

# Good Taste



Get ready for winter with our essential recipes created with love by Goodstart's chefs and cooks.





**Welcome to Goodstart Early Learning's second recipe book, Good Taste Winter Warmers, a collection of recipes created with love by Goodstart's chefs and cooks.**

Every day Goodstart fills the tummies of more than 70,000 children throughout our network. It's a job we take very seriously and are committed to providing nutritious, healthy food for growing minds and bodies.

We've also partnered with Nutrition Australia to turn these wonderful recipes and more into a four-week winter menu plan for our centres to enjoy as well.

We'd like to thank Coles as Goodstart's sole grocery supplier for helping us ensure our children always have access to the best and freshest produce.

Goodstart is a not-for-profit organisation which exists to make a real difference in the lives of all of Australia's children. We are committed to ensuring all children, especially those most vulnerable, have the best possible start in life.





Providing the necessary nutrients for optimum brain function, growth and development is just one of the many things we do to achieve the best outcomes for children.

We also know just how busy family life can be which is why the recipes we've selected are quick, easy and can be created at the end of a busy working day.

With classic winter warmers like chicken noodle soup and chickpea and vegetable curry, alongside new favourites popcorn chicken and apricot chia bites – there's something for everyone!

Each of these recipes can be adapted to suit your families' needs by replacing sugar with alternatives.

**Happy cooking!**

# Baked tuna patties with tomato and cucumber salad

SERVES 2-4



**Monica Jacka** Goodstart McKinnon

## INGREDIENTS

210g tin tuna  
1 egg, beaten  
1 carrot, grated  
1 zucchini, grated  
1 tbsp olive oil for patties and  
1 tbsp for salad  
2 spring onions, chopped  
150g (¼ cup) dried bread  
crumbs  
1 cucumber  
2 tomatoes  
Lemon  
Salt and pepper

## METHOD

Preheat oven to 190C.

In a medium bowl, mix together tuna, egg, carrot, zucchini, olive oil, spring onion and half the bread crumbs.

Form into patties and coat with remaining bread crumbs.

Bake 10 minutes in the oven, turning once or until golden brown on both sides.

Dice tomato and cucumber place in bowl and mix olive oil and lemon, season with salt and pepper to taste.



*"The recipe for the patties has vegetables in it, and it is a great way to get children to eat both fish and vegetables. They are baked instead of fried which makes them a healthier choice." ~ Monica*



# Beef and zucchini meatballs with spaghetti

SERVES 4



**Charmaine Alexander** Goodstart Cameron Park

## INGREDIENTS

### Meatballs

300g beef mince  
2 zucchinis (grated)  
1 clove garlic, crushed  
½ cup grated cheese  
2 tbsp tomato sauce  
½ cup bread crumbs

### Sauce

1 tin whole peeled tomatoes  
2 cloves of garlic, crushed  
½ cup vegetable stock  
200ml thickened cream  
200g mushrooms (quartered)  
1 capsicum (diced)  
1 onion (diced)  
400g spaghetti  
2 tsp cornflour  
400g spaghetti

## METHOD

In a bowl combine all the ingredients for the meatballs. Mash together well and add more breadcrumbs if mix is too wet, and some more sauce if it's not sticking together well.

Roll out mix into balls and place in a greased baking tray. Bake in the oven on 210C for 20 minutes and then remove and strain to remove the fat.

Spray a large pot with oil and heat. Add garlic, onion and capsicum, and cook off stirring, for two minutes.

Add tinned tomatoes and vegetable stock and turn heat down to medium. Cook for 15 minutes.

Add in cream and mushrooms and cook for a further 15 minutes. Add cooked meatballs to the sauce and stir through. If the sauce is a little runny, mix the cornflour with a little water to create a slurry, then mix with the sauce to thicken.

Cook spaghetti and serve either with sauce on top or mixed through.



# Chicken noodle soup

SERVES 4



**Charmaine Alexander** Goodstart Cameron Park

## INGREDIENTS

1L chicken stock  
500ml vegetable stock  
3 carrots  
2 zucchinis  
½ bunch celery  
200g thin spaghetti (or other pasta)  
Small handful parsley  
2 chicken breasts

## METHOD

In a large pot add the stock and bring to the boil.

With a sharp knife, make incisions length ways on the chicken breast, place it in the stock and poach for 15 minutes. Remove and leave to cool.

Turn the pot with the stock down to a medium high heat. Dice the veggies and add to the pot, simmer for 15 minutes.

Turn the heat up to a boil. Crack the spaghetti in half and add to the pot, keep stirring for 45 seconds. Cook for 8 minutes.

Cut up the chicken and add back to the pot. Roughly chop up the parsley and add, serve right away.

*"Chicken noodle is a classic that everyone seems to enjoy, especially if you're a little under the weather." ~ Charmaine*



# Lime and chilli fish

SERVES 2-4



**Charmaine Alexander** Goodstart Cameron Park

## INGREDIENTS

4 fillets of boneless white fish (I use NZ hoki)  
1 or 2 long chillies  
¼ cup olive oil  
¼ cup lime juice  
1 tsp brown sugar  
Handful coriander leaves  
2 cups rice  
1 can coconut cream  
1 tsp ground or finely grated ginger  
1 cup shredded red cabbage  
1 cup shredded white cabbage  
1 grated carrot  
Handful of baby spinach  
Favourite white dressing (mayo, aioli etc)

## METHOD

**Marinade** Slice chillies and chop coriander. Make a marinade with oil, lime juice, chillies, sugar, and coriander. Marinade fish fillets for 10 minutes.

**Salad** Shred cabbage, mix with carrot and baby spinach. Mix through dressing and set aside. Cook rice to instruction, adding coconut cream and ginger to water.

**Fish** Place fish and all marinade in baking dish. Cook in oven on 200C for 10 minutes. Remove dish from oven, drain liquid into a small pot and reserve for a finishing sauce. Return fish to oven for 5 minutes. Keep sauce warm on stove.

Arrange salad, rice and fish on plate. Spoon finished sauce over fish.

*"I love serving children food many people wouldn't eat. At my centre I serve many spicy dishes that the children love. This dish is very mild but has a lot of flavor." ~ Charmaine*





# Chickpea and vegetable curry

SERVES 4-6



**Brianna Francis** Goodstart Hackham

## INGREDIENTS

- 1 onion, diced
- 2 medium carrots, diced
- 1 cup cauliflower, florets
- 1 cup pumpkin, diced
- 1 tbsp oil
- 1 tsp crushed garlic
- 1 tsp crushed ginger
- 1 tsp dried coriander
- ½ tsp ground cumin
- ½ tsp ground turmeric
- 2 cans chickpeas, drained
- 2 tbsp tomato paste
- 1 tsp salt
- 2 tins coconut cream

## METHOD

In a pot fry together the onion, carrots and oil (about 5 minutes).

Add the garlic, ginger, tomato paste, spices and stir through.

Add the cauliflower, pumpkin, chickpeas and the coconut cream. Mix together and using the empty coconut can fill with water and add that to the curry mixture.

Bring to the boil and stir occasionally to prevent the bottom sticking.

Once it's boiling turn down low and simmer until all the vegetables are tender.

Add some salt and pepper to taste and serve with rice.

*"This recipe is a winner all round and everyone loves it! I serve it with half brown rice and half white rice. It's a great recipe because it's so versatile, today I had extra peas and corn so I added them to the mix too." ~ Brianna*





# Dhal with vegetables

SERVES 4-6



**Evelyn Poubourios** Goodstart Clayton

## INGREDIENTS

2 tbsp vegetable oil  
1 onion  
2 tomatoes  
1 potato  
1 sweet potato  
1 slice of pumpkin  
½ cup green peas  
2 tomatoes  
2 cups red lentils  
½ tsp ginger paste  
½ tsp garlic paste  
1tsp cumin seeds  
½ tsp turmeric powder  
½ tsp garam masala  
½ tsp cumin seeds powder  
½ tsp coriander powder  
Salt to taste

## METHOD

Heat the oil and add cumin seeds, once they start to splutter add finely chopped onions and sauté them until they are translucent.


Add the potatoes and sweet potatoes and lightly fry them.

Add ginger and garlic paste and then add chopped tomatoes and cook for 2 minutes on medium flame.

Add all the spices and mix it together and let the mixture cook 5-10 minutes. Add the rinsed red lentils and other vegetable and mix well together.

Add 1 cup water and salt and let it boil. Once it starts boiling put it on slow flames, cover the pot and let it cook. Once the dhal is cooked you can garnish it with coriander.

Serve with rice.

A large, rustic white bowl filled with a thick, yellow dhal. The dhal is garnished with fresh green herbs and small pieces of red tomatoes. The bowl sits on a light-colored, textured surface, possibly a piece of cloth or paper. A silver spoon is visible to the left of the bowl. In the background, there are some orange-colored items, possibly bread or vegetables.

*"This is a yummy dhal which is nutritious, full of protein and easy to make." ~ Evelyn*

# Chicken noodle salad

SERVES 4



**Melissa Carthy** Goodstart Rosebud - Boneo Road

## INGREDIENTS

2 tbsp vegetable oil  
500g chicken mince  
400g dry vermicelli rice  
noodles  
1 small red capsicum, finely  
chopped  
1 small carrot, finely chopped  
1 small zucchini, finely  
chopped  
10 snow peas, finely chopped  
2L chicken stock

## METHOD

Soak noodles in hot chicken stock until soft and clear.

While noodles are soaking, heat vegetable oil in pan and lightly brown chicken until cooked.

Add chicken to finely chopped vegetables in a large bowl. Drain noodles and add to chicken and vegetables.

Mix well and serve. Season to taste.





# Minestrone soup

SERVES 6



**Donna Wise** Goodstart Waurin Ponds

## INGREDIENTS

2 tbsp olive oil  
1 clove garlic, crushed  
1 large onion, chopped  
2 celery sticks, finely chopped  
1 large carrot, finely chopped  
4 rashers bacon, diced  
1 large potato, diced  
2 x 400g can crushed tomatoes  
2 tbsp tomato paste  
3½L chicken stock  
1 bay leaf  
1 can cannellini beans, rinsed and drained  
2 cups of mini pasta shells or macaroni  
Salt and pepper to taste

## METHOD

Heat oil in a large pot and sauté onion, garlic, celery, carrot and bacon for five minutes or until tender. Add potato, tomatoes and tomato paste. Stir well and cook on a medium heat for five minutes.

Add bay leaf and 2½ litres of stock, bring to the boil, add pasta and simmer for 12 minutes or until pasta is tender.

Add cannellini beans and salt and pepper to taste. Add remaining one litre of stock.

*"This is a recipe that has been tweaked over many years and is absolutely delicious."*

~ Donna



# Chicken, leek and roasted pumpkin risotto

SERVES 4-6



**Troy Jordan Peters** Goodstart Goodstart Atwell

## INGREDIENTS

½ (about 800g) butternut pumpkin, peeled, de-seeded, cut into 2cm pieces  
2 tbsp olive oil  
1 leek, pale section only, washed, dried, thinly sliced  
2 garlic cloves, crushed  
2-3 (about 500g) single chicken breast fillets, coarsely chopped  
330g (1 ½ cups) arborio rice  
1L (4 cups) chicken stock  
½ cup finely shredded fresh basil  
1 tbsp finely grated lemon rind  
70g (1 cup) shredded parmesan  
Finely shredded fresh basil, extra, to serve  
Salt, to season

## METHOD

Preheat oven to 200C. Line a baking tray with non-stick baking paper. Arrange the pumpkin on the tray and drizzle with half the oil. Season with salt and pepper. Bake in oven, on the top shelf, for 10 minutes or until tender.

Meanwhile, heat half the remaining oil in a flameproof oven proof dish over medium heat. Add the leek and garlic, and cook, stirring, for 5 minutes or until soft. Add the chicken and cook, stirring, for 5 minutes or until browned slightly. Add the rice and stir to combine. Add the stock and bring to the boil.

Cover the dish and place in oven with the pumpkin and bake for a further 30 minutes or until the rice is tender. Remove the risotto and pumpkin from the oven. Add the pumpkin to the risotto with basil, lemon rind and 60g (¾ cup) of the parmesan and stir to combine. Divide among serving plates and sprinkle with the remaining parmesan and extra basil. Serve immediately.

*"Don't have basil or lemon on hand? Equally nice without. You can always add some peas which goes perfectly with parmesan." ~ Troy*





# Mexican chicken

SERVES 6



**Sharon Field** Goodstart Madeley

## INGREDIENTS

700g boneless chicken breast or thigh, diced  
2 medium onions, chopped  
2 cloves garlic, chopped  
1 red chilli, finely chopped (optional)  
1 tbsp of chicken stock powder  
250ml of chicken stock liquid  
1 tsp paprika  
3 tsp ground cumin  
2 tsp of Mexican seasoning  
2-3 tbsp tomato paste  
400g can chopped tomatoes  
700ml of passata  
2 x 400g can red kidney beans, drained  
2 x 400g corn kernels  
Coarsely chopped fresh coriander leaves  
Salt and pepper

## METHOD

Heat a large pan, brown the chicken and then set aside. In a large pot, add the oil and sauté the onions and garlic on medium heat for 6 to 8 minutes.

Add the chilli, paprika and cumin and cook for 1-2 minutes. Add the tomatoes and passata, tomato paste, chicken stock powder and liquid.

Bring to the boil, reduce heat. Add the chicken then cover and leave to cook slowly for about 1 hour. Check to make sure it is just simmering gently. Remove the lid for the last 20 minutes.

Add the kidney beans and corn and heat through for 8-10 minutes, Adjust seasoning and add the fresh coriander last. Serve with rice, cheese, sour cream and natural corn chips.

*"Everyone gets excited when I make this dish. We call it our Mexican day, we have the works with cheese, sour cream and corn chips as a treat." ~ Sharon*



# Mini pizzas



**Dawn Lycett** Goodstart Thurgoona

## INGREDIENTS

Wholemeal English muffins,  
halved horizontally (use as  
many as needed)

Ham, shredded

Bacon, diced

Tasty cheese, grated

Mushrooms, sliced

Pineapple, sliced

Tomato paste or barbecue  
sauce

Dried oregano (optional)

## METHOD

Preheat the oven to 180C.

Halve muffins and place on a baking tray lined with baking  
paper.

Spread with 1 tbsp of either tomato paste or barbecue sauce.

Top with grated cheese followed by selected ingredients.

Bake in the centre of the oven for 10mins, or until the cheese has  
melted and has turned golden brown.

(Vary the toppings so children can have a choice)

Serve while warm.



*"Our children love these  
and often ask "Is it pizza  
day today?" ~ Dawn*



# Mini quiche

SERVES 4-6



**Kyle Makepeace** Goodstart Bakewell

## INGREDIENTS

4 eggs, whisked lightly  
1 cup milk  
50g mushrooms, chopped  
50g tasty cheese, grated  
1 tomato, chopped  
50g frozen spinach, chopped  
¼ cup corn kernels  
50g bacon, diced  
2 sheets puff pastry


## METHOD

Preheat oven to 200C.

Spray muffin tray with canola oil

Use a biscuit cutter to cut the pastry and then line the muffin tray with the pastry. Combine all ingredients, mix it up by making some vegetarian.

Spoon the mixture into the prepared pastry lined muffin trays and put in to the oven to cook for about 15- 20 minutes.



*"Our centre cook Kyle Makepeace is an amazing cook and serves up a lot of delicious #goodfood dishes, but one of the children's favourites are mini quiche. When Kyle cooks these the trays come back empty." ~ Junell Moore, Centre Director*

# Moroccan spiced chicken cous cous

SERVES 4-6



**Melissa Allegretta** Goodstart Canning Vale – Campbell Road

## INGREDIENTS

- 1 tbsp olive oil
- 500g chicken breast or thigh, diced
- 1 garlic clove, crushed
- 1 medium red onion, diced
- 2 medium carrots, diced
- 1 capsicum, diced
- 1 cup frozen peas or beans
- 1 tbsp fresh chopped coriander
- 4 cups cooked cous cous

### Dry spice

- 1 tsp smoked paprika
- 1 tsp coriander
- 1 tbs chicken stock powder
- ½ tsp turmeric
- ¼ tsp cinnamon
- 1 tsp cumin


## METHOD

Mix all the dry spices in a small bowl and then spread half the dry mixture over the chicken. Let the chicken marinate for 30 minutes in the fridge.

Place pan over medium heat with oil and cook chicken in batches and then set aside cooked chicken on a dish.

In the same pan sauté onion followed by the remaining dry spice mix and heat until the spices are fragrant. Add the carrot and garlic cook for 2 minutes on medium heat.

Add capsicum and peas or beans to the pan with the cooked chicken. Once heated through fold in cooked cous cous sprinkle with coriander and serve.

A close-up photograph of a white ceramic bowl filled with Moroccan spiced chicken cous cous. The dish features yellow cous cous, chunks of cooked chicken, diced red and orange vegetables (carrots and capsicum), and fresh green coriander leaves. The bowl is set on a wooden surface with more fresh coriander in the background.

*"This was a new item for our autumn menu, with strong Moroccan flavours - it was very much enjoyed by all age groups. This can be easily adapted to be vegetarian by substituting chicken for chick peas." ~ Melissa*



# Popcorn chicken

SERVES 4



**Melissa Allegretta** Goodstart Canning Vale – Campbell Road

## INGREDIENTS

1kg of chicken breast,  
chopped into pieces  
4 cups of corn flakes, crushed  
½ tbsp chicken stock powder  
½ tbsp paprika  
1 tbsp thyme

## METHOD

Preheat oven to 200C.

Mix dry ingredients together and roll the chicken in batches through the mix, pressing the cornflake mix onto the chicken.

Lay onto baking tray and put in oven until chicken is cooked - about 20 minutes.



*"I can never make  
enough of this chicken.  
It is the best thing  
because it's super easy  
and quick to make." ~  
Melissa*

# Pumpkin soup

SERVES 4-6



**Thushari Rodrigo (Rachel)** Goodstart Greenfields

## INGREDIENTS

2 tsp olive oil  
1 onion, finely chopped  
1 tsp garlic, crushed  
½ tsp turmeric  
½ tsp ground cumin  
½ tsp nutmeg, freshly grated  
1kg peeled pumpkin, diced  
1 large potato, peeled, diced  
1L chicken or vegetable stock  
½ cup (125ml) thin cream  
1 tin of tomatoes

## METHOD

Heat oil in a large saucepan over low heat, add onion and garlic and cook for 2-3 minutes until softened, but not coloured.

Add spices and cook, stirring, for 30 seconds. Add pumpkin, potato, tomatoes and stock and bring to the boil. Turn heat to low, cover and simmer for 45 minutes.

Allow to cool slightly, then blend in batches.

Serve with garlic bread.



*"Soup is a lot like family. Each ingredient enhances the others; each batch has its own characteristics; and it needs time to simmer to reach full flavour." ~ Rachel*



# Quick tomato pasta sauce

MAKES 750ML, SERVES 4-6



**Gwendoline Visser** Goodstart Frankston South - Stotts Lane

## INGREDIENTS

2 tbsp olive oil  
2 small onions, finely chopped  
2 garlic cloves, crushed  
800g fresh chopped tomatoes or (2 x 400g tinned tomatoes)  
1 tbsp tomato paste  
1 ½ tsp of fresh basil chopped or dried mixed herbs  
125ml water  
Seasoning to taste

## METHOD

Heat oil in the pan.  
Add the onion and garlic and cook until soft.  
Add the tomatoes, puree, herbs and 125ml of water.  
Simmer for 25 minutes until thick.  
Season to taste.



*"Looking forward to winter dishes, I have a quick tomato pasta sauce recipe to share, which can be then turned into a great sauce for meatballs or bolognaise, or use as a base for tomato soup by adding vegetable stock or carnation milk." ~ Gwendoline*

# Ravioli soup

SERVES 4



**Charmaine Alexander** Goodstart Cameron Park

## INGREDIENTS

½ packet beef or vegetable ravioli  
1 can diced tomatoes  
1.5L vegetable stock  
2 carrots, diced  
2 sticks of celery, diced  
1 zucchini, diced  
2 gloves garlic, crushed  
⅓ bunch shredded parsley  
Cheese, grated to top  
Olive oil

## METHOD

Fry off garlic and vegetables for five minutes.  
Add stock and tinned tomatoes. Cook on low-med for 45 minutes to an hour.  
Put in ravioli and cook for 5-7 minutes.  
Add fresh parsley and serve, top with cheese as preferred.



*"This hearty ravioli  
soup can be easily  
made vegetarian."  
~ Charmaine*



# Red lentil soup

SERVES 10-12 CHILDREN OR 5-6 ADULTS



**Nuray Gencten** Goodstart Brunswick West

## INGREDIENTS


4 cups red lentils  
8 cups water  
Salt to taste  
3 tbsp tomato paste  
3 tbsp dried mint  
2 brown onions, diced  
½ cup vegetable oil

## METHOD

Wash and rinse lentils and add them in large pot along with the water and salt. Over a high heat cook until the lentils thicken and change colour to yellow. Occasionally stir for an even cooking process.

Meanwhile in another pot, add oil and onions and cook until soft. Add the paste and stir and cook for another couple minutes, and then add the mint. This paste can now be added to the lentils and stirred thoroughly to incorporate into lentils.

The soup should be a mushy texture. If it's too thick, add boiled water and cook for a further few minutes. When serving, toast the sliced bread and cut into small cubes resembling croutons.



*"Red hot lentil soup is one of my signature dishes and leaves parents amazed at the amount of serves the children have and educators skipping their own lunch to eat it."*

*~ Nuray*

# Spiral bolognaise

SERVES 4-6



**Marlene Foulds** Goodstart East Bunbury

## INGREDIENTS

1kg mince of your choice  
500g mixed frozen peas, corn and carrots  
500g mushrooms, diced  
1 tin diced tomatoes  
2 zucchinis, grated  
1 large onion, finely dice  
1 tablespoon garlic, minced  
1 tsp of dried Italian mixed herbs  
2 tins tomato condensed soup  
1 tbsp tomato paste  
1 packet small spiral pasta  
Grated parmesan cheese to serve on top

## METHOD

Sauté your frozen vegetables, mushrooms, onion, grated vegetables, garlic and mixed herbs in a pot until the onion is translucent.

In the meantime cook your pasta to packet instructions and drain set aside.

Once your vegetables are cooked, add in your mince and brown tossing through the vegetables. Once all the mince is browned, add the tin of tomatoes, tomato paste and the condensed soup mix through and let simmer for 5-10 minutes. Toss in the pasta.

Serve with grated parmesan cheese.





# Sweet potato and chickpea dhal

SERVES 6



**Marlene Foulds** Goodstart East Bunbury

## INGREDIENTS

400g can chickpeas, drained  
3 tsp vegetable oil  
1 small onion, chopped  
1 tsp cumin seeds  
½ tsp ground coriander seeds  
Pinch of dried chilli flakes  
1 tbsp garlic, minced  
1 tbsp ginger, crushed  
1 ½ cups dried red lentils  
1L vegetable liquid stock  
150g sweet pink potato diced  
into small cubes with skin  
still on  
¼ cup fresh coriander leaves,  
chopped  
1 packet poppadums

## METHOD

Heat the oil in a medium pot over a medium/high heat. Add onion and sauté until soft, add cumin, ground coriander, chilli flakes, garlic and ginger mix together until fragrant. Add dry lentils making sure you coat them all in your herbs/spices and onion.

Add 1L stock, sweet potato and the chickpeas to the lentil mix. Bring to boil, remove the lid and reduce the heat to a low simmer for 15-20 minutes or until the chickpeas and sweet potato are soft or tender and the sauce from the stock has thickened.

Cook poppadums to packet instructions.

Serve and enjoy. This dish can also be served with a side of steamed rice.

*"The children in my centre absolutely love this dish, even our fussy eaters. Being a multicultural centre, it's a dish that caters for our cultural and vegetarian children."*

*~ Marlene*



# Vanilla and mixed berry loaf

MAKES 1 LOAF



**Marlene Foulds** Goodstart East Bunbury

## INGREDIENTS

2 eggs  
125g butter softened  
1 cup sugar  
2 cups self raising flour  
 $\frac{2}{3}$  cup milk  
1 tsp vanilla essence  
2 cups frozen mixed berries,  
pureed

## METHOD

Combine ingredients in a small bowl, using an electric mixer, beat on low speed until all blended, then beat on high for 3 minutes. Just before you pour your mix into a lined loaf tin fold through the pureed mixed berries.

Bake in a moderate oven (180C) for 30-40 minutes or until a skewer comes out clean.

Set aside for 5-10 minutes on a cooling rack before slicing it up. Serve with Greek vanilla yoghurt.



*"I had some eggs that needed to be used and being a day we have no children in with egg allergies I made a vanilla and mixed berry loaf/cake. The children in our centre loved it and they didn't even know there was fruit in it, they thought it looked cool as it was the colour purple inside." ~ Marlene*



# Carrot and sultana muffins

MAKES 15-20 MUFFINS, OR 40 MINI-MUFFINS



**Sharlene Miller** Goodstart Payneham

## INGREDIENTS

2 cups self raising flour  
2 cups grated carrots  
1 cup of sultanas  
 $\frac{3}{4}$  cup caster sugar  
3 extra large eggs  
1 teaspoon of vanilla  
 $\frac{3}{4}$  cup of vegetable oil

## METHOD

Preheat oven on 180 degrees.

Mix ingredients together then scoop the mixture into a muffin tray lined with patty pans and bake for about 15 to 20 minutes.



# Honey oat quinoa bars

MAKES 12



**Melissa Allegretta** Goodstart Canning Vale – Campbell Road

## INGREDIENTS

- ½ cup butter
- ½ cup coconut sugar
- ¼ cup honey
- 1 tsp vanilla
- 1 ½ cups puffed rice
- ½ cup quinoa flakes
- 2 cups rolled oats
- ¾ cup desiccated coconut

## METHOD

Melt butter, sugar, honey and vanilla in a pot on medium heat simmer for 3 minutes.

Place all dry ingredients in a bowl and add wet mixture press into a lined tin and allow to set in the fridge before cutting.

*“Oat bars at our centre are always a winner, this yummy recipe will be loved by your children just as much as ours.”*  
~ Melissa





# No-bake apricot bites

MAKES 20 BALLS



**Vanessa Uscategui Bustamante** Goodstart Murarrie

## INGREDIENTS

1 cup chopped dried apricots  
½ cup dried sultanas  
½ cup dark chocolate chips  
½ cup rolled oats  
¼ cup chia seeds  
1½ tbsp water  
¼ cup tahini  
½ cup shredded coconut

## METHOD

Soak chia seeds in water until they grow (¼ cup of seeds to one cup of liquid, about 20 minutes).

Place all ingredients in a bowl and mix.

Set the mix aside for 10 minutes, this allows the chia seeds to get a little bigger and turn into jelly. This will make the mix easier to roll into balls.

Take a spoonful and roll into balls. Then roll the balls in coconut. Refrigerate and enjoy.



*"Our cook/nutritionist Vanessa makes really delicious Apricot Chia Bites. The children go crazy for them." ~ Melissa Howley, Administration Assistant*

# **We're for children not for profit**

Goodstart is Australia's largest provider of early learning and care. As a not-for-profit social enterprise, we exist purely to improve the lives of Australia's children and their families.

