

DELICIOUS, NUTRITIOUS, & FUN FOODS FOR

# celebrations

— AT SCHOOL! —



Health  
Illawarra Shoalhaven  
Local Health District

This recipe book was developed to provide children's services and schools with ideas to provide healthy foods for celebrations that will be tasty and exciting for children, while complying with the Fresh Taste @ School Criteria.

Compiled by Jessica Mitchell and Xinyi Li as part of UOW Nutrition and Dietetics Community Placement November 2013.

Foods for Celebrations is full of healthy recipes to prepare. We hope these ideas help you be creative and inspire your celebration preparations.

All recipes are either stamped **GREEN** or **AMBER** and meet the Fresh Tastes @ School criteria. We've tried to keep all recipes **GREEN**, but a few **AMBER** ideas were included for variety.



## **But it's just a bit of chocolate...**

Foods for celebrations often include cakes, chocolates, lollies, meat pies, sausage rolls and soft drinks. There is nothing wrong with an occasional treat, but unhealthy choices have become the norm rather than the exception.

Treats being used as classroom rewards, birthday celebrations, sausage sizzle fundraisers, parties and vending machines, constantly expose children to high-fat, high-sugar, low-nutrient choices.

This constant exposure to unhealthy foods makes it difficult for children to learn how to make healthy food choices. Parties and celebrations provide a unique opportunity to support healthy eating habits and help make healthy eating fun and exciting for children. This provides children with a consistent message and practical modelling ideas for parents and educators.



## Little tricks to fun celebrations!

- ✓ Use colourful disposable table cloths and utensils.
- ✓ Prepare small portions of everything. Children can always go back for more.
- ✓ Make sandwiches in shapes by using biscuit cutters.
- ✓ Open sandwiches are attention getters.
- ✓ Use moulds for ices or frozen yoghurts.
- ✓ Use fruit as food decoration.
- ✓ Drinks taste better with a straw.
- ✓ Have dried fruit, low fat Greek yoghurt or plain yoghurt on hand to add fun detail on food.
- ✓ Have plenty of tap water available for thirsty kids.



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# Pinwheel sandwiches



## METHOD

1. Remove crusts from bread.
2. Use a rolling pin to flatten bread to about 1cm thick.
3. Layer cream cheese, avocado, Vegemite or cranberry sauce on the slice of bread.
4. Roll up tightly and wrap in cling wrap.
5. Leave in fridge overnight.
6. Cut into slices to serve.

Ingredients	Serves 5	Serves 10	Serves 25
Bread	2 slices	4 slices	10 slices
Reduced fat cream cheese	2 tbsp	4 tbsp	10 tbsp
Avocado	½ avocado	1 avocado	2½ avocado
Vegemite or cranberry sauce	Spread lightly as needed		

# Tzatziki



## METHOD

1. Mix all the ingredients together.
2. Place in serving bowl.

**Tip:** Serve dips with vegetable sticks or Lebanese bread cut into triangles. Place in the oven until crispy.

Ingredients	1 cup	3 cups	5 cups
Cucumber, finely diced	½ cup	1½ cup	2½ cup
Low fat natural yoghurt	½ cup	1½ cup	2½ cup
Black pepper	Pinch	⅛ tsp	¼ tsp
Lemon, juiced	¼	½	1
Mint, finely chopped	½ tbsp	1½ tbsp	2½ tbsp

# Hummus

GREEN

## METHOD

1. Blend or mash all the ingredients together.
2. Add more lemon juice if too thick.
3. Place in a bowl and sprinkle with paprika.



Ingredients	1 cup	3 cups	5 cups
Chickpeas	420g	1.26kg	2.1kgs
Tahini	3 tbsp	9 tbsp	1 cup
Olive oil (optional)	1 tbsp	3 tbsp	5 tbsp
Lemon, juiced	2	6	10
Garlic cloves, crushed	2	6	10
Paprika	As needed		

# Ricotta & tuna dip

GREEN

## METHOD

1. Mash the ricotta cheese in a bowl.
2. Add tomato, tuna and parsley. Stir lightly.
3. Place in a serving bowl and sprinkle with paprika.

Ingredients	1 cup	3 cups	5 cups
Ricotta cheese	250g	750g	1.25kg
Tomato, diced	1	3	5
Tuna in spring water, drained	90g	270g	1.4kg
Parsley, chopped	1 tbsp	3 tbsp	5 tbsp
Paprika	A pinch	1/8 tsp	1/4 tsp

# Fruit stacks

GREEN

## METHOD

1. Slice the fruit into round slices.
2. Arrange the slices so the widest is at the bottom and the smallest at the top.
3. Top with slices of kiwifruit and banana.
4. Serve with a spoon of yoghurt.

**Tips:** Stack the orange and pineapple between the apple and pear to stop them from discolouring. A squeeze of lemon juice over the fruit also stops discolouration.



Ingredients	Serves 5	Serves 10	Serves 25
Apples	1	2	5
Oranges	1	2	5
Pineapple rings	400g	800g	1.2kg
Kiwifruit	1	2	5
Bananas	1	2	5
Pears	1	2	5
Low fat natural yoghurt or Greek yoghurt	300g	600g	1.5kg



GREEN

## Fruity cous cous

### METHOD

1. Run cold water over cous cous until it is wet, then spread in sieve in a thin layer to allow to swell.
2. Meanwhile, chop apricots, dates and parsley.
3. Combine cous cous with all other ingredients, and microwave on high for 2 minutes.
4. Serve in bowl.



Ingredients	Serves 5	Serves 10	Serves 25
Cous cous	2 cups	4 cups	10 cups
Dried apricots, soaked and cut into small pieces	6	12	30
Fresh dates, deseeded and cut into small pieces	3	6	15
Currants	1/3 cup	2/3 cup	1 2/3 cup
Lemon, juiced	1	2	5
Fresh parsley leaves	1 cup	2 cups	5 cups

GREEN

## Prune mice

### METHOD

1. Make tails from cheese slices.
2. Use pieces of sultanas for eyes.
3. Use almond flakes for ears.

If there is a nut allergy concern, make ears from cheese slices.

Ingredients	Makes 10	Makes 20	Makes 50
Large prunes	10	20	50
Reduced fat cheese, cut into shapes	3 slices	6 slices	15 slices
Almond flakes (optional)	20 flakes	40 flakes	100 flakes
Sultanas, chopped	10	20	50

**Tip:** If the 'eyes' and 'ears' don't stick, use low fat yoghurt for glue!

## Starchy shapes

GREEN

### METHOD

1. Preheat oven to 200°C.
2. Cut the sweet potatoes, potatoes, and pumpkin into 1cm thick slices.
3. Use a shaped cookie cutter to cut out potato shapes.
4. Lightly spray the tray and stars with olive oil spray.
5. Bake for 15 minutes or until stars soft and cooked through.



Ingredients	Serves 5	Serves 10	Serves 25
Sweet potatoes	1	2	5
Potatoes	2	4	10
Pumpkin	¼	½	1¼
Olive oil spray	As needed		

GREEN

## Minute mince

### METHOD

1. Brown the mince in a hot pan.
2. Add remaining ingredients and stir well to combine.
3. Simmer over low heat until needed.

**Tip:** Serve mince in tacos or in burritos with shredded lettuce, diced tomatoes, grated cheese, cucumber and avocado slices.



Ingredients	Serves 5	Serves 10	Serves 25
Lean beef mince	250g	500g	1.25kgs
Canned diced tomatoes	420g	840g	2.5kgs
Tomato paste	1 tbsp	2 tbsp	5 tbsp
Canned corn kernels	420g	840g	2.5kgs
Canned 4 bean mix	420g	840g	2.5kgs

# Spinach rolls



## METHOD

1. Preheat oven to 170°C.
2. In a bowl, mix the ricotta, feta, spring onion, parsley, lemon juice, eggs and seasoning. Stir until combined well.
3. Place a tablespoon of the mixture in the corner of the spring roll wrapper. Roll wrapper towards the centre.
4. When you are halfway, fold over each end into the centre, and continue to roll tightly. Wet the tip of the wrapper to secure so it doesn't unroll.
5. Spray oven tray and rolls lightly with olive oil spray.
6. Place rolls in oven to bake for 20 minutes or until golden and crisp.



Ingredients	Serves 6	Serves 12	Serves 24
Frozen spinach	250g	500g	1kg
Ricotta cheese	1 cup	2 cups	4 cups
Feta cheese, crumbled	½ cup	1 cup	2 cups
Spring onions	3	6	12
Parsley, chopped	1 tbsp	2 tbsp	4 tbsp
Lemon juice	1½ tsp	3 tsp	6 tsp
Eggs	1	2	4
Nutmeg	Sprinkle to taste		
Spring roll wrappers	6	12	24
Olive oil or canola spray	As needed		

# Lamb & vegetable kebabs

GREEN

## METHOD

1. Preheat barbecue or grill to moderate heat.
2. Thread lamb and vegetables onto stick.
3. Mix marinade ingredients together and microwave for 40 seconds to combine.
4. With a pastry brush, coat meat and vegetables with marinade.
5. Cook kebabs for 5 to 10 minutes, turning frequently and brushing regularly with marinade.



Ingredients	Serves 5	Serves 10	Serves 25
Lean lamb, cut into cubes	500g	1kg	2.5kg
Zucchini, chopped	1	2	3
Green capsicum, cut into large pieces	1	2	5
Cherry tomatoes, halved	10	20	50

## Marinade

Wholegrain mustard	2 tsp	1 tbsp	2.5 tbsp
Mint jelly	2 tsp	1 tbsp	2.5 tbsp
Reduced salt soy sauce	2 tsp	1 tbsp	2.5 tbsp

# Salad yacht



## METHOD

1. Spread ricotta cheese or spread on halved bread roll.
2. Top with lettuce and tomato.
3. Roll ham and secure with a wooden stirrer.
4. Secure cheese triangle on wooden stirrer for sail.
5. Arrange carrot shavings and parsley to form bow of the yacht.

**Tip:** You could also make a fruit yacht. Use papaya wedges as the base, a banana sliced lengthwise and orange slices for the deck, cheese triangles for the sail, and strawberries and blueberries for the bow.



Ingredients	Serves 6	Serves 12	Serves 24
Reduced fat cheese, cut into triangles	3 slices	6 slices	12 slices
Lettuce leaves	12 leaves	24 leaves	48 leaves
Ham	6 slices	12 slices	24 slices
Tomatoes, sliced	3	6	12
Ricotta cheese or cheese spread	As needed, spread thinly on each roll		
Carrots, shaved	As needed for decorations		
Fresh parsley	As needed for decorations		

# Egg faces

GREEN

## METHOD

1. Cut egg length-wise and place on plate.
2. Use vegetables to make facial features such as hair, eyes, nose, mouth.
3. Use cheese to stick on features.

**Tip:** Let children design their own egg faces. Use vegetables such as grated carrot or shredded lettuce.



Ingredients
Eggs, hard boiled
Vegetables, for decoration
Ricotta cheese or cheese spread

# Egg characters

GREEN

## METHOD

1. Cut top off eggs and carefully scoop out yolks
2. Mix yolks, tuna, celery, margarine and lemon juice together.
3. Pile filling into eggs leaving some protruding.
4. Place tops of eggs on top as hats.
5. Cut tiny eyes, nose and mouth from red capsicum and place on the egg to make a face.

Ingredients	Makes 5	Makes 10	Makes 25
Eggs, hard boiled	5	10	25
Tuna	½ cup	1 cup	2½ cups
Celery, finely diced	½ stick	1 stick	2½ sticks
Margarine	1 tsp	2 tsp	1¼ tbsp
Lemon juice	3 tsp	1½ tbsp	3¾ tbsp
Red capsicum or tomato	1	2	5

# Traffic light sandwiches



## METHOD

1. Spread bread lightly with margarine.
2. Trim crusts.
3. Using a small round cutter, make 6 holes into half of the slices of bread (e.g. if making 12 sandwiches, cut holes in 6 slices).
4. On slices without holes, arrange tomato slice, cheese and lettuce like a traffic light.
5. Top with cut out slices of bread.
6. Cut each sandwich in half.



Ingredients	Makes 12	Makes 24	Makes 60
Multigrain bread	24 slices	48 slices	120 slices
Margarine		As needed	
Reduced fat cheese, sliced	12 slices	24 slices	60 slices
Tomatoes, sliced	4 tomatoes	8 tomatoes	20 tomatoes
Lettuce, shredded	1½ cups	3 cups	7½ cups

# Strawberry elves



## METHOD

1. Remove tops from strawberries.
2. Cut tips from strawberries.
3. Use a spoon to make a small well in strawberries and fill with cream cheese.
4. Place tips of strawberries on top of filling to form hats.
5. Use raisins on filling to make eyes and mint leaves to decorate.

Ingredients	Makes 10	Makes 20	Makes 50
Strawberries	10	20	50
Cream cheese or ricotta cheese	200g	400g	1kg
Raisins or cranberries, chopped	5	10	25
Mint leaves (optional)	As needed for decoration		



# Edible wreaths

## METHOD

1. Cut cucumber into 5cm lengths and hollow centre with a spoon or knife.
2. Fill with cream cheese.
3. Decorate with grated vegetables.



Ingredients	Makes 10	Makes 20	Makes 50
Cucumber	3	6	15
Cream cheese	200g	400g	1kg
Grated cucumber or carrots	As needed for decorations		



GREEN

## Christmas canes

### METHOD

1. Arrange banana and strawberry slices to form a candy cane shape.



Ingredients	Makes 10	Makes 20	Makes 50
Banana, sliced	10	20	50
Strawberries, sliced	20	40	100

## Christmas bauble crackers

GREEN

### METHOD

1. Cut capsicums into desired shapes such as triangles, squares or strips.
2. Spread cream cheese on crackers.
3. Decorate with vegetables.

**Tips:** Let children decorate their own Christmas baubles as a party activity. In addition to capsicums, use other colourful vegetables such as carrots, peas and celery.

Ingredients	Makes 10	Makes 20	Makes 50
Water crackers	10	20	50
Cream cheese or ricotta cheese	For light spreading		
Red capsicum	As need for decorations		
Green capsicum	As need for decorations		
Yellow capsicum	As need for decorations		

GREEN

## Mini pizzas

### METHOD

1. Half the English muffin, and spread both halves with pizza sauce.
2. Put pineapple, mushrooms, capsicum, corn, olives and onions on muffin.
3. Cover with chicken pieces and cheese.
4. Place muffins in griller or pie warmer until cheese melts.

**Tip:** Popular toppings include:

- lean ham and pineapple
- lean ham, baby spinach and red capsicum
- olives, onions, mushrooms and chicken breast.



Ingredients	Serves 6	Serves 12	Serves 24
English muffins	3	6	12
Pizza sauce or tomato sauce	1 tsp per pizza		
Assorted toppings	As needed		
Chicken, shredded or cubed	100g	200g	500g
Reduced fat cheese, grated	150g	300g	750g



# Rice paper rolls

## METHOD

1. Soak the rice vermicelli in hot water for 15 minutes until soft, drain and lay on absorbent paper.
2. Soak one rice paper at a time in warm water until soft then remove from water and lay on bench.
3. Place a small quantity of each ingredient at the end of the paper, finishing with a mint leaf.
4. Take the edge of the paper folding over the ingredients, roll towards centre. When you are halfway, fold over each end into the centre, and continue to roll tightly.
5. Cover with damp tea towel until ready to eat.

Serve with Vietnamese dipping sauce, sweet chilli sauce or soy sauce.



Ingredients	Makes 12	Makes 24	Makes 60
Rice vermicelli	1 packet	2 packets	5 packets
Carrot, grated	1	2	5
Iceberg lettuce, shredded	½	1	2½
Vietnamese mint	1 bunch	2 bunches	5 bunches
Red capsicum, cut into thin strips	½	1	2½
Chicken, shredded	1 cup	2 cups	5 cups
Rice paper sheets	12	24	60

# Chicken nuggets



## METHOD

1. Preheat oven to 200°C.
2. Lightly spray baking tray with olive oil spray.
3. Cut the chicken into bite-sized pieces.
4. Dip the chicken into the beaten egg.
5. Toss to coat in the breadcrumbs.
6. Place on prepared baking tray.
7. Lightly spray chicken nuggets with olive oil spray.
8. Bake for 25 minutes or until nuggets are tender.

**Tip:** Add paprika or other herb spice to the breadcrumbs for added flavour.



Ingredients	Serves 5	Serves 10	Serves 25
Chicken breast, small	600g	1.2kg	3kg
Eggs	2	4	10
Breadcrumbs	2 cups	4 cups	10 cups
Olive oil spray	As needed		



# Savoury fruit rolls

## METHOD

1. Preheat oven to 200°C
2. Cut pastry into quarters.
3. Combine chicken mince, fruit, parsley, seasoning mix, onion and sauce mixing thoroughly.
4. Divide chicken mixture into 12 equal portions and roll into sausages the length of the pastry squares.
5. Place mince on top of pastry and moisten edges with water.
6. Fold the pastry over the rolled mixture, joining the edges underneath.
7. Place rolls on a lightly sprayed oven tray.
8. Bake for 25 minutes or until golden brown.



Ingredients	Makes 12	Makes 24	Makes 60
Ready rolled puff pastry	3 sheets	6 sheets	15 sheets
Chicken mince	500g	1000g	2.5kgs
Apricot halves, canned in natural juice, mashed	420g	840g	2.1kgs
Breadcrumbs	1 cup	2 cups	5 cups
Onion, finely chopped	1	2	5
Sweet chilli sauce	5 tbsp	5 tbsp	5 tbsp
Parsley, chopped	1 tbsp	2 tbsp	5 tbsp

# Burger kebabs



## METHOD

1. Cook the chicken and mushrooms on a grill, in the oven, or in a pan lightly sprayed with olive oil.
2. Thread several pieces of chicken, and as much lettuce, cheese, tomato, mushrooms as desired between the two bun halves.
3. Serve with desired sauce.



Ingredients	Serves 5 (2 kebabs per serve)	Serves 10	Serves 25
Mini rolls or buns, halved or sliced bread cut into squares	5	10	25
Lean chicken, cut into chunks and cooked	500g	1kg	2.5kg
Cherry tomatoes	½ punnet	1 punnet	2½ punnets
Reduced fat cheese, sliced	5	10	25
Lettuce	As needed		
Mushrooms	10	20	50
Olive oil spray	As needed		

# Fun & engaging activities & rewards



## 1. Recognition

- Certificates
- Exhibitions
- Photo recognition wall
- Commendation letter
- Stickers and stamps.

## 2. Privileges

- Going first
- Free time
- Audio time
- Pick the activity
- Helping in another room.



## 3. Whole class rewards

- Extra art time
- Extra recess
- Picnic lunches
- Puzzles and games
- Free time.



## 4. Parties

- Scavenger hunt
- Music and dance
- Active games
- Have the children to teach the families how to play.



# Potato wedges

GREEN

## METHOD

1. Preheat oven to 220°C.
2. Lightly spray baking tray with olive oil spray.
3. Place potato wedges and water in a microwave safe dish and microwave on high for 5 minutes or until cooked.
4. Combine flour and spices in a bowl.
5. Add potatoes and toss until well coated.
6. Place on prepared baking tray and lightly spray with olive oil spray.
7. Bake for 25 minutes or until crisp.
8. Serve with sweet chilli sauce or tomato sauce.



Ingredients	Serves 5	Serves 10	Serves 25
Potatoes, skin on and cut into wedges	5	10	25
Water	¼ cup	½ cup	1¼ cups
Plain flour	¼ cup	½ cup	1¼ cups
Ground paprika	½ tbsp	1 tbsp	2½ tbsp
Coriander	1 tsp	2 tsp	5 tsp
Ground cumin	1 tsp	2 tsp	5 tsp
Olive oil spray	As needed		



# Fish fingers



## METHOD

1. Preheat oven to 220°C.
2. Lightly spray baking tray with olive oil spray.
3. Cut fish into thick fingers.
4. Dip fish into the beaten egg.
5. Toss in the breadcrumbs to coat.
6. Place on prepared baking tray.
7. Lightly spray fish fingers with olive oil spray.
8. Bake for 40 minutes or until fish is tender.



Ingredients	Serves 5	Serves 10	Serves 25
White fish fillets, boneless	500g	1kg	2.5kg
Eggs, lightly beaten	4	8	20
Breadcrumbs	2 cups	4 cups	1 cups
Olive oil spray	As needed		

# Fruity muffins



## METHOD

1. Preheat oven at 180°C.
2. Lightly grease a 24-hole mini muffin tray.
3. Sift flour into large bowl and add the sugar.
4. With a wooden spoon, stir in currants, apple pieces and lemon rind.
5. In a separate bowl, blend milk, orange juice, oil, egg and banana.
6. Stir milk mixture lightly into flour mixture until just combined.
7. Spoon mixture evenly into muffin tray.
8. Place in oven and bake for 20 minutes or until skewer comes out clean.



Ingredients	Serves 24
Self raising wholemeal flour	2 cups
Sugar	1 tbsp
Egg	1
Banana	1
Currant	1 cup
Granny smith apple, peeled and chopped	1
Lemon rind	1 lemon
Reduced fat milk	½ cup
Orange juice	½ cup
Safflower or canola oil	¼ cup



# Fruit salad ANZAC slice

## METHOD

1. Preheat oven to 180°C.
2. Lightly spray a 18cm slice pan with cooking spray.
3. Combine flour, oats, sugar and coconut in a large mixing bowl.
4. Separate fruit from juice, reserve the juice.
5. Add the juice, margarine, syrup and egg and mix well.
6. Spoon half the mixture into the pan and press down flat.
7. Evenly spread the fruit salad over the mixture.
8. Top the fruit salad with the remaining slice mixture.
9. Bake 20 minutes or until golden brown.
10. Leave to stand for 5 minutes before turning out onto a cooling rack.
11. When cool, slice into squares.



Ingredients	Serves 16
Fruit salad in natural juice	400g
Self raising flour	1 cup
Rolled oats	1 cup
Raw sugar	100g
Desiccated coconut	½ cup
Margarine, melted	100g
Golden syrup	1 tbsp
Egg, lightly beaten	1

# Watermelon cake

GREEN

## METHOD

1. Peel watermelon.
2. Pat watermelon dry with paper towels to soak up excess juice.
3. Decorate with grapes, strawberries, blueberries and star fruit.

**Tip:** To add more colour, include a layer or more of other coloured melons such as rock melons or honeydew.

*You can pipe ricotta cheese like icing then decorate with fruit pieces.*



Ingredients	Serves 12 - 15
Seedless watermelon	1
Grapes	As needed
Blueberries	As needed
Strawberries	As needed
Star fruit	As needed

# Pumpkin & prune cake

AMBER

## METHOD

1. Preheat oven to 180°C.
2. Cream margarine, orange rind and sugar together until light and fluffy.
3. Add eggs, one at a time, beating well after each one.
4. Stir in orange juice, pumpkin and prunes.
5. Add sifted flour alternately with milk to give a soft consistency.
6. Spread into greased deep 20cm round cake tin. Bake for 45 minutes or until skewer comes out clean.
7. Let cake cool in the pan 5 minutes then remove and place on a wire cake rack.



Ingredients	Serves 12 - 14
Self raising flour	2 cups
Margarine	200g
Castor sugar	1 cup
Eggs	3
Reduced fat milk	1/3 cup
Orange juice	1/4 cup
Pumpkin, cold and mashed	3/4 cup
Prunes or dates, chopped	1/2 cup

GREEN

## Frozen fruit smoothies

### METHOD

1. Blend frozen fruit and yoghurt in a blender.
2. Add milk and ice cubes and blend. Add more milk if mixture is too thick.
3. Serve in 150mL portions.

**Tip:** Use fruit pieces to make faces or decorate to match the celebration theme.



Ingredients	Serves 5	Serves 10	Serves 25
Frozen banana	2	4	10
Plain yoghurt	¼ cup	½ cup	1¼ cup
Ice cubes	7	14	35
Frozen fruit such as mango or berries	1½ cups	3 cups	7½ cups
Reduced fat milk	1½ cups	3 cups	7½ cups

GREEN

## Strawberry yoghurt icy poles

### METHOD

1. Puree strawberries and yoghurt in blender or food processor.
2. Pour mixture into ice block moulds.
3. Place in freezer until set.

**Tip:** Try other combinations such as canned fruit and yoghurt or other fresh fruit and yoghurt.

For party fun size portions, pour into 30mL cups and freeze.



Ingredients	Serves 5	Serves 10	Serves 25
Strawberries, tops removed	1 punnet	2 punnets	5 punnets
Plain yoghurt	1 cup	2 cups	5 cups

# Parfaits



## METHOD

1. Layer starting with granola, then fruit, then yoghurt, then granola, ending with yoghurt.
2. Top with fruit pieces for decoration.

**Tip:** Use fruit pieces to make faces or decorate to match the celebration theme.

Ingredients	Serves 5	Serves 10	Serves 25
Granola or crushed wheatmeal biscuits	1½ cup	3 cups	7½ cups
Greek yoghurt or low fat plain yoghurt	1½ cup	3 cups	7½ cups
Fruit	1 cup	2 cups	5 cups
Fruit pieces for decoration	As needed		

# Frozen fruit treats



## METHOD

1. Peel the kiwifruit and cut into wedges.
2. Halve the strawberries.
3. Chop the rockmelon into chunks.
4. Thread the fruit onto 5 wooden stirrers.
5. Put the sticks onto a tray lined with baking paper.

**Tip:** For a variation, you can coat with thick Greek yoghurt.

Place the yoghurt covered fruit onto baking paper and leave in freezer for 2 hours or until yoghurt is frozen. Try sprinkling toppings such as desiccated coconut or dried fruit before freezing.



Ingredients	Serves 5	Serves 10	Serves 25
Kiwifruit	1	2	5
Strawberries	½ punnet	1 punnet	2½ punnets
Rockmelon	1 cup	2 cups	5 cups
Grapes	10	20	30
Pineapple	As needed		



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