honey
- Pinch of salt

These Homemade Brownies are a lower carb and no sugar alternative to regular brownies. I have made them from almond flour and cream cheese for a real treat for your children.

### Preparation Method

Preheat the oven to Gas Mark 5 or 190C.

In a big bowl beat the two medium eggs.

In another bowl combine the almond flour, cocoa and a pinch of salt.

Then add in the whisked egg whites to the flour/cocoa mixture.

Mix the beaten eggs and eggs white in with the flour/cocoa mixture.

Add in the vanilla extract, honey, milk and the cream cheese and mix thoroughly.



## Preparation Method

Put the mixture in to a 9" greased square non-stick cake tin.

Boil the kettle and put some of the water in a cereal bowl.

Use the back of a metal spoon dipped in the hot water to spread the mixture evenly.

Bake for around 25 minutes.

Cut into squares when cool and enjoy!

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Nutritional value per serving

Calories: 164 | Total Fat: 14.8g | Saturated Fat: 4.6g | Carbohydrates: 7.2g | Fibre: 2.4g | Protein: 5.6g



## Frosted Carrot and Nut Cake Bars

Serves 20

- 300g plain flour
- 100g whole wheat flour
- 4 tbsp. runny honey
- 2 tsp. sweetener
- 1 ½ tsp. cinammon
- 1 tsp. baking powder
- Pinch of salt
- 200g carrots, finely grated
- 300g chopped walnuts, toasted
- 3 egg whites, lightly beaten
- 100g olive oil
- 100ml skimmed milk
- 2 tbsp. double cream
- 100g low fat cream cheese
- 100g low fat yoghurt
- 1 tsp. vanilla extract

Carrot and Nut Cake Bars are mouth-wateringly delicious. I have crammed them full of carrots, nuts and spice, as well as covered them with a soft cream cheese frosting.

You can make them on the weekend for treats for your children over the week as they keep for up to a week in an airtight container.



## Preparation Method

For the cream cheese topping whisk the cream cheese with an electric mixer on medium speed until it becomes smooth. Then mix in the yoghurt until the mixture is smooth. Next, mix in the double cream mixture and add the vanilla extract.

Place the cream cheese topping in the fridge whilst you make the carrot and nut bars. Preheat the oven to Gas Mark 4 or 150C. Line a 9x9x2-inch baking tray with cooking parchment, ensuring that the parchment covers the edges of the tray. Then set the tray aside.

In a big bowl, mix together the plain flour, whole wheat flour, sweetener, cinnamon, baking powder, and salt.

Next add the carrots and 200g of the nuts as well as the eggs, oil, honey, sweetener and milk.

Stir thoroughly until the mixture is combined and spread it evenly in the pan. Bake in the oven for between 15 and 20 minutes. Then cool the bars in the pan on a wire rack.

Using the edges of the parchment remove the uncut bars from the baking tray. Then spread them evenly with Cream Cheese Topping.

Sprinkle the remaining 100g of nuts on top and slice into 20 bars. Then spread them evenly with Cream Cheese Topping.

Sprinkle the remaining 100g of nuts on top and slice into 20 bars.

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Nutritional value per serving

Calories: 140 | Total Fat: 7.2g | Saturated Fat: 2.1g | Carbohydrates: 16.0g | Fibre: 1.1g | Protein: 2.9g



## Lemon Squares

Serves 20

200g margarine

2 tsp. sweetener

2 tbsp. runny honey

Pinch of salt

1 whole egg

1 egg yolk

2 tbsp. fresh lemon juice

2 tsp. vanilla extract

250g plain flour

250g almond flour

Your children are going to find these Lemony Squares a true delight. They combine the tartness of lemon juice with the sweetness of the sweetener for a tangy treat.

### Preparation Method

In a big bowl mix together the margarine, sweetener and salt until the mixture is light and fluffy.

Then add the egg, egg yolk, lemon juice, honey and vanilla extract.

Beat this mixture until it is blended well.

Next slowly add both flours and mix well.

Divide the mixture in to two balls and wrap in cling film.



## Preparation Method

Put the two balls into the fridge for 4 hours.

Then preheat the oven at Gas Mark 4 or 180c.

Remove the mixture from the fridge.

Roll out the dough on a lightly floured surface to  $\frac{1}{2}$  inch thickness.

Then use a sharp knife to cut the dough into 1 inch squares.

Put each piece on a greased baking tray an inch apart and bake for 10 minutes.

Once they are browned remove from the oven and put on cooling racks.

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Nutritional value per serving

Calories: 132 | Total Fat: 4.4g | Saturated Fat: 1.5g | Carbohydrates: 18.0g | Fibre: 1.4g | Protein: 2.4g



## Bran Muffins

Serves 12

150g of almond flour

100g of wheat bran, ground

2 tsp. sweetener

2 tbsp. runny honey

1 tsp. baking powder

½ tsp. salt

4 eggs

150ml of water

200g grated courgette

These bran muffins are a low carb alternative way for your children to enjoy muffins. I have used grated courgette to moisten the muffins. I have also added some sweetener and runny honey to add that touch of sweetness without adding on the carbs. These muffins are filling and are a fantastic way of reaping the benefits of whole grains whilst keeping the carb content in check. For the ground wheat bran, whizz some non-branded bran or bran flakes in your food processor.

### Preparation Method

Preheat the oven to 190C or Gas Mark 5.

Then grease your muffin tray or individual muffin tins.

Mix the dry ingredients together.

Add the eggs, water, honey, sweetener and courgette. Mix thoroughly.

Fill muffin tins about 2/3 full and bake for 15 to 20 minutes.

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Nutritional value per serving

Calories: 128 | Total Fat: 9.0g | Saturated Fat: 1.0g | Carbohydrates: 10.0g | Fibre: 4.0g | Protein: 6.0g



## Disclaimer

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