

The Experimental Cookbook



**Your
OSHC.**

by  **Camp
Australia**

Welcome to The Experimental Cookbook!



Hi everyone,

Each year, Camp Australia celebrates National Science Week in our services. As science is such a critical part of our lives, it is so important to encourage and foster children's curiosity about the world and guide their education around it.

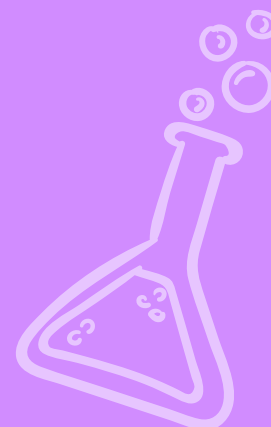


The theme for National Science Week this year was Food: Different by Design and The Experimental Cookbook competition was created as a way for children to experience National Science Week whether learning from home due to lockdowns or at school.

It has been heart-warming to see the participation by our families and I thank parents and educators for embracing this opportunity to Guide Children's Growth. This cookbook showcases delicious, healthy, science-focused recipes submitted by you! With recipes included from primary school aged children across the country, The Experimental Cookbook incorporates family friendly recipes that prioritise healthy choices for a growing body.



In this book, we discuss how science plays an important part in how we prepare, cook and eat food; from the chemical reactions that occur when you bake cookies, to the science behind breaking down food in the body. The recipes in the Cookbook have been chosen by our wonderful partners Julie Meek and Kelly Bramble. Both Julie and Kelly are Dietitians and they have included additional information on nutritional facts, tips and cooking methods.

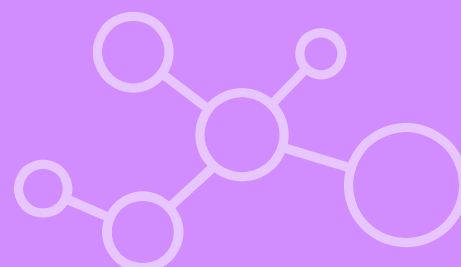


While we have reviewed every recipe within this booklet, we have unfortunately been unable to test them all. So, while you are cooking these at home with your families, it will be a bit like your own science experiment.

On behalf of the entire team at Camp Australia, thank you to all who participated in this "experiment" and congratulations to our Cookbook inclusions.



Warm regards,
Warren Jacobson
Chief Executive Officer



Our Cookbook partners



Julie Meek is an Accredited Practising Dietitian and understands that life is busy for most families. Julie has been in the peak performance industry for over 20 years, guiding athletes with how to maintain their health. As an author of two books, 'truth, lies and chocolate' and 'Ready, set, go...' and a regular presenter on Our State on a Plate on Channel 9 and the radio, Julie has a wealth of knowledge to share with parents so that they are greater informed when it comes to nourishing their family with nutritious food.



Kelly Bramble is an Accredited Practising Dietitian who is passionate about providing realistic, meaningful, and personalised nutrition advice to her clients, whilst maintaining a non-diet approach. She encourages a lifestyle free from fad-diets and conflicting health information. She believes that sharing knowledge and education is one of the most important factors in achieving healthy eating and lifestyle outcomes for people.



The importance of good food

Food makes up a large part of our lives. Nearly all the food we eat comes from either plants or animals. Food is made up of different nutrients. Nutrients are components of food that can be broken down and used by the body, for things like energy, muscle growth and more!

We eat food every day, so it is important to understand what we eat and what it does to our body! This is a form of science!

The primary role of food is to provide energy to our cells. When food is eaten, it travels through our stomach and into our intestines to be broken down into energy! This process helps with fuelling our day-to-day activities.

Eating an array of nutritious food also supports healthy growing bodies and contributes to brain development. Different foods provide different nutrients such as B group vitaminites, Vitamin C and so on, which helps with our bodily function!

Nutrient	What it does	What food it is in
Energy (kilojoules/ calories)	<p>The energy we get from food and drink is measured in kilojoules/calories.</p> <p>Food gives us energy to grow, to move and to learn. Our bodies need a baseline amount of energy every day to function.</p>	<p>Every food!</p> <p>Food high in fat provides the most amount of energy per gram.</p>
Carbohydrates	<p>Carbohydrates are a source of energy for the body. Carbohydrates get broken down into sugars and stored for movement and energy purposes.</p> <p>There are different types of carbohydrates – simple and complex. Complex carbs are broken down slower and help you feel fuller and energised for longer.</p>	<p>Simple Table sugar Sugar found in fruit (fructose) Sugar found in milk (lactose)</p> <p>Complex Wholegrains like oats, barley, brown rice Sweet potato, Pasta</p> <p><i>Both simple and complex carbohydrates are to be included in a healthy diet – especially milk and fruit.</i></p>
Protein	<p>Protein builds, repairs and maintains tissue in the body. Protein supports our muscles and organs for healthy growth and development.</p>	<p>Eggs Nuts Beans and legumes Fish Meat Milk</p>

Nutrient

What it does

What food it is in

Fats

Fat is an important part to a healthy diet. It just depends which type. Some fats are better than others, for example, unsaturated fats support a healthy heart and help us feel full.

Other types of fat, for example saturated fat make our hearts work harder and impact cholesterol levels.

Unsaturated

Nuts
Seeds
Avocado
Legumes and beans
Salmon and oily fish

Saturated

Red meat
Butter
Cheese
Coconut oil

Iron

Iron is a mineral that is found in plant and animal foods that help with forming healthy blood. Iron helps form a protein in the blood called haemoglobin, which supports oxygen transportation across the body.

The different types of iron include haem iron and non-haem iron. Haem iron is easier to absorb in the body.

Haem iron

Meats – beef, lamb, pork, chicken
Fish

Non-haem iron

Lentils and beans
Spinach
Nuts
Seeds
Fortified cereals

Calcium

Calcium is a mineral found in many foods that supports and maintains strong bones and teeth. It also assists with muscle contraction and regulating blood pressure.

Dairy foods - milk, yoghurt, cheese
Broccoli
Sardines
Nuts

Vitamin C

Vitamin C is an immune boosting vitamin found in many fruits and vegetables. Vitamin C is an antioxidant and assists with forming collagen, blood vessels and muscle in the body.

Kiwi fruit
Oranges
Kale
Broccoli
Papaya

Vitamin A

Vitamin A is also an immune boosting vitamin found in many animal and plant based foods. Vitamin A is helpful for good vision, healthy skin and immunity.

Lean meats and egg yolk
Dairy foods
Kale
Tomatoes
Wholegrain cereals
Tofu
Nuts
Carrots

How does food fit into science?

Science is a system of observations and experiments used to ask and answer questions about the world around us.

We engage in science every day, especially in the kitchen. When preparing, cooking and baking foods, many chemical reactions happen, a fundamental element of science. A chemical reaction includes a change in the chemical make-up of things like food.

When you bake a cake, a chemical reaction occurs where the baking powder produces tiny bubbles in the dough that helps with making the cake light and fluffy.

Another example is when you cook an egg, it begins as a slimy liquid and as you cook it on a pan, a chemical reaction occurs and it becomes solid and changes colour.

There are plenty of other examples, these include:



Gluten formation

The protein in the flour reacts with water and creates a stringy dough
Examples: baking bread, pizza or cakes



Leavening

Baking powder is added to a mixture and produces carbon dioxide gas when cooking that creates bubbles in the batter to make it rise
Examples: baking a cake or pancakes, or yeast in bread



Caramelising

Slowly cooking food on a low heat brings out the sweetness and gives the food a brown colour
Examples caramelising onions, apples or bananas



Emulsification

Making a meringue – emulsification (mixing) of egg in a pavlova allows for the classic pavlova texture
Other examples: mayonnaise, oil-based dressings and ice cream

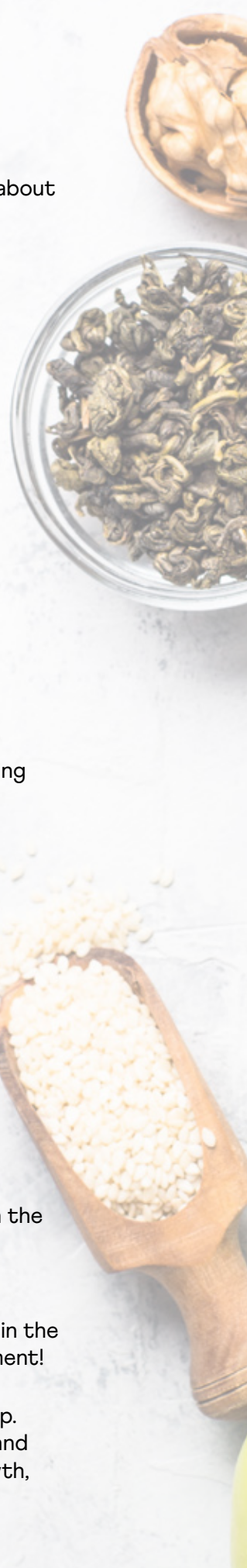


Maillard reaction

Cooking a protein – for example, cooking meat, the sugars and protein react with the heat and become brown
Other examples – making cookies or bread

As you can see, science is involved in the kitchen in many ways. Whenever you cook food in the oven, on the stove or even in the microwave, you are often engaging in a science experiment!

It is important to know that we eat food for many reasons beyond its nutritional make up. Just a few include: to maintain culture, religious reasons, based on our likes and dislikes, and most importantly enjoyment! Healthy eating is a great way to support your body's growth, development and activity but it is just one element to living a healthy lifestyle.





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Alfie's Choc Chip Spectacular



Alfie Uren

Golden Square Primary School, VIC
Competition bracket: 9yo to 12yo

“

I love choc chip biscuits and I like cooking. I think that home made biscuits are a lot nicer than the ones in the shops. Perfect with a hot Milo or a cup of tea.

Makes 15

”

Ingredients

- 450g self raising flour
- 1 2/3 cup brown sugar
- 400g chocolate chips or white chocolate chips or a mix of both
- 250g soft butter, chopped
- 2 eggs

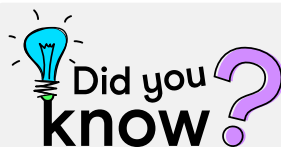
Ingredient swap



You can swap the chocolate chips for a healthy ingredient like raisins, peanuts, cornflakes or dried apricots

Instructions

1. Heat oven to 150°C.
2. Place sugar and chopped butter in the mixer (or bowl) and mix it until it is fluffy.
3. Add 2 eggs and flour to mixer and combine well.
4. Add chocolate chips and combine well.
5. Roll into small balls with your hands.
6. Place on a biscuit tray lined with baking paper about 4cm apart.
7. Press down with a fork dipped in flour so that it doesn't stick to the mixture.
8. Put the tray in the oven and cook for around 15-20 minutes.
9. Take the tray out using an oven mitt because it will be very hot and put it on a chopping board.
10. Let the biscuits cool for a while so they don't break when you lift them out.



If you add fruit it can add sweetness instead of using sugar or chocolate chips





Apple and Cinnamon Muffins



Kaitlyn Algie

Eaglehawk North Primary School, VIC
Competition bracket: 9yo to 12yo

Makes 8-10

“

Yummy lunch box snacks.

”

Ingredients

- 1x 410g tin apples
- 2 cups plain flour
- $\frac{3}{4}$ cup sugar
- 1 tablespoon baking powder
- $\frac{3}{4}$ cup milk
- 1 egg
- 2 teaspoons of cinnamon

Optional extra

$\frac{1}{2}$ cup sultanas

Instructions

1. Preheat oven to 200°C.
2. Drain juice from apples.
3. Sift flour, cinnamon, and baking powder into a bowl.
4. Add the sugar and mix well.
5. Add milk, egg and apple to the flour mixture and mix well.
6. Bake for 15-20 minutes.



This recipe includes a binding agent

This recipe uses eggs as a binding agent. The protein in the egg sets and binds the ingredients together to form the shape of the muffins.



Blueberry Sensation Muffins



Alicia Holland
Camp Australia Team Member,
VIC

Makes 12

“

A go-to snack in our household is Blueberry Sensation Muffins. It's allergy-friendly and I like how it contains coconut oil and some seeds!

”

Ingredients

- 40g pepitas
- 40g sunflower seeds
- 2 tablespoons of egg replacement powder mixed with ½ cup water
- 240g rice milk
- 120g coconut oil
- 120g honey
- 1 teaspoon vanilla extract
- 280g gluten free self raising flour
- 1 teaspoon ground cinnamon
- 125g blueberries

Variations:

- Can add 80g banana
- Can use any milk
- Can use real egg
- Can use wheat flour (preferably wholemeal)

Ingredient swap



Coconut oil instead of margarine;
Seeds added to act as a flour base.

Instructions

1. Pre-heat oven to 160°C.
2. Blend seeds until a powder forms (similar to flour consistency).
3. Add all ingredients, except blueberries and mix well together (can use a blender).
4. Gently stir through blueberries.
5. Add mixture to lined cupcake tins and bake for 20 minutes.
6. Cool on a rack.



Did you know that the egg powder acts as a binder? You can also use chia seeds, soaked in water as they will make the muffins rise too.

BTS Banana Pancake



Mehvish Nankoo

St Joseph Boronia Primary School,
VIC

Competition bracket: 8yo and under

Serves 2-3

“

It is very easy to cook and it is healthy. You can make it with any seasonal fruits.

”

Ingredients

- 1 cup flour
- 1 cup milk
- 1 tablespoon of butter
- 1 banana (mashed or sliced)
- 1 egg

Ingredient swap



I use banana in my recipe as it is healthy and provides lots of vitamins.

You can change it and use any seasonal fruit you like.

Instructions

1. In a bowl combine the flour, milk, and eggs.
2. Mix well and add the banana.
3. Heat a shallow pan on a low heat and add the butter.
4. Pour the pancake mixture into the greased pan (a ¼ cup works well).
5. After 1-2 minutes flip the pancakes and cook on the other side.
6. Cook for another 1-2 minutes and serve.



Carrot and Fruit Scones



Meriden Anglican School for
Girls OSHC Service
NSW

Makes 6-8

“

Perfect for the children to enjoy at their picnic in After School Care.

”

Ingredients

- 1 ¾ cups self raising flour
- 1 tablespoon honey
- ¼ cup vegetable oil
- ¾ cup milk
- ¼ cup sultanas
- 2 grated carrots

Ingredient swap



We added sultanas and carrot to our scones to make them taste a bit sweeter.

Instructions

1. Preheat oven to 200°C.
2. Lightly grease a baking tray with vegetable oil using pastry brush or paper towel.
3. Finely grate carrots.
4. In a bowl combine flour and make a well in the middle.
5. Add honey, oil and milk and mix through using a blunt knife and mix as little as possible (cutting action to moisten all the flour is best).
6. Add some sultanas and the grated carrot.
7. Place a large spoonful of mixture on tray making sure they are close to each other so they can help each other rise.
8. Bake for 10 -12 minutes.



This recipe
includes a
leavening reaction

A leavening reaction occurs when an ingredient, like baking powder (also found in self raising flour), reacts with the other ingredients in the recipe to produce small carbon dioxide bubbles to make the mixture rise.



Choc Muesli Bar Slice



Ben Winter

Swanbourne Primary School, WA
Competition bracket: 9yo to 12yo

Makes 10

“

I've cooked it before and enjoyed it so I wanted to try it again with my own personal touch. I've been eating it as a snack and sometimes for dessert.

”

Ingredients

- 1 cup rolled oats
- 1 cup plain flour
- ¾ cup desiccated coconut
- 2 tablespoons golden syrup
- 125g unsalted butter
- ½ teaspoon bicarbonate of soda
- 1 tablespoon hot water
- ½ cup cranberries
- ½ cup chopped marshmallows
- 300g dark chocolate (melted)

Ingredient swap



Because I added in cranberries, I left out the sugar. The marshmallows were added for an extra treat, however if you're trying to be healthy, you can leave these out.

Instructions

1. Preheat oven to 160°C.
2. Combine oats, flour, coconut, cranberries and marshmallows in a bowl.
3. Place golden syrup and butter in a saucepan over low heat and cook until melted.
4. Mix the bicarbonate of soda with the water, add to the golden syrup mixture, and stir to combine.
5. Add to the oat mixture and mix well.
6. Press the mixture into a lightly greased 20x30cm tin lined with non-stick baking paper.
7. Bake for 20 minutes or until golden. Allow slice to cool in tin. While slice is in oven or cooling, melt chocolate in a heat proof bowl placed over a saucepan of simmering water. Stir until melted and smooth.
8. Pour the melted chocolate over the slice and refrigerate until set.

Tip: We put bicarbonate of soda into the butter and golden syrup mixture to thicken it up before putting it in the dry mixture.

Coconut Milk Sago



Siumi Kalutara

Seaford North Primary School
OSHC, VIC

Camp Australia Team Member

Serves 2-3

“

Sri Lankan sago drink, refreshing for summer.

”

Ingredients

- ½ cup sago
- ¾ to 1 cup coconut milk
- 3-4 cups water
- ¼ cup sugar or maple syrup
- 1 teaspoon vanilla
- pinch of salt
- sultanas (optional)

Ingredient swap



You can use sugar or maple syrup in this recipe.

Instructions

1. Wash and soak sago for about 15 minutes.
2. In a saucepan add ¾ cup of water and bring to a boil.
3. Add the sago and boil for 5 minutes, continually stirring to make sure lumps don't form.
4. Add a pinch of salt.
5. Lower the heat and cover with lid, (alternatively, keep stirring until the sago pearls turn translucent like glass pearls).
6. On a low heat, add the coconut milk, sugar/maple syrup.
7. Keep stirring for about 3 minutes slowly raising the heat of the saucepan to a boil.
8. Take off from the heat and add sultanas.
9. Serve either hot or cold. Use cut up fruits such as mango or peach if using as a breakfast.

Another way to serve, once cooled down, is to pour into container and put it in the fridge for the mixture to turn into a pudding like texture.





Cool Raspberry Smoothie



Veronica Parish

Our Lady of Fatima Palmyra, WA
Competition bracket: 8yo and under

Makes 1

“

It's really yummy.

”

Ingredients

- ½ cup frozen raspberries
- ½ cup vanilla yoghurt
- ¼ cup low fat milk
- 1 frozen banana
- ½ teaspoon vanilla essence

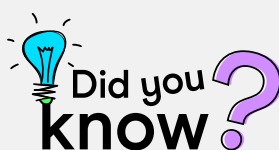
Ingredient swap



Plain yoghurt can be swapped for vanilla yoghurt for less sugar. Or you can add extra fruit like blueberries.

Instructions

1. Place all ingredients in a blender and blend until smooth.
2. You can make your smoothie thicker by using less milk.
3. Or you can make it less thick by using less banana or more milk.



One raspberry is actually lots of tiny fruits mooshed together to look like one. All berries are rich in antioxidants, magnesium, vitamin C and dietary fibre.



Crispy Apple Donuts



Aria Pitt

Illawong Public School, NSW

Competition bracket: 8yo and under

Makes 1-2 serves

“

A healthy after school snack.

”

Ingredients

- 1 apple
- 1-2 tablespoons Philadelphia cream cheese or peanut butter
- 1 tablespoon sprinkles

Ingredient swap



Peanut butter can be used instead of cream cheese for a yummy treat!

Instructions

1. Thinly slice the apple (with skin).
2. Hand whip the cream cheese to make it spreadable. Optional: add a few drops of food dye to your cream cheese to create coloured icing.
3. Spread the cream cheese evenly over the apple slices and add sprinkles by hand or use a spoon.
4. Refrigerate if not enjoying straight away.



Dry Dhokla



Pallavi Thakur

Cranbourne West Primary School,
VIC

Camp Australia Team Member

Serves 6-8

“

Easy to cook, and healthy .

”

Ingredients

- 1 cup semolina (sooji)
- 1 cup yogurt
- ¼ cup water as needed
- ¼ teaspoon salt
- 2 teaspoons lemon juice
- pinch of turmeric
- 2 tablespoons coriander, chopped
- 1 teaspoon baking soda
- 2 tablespoon oil
- ½ teaspoon black mustard seed
- 1 onion, cut in long slices or chopped
- 1 capsicum, cut in long slices or chopped

Utensils to steam Dhokla:

If you don't have a Dhokla maker, use all three of the following:

1. Covered pan large enough to hold your cake rack
2. Round cake-cooling rack
3. Round 9cm cake pan

You can also use Idli stand which you can buy from Indian grocery shops or online.

Ingredient swap



You can add more vegetables like green beans or can add some nuts or dry fruits.

Instructions

1. Mix the sooji, yogurt, salt, turmeric and lemon juice together and make a smooth batter of a pouring consistency. Add water if needed.
2. Allow batter to rest 15 to 20 minutes.
3. Grease the cake pan with a touch of oil and set aside.
4. Set the cake-cooling rack in the pan. Add one cup of water, just enough to touch the cake rack, and bring to a boil. This will be used to steam the Dhokla.
5. When the water boils, turn down the heat to medium.
6. Add baking soda to the batter just before baking. The batter will foam up.
7. Quickly pour batter into a greased cake pan. Place the cake pan into the saucepan over the cake rack. Cover the pan. Steam for about 10 minutes on medium heat.
8. Check Dhokla with a knife. If the knife comes out clean, dhokla is ready. Turn off the heat and remove the cake pan from the saucepan.
9. Let it cool to room temperature, then cut into triangle or square shapes.

Prepare the seasoning:

1. Heat oil in a small pan over medium heat. Test the heat by adding a few mustard seeds to the oil; if the seeds crack right away, the oil is ready.
2. Add mustard seeds. After seeds crackle add onion and capsicum. Stir for a few seconds.
3. Put Dhokla pieces in this mixture and mix properly. (You can also put soy sauce and one small spoon of sweet chilli sauce in this mixture to make more yummy).
4. Serve with tomato sauce and put some coriander leaves on the top.

Notes: Dhokla can be refrigerated for a few days. Before serving, heat Dhokla in a microwave or heat over steam.



Dumpling Palace



Jihyeon Kang

Penrith Anglican College, NSW

Competition bracket:

8yo and under

“

Mix in any meat or veggies.

”

Makes up to 15

Ingredients

- 10-15 dumpling skins
- 500g pork and veal mince
- 250g beef mince
- ¼ cup spring onion chopped
- 3 teaspoons garlic chopped
- 1 teaspoon chives
- 100g sweet potato noodles, boiled and chopped
- 100g hard tofu, finely chopped
- dash of salt and pepper
- 2 eggs
- 1 tablespoon soy sauce

Ingredient swap



Add more vegetables to the mix like carrot, broccoli. Prawns could also be used for this dish!

Instructions

1. Chop your spring onion, chives and garlic and add to a bowl.
2. Add the meat and tofu and mix well.
3. Boil the noodles in a medium saucepan for 5 minutes (or until soft) and leave to cool down.
4. Once cool, chop them up and mix in with your meat mixture.
5. Add salt, pepper, soy sauce and eggs to the mixture.
6. On the dumpling skin, add a spoonful of your mixture and form into a dumpling shape.
7. Steam for 10 minutes.
8. Eat!





Fruity Tooty Pizzas



Lexia Phanartzis

All Saints Grammar, NSW

Competition bracket: 8yo and under

“

Makes 4 slices

On one of my favourite tv shows, Butterbean's Cafe, they were making pizzas, in a pizza truck, when they ran out of ingredients, they started making fruit pizzas!

”

Ingredients

- ½ cup raspberries, sliced in half
- ½ cup blueberries, sliced in half
- 1 kiwifruit, sliced
- ½ cup strawberries, sliced
- 2 tablespoons of Greek yoghurt
- ¼ watermelon (approximately)

Ingredient swap



Instead of spreading cream, I used Greek yoghurt. You can also add lots and lots of different fruit toppings.

Instructions

1. Cut watermelon in a circular slice, so it looks like a pizza base.
2. Take out the seeds.
3. Spread 2 tablespoons of yoghurt, like you would tomato sauce on a pizza.
4. Peel and cut kiwi fruit and slice raspberries, blueberries and strawberries.
5. Put your fruit pieces on top of your pizza.
6. Cut into quarters and serve.



Funky Popsicles Watermelon and Honey



Williamstown Primary School
OSHC Service
SA

Makes 4-6

“

Delicious frozen treat.

”

Ingredients

- 3 cups watermelon
- 1 cup water
- 2 tablespoons honey
- 2 tablespoons lemon juice

Ingredient swap



We used honey in place of sugar.

Instructions

1. Chop/blend watermelon, water, honey and lemon juice until smooth. (We used a NutriBullet to blend).
2. Pour mixture into icy-pole moulds.
3. Freeze for 2 hours or until solid.



Watermelons are both a fruit and vegetable. They come in 1200 different varieties.

Healthy Carrot, Coconut and Pineapple Cupcakes



Catalina Tome

St Catherine of Siena Catholic
Primary School, NSW

Competition bracket: 8yo and under

Makes 10-12

“

This is my favourite because the pineapple and sultanas go really well with the spices. They're sweet, delicious and healthy. I had a lot of fun making these muffins with my mum and little sister.

”

Ingredients

- 1 ½ cups: flour (white, wholemeal or combo)
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 tablespoon ground flax
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon ginger
- ¼ cup brown sugar
- 1 egg (slightly beaten, can use flax egg for vegan)
- 3 tablespoons coconut oil (or extra virgin olive oil for a healthier option)
- 1 teaspoon vanilla (extract)
- ½ cup milk (can use almond milk)
- 1 cup pineapple (crushed, fresh or canned)
- 1 ½ cups carrots (grated)
- ½ cup raisins
- ¼ cup desiccated coconut
- ½ cup pecans or crushed walnuts (optional)

Ingredient swap



This recipe uses flax egg:
To make a flax egg, mix one tablespoon ground flaxseed meal with three tablespoons of water. Mix and let sit in your fridge for 15 minutes to set up and thicken. It's that easy. Thanks for the great tip Catalina!

Instructions

1. Pre-heat the oven at 165°C.
2. Spray oil on your muffin tin.
3. Prepare the flax egg.
4. In a large bowl combine flour, baking soda, baking powder, cinnamon, nutmeg and ginger.
5. In another bowl combine sugar, egg, coconut oil, vanilla, milk, pineapple, carrots, raisins, coconut and pecans.
6. Mix the pineapple mixture into the flour mixture with the flax egg.
7. Mix all together until well combined.
8. Pour into the muffin tin and place in oven (ask a grown up to help).

Tip: Every oven is different. I cook mine for 20 minutes. The best way to know if the muffins are done, is by sticking a toothpick inside, it should come out dry.

You will also see that the sides of the cupcakes separate from the tin and they become golden brown.





Laddoo (Power Snack)



Shaan Khehra

Thomas Mitchell Primary School, VIC
Competition bracket: 9yo to 12yo

“

Makes 10

It's my favourite snack and I learnt it by watching my mum prepare it.

”

Ingredients

- 2 cups wholemeal flour
- 1 cup clarified butter (ghee)
- 1 can condensed milk
- ½ cup almond meal (optional)

Ingredient swap



You can add dry fruits, walnuts, cashews, or coconut for additional flavours.

Instructions

1. Dry roast the 2 cups of wholemeal flour in a heavy based deep pan until it turns golden. Make sure it doesn't burn.
2. Add the 1 cup of clarified butter to the flour and mix it.
3. Add the ½ a cup of almond meal to the mixture.
4. Now add the can of condensed milk to the mixture and mix well.
5. Wait until the mixture has cooled down.
6. Make balls the size of a ping pong ball.
7. Now the most important step – enjoy the delicious Laddoo!



Culturally significant dishes are important to include in our cooking because they are tasty and often share a lot of meaning!

Mini Veggie Quiches



Roxana Gola

St. Joseph's Riverwood Catholic School, NSW

Competition bracket: 8yo and under

Makes 12

“

Tasty vegetarian quiches cooked in a crispy puff pastry.

”

Ingredients

- 2 tablespoons olive oil
- 1 clove garlic
- 1 large tomato finely diced
- 1 cup mushrooms, thinly sliced
- ½ red and ½ green capsicum, finely chopped
- 1 small brown onion, finely diced
- 2 eggs
- sprinkle of salt and pepper
- 1 cup light cream
- 2 spring onion sprigs, thinly sliced
- 6 sheets filo pastry (rectangle shaped - we used Antoniou Fillo Pastry)
- olive oil for brushing
- small handful of grated parmesan or shredded tasty cheese

Ingredient swap



I swapped carrot with tomato and zucchini with mushroom because I wanted to use ingredients in the fridge that were available. You can replace the vegetables in this recipe with others such as cooked broccoli, baby spinach and corn kernels. I added an extra egg and used less cream to reduce the fat content. Instead of basil I used fresh uncooked shallots for extra tasty flavouring (because not everyone likes herbs). I used light tasty cheese because it has less fat.

Instructions

1. Preheat oven to 180°C.
2. Heat a small saucepan on a medium heat with the olive oil and add the onion, mushroom, capsicum, tomato and garlic.
3. Cook for 10 minutes until softened and then sprinkle with salt and pepper. Set aside to cool.
4. In a separate bowl, combine eggs, cream and spring onion and set aside.
5. Take one sheet of filo pastry and place onto a clean bench, shorter end towards you. Brush with olive oil then place another sheet on top. Brush again with olive oil.
6. Slice the filo pastry into three even strips lengthways and then four even strips crossways so you end up with 12 squares.
7. Stack 6 filo squares one on top of the other so you form a star shape. Repeat with the remaining filo until you have six stars and then push them into muffin moulds.
8. Place 2 tablespoons of cooled veggie mix into each mould then pour egg mixture on top.
9. Sprinkle a little bit of cheese on top and bake for 20 minutes until golden and slightly puffy.

Tip: Try wearing goggles while cutting onions to avoid tears.



This recipe includes the Maillard reaction

The Maillard reaction occurs when the protein and sugars in food react with heat and produce new flavours, aromas and often a brown colour on the food.

Pedro's "Berry" Special Cupcakes



Pedro Farah

Chatham Primary School, VIC

Competition bracket: 8yo and under

Makes 12

“

Pedro loves cooking and baking since a very young age. He came up with this recipe from scratch (mummy only helped with the quantities). He chose honey as the sweetener, as it is healthier than sugar. The recipe is also gluten-free, so all the kids that, like Pedro, cannot have gluten, can enjoy a delicious and healthy snack!

”

Ingredients

- 2 cups self raising gluten-free flour
- 2 eggs
- 1/3 cup honey (115g)
- 1 teaspoon vanilla extract
- 3 tablespoons coconut oil (60g)
- 1 cup frozen mixed berries
- 1/3 cup water

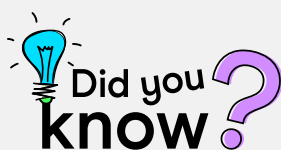
Ingredient swap



Pedro used honey instead of sugar and coconut oil instead of sunflower oil.

Instructions

1. Preheat oven to 180°C.
2. Place cupcake liners in a standard cupcake tin.
3. In a large bowl, mix the eggs, vanilla extract, melted coconut oil and water.
4. Add the flour and mix until you don't see any lumps.
5. Add the frozen berries. Mix to combine and pour batter into muffin tin, filling 2/3 of the way up.
6. Bake for 20 minutes or until a toothpick comes out clean.



Berries are rich in antioxidants, magnesium, vitamin C and fibre.



St Christopher's Apple Cinnamon Jaffle



Patricia Costanzo
St Christopher's Primary School
OSHC, VIC
Camp Australia Team Member

Makes 1

“

It's a healthy snack.

”

Ingredients

- 2 slices wholemeal bread
- 3 apples peeled and sliced
- 2 tablespoons sultanas
- 1 teaspoon ground cinnamon
- vegetable oil for brushing
- 1 tablespoon icing sugar for dusting (optional)

Instructions

1. Peel and core apples or pears and slice into thin strips.
2. Sprinkle with cinnamon and microwave for 1 to 2 minutes until soft.
3. Brush one side of wholemeal bread with oil and place onto sandwich maker.
4. Add soften apples and a few sultanas. Then place other bread slice on top.
5. Cook till golden. Cut in half, sprinkle with icing sugar (optional).

Delicious with a glass of milk.

Summer Scones



Eva Posthumus

Shire Christian School, NSW

Competition bracket: 8yo and under

Makes 12

“

I wanted to combine different ingredients that I had never used before to make a healthy and delicious snack that reminded me of summer walks.

”

Ingredients

- 2 tablespoons honey
- 1 cup plain Greek yoghurt
- 1 large egg
- 2 ½ cups self raising flour
- 1 tablespoon baking powder
- pinch of salt
- 1 cup blueberries
- 190g tablespoons unsalted butter (cubed)

Ingredient swap



I used yogurt as a healthier alternative to cream, I also used lavender honey instead of normal honey to create a more floral, summer taste that works well with the tangy blueberries.

Instructions

1. Preheat the oven to 190°C.
2. Line a baking sheet with baking paper.
3. In a bowl whisk together the yoghurt, honey and egg.
4. In another bowl or food processor, mix the flour, baking powder and salt until fully combined.
5. Add the butter to the flour mix until the mixture looks like breadcrumbs.
6. Add the yoghurt mixture to the food processor and combine until large clumps form.
7. Carefully fold in the blueberries.
8. Flour your workbench and roll out the dough into an 8-inch circle (approx. 1 inch in height), cut out your scone shapes, using cookie cutters, otherwise measuring cups work well.
9. Place your scones onto a lined baking sheet and using a pastry brush, brush a thin layer of either some of the leftover yoghurt or a whisked egg onto the scones.
10. Place in the oven and cook for 15 minutes until they turn golden brown.
11. Remove from the oven and cool on a cooling rack until just warm.
12. Serve them spread with butter and additional lavender honey, or with yoghurt and lemon curd.





Super Green



Gloria Fan

Jasper Road Public School, NSW
Competition bracket: 9yo to 12yo

Makes 2 serves

“

This is healthy, tasty and easy to make.

”

Ingredients

- 3 handfuls spinach
- 3 handfuls rocket
- 1 small carrot, grated
- 3 lettuce leaves, sliced
- 2 small cucumbers, sliced
- 5 cherry tomatoes in halves
- ¼ purple (red) onion, sliced
- 5 tablespoons balsamic vinegar

Ingredient swap



Add some crunchy elements like nuts or seeds, or some fruit like orange or currents.

Instructions

1. In a bowl, add spinach, rocket, carrot, lettuce, cucumber and cherry tomatoes.
2. Mix well together.
3. Add in onion and balsamic vinegar.
4. Mix all ingredients well.

Ready to serve.

You can also add shredded chicken for more texture to the salad! Not only texture, but shredded chicken also adds extra lean protein which is important for muscle growth!

Super Sausage Rolls



Jack McCarthy
Tyabb Primary School, VIC
Competition bracket: 9yo to 12yo

Makes 15-20

“

Mouthwatering, delicious and quick and easy to make.

”

Ingredients

- 1 grated carrot
- 1 teaspoon Maggi seasoning
- ½ teaspoon lime juice
- ½ teaspoon garlic
- ½ teaspoon mustard
- 3 sheets puff pastry
- 1 egg, whisked
- 500g sausage meat

Ingredient swap



Lime juice replaced tomatoes sauce as it has no sugar.

Instructions

1. Heat oven to 180°C.
2. Take out puff pastry and let sit to defrost.
3. In a large bowl combine sausage meat, Maggi seasoning, garlic, mustard, lime juice and carrot and mix with your hands.
4. Take ⅓ of sausage mixture and spread in a log shape across the sheet of pastry (about 2cm in width).
5. Roll pastry over meat and cut off excess pastry.
6. Repeat with remaining sheets of pastry.
7. Cut pastry and meat mixture into bite sized sausage rolls.
8. Glaze with egg.
9. Place onto an oven tray lined with baking paper.
10. Place in oven and cook for 20 minutes until golden brown.





Tuna & Avo Sushi Sandwiches



Isabel Haider

Australian Christian College Marsden
Park, NSW

Competition bracket: 8yo and under

“

Makes 24 mini rolls

Sushi made with bread - great for lunch or after-school snacks.

”

Ingredients

- 185g canned tuna in spring water, drained
- 2 tablespoons Japanese mayonnaise (can substitute regular mayonnaise)
- 6 large slices wholemeal bread, crusts removed
- ½ Lebanese cucumber, seeded, cut into long thin strips
- ½ avocado, thinly sliced
- dash of pepper

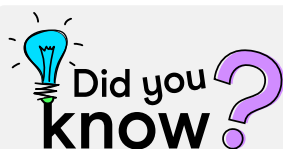
Ingredient swap



Replace half the mayonnaise with Greek-style yoghurt.

Instructions

1. Combine tuna and mayonnaise in a small bowl. Season with a dash of pepper.
2. Place the bread slices on a chopping board. Using a rolling pin, flatten bread slightly.
3. Spread tuna mixture over bread slices, leaving a 2cm strip free along 1 edge.
4. Place cucumber and avocado along centre. Roll up to enclose filling. Thickly slice each roll into 4 pieces. Serve.



If you place avocados next to bananas they will ripen quicker.

Zappkini Muffins



Sarah Strachan
Camp Australia Team Member,
VIC

“

Makes 12

We decided to make Apple and Zucchini Muffins because the kids love it and it is great for an afternoon pick me up.

”

Ingredients

- 1 apple (grated, peeled)
- 1 zucchini (grated, peeled)
- 2 cups self raising flour
- ½ cup brown sugar
- 1 teaspoon cinnamon
- 2 eggs (lightly beaten)
- ¼ cup butter
- dash of olive oil
- 1 teaspoon vanilla essence

Ingredient swap



I added zucchini to the apple muffins to get some extra green veggies in!

Instructions

1. Preheat oven to 160°C.
2. Spray a 12-cup muffin tin with cooking spray.
3. In a bowl, combine the flour, brown sugar and cinnamon.
4. In a separate bowl, mix the eggs, oil, vanilla, apple and zucchini.
5. Pour the apple mixture into the flour mixture and use a spatula to turn the mixture until all ingredients are just combined.
6. Spoon mixture evenly into muffin tin and bake for 20-25 minutes.





Funky Filo Fish Pie



Joanne Reilly

Ocean Grove Primary School, VIC
Camp Australia Team Member

Serves 4-6

“

It's tasty, quick to make and healthy.

”

Ingredients

- 250ml milk
- 2 eggs, lightly beaten
- 140g cream
- ½ teaspoon smoked paprika
- 16 green prawns, peeled, deveined
- 2 x 150g salmon fillets, flaked
- 120g frozen peas, thawed
- 1 baby fennel bulb, finely chopped
- 8 sheets filo pastry
- 100g unsalted butter, melted, cooled slightly
- lemon wedges, to serve

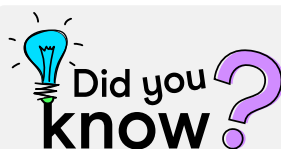
Ingredient swap



I added extra spinach, zucchini, and red capsicum to the mix for some extra nutrients and fibre!

Instructions

1. Preheat the oven to 180°C.
2. Combine the milk, eggs, cream and paprika in a bowl.
3. Place the prawns, salmon, peas and fennel in an ovenproof dish.
4. Pour in the milk mixture.
5. Lay 2 sheets of filo on a clean work surface. Brush with butter, then scrunch together and lightly place on top of a pie filling. Repeat with remaining filo.
6. Bake for 30 minutes or until pastry is golden and crisp, and prawns are just cooked. Cool slightly.
7. Serve with lemon wedges.



A capsicum is a fruit that is usually eaten as a vegetable.



Hearty Veg Curry with a Side of Salmon



Julie Quach

Camp Australia Team Member,
VIC

Serves 5-6

“

Hearty salmon curry - great for cold winter nights!

”

Ingredients

- 3 (about 200g each) skinless salmon fillets, cut into 3cm pieces
- 1 red onion, cut into wedges
- 5cm-piece ginger, cut into matchsticks
- 1/3 cup (100g) red curry paste
- 400ml can coconut milk
- 200g cherry tomatoes
- 1 bunch choy sum, halved
- 2 tablespoons lime juice
- 2 teaspoons brown sugar
- 2 teaspoons fish sauce

Ingredient swap



I added extra vegetables.

Instructions

1. Heat a wok or large frying pan over high heat with a dash of oil.
2. Stir-fry the salmon, in two batches, for 2 minutes or until golden brown.
3. Transfer to a bowl.
4. Stir-fry the onion and ginger in the wok or pan for 2 minutes or until golden brown.
5. Add the curry paste and stir-fry for 1 minute or until aromatic.
6. Add the coconut milk and bring to a simmer.
7. Return the salmon to the wok or pan with the tomatoes and choy sum and cook for 2 minutes or until heated through.
8. Remove from heat.
9. Stir in the lime juice, sugar, and fish sauce. Season.
10. Serve with coriander sprigs.



This recipe includes a caramelisation reaction

Caramelisation occurs when you cook food on a low-medium heat and it brings out the flavour, aroma and colour of food.

Heidi's Healthy Cheesy Slice



Heidi Doyle

Kent Road Public School, NSW

Competition bracket: 8yo and under

Serves 6-8

“

I love it because it's tasty and I based it on a real recipe, adding extras!

”

Ingredients

- 5 eggs beaten together
- 1 zucchini, grated
- 1 onion, grated
- 1 clove garlic, finely chopped
- ¼ cup olive oil
- ½ bunch parsley, finely chopped
- ¼ cup plain flour
- ½ cup grated cheese
- ½ cup ham or smoked salmon, chopped up

Ingredient swap



You can add extra vegetables like sweetcorn or grated carrot to the recipe to boost the veggie intake!

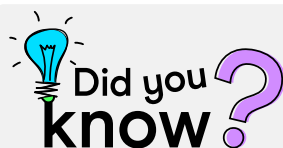
You can also make this vegetarian by removing ham/salmon - maybe add sweetcorn instead.

To make it gluten free replace the flour with gluten free flour.

Instructions

1. Preheat the oven to 180°C.
2. Grease baking tray with oil and line with baking paper.
3. Put the beaten eggs into a large bowl.
4. Add all the grated zucchini, onion, garlic and herbs, olive oil and flour to the eggs.
5. Mix well until there is no flour showing.
6. Stir in the grated cheese and chopped ham or salmon.
7. Put the mixture into the prepared pan.
8. Bake for about 35 minutes until risen and golden brown.

Tip: I grate or chop all the vegetables beforehand - it makes putting it all together easy.



The eggs set because the heat causes the protein structures to bind together.



Keira's Famous Schnitzel



Keira Place

St Thomas More Primary School, VIC
Competition bracket: 9yo to 12yo

Serves 4

“

An extra special tasty protein rich meal with lots of healthy salad. The meal has protein, carbohydrates and good fats, as well as lots of vitamins and minerals for a healthy balanced diet.

”

Ingredients

- 2 chicken breasts, sliced lengthways
- pinch of salt and pepper
- 1 cup plain flour
- 2 eggs, whisked
- 300g panko breadcrumbs
- 2 tablespoons parmesan cheese, more for dressing the salad
- 1 tablespoon lemon zest, more for dressing the salad
- 200g rocket
- 200g spinach
- 1 cup croutons
- 1 cucumber, sliced
- 2-3 sprigs of spring onion, sliced
- ½ avocado, cubed
- a handful pitted kalamata olives, sliced
- 2 tomatoes or 5-6 cherry tomatoes, sliced
- drizzle olive oil

Ingredient swap

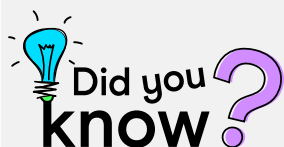


Often people have chips with their schnitzel, but I added my favourite healthy spinach and rocket salad. I also use a good olive oil as a good source of fat!

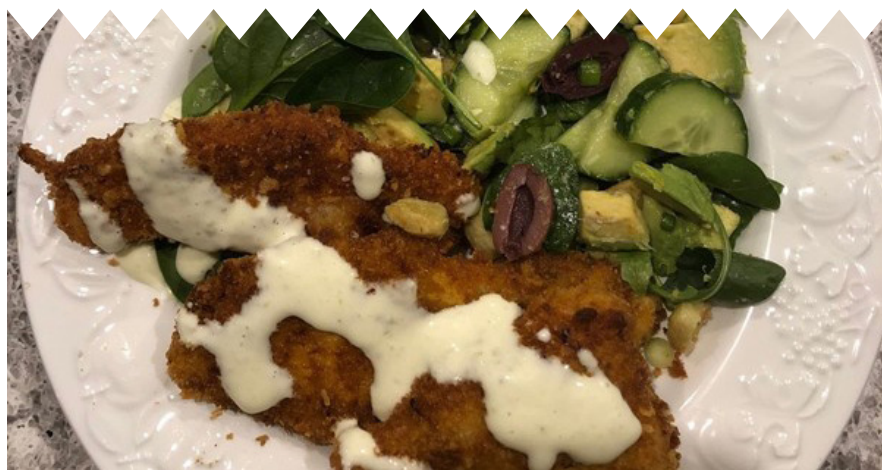
Instructions

1. Add the flour to a small bowl with a pinch of salt and pepper.
2. In another small bowl add the whisked eggs, a pinch of dried rosemary and thyme.
3. And in another small bowl add the panko breadcrumbs with the parmesan and lemon zest and mix with a fork to combine.
4. Prepare the chicken breasts by slicing the two breasts lengthways into four even breasts and set side.
5. Doing one at a time, place a chicken breast into the flour mix, coating the whole breast with flour.
6. Then place the breast into the egg mixture, making sure it's all covered.
7. Lastly, place the chicken breast into the panko crumb mixture and coat well.
8. Repeat the last three steps with the other chicken breasts.
Note: you may need to add more flour, egg and/or panko crumbs.
9. Heat a medium sized pan on a low-medium heat and add 1-2 tablespoons of olive oil.
10. Once the frypan is heated, add the chicken breasts– to test if the pan is heated add a breadcrumb into the pan and if it sizzles – it's ready.
11. Cook the chicken on each side until golden brown for approximately 4 minutes each side.
12. While the chicken is cooking make the salad.
13. Get your favourite beautiful plate and lay the rocket and spinach down.
14. Then add one continental cucumber, tomato, spring onion and spread evenly over the top.
15. Add the cubed avocado, and a cup of croutons.
16. Finally grate ¼ of a cup parmesan cheese and 1 tablespoon of lemon zest over the top of your yummy salad. To finish it off add some olives.
17. Serve all together and enjoy!

If you would like to spice up your life maybe you could try wasabi mayonnaise. Put 4 tablespoons of mayonnaise in a small bowl then put 1 tablespoon of wasabi and mix.



Spinach is a great vegetable to eat as it helps you have a healthy heart, lowers blood pressure, improves your skin, helps your eyesight and even helps your brain work. It is a super super food and I love it.



Knox's Easy Cheesy Egg Omelette



Knox Henderson

Barnsley Public School, NSW

Competition bracket: 9yo to 12yo

Makes 1

“

I love to make omelettes for breakfast and make them for my family as well. They are an easy way to get protein in your diet and can be made how you like it, with as little or as many ingredients as you want!

”

Ingredients

- 2 large eggs
- ½ cup grated cheese
- pinch of salt and pepper
- oil spray
- a handful spinach
- ½ tomato, chopped

Ingredient swap



For the omelette I made in this photo I added baby spinach and chopped tomato to add flavour and healthy ingredients. There is no end to what you can add to the omelette.

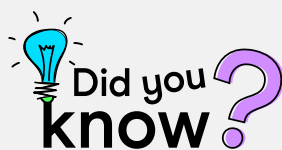
Ham, onion, mushrooms, capsicum and corn all work well.

Shredded/diced chicken and salmon would also add more healthy protein.

You can even leave out the cheese and add broccoli, cabbage, carrot and bean sprouts to make it a Chinese omelette, served with oyster sauce or sweet chili sauce!

Instructions

1. Crack your eggs into a bowl or jug and whisk until combined.
2. Add some pepper into the egg mixture.
3. Spray a non-stick pan with a little oil and turn on to a high heat.
4. Once the pan is hot, pour your egg mixture into the pan.
5. Reduce heat to medium-high and cook for 1 minute.
6. Sprinkle the cheese, spinach and tomato onto one half of the egg mixture.
7. Once the egg mixture has cooked underneath, use an egg flipper to turn one half of the egg mixture onto the other to create a half circle shape.
8. Cook for another few minutes.
9. Use the flipper to transfer the omelette onto a plate.
10. Sprinkle with a little salt and serve!



Whisking the eggs not only combines the yolks and whites, but also adds air into the eggs to create a fluffy, delicious omelette.



Macey's Garden Pesto



Macey Lee

Killberry Valley Primary School, VIC
Competition bracket: 8yo and under

“

Home grown, homemade pesto that tastes delicious and is nutritious.

”

Ingredients

- 3 standard bunches basil (approx. 3 packed cups)
- 100g pine nuts
- 3 cloves garlic
- $\frac{3}{4}$ cup fresh grated parmesan
- $\frac{1}{3}$ cup olive oil

Ingredient swap



To make healthier can add spinach or lightly cooked broccoli to up the veggie intake.

Instructions

1. Pull all leaves off bunches of basil, discard the stems.
2. Place leaves in food processor and pulsate until slightly blended.
3. Add garlic, parmesan and pine nuts, pulse in processor until smooth.
4. Put processor on medium speed, and slowly pour in olive oil whilst processing. (This will allow for a thick sauce).

Serve with pasta and mixed vegetables.

Mixed Veg Flatbread



Rithi Setty

Excelsior Primary School, WA

Competition bracket: 9yo to 12yo

“

Secret way of adding more vegetables to the diet and tastes super delicious.

”

Ingredients

- 2 cups rice flour
- 1 carrot grated
- ½ capsicum, finely chopped
- 1 small onion finely chopped
- ⅓ cup fresh coriander leaves finely chopped
- 1 teaspoon cumin seeds
- 1 teaspoon salt
- 1 cup water

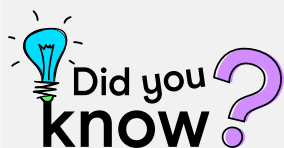
Ingredient swap



You can add more herbs and spices to make it more flavourable and healthier.

Instructions

1. Mix flour, carrot, capsicum, onion, coriander and cumin seeds in a bowl with 1 cup of warm water. (Warm water binds the flour and vegetables together).
2. Knead the dough on the bench with a touch more flour.
3. Use a greased baking paper for easy rolling and roll it out flat using a rolling pin.
4. Heat a frying pan on a medium heat and cook for 2 minutes on either side.
5. Transfer to a plate.
6. Half a spoon of clarified butter (ghee – optional) can be spread on top. Serve with chutney.



This recipe is high in fibre as it's got 3 types of vegetables. Vegetables give fibre which keeps your tummy full for a long time.

Rice flour gives good energy source as carbohydrates which is needed after an active school day.

Cumin seeds are good for digestion.

Cooking on pan, caramelises vegetables making it sweet.

Potato Pizza



Veronica Pennachi

Kunyang Primary School, VIC

Competition bracket: 9yo to 12yo

Serves 2

“

My Potato Pizza surprisingly has more turkey than potato in it! I decided to enter this dish because not only did I make it up but I want to inspire other people to make delicious and nutritious recipes.

”

Ingredients

- 1 potato, sliced
- 1 flatbread
- ¼ jar pizza sauce (approximately 100g sauce)
- 3 handfuls pizza cheese
- handful cooked turkey breast

Ingredient swap



You can add other vegetables like capsicum, mushroom, spinach, or zucchini to the pizza for some extra veggies!

Adding oregano and basil also enhances the flavour of the dish!

Instructions

1. Rinse the potato under cold water.
2. Chop the potato into thin wedges.
3. Put the potato wedges in a large pot and cook on high heat for 5-10 minutes or until the potatoes are slightly soft.
4. Heat a pan on a low heat on the stove and add the flat bread, warm for 2 minutes.
5. Take the flatbread out of the pan and place on a cutting board.
6. Pour the pizza sauce on the flatbread and spread evenly around the pizza with a spoon.
7. Sprinkle the cheese evenly around the pizza.
8. Tear the turkey into small pieces and place evenly around the pizza.
9. Take the potatoes out of the pot and place evenly around the pizza.
10. Cook for 1 minute on the pan on medium heat with the lid on.
11. Chop into bite size pieces and eat.





Prawntastic Pasta



Viola Bong

St Therese Catholic Primary School

Mascot, NSW

Competition bracket: 8yo and under

Serves 4

“

Homemade pasta can be a fun thing to do with my family, I can enjoy eating it with any type of sauces! It's delicious!

”

Ingredients

- 16 prawns
- 300g regular pasta
- 100g spinach
- 1 tin cherry tomatoes
- 6 cloves chopped garlic
- ¼ lemon, juiced
- 2 tablespoons olive oil
- pinch of salt

Home made pasta

- 375g wholemeal flour
- pinch of salt
- 4 eggs

Ingredient swap



- Wholewheat pasta instead of white pasta.
- Wholemeal flour instead of white flour for homemade pasta
- Olive oil instead of vegetable oil

Instructions

Pasta dough

1. Place flour, salt, eggs, and oil into mixing bowl.
2. Knead 5-10 minutes or until the dough is smooth (additional water or flour might be needed to adjust the texture).
3. Wrap in cling wrap and rest for 15 minutes.
4. Lightly dust a clean bench with extra flour.
5. Cut dough into 4 sections.

Cutting pasta (please refer to manual to use pasta machine)

6. Attach spaghetti cutter.
7. Feed the sheet of dough through the cutter.
8. Carefully catch it and place it on rack or dust it with flour if cooking straight away.
9. Repeat with the remaining sheets until complete.

Cooking

10. Cook the pasta in a boiling salted water for 5 minutes or until al dente.
11. Drain and keep warm.
12. While the pasta is cooking, heat a frying pan over medium-high heat.
13. Add the olive oil and garlic then cook for 2 minutes.
14. Add the prawns then stir for 3 minutes or until the prawns are tender.
15. Add the pasta, lemon juice, spinach, and cherry tomatoes to the pan and toss to combine. Salt to taste.



Sunday Morning Shakashuka



Jacky Hallatsch
VIC
Camp Australia Team Member

“

Serves 4

The perfect breakfast for a cold winter's morning in bed.

”

Ingredients

- 1 teaspoon coconut oil
- 4 eggs
- 2 onions, thinly sliced
- ½ capsicum, thinly sliced
- 1 garlic clove, thinly sliced
- 1 red chilli, thinly sliced
- bunch coriander
- 2-3 handfuls fresh spinach
- 1 can crushed tomatoes
- ¼ cup water
- 1 chorizo stick, sliced into 1cm slices
- ¼ cup feta (optional)

Ingredient swap



Extra vegetables can be added into this recipe. I decided to add capsicum, spinach and tomato. You could also swap the chorizo for chicken breast or leave meat out altogether.

Instructions

1. Warm a large non-stick pan on a low heat and add the coconut oil.
2. Add chorizo and cook for 3 minutes until brown.
3. Add onion, capsicums, chilli and garlic and fry over a medium heat for 7 minutes or until the vegetables begins to soften.
4. Add in the tomatoes, spinach and water and cook until the spinach has wilted, then lower to a simmer and cook, uncovered, for 10 minutes. Season to taste (adding a pinch of salt and pepper).
5. Make four indentations in the tomato mixture and gently crack an egg into each one.
6. Cover with a lid or foil and cook over a gentle heat for 8-10 minutes, or until the eggs are just set.
7. Uncover, scatter with coriander, and serve.



By cooking the onions and capsicum on low heat for 7 minutes this causes them to turn a brown colour which is called caramelising, bringing out a sweeter taste.

The Perfect Pizza Dough



Bondi Henderson

Barnsley Public School, NSW

Competition bracket: 8yo and under

“

Homemade pizzas are so much better than bought or frozen ones, and so cheap to make. I love to mix up the ingredients I put on my pizzas!

”

Ingredients

- 4 cups plain flour
- ¼ teaspoon salt
- ¼ cup olive oil, plus a dash to grease bowl
- 4 teaspoons yeast
- 1 teaspoon caster sugar
- 1 ½ cup warm water

Ingredient swap



You can easily swap the plain flour for wholemeal flour in this recipe to make the base healthier. You can also choose low fat cheese, tomato paste and vegetables for the toppings to keep it healthy. Avoid processed foods like pre-made pizza sauce, pepperoni and salami.

Instructions

1. Preheat oven to 200°C.
2. Place flour and salt in the mixing bowl of a stand mixer.
3. Make a well in the centre and add olive oil.
4. Place yeast in a small bowl with the caster sugar.
5. Add warm water to the bowl and stir gently to mix. Set aside for 5 minutes until mixture is bubbly and foamy.
6. When the yeast mixture is ready (nice and bubbly) pour into the flour mixture.
7. Using a dough hook, mix using level 1 speed to combine all ingredients.
8. Turn up speed to level 2 and mix for 10 minutes.
9. Add a dash of oil to another large mixing bowl and spread around to grease the bowl.
10. Transfer the dough to the bowl and cover with plastic wrap and a tea towel.
11. Place the bowl in a warm location until dough has doubled in size.
12. When the dough has doubled in size, take off the tea towel and plastic wrap. Punch the dough and gather it together to form a ball.
13. Divide the mixture into desired pizza sizes. Dough makes about 6 small pizzas, 3 thin crust large pizzas or 2 thick crust large pizzas.
14. Spread mixture out onto a baking paper lined pizza tray using your fist and fingers to stretch the dough as you push.
15. Using a fork, pierce the dough several times, leaving a ring around the edge.
16. Top with your favourite pizza sauce and toppings.
17. Bake for 15-20 minutes.

Note: If you don't have a stand mixer you will need to knead the mixture with your hands at step 7, for ten minutes.



Thick Rice Noodles Pasta



Deepika Gullia

Clayton North Primary School, VIC
Camp Australia Team Member

“

Serves 2

Children can cook this easily.

”

Ingredients

- 2-3 sheets rice paper roll
- 1-2 teaspoon olive oil
- ½ clove chopped garlic
- sprinkle salt
- sprinkle chilli flakes
- parsley leaves (optional)
- grated cheese (optional)

Ingredient swap



You can add vegetables like carrot, green beans and spinach for more healthy option.

Instructions

1. On a chopping board, carefully slice the rice paper sheet in thick strips.
2. Place on a plate and steam them in the microwave for approximately 30-40 seconds with a touch of oil.
3. Strain the noodles.
4. Warm a pan with the oil and add chopped garlic, salt and chilli flakes, lightly fry for 1 minute.
5. Then add the noodles and lightly fry for another minute.





Toasty Dense Soup



Uddeepika Shyamalee

Mel Maria Catholic Primary School
OSHC, WA
Camp Australia Team Member

Serves 2-4

“

I made this corn and veg soup with the children of Mel Maria Primary School OSHC and we ate the soup with toast with cheese on it.

”

Ingredients

- 2 large potatoes
- 1 leek
- 2 large carrots
- 1 can corn (300g)
- 1 tablespoon cinnamon powder
- a pinch salt and pepper
- 2-3 slices bread
- 2-3 slices cheese
- 2 tablespoons oil
- 2 tablespoons cornflour
- 2-3 cups water

Ingredient swap



Any available vegetables can be added to the soup as a decoration to enhance the food nutrition value as well as the appeal.

Instructions

1. Warm up a medium sized saucepan on medium heat and add the oil.
2. Add the potatoes, carrot, leek and corn and fry for 5 minutes.
3. Add cinnamon, 2-3 cups of water and stir in corn flour.
4. Bring the ingredients to a boil and simmer for 15-20 minutes.
5. Roughly blend the soup using a bar mix.
6. Sprinkle some cheese over the soup and season with a pinch of salt and pepper.
7. Toast some bread and place it under the grill with a slice of cheese.
8. Grill for 5 minutes.
9. Decorate the soup tray with salad leaves.

Wiggly Worm Pasta Sauce



Moorooduc Primary School
Moorooduc Primary School, VIC
Camp Australia Team Member

Serves 4-5 with pasta

“

Our children love pasta so we decided to use what we had to see how tasty we could make a pasta sauce.

”

Ingredients

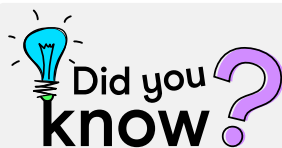
- 3 cans crushed tinned tomatoes
- 1 teaspoon rosemary (or other herbs you may have)
- 1 cup grated carrot
- ½ cup chopped celery
- 2 tablespoons oil
- ½ cup milk
- ½ cup cheese

Instructions

1. Warm a frying pan over medium heat and add the oil.
2. Add herbs, celery, carrot and fry until soft.
3. Add in tinned tomatoes and stir.
4. Let the sauce cook gently for approx. 20-30 minutes for best flavour.
5. Just before serving turn off the heat and add the milk and stir though.
6. Serve over your Wiggly Worm Pasta and top with grated cheese. Yum!

This recipe is great to add different vegetables to, depending on what you have.

Tips: Using a little milk helps take away the acidity of the tomatoes making your sauce creamier. You can soften the vegetables in a little water instead of oil.



Pasta is low GI (glycaemic index) which means it doesn't spike your blood glucose levels, instead it raises them consistently across a longer period. Choose wholegrain varieties for added fibre.





Yummy Pizza



Joshua Fan
Jasper Road Public School,
NSW
Competition bracket:
8yo and under

Makes 12

“

Yummy and healthy.

”

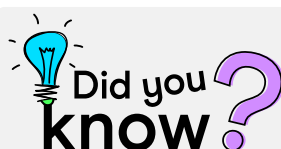
Ingredients

- 6 English muffins cut in half for bases
- 250g shredded cheese
- 300g shredded chicken
- 200g cut up white button mushrooms, sliced
- ½ avocado sliced in pieces
- ¼ chopped up purple onion
- 250g tomato paste as base

For extra flavour add dill, oregano and/or basil

Instructions

1. Preheat oven 160°C.
2. Line the tray with foil and place halved muffins on the tray.
3. Spread tomato paste on muffins and add a handful of shredded chicken, 3 slices of mushroom, 3-4 slices of avocado and a few slices of onion.
4. Sprinkle shredded cheese over the muffin pizzas.
5. Place tray in oven and cook for 20 minutes or until the cheese melts.
6. Remove from the oven and place on a plate to cool.



Choosing lean proteins like chicken reduces your risk of heart disease as they are lower in saturated fat

Aaradhiya's Fudgie Brownie



Krishnan Subramanian

Girraween Public School, NSW

Competition bracket: 9yo to 12yo

Makes 8-10

“

I love eating desserts, especially the brownies with ice cream. I got tired of asking my mum to buy brownies for me. When she hesitated to buy me brownies, I decided to read the recipes and make my own brownie.

”

Ingredients

- 150g butter, melted
- 3 eggs
- 5 teaspoons cocoa powder
- 1 cup plain flour
- 1 teaspoon vanilla extract
- a handful mixed nuts, chopped

Ingredient swap



Swapping all-purpose flour for wholemeal flour adds extra dietary fibre which is important for good bowel health.

Instructions

1. Preheat oven to 180°C.
2. In a bowl, add melted butter, sugar and the eggs then mix well.
3. Add vanilla extract and cocoa powder and continue stirring.
4. Then stir through the flour, be careful lumps don't form.
5. Line a baking tray with baking paper and add the mixture to the tray.
6. Sprinkle mixed nuts over the batter and bake for 20 minutes.



Aside from being a source of antioxidants, chocolate has also been found to help lower blood pressure and even increase good cholesterol.



Archie's Packed Banana Bread



Archie Doyle

Kent Road Public School, NSW

Competition bracket: 9yo to 12yo

“

A yummy breakfast, snack or dessert!

”

Makes 8 slices

Ingredients

- ½ cup frozen blueberries
- 130g unsalted butter (softened) (+extra for greasing pan)
- 350g ripe bananas
- 150g caster sugar
- 220g plain flour
- 2 teaspoon baking powder
- pinch of salt
- 1 teaspoon bicarbonate soda
- 2 eggs
- 100g buttermilk
- 2 teaspoons vanilla essence
- ¼ cup desiccated coconut
- 5-6 strawberries, sliced in half

Ingredient swap



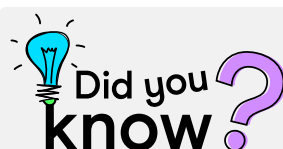
Use 100g sugar instead of 150g - you won't notice the difference, especially if your bananas are nice and ripe! The riper the banana, the sweeter it will be, and less sugar is needed.

Instructions

1. Pre-heat oven to 180°C.
2. Grease a loaf tin with some butter or margarine and then line it with baking paper, overlapping the edges (this makes it easier to remove the banana bread).
3. Put bananas into food processor and whiz until they are pureed (about 5-10 seconds) or mash well with a fork in a bowl.
4. Add butter and sugar to bananas and whiz together to mix well, then scrape down sides. Or using a wooden spoon, mix well in the bowl.
5. Add eggs and whiz again to mix thoroughly (about 10 seconds). If using a bowl, add eggs and beat until all is thoroughly combined.
6. Add plain flour, baking powder, salt and bicarbonate soda, buttermilk and vanilla essence to mixture and whiz until well combined (about 20 seconds). If mixing in a bowl, get beating with the wooden spoon again until well combined.
7. Put mixture into the prepared tin and put in the oven.
8. Bake for 45-60 minutes until browned and the cake springs back to the touch. You can use a skewer pushed into the cake - if it comes out clean, the cake is done!
9. Leave to cool in the tin before turning out.

Tips: To make the cake egg-free, use 2 tablespoons of flaxseed with water to make a gel paste and use in place of eggs.

If you don't have buttermilk, you can make your own! To 1 cup of milk, add 1 tablespoon of lemon juice or vinegar. You can use any type of milk to make it dairy free!



If bananas are riper, they will be sweeter because the starch is converted to sugar by the enzymes in the banana.

Aryan's Apple Cake



Aryan Deepakprasad
Girraween Public School, NSW
Competition bracket: 8yo and under

“

We had a lot of apples in the fridge. And I LOVE desserts and cakes.

”

Ingredients

- 1 cup plain flour
- 2 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon ground cinnamon
- 100g caster sugar
- 1 cup peeled & roughly chopped apples (I used 3 apples, cos I want to finish all the apples at home)
- 2 eggs
- 1 teaspoon vanilla extract
- ½ cup vegetable oil
- ½ cup Greek yogurt

Ingredient swap



Reduced the sugar amount with more apples for sweetness.

Also added yoghurt to make the cake extra soft.

Instructions

1. Preheat oven to 180°C.
2. Grease round cake tin with a touch of oil and baking paper.
3. In a mixing bowl add flour, baking powder, baking soda and sugar.
4. Add chopped apples and combine.
5. In another bowl, whisk eggs, vanilla extract, oil and yogurt.
6. Add the yoghurt mixture to the flour mixture and gently mix until combined. Make sure you don't over mix – it will become too dense.
7. Bake cake for approximately 30-35 minutes or until a skewer inserted into the middle comes out clean.
8. Enjoy once it's cooled down.



Yoghurt is produced by bacterial fermentation of milk. The bacteria used to make yoghurt are known as yoghurt cultures which are the 'good bacteria' responsible for a good gut flora.



Barbara's Charismatic Cookies



Colleen Sanderson
Yarrawarrah Public School, NSW
Camp Australia Team Member

“

Makes up to 120 mini cookies

My Mum use to make these delicious cookies all the time before she passed away. She would give them as thank you gifts to people and as a cheer up gift for friends. They are a simple cookie recipe that children or adults can bake.

”

Ingredients

- 250g margarine
- 1 egg
- 1 cup caster sugar
- 1 teaspoon vanilla extract (or any flavouring e.g. almond extract, strawberry)
- 3 cups self raising flour

Decorations of your choice - cherries, hundreds and thousands, sprinkles, honeycomb pieces, chocolate chips, mini freckles, lolly chocolates, chocolate flakes, nuts, almond flakes or ice when cool.

Ingredient swap



You can use wholemeal self raising flour instead of white self raising flour, and add cherries, nuts and almond flakes instead of other toppings.

Instructions

1. Preheat oven to 180°C.
2. Line a baking tray with baking paper.
3. Place the melted margarine, egg and caster sugar into a large bowl.
4. Add vanilla extract or flavouring of your choice.
5. Add self raising flour and mix until combined.
6. Roll into balls (cherry size is preferable) and place on the baking tray, spaced apart.
7. Flatten with a fork.
8. Decorate with toppings of your choice.
9. Bake in the oven for 15 minutes or until biscuit colour appearance.



Sugar melts in the oven. The heat helps the dough to form tiny air pockets causing the mixture to rise.

Chocolate Slice



Aurora Persian

Stella Maris Catholic Primary School,
VIC

Competition bracket: 8yo and under

Serves up to 12

“

I love chocolate cake - but it's a sometimes food. Mum gave me ideas to make it healthier for me and a better choice.

”

Ingredients

- 200g dark cooking chocolate
- ½ teaspoon baking soda
- 200g pitted dates
- 200g roughly chopped walnuts
- 3 eggs
- ¼ cup melted coconut oil
- 1 teaspoon vanilla extract

You can add sprinkles, popcorn, banana, marshmallows, or other dried fruit to the mixture.

I love eating this with yoghurt and strawberries.

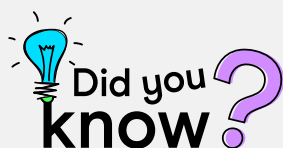
Ingredient swap



Instead of flour we use dates.

Instructions

1. Preheat oven to 180°C.
2. In a food processor, mix the chocolate and baking soda until it looks like coarse sand.
3. Add dates and mix again.
4. Add eggs, vanilla essence and coconut oil and mix again.
5. Place in a baking paper lined 20cm x 20cm pan.
6. Bake for 15 minutes.
7. Press walnuts onto the top of the mixture and bake for another 15 minutes.
8. Remove from oven and let rest in tin for about 30 minutes to an hour.
9. Remove and cut into desired slices.
10. Keep in an airtight container in fridge for up to a week.



Dates are high in dietary fibre. Dietary fibre is important in our diets as it helps with using our bowels (going to the toilet)



Crazy Banana Pancakes



Max Merkin

Moriah College, NSW

Competition bracket: 9yo to 12yo

Serves 2-3

“

Healthy, sweet, delicious and fun to make.

”

Ingredients

- 2 eggs
- 1 banana (mashed)
- 1 tablespoon wholemeal flour
- 2 tablespoons almond milk
- 1 teaspoon olive oil

Topping: Fresh bananas, yoghurt, berries and/or peanut butter.

Ingredient swap



My recipe uses almond milk but you could use normal milk instead.

Instructions

1. Combine the eggs, mashed banana, flour and milk in a bowl and mix well.
2. Heat a shallow pan on a low heat and add the oil, parent supervision required!
3. Add a dollop of batter at a time into the frying pan (a ¼ cup works well).
4. Cook for 2 minutes or until you see bubbles and flip for another 2 minutes.
5. Place the cooked pancakes on a plate and top with your favourite toppings. The more the better!



Crumble or Muesli, that is the question



Carole Priol
VIC
Camp Australia Team Member

Serves 8

“

When the weather gets cold, there's nothing better than baking. The good thing with crumbles is that you always have all the ingredients at hand, and can use seasonal fruits. I've picked apples today but I could have used anything really. I usually bake crumbles the old fashioned way with flour or almond meal but I've used oats this time instead.

”

Ingredients

Filling

- 4 apples
- 2 cups mixed berries (I've used frozen ones)
- ½ cup water
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon

Crumble topping

- 1 ½ cups rolled oats
- ½ cup flaked coconut
- 1 teaspoon vanilla extract
- 2 tablespoons maple syrup
- 4 tablespoons coconut oil, melted

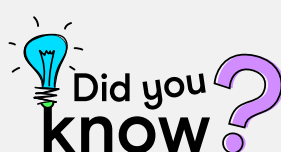
Ingredient swap



The original recipe I make uses butter to cook the apples, flour instead of oats and coconut oil. And I even add chocolate chips instead of berries when I'm really feeling like a treat.

Instructions

1. Preheat your oven to 160°C.
2. Wash the apples and dice with the skin left on.
3. Place the apples into a large pot and combine with water, vanilla and cinnamon.
4. Cook over a medium heat for about 15 - 20 minutes - stirring occasionally until the apples have completely softened, then add the frozen berries and wait for 5 minutes.
5. In the meantime, prepare the crumble. Combine rolled oats, coconut, vanilla, maple syrup and coconut oil.
6. Pile your apple and berry mixture into a baking dish. Scatter the crumble over the top.
7. Bake for 30 - 40 minutes or until the crumble is golden.
8. Remove from the oven and serve with vanilla ice-cream or Greek style yoghurt.



In general, apples that are high in acid, such as Granny Smith and Braeburn, hold up best during cooking. Acids enhance our perception of other flavors, and because heat tends to dissipate aromatic molecules, cooked dishes made with high-acid apples retain more flavor.

Healthy Apple Crumble



Taya Jayatunga

St Therese Mascot Primary School,
NSW

Competition bracket: 8yo and under

“

Serves 6

This apple crumble is a family recipe and I love apples.

”

Ingredients

- 5 apples
- ½ teaspoon cinnamon
- 1 cup water
- 1 cup rolled oats
- 1 cup shredded coconut
- ½ tablespoon chia seeds
- 3 tablespoons sultanas
- 3 tablespoons sugar
- 75g unsalted butter

Ingredient swap



We added less sugar than a normal crumble, sultanas and chia seeds to make it healthy.

Instructions

1. Preheat oven to 180°C.
2. Peel and chop the apples.
3. Place the chopped-up apples, water, and cinnamon into a medium saucepan and boil for 20 minutes or until soft.
4. In a bowl, put the rolled oats, coconut, chia seeds, sultanas, sugar and rub in the butter with your fingers.
5. Place the cooked apple in the baking dish.
6. Sprinkle the rolled oats mixture over the cooked apple.
7. Put the crumble in the oven and bake for 15 minutes or until lightly brown.



Chia seeds are a good source of omega-3 fatty acids which helps to raise HDL cholesterol levels (good cholesterol) for a healthy heart. Ground chia seeds mixed with water acts as a great vegan binding agent for baked goods.

Healthy Carrot Cake



Bailee Louis

St Joachim's Primary, VIC

Competition bracket: 8yo and under

“

Makes 8 serves

I love carrot cake and found this healthy version so I cooked it and loved it!

”

Ingredients

- 2 cups almond flour
- ½ cup coconut flour (can swap for regular flour)
- ½ cup unsweetened finely shredded coconut
- 1 teaspoon baking soda
- 1 tablespoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ½ teaspoon salt
- 4 large eggs, at room temperature
- ¾ cup maple syrup
- ½ cup butter (melted)
- ¼ cup milk
- 1 teaspoon vanilla extract
- ⅓ cup melted and cooled coconut oil
- 3 cups shredded carrots, grated

Optional mix-ins

- ½ cup raisins
- ½ cup chopped pecans or walnuts

For the icing:

- ½ cup unsalted butter, at room temperature
- 200g cream cheese, at room temperature
- 3 cups powdered sugar
- 2 teaspoons pure vanilla extract

For the topping:

- Extra pecans and shredded coconut

Ingredient swap



I substituted raisins with raisins as they're healthier with less sugar.

Instructions

1. Preheat oven to 175°C.
2. Line the bottom of three 6-inch round cake pans or two 8-inch round cake pans with baking paper.
3. Spray baking paper and sides of pan with non-stick cooking spray or the cake is likely to stick.
4. In a large bowl, whisk the almond flour, coconut flour, unsweetened shredded coconut, baking soda, cinnamon, nutmeg and salt together. Set aside.
5. In a large bowl, whisk together the eggs, maple syrup, almond milk and vanilla extract until smooth.
6. Slowly whisk in the melted and cooled coconut oil until it's well incorporated, then stir in the carrots. The coconut oil should be melted but not hot - closer to room temp.
7. Add the flour mixture to the carrot mixture and mix with a wooden spoon until well combined. Stir in raisins and nuts.
8. Divide batter evenly between pans and spread out with a spatula to smooth the tops.
9. Bake for 22-32 minutes in the two 8-inch pans and 30-40 minutes for three 6-inch pans.
10. Cakes are done when you push a skewer into the cake, and it comes out clean or with just a few crumbs attached.
11. Allow cakes to cool completely before icing.

Make your icing:

12. In the bowl of an electric mixer, add the softened butter and cream cheese and whip on high until light and fluffy.
13. Add powdered sugar, vanilla extract and milk and beat for 2-3 minutes more.

To finish:

14. Spread half of the icing onto one cake, then layer the second cake on top of the first cake. You may need to slice the top of the bottom layer to make it fit better. Then spread the remaining icing over the top layer.
15. Decorate cake with pecans and shredded coconut on top.





Marbley



Nitai Raniga

St Thomas Catholic School, NSW
Competition bracket: 9yo to 12yo

Makes 10 serves

“

i made a marble cake. It is like a bannana cake.

”

Ingredients

Cake

- 3 cups flour
- 2 cups sugar
- ½ cup oats
- 1 cup milk
- 1 mashed banana
- 1 packet raisins (30g)
- 1 teaspoon baking soda
- 2 tablespoons butter
- 1 teaspoon baking powder
- a few drops food colouring of your choice

Icing

- 3 cups icing sugar
- ⅓ cup butter
- 1½ teaspoon vanilla extract
- 1 to 2 tablespoons milk

Ingredient swap



Instead of egg, I used egg substitute.

Instructions

1. Preheat oven to 180°C.
2. Combine the flour, sugar, oats, milk, mashed banana, raisins, butter and baking soda to a bowl and mix well.
3. Split half of the batter to a separate bowl and add the food colouring to one of the batters.
4. Grease two cake tins with butter and baking paper.
5. Pour half of the first batter into the tin.
6. Then pour half of the other (coloured) batter into the tin.
7. Repeat this step with the cake tin.
8. With a skewer or butter knife, swirl the batters to create a marble effect.
9. Cook in the oven for 35-40 minutes.

Icing:

10. Combine icing sugar, butter, vanilla extract and milk in a bowl and whisk together.
11. When the cake is cooled, spread the icing over the cake and decorate with sliced strawberries.

Rosie's Raspberry Delight



Rosalie Broecker

Belgrave Heights Christian School,
VIC

Competition bracket: 9yo to 12yo

Serves 8-10

“

I love raspberries and wanted to make a healthier dessert than ice-cream for my family on Friday nights!

”

Ingredients

- ¼ cup plain flour
- ¾ cup self raising flour
- ¾ cup ground almond meal
- 185g unsalted butter
- ¾ cup caster sugar
- ½ cup fresh passion fruit pulp
- 2 teaspoons vanilla extract
- 2 eggs beaten
- 1 ½ cup fresh raspberries
- 100ml cream (optional)

Ingredient swap



Instead of raspberry jam I used fresh raspberries

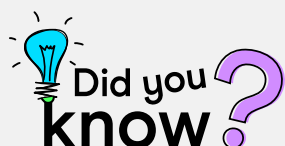
I swapped salted butter for unsalted butter. I also reduced the amount of sugar in this recipe.

Instructions

1. Preheat oven to 180°C.
2. Grease one 20-30cm donut cake tin with oil. Cut a sheet of baking paper to size and lay it on the bottom of the cake tin.
3. Sift plain flour and self raising flour into a bowl.
4. Add the mixed flour and almond meal together in a large bowl. Make a well in the middle.
5. Put the butter, sugar, passionfruit pulp and vanilla extract in a saucepan.
6. Stir saucepan over a low heat until the butter has melted and the mixture is smooth.
7. Pour the melted butter mixture into the bowl with flour and almond meal.
8. Whisk the eggs in the butter mixture until smooth.
9. Spread ⅓ of the raspberries on the bottom of the cake tin.
10. Pour half the mixture into the cake tin on top of the raspberries. Push ⅓ of the raspberries into this mixture just below the surface.
11. Pour the remaining mixture into the cake tin. Place the remaining raspberries on top.
12. Bake for 35-45 minutes or until a skewer comes out clean.
13. Allow to cool for 10 minutes while you clean up.
14. Place cake on a serving plate. Dust a layer of icing sugar on top.

Serving suggestion:

Serve with a small dollop of cream or Greek yoghurt.



Each raspberry is made up of tiny bead-like fruits called “drupelets” clustered around it's core. Each drupelet has one seed inside. An average raspberry has 100 to 120 seeds!



Teara's Totally Wild Cheese Cake



Teara O'Brien

Carlingford Public School, NSW
Competition bracket:
8yo and under

Serves 8

“

A perfect sweet treat.

”

Ingredients

Base:

- 100g macadamia nuts
- 150g granita biscuits
- 120g butter (melted)

Filling:

- punnet of strawberries (diced)
- 1 lemon, juiced
- 2 tablespoons honey
- 500g cream cheese (room temperature)
- ½ cup Greek yogurt
- 180g white chocolate (melted)
- 1 teaspoon lemon rind
- 1 tablespoon lemon juice
- 2 eggs

Toppings: (optional)

- sliced Turkish delight
- handful pistachios

Ingredient swap



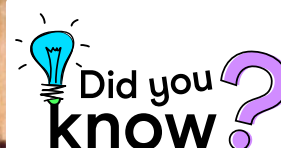
Honey was my substitute instead of white sugar because I love honey and it's a natural option.

Instead of using 200g of biscuits, I added 100g of macadamia nuts to add taste and texture to the base.

Substituted sour cream for Greek yogurt!

Instructions

1. Preheat oven to 180°C.
2. Combine strawberries, honey and lemon juice in a saucepan over medium heat.
3. Cook, stirring for 5 minutes so strawberries begin to break down. Increase heat to high and cook for 2 minutes or until sauce thickens. Set aside to cool completely.
4. Grease and line the base and 2 long sides of a 16cm x 26cm slice pan with baking paper, allowing sides to overhang.
5. Add macadamias and biscuit in a food processor and blend until finely crushed. Add the butter. Process until combined.
6. Spoon into pan and press over base. Chill in the fridge for 30 minutes.
7. Meanwhile, process cream cheese, Greek yogurt and extra lemon juice in a food processor until smooth. Add eggs and lemon rind and process until combined.
8. With motor running, add chocolate and process until smooth.
9. Spoon one-third of the strawberry mixture over the biscuit base.
10. Pour over the cream cheese mixture.
11. Top with remaining strawberry mixture and swirl the strawberry mixture through the cream cheese mixture with a butter knife.
12. Bake for 30-35 minutes or until just set.
13. Turn oven off and leave in oven, with door ajar, to cool. Place in fridge to cool.
14. Add toppings if you're like me and then enjoy!



Macadamia nuts are good source of monounsaturated fats which is helpful in managing cholesterol levels.

Yummy in my Tummy Cake



Sofia Pascuzzi

Our Lady's Catholic Primary School,
VIC

Competition bracket: 9yo to 12yo

Serves 8

“

This cake I have chosen is my Nanna's old favourite recipe that her mum passed down to Nanna. I chose it because it has a lot of healthy ingredients like carrots, zucchini, orange juice, fruit and nuts... and lots of spices.

”

Ingredients

- 1 ½ cups white sugar
- ½ cup light brown sugar
- 4 eggs
- 1 ½ cups coconut oil
- ½ cup freshly squeezed orange juice
- 6 medium carrots, peeled and grated
- 1 medium zucchini, grated, and excess water squeezed out
- 2 ½ cups plain flour sifted
- 1 ¼ teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- 1 ¼ teaspoons baking powder
- 1 teaspoons baking soda (bi carb)
- 1 pinch salt
- 1 cup raisins
- 1 cup chopped walnuts

Ingredient swap



I used coconut oil instead of butter.

I added zucchini and freshly squeezed orange juice.

Instructions

1. Preheat oven to 170°C.
2. In a food processor, add the white sugar, brown sugar, eggs, oil and orange juice and mix for roughly 30 seconds until light and creamy.
3. Empty mixture into a large bowl and stir in grated carrots and zucchini. Then add in sifted flour and mix gently until well combined.
4. Now mix in the cinnamon, nutmeg and ground cloves. We now add the baking powder, baking soda and salt and mix well.
5. Add chopped walnuts and raisins and mix until well combined.
6. Spray a round 20cm x 9cm cake tin with non-stick canola oil and dust lightly with flour.
7. Pour mixture into prepared cake tin and place on the middle shelf of an oven.
8. Bake the cake for 1 hour, rotating cake halfway through for an even cooking process.
9. The cake will be ready when a skewer inserted in the centre of the cake comes out clean.
10. Rest cake in tin for 6 or 7 minutes and then turn out onto a plate.
11. When cake has cooled completely you can decorate cake with carrot curls and dust lightly with icing sugar.



