

Sassy Mama Lunch Planner Recipes

Oatmeal, Banana and Dark Chocolate cookies

Ingredients (makes 24 smallish cookies)

3 large, ripe bananas, well mashed (about 1 1/2 cups) or shredded apples (about 1 1/2 cups)

1 teaspoon vanilla extract

1/4 cup coconut oil

2 cups rolled oats (not instant)

2/3 cup almond meal

1/3 cup coconut, finely shredded & unsweetened

1/2 teaspoon cinnamon

1/2 teaspoon fine sea salt

1 teaspoon baking powder

175 grams of 70% good quality dark chocolate bar chopped or 175 grams of raisins

Method

Preheat oven to 180 degrees Celsius.

In a large bowl combine the wet ingredients together: bananas or apples, vanilla extract, and coconut oil.

In another bowl combine together the dry ingredients: oats almond meal, shredded coconut, cinnamon, salt, and baking powder.

Add the dry ingredients to the wet ingredients and stir until combined. Fold in the chocolate chunks/raisins.

The dough is a bit looser than a standard cookie dough, don't worry about it. Make small drops of the dough 5 cm apart.

Bake for 12 – 14 minutes.



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Easy Corn Muffins

Ingredients (16 mini muffins)

800g of defrosted corn kernels (1 bag of frozen corn)
1 large tub of full cream cottage cheese
200 grams grated mozzarella cheese (organic if possible)
4 eggs (organic if possible)
1 spoon of organic butter
1/2 cup (70g) of whole grain or spelt flour
Pinch of salt

Method

Pre-heat an oven to 180 degrees Celsius and butter a small 16 hole muffin baking tray.

Wash and drain the defrosted corn.

Mix the cottage cheese, corn, mozzarella, eggs, salt and flour in a bowl.

Set the mixture in the muffin tray and bake for 35 min or until golden and firm.



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Oat and Date Cookies

Ingredients (makes 24 smallish cookies)

1/2 cup organic butter room temperature
1/2 cup of good quality honey or agave syrup
1 organic egg, room temperature
2 teaspoons vanilla extract
1 cup whole wheat flour
2 cups rolled oats
1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon ground cinnamon
1 cup chopped up dried dates

Method

Preheat oven to 180 degrees Celsius.

Beat the butter and honey in a standing mixer for 1 minute.

Add the eggs and vanilla extract and beat for another minute on medium speed or until smooth.

In a separate bowl, mix and combine the dry ingredients (flour, oats, baking soda, salt and cinnamon).

Slowly add the dry ingredients into the wet and mix to incorporate.

Stir in the dates then drop 1 table spoon of dough for each cookie onto a lined baking sheet.

Bake for 12-14 minutes.



Sassy Mama Lunch Planner Recipes

Carrot, Apple and Beetroot Mini Muffins

Ingredients (makes 30 mini muffins)

1 1/2 cups whole grain flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 large beetroot peeled and grated
2 carrots, peeled and grated, about 1 cup
1 apple, peeled & grated
2 organic eggs
1 teaspoon vanilla extract
1/3 cup regular milk (can be substituted to rice, or almond milk)
1/4 cup coconut oil
1/2 cup agave syrup

Method

Preheat oven to 180 degrees Celsius.

Mix the dry ingredients in a bowl.

In a separate bowl, mix the “wet” ingredients.

Slowly add the dry ingredients into the wet and stir to combine.

Place 1 tablespoon of the batter into greased mini muffin tins.

Bake for 15 minutes or until golden and firm.



Sassy Mama Lunch Planner Recipes

Chicken Strips or Tuna Pasta Salad

Ingredients (serves 4)

Salad:

- 1 can of tuna in extra virgin olive oil OR grilled/poached chicken breast shredded
- 4 cups of cooked pasta (wholemeal or spelt)
- 1/2 cup grated carrot
- 1/2 cup defrosted peas and corn
- 1/4 cup pickles slices

Sauce

- 3 table spoons lemon or lime juice
- 1 tablespoon mustard
- 2 tablespoons light mayonnaise
- Salt and pepper to taste

Method

Place the salad ingredients in a bowl and combine the sauce ingredients to make the sauce.

Mix the salad in a large bowl, pour the sauce on top and combine.



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Banana and Wheatgerm Muffins

Wheat germ contains 23 nutrients and has more nutrients per gram than any other grain or vegetable. It also has a high concentration of complex carbohydrates and protein making these muffins super healthy.

* Sassy Mama tip: use super ripe bananas

Ingredients

1/2 cup wholemeal flour
1/2 cup all purpose flour
1 cup wheat germ
1 teaspoon baking soda
1/2 teaspoons baking powder
1 teaspoon salt
1/2 cup agave syrup
3 tablespoons coconut oil
1 large organic egg
1 tablespoons vanilla
3 large ripe and mashed bananas

Method

Preheat oven to 180 degrees Celsius.

Combine dry ingredients in a bowl.

In a standing mixer combine the bananas, agave, coconut oil, vanilla and egg.

Gently mix in the dry ingredients in 3 stages until just combined. Do not over-mix.

Grease or line muffin cups and fill 3/4 full with the mixture.

Bake 15 minutes for mini muffin cups, 20 for regular muffin cups or until a toothpick comes out clean.

Cool and serve.



Sassy Mama Lunch Planner Recipes

Brown Rice Stir Fry

Ingredients

2 organic eggs
2 teaspoons coconut or grape seed oil
1 onion, finely chopped
2 garlic cloves, crushed
1 tablespoon of chopped up fresh ginger
1 large head broccoli, florets removed
1 large carrot, halved, thinly sliced or grated
150g mix of defrosted peas and corn
2 cups brown basmati rice, cooked
2 tablespoons reduced-salt soy sauce or tamari
1 poached or grilled chicken breast shredded

Method

Beat eggs with a fork until small bubbles appear. Heat a wok over medium-high heat until hot. Add 1 teaspoon of oil. Add eggs and swirl around wok to form a thin omelette. Cook for 1 minute. Turn and cook a further minute. Remove to a board. Thinly slice.

Add remaining oil, onion, garlic and ginger to wok. Stir-fry for 2 minutes. Increase heat to high. Add broccoli, carrot and corn/peas. Stir-fry for 4 minutes, or until tender and crisp.

Add rice, chicken and soy sauce or tamari to wok. Stir-fry for 3 minutes, or until heated through. Add egg and stir to combine.



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Blueberry Muffins

Ingredients

2 cups plain flour
1 cup wholemeal flour
1 tablespoon baking powder
3/4 cup raw or brown sugar
125g organic butter, melted
2 organic eggs, lightly beaten
1 cup organic milk (you may use soy or almond)
1 1/3 cups fresh or thawed frozen blueberries

Method

Preheat the oven to 180 degrees Celsius.

Grease or brush two trays of six 1/2-cup muffin holes with melted butter.

Sift the flour and baking powder into a large bowl. Stir in the sugar and make a well in the centre.

Add the combined melted butter, eggs and milk all at once, and fold until just combined. (Don't over-mix, the batter should look quite lumpy.)

Fold in the blueberries. Spoon the batter into the prepared tin. Bake for 20 minutes, or until golden brown.



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Sesame/Pumpkin Seed Snaps

Ingredients (25 pieces)

1½ cups sesame seeds pr pumpkin seeds
1/3 cup raw or brown sugar
1 cup honey or agave syrup

Method:

Combine ingredients in a large heavy-based saucepan and bring to the boil, stirring occasionally, over low heat. Cook, stirring occasionally, until mixture is fully melted and combined.

Line a cookie sheet with baking paper. Pour mixture into sheet and smooth top with a flat knife. Allow to cool slightly, using a sharp knife, cut into pieces. Let cool completely, and then break into pieces. Will keep in an airtight container for up to two weeks.



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Pumpkin/Sweet Potato, Chia and Maple Muffins

Ingredients

1 tablespoon chia seeds
1 cup whole wheat flour
1/2 cup regular flour
2 teaspoons cinnamon
2 teaspoons baking soda
1/2 teaspoon salt
2 cups of roasted, mashed pumpkin or sweet potato
2 organic eggs
1/4 cup coconut oil
1 cup pure maple syrup or 1/2 cup agave syrup
1 tablespoon vanilla

Method

Preheat the oven to 180 degrees Celsius.

Mix dry ingredients together in a bowl.
In a separate bowl, mix all wet ingredients.

Fold the wet ingredients into the dry ingredients and spoon into paper-lined muffin or greased muffin tins.

Bake for 25–30 minutes or until a toothpick inserted into the middle of a muffin comes out clean.
Store completely cooled muffins in sealable plastic bags in the freezer or in an air tight Tupperware container.

