

The logo for Sassy Mama DXB, featuring the brand name in a cursive font and 'DXB' in a small red circle to the right.

Sassy Mama^{DXB}

LUNCHBOX IDEAS

3 rotating weeks of simple nutfree lunch chart & recipes

Brought to you by Sassy Mama

WEEK 1

	MON	TUE	WED	THU	FRI
Snack	Banana Oat Muffin + Fruit	Cheese & Crackers + Edamame	Zucchini Choc Chip Muffin + Fruit	Anzac Biscuits + Dried Fruit	Brownie + Fruit
Lunch	Fresh Spring Rolls Piece of dark chocolate	Tuna Sandwich + Baby Tomatoes and Cucumber Yoghurt & Honey	Vegetable Frittata Brownie	Tortellini with Edamame and Smoked Sausage Bliss Ball	Chicken Wrap with Avocado Granola Bar

WEEK 2

	MON	TUE	WED	THU	FRI
Snack	Popcorn + Fruit	Banana Oat Muffin + Dried Fruit	Boiled Egg & Bread + Fruit	Madeleines + Fruit	Cheese & Crackers + Snow Peas
Lunch	Broccoli Pesto Pasta + Baby Tomatoes Dried Mango	Tuna & Cucumber Maki + Corn Brownie	Chicken Fried Rice + Broccoli Bliss Ball	Tomato Soup + Cheese Sandwich Piece of dark chocolate	Bacon Spinach Quiche Yoghurt & Honey

WEEK 3

	MON	TUE	WED	THU	FRI
Snack	Zucchini Choc Chip Muffin + Fruit	Hummus Dip + Carrots, Cucumbers & Crackers	Anzac Biscuits + Fruit	Cheese Puff + Edamame	Banana Oat Muffin + Dried Fruit
Lunch	Pasta Salad Shaker Bliss Ball	Ploughman's Lunch Dried Mango	California Rolls Granola Bar	Ham & Cheese Pinwheel Sandwich Yoghurt & Honey	Salmon Rice Balls + Veggies Brownie

FRUITS

Apples
Grapes
Blueberries
Rockmelon

Mango
Watermelon
Strawberries
Pear

VEGETABLES

Baby Tomatoes
Cucumber
Carrots
Corn

Broccoli
Beans
Edamame
Avocado

NOTES:

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Banana & Oat Muffins

By Sassy Mama

Serves: 12 muffins

Ingredients

- 3 large ripe bananas
- 1 ½ cups plain flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 75ml maple syrup or honey
- 1 egg
- 3 tablespoon coconut oil
- 1/2 cup rolled oats

Directions

1. Preheat the oven to 350F/175C, and grease or line 12 muffin cups.
2. Mash the bananas in a bowl.
3. Sift the flour, baking powder and baking soda into a mixing bowl, then add the bananas.
4. Add vanilla and maple syrup to the bowl, then mix the egg and measure in coconut oil. Combine all the ingredients. Lastly stir in the rolled oats. Fill muffin cups or tray 2/3 full.
5. Bake in preheated oven until a toothpick inserted into the centre of a muffin comes out clean, 25-30 minutes.

Tip: You can make these ahead of time and freeze, just take them out in the morning and they should be thawed by the time your kid eats it.



Zucchini Chocolate Chip Muffins

By Martha Stewart

Serves: 12 muffins

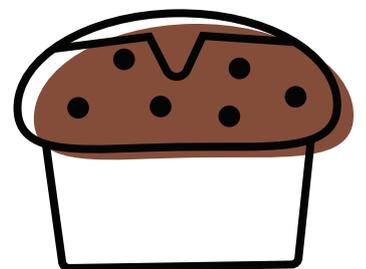
Ingredients

- 1 ½ cups all-purpose flour
- ¾ cups white sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 1 egg, lightly beaten
- ½ cup coconut oil
- ¼ cup milk
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 1 cup shredded zucchini
- ½ cup miniature semisweet chocolate

Directions

1. Preheat the oven to 350F/175C, and grease or line 12 muffin cups.
2. Combine flour, sugar, baking soda, cinnamon, and salt in a large bowl.
3. Mix egg, oil, milk, lemon juice, and vanilla extract in a bowl; stir into dry ingredients until just moistened.
4. Fold in zucchini and chocolate chips.
5. Fill muffin cups or tray 2/3 full. Bake in preheated oven until a toothpick inserted into the centre of a muffin comes out clean, 20 to 25 minutes.

Tip: You can make these ahead of time and freeze, just take them out in the morning and they should be thawed by the time your kid eats it.



Home Made Popcorn

By Sassy Mama

Serves: 2-4 portions

Ingredients

- 3 tablespoon coconut or vegetable oil
- 1/3 cup popcorn kernels
- Salt or cinnamon to taste

Directions

1. Heat the oil in a thick-bottomed pot on medium high heat.
2. Put 2 or 3 popcorn kernels into the oil first.
3. When the kernels pop, add the rest of the popcorn kernels in an even layer. Cover, remove from heat and count to thirty.
4. Return the pot to the heat. All the popcorn should begin popping soon. Once its starts, gently shake the pot by moving it back and forth.
5. Try to keep the lid slightly ajar so the steam can escape.
6. Once the popping slows to several seconds between pops, remove the pot from the heat, remove the lid, and dump the popcorn immediately into a wide bowl.
7. With this technique, nearly all of the kernels pop, and nothing burns.
8. Salt to taste or add cinnamon for a sweet popcorn

Tip: Choose coconut oil if making sweet popcorn and vegetable for salted popcorn. This is best made fresh on the day.



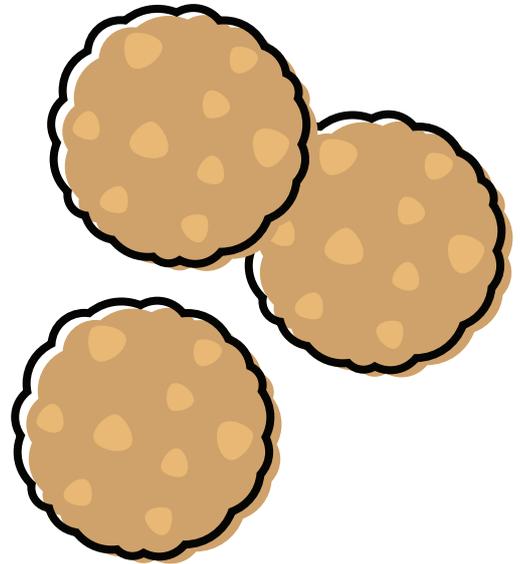
Anzac Biscuits

By Nadia Shepherd

Serves: 10 biscuits

Ingredients

- 1 cup wholegrain rolled oats
- 1 cup plain flour
- 1 cup desiccated coconut
- 1 cup soft brown sugar
- 1/4 cup golden syrup
- 125 grams butter
- 2 tablespoons boiled water
- 1/2 teaspoon boiled water



Directions

1. Preheat the oven to 320F/160C, and line 2 oven trays with baking paper.
 2. Mix together rolled oats, flour, coconut and sugar in a large bowl.
 3. Heat together golden syrup, butter and boiling water until the butter melts in a small saucepan on the stove. Stir in baking soda (don't be alarmed, it will froth up), then fold into the dry ingredients until combined.
 4. Roll mixture into balls (a little smaller than a golf ball) and place on the trays slightly apart. Put the prepared trays in the fridge for 10 minutes to stop them spreading too much when the first hit the oven.
 5. For biscuits that are crunchy on the outside but chewy on the inside – lightly flatten and bake for 20 minutes until golden. For a crispier biscuit, bake for 30 minutes.
- Tip: Store in an airtight jar so they keep fresh.

Cocoa Brownies

By Smitten Kitchen

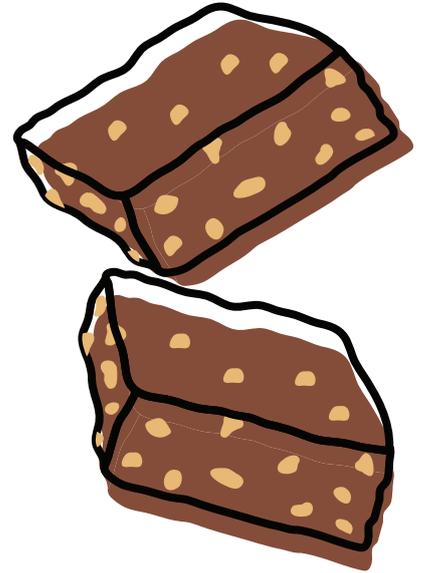
Serves: 16-25 squares

Ingredients

- 140 grams unsalted butter
- 1 1/2 cups granulated sugar
- 3/4 cup plus 2 tablespoons unsweetened cocoa powder
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 2 large eggs, cold
- 1/2 cup all-purpose flour
- 2/3 cup walnut or pecan pieces (optional)

Directions

1. Position a rack in the lower third of the oven and preheat the oven to 325°F/160C. Line the bottom and sides of an 8×8-inch square baking pan with parchment paper leaving an overhang on two opposite sides.
2. Combine the butter, sugar, cocoa, and salt in a medium heatproof bowl and melt the butter with the cocoa on the stove.
3. Set the bowl aside briefly until the mixture is only warm, not hot. It looks fairly gritty at this point, but don't fret — it smooths out once the eggs and flour are added.
4. Stir in the vanilla with a wooden spoon. Add the eggs one at a time, stirring vigorously after each one. When the batter looks thick, shiny, and well blended, add the flour and stir until you cannot see it any longer, then beat vigorously for 40 strokes with the wooden spoon or a rubber spatula. Stir in the nuts, if using. Spread evenly in the lined pan.
5. Bake until a toothpick plunged into the centre emerges slightly moist with batter, 30-35 minutes. Let cool completely on a rack. Put in the fridge or freezer for a while.
6. Lift up the ends of the parchment or foil liner, and transfer the brownies to a cutting board. Cut into 16 or 25 squares.



Bliss Balls

By Sweets & Greens

Serves: 6-8 balls

Ingredients

- 1 tablespoon hemp seeds
- 1 tablespoon sesame seeds
- 1 tablespoon chia seeds
- 1 tablespoon sunflower seeds
- 2 tablespoon Cacao
- 1 tablespoon maple syrup
- 1 tablespoon coconut oil
- 6 pitted medjool dates (soaked in boiling water for 10 minutes)
- 1 cup desiccated coconut

Directions

1. Place all the seeds into a food processor and blend to fine pieces.
2. Add cacao, maple syrup, coconut oil and dates until combined, about 30 seconds.
3. Wet hands and roll mixture into small balls and then roll in desiccated coconut. Making 6-8 balls.
4. Store in the fridge for 20 minutes before eating.

Tip: This is a great healthy sweet treat and there are many other combinations using dates or dried apricots.



Chewy Cinnamon Cranberry Granola Bars

By Food Doodles

Serves: 10 bars

Ingredients

- 2 cups rolled oats
- 1/2 cup crispy cereal such as a crispy rice cereal
- 3/4 cup dried cranberries
- 1/4 cup coconut oil, alternatively use butter
- 1/4 cup brown sugar
- 1/4 cup honey
- Pinch sea salt
- 1 teaspoon vanilla
- 1 teaspoon cinnamon



Directions

1. Lightly grease an 8x8 pan and set aside.
2. In a bowl, stir together the oats, crispy cereal and cranberries and set aside.
3. In a small pot combine the coconut oil, brown sugar, honey and pinch of salt. Heat the mixture up and stir well to completely dissolve the brown sugar. Bring to a boil. Cook over medium heat for 2 minutes. Remove from the heat and stir in the vanilla and cinnamon. Pour the wet ingredients over the dry ingredients and stir well to combine.
4. Once completely combined, pour the mixture into the prepared 8x8 pan and press down very well with a spatula (lightly oiled if the mixture is sticking). Cool completely before cutting into 10 bars (if they seem to pull apart while cutting into bars, place in the fridge for 20 minutes before slicing).
5. Wrap individually in paper or plastic wrap and store at room temperature.

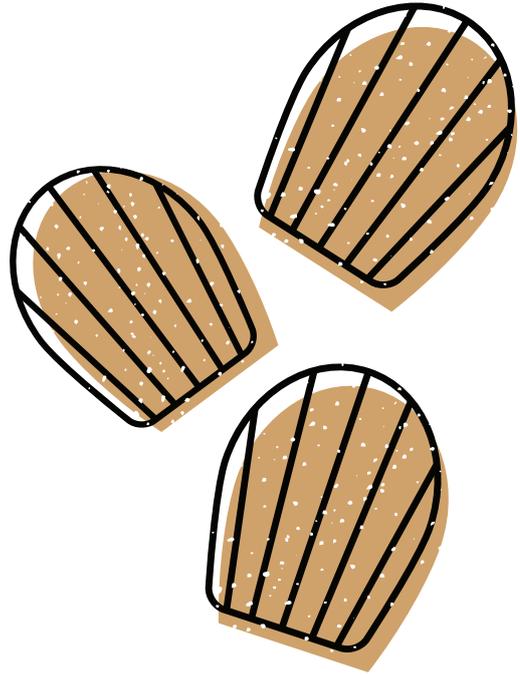
Madelines

By Allrecipes.com

Serves: 12 madelines

Ingredients

- 2 eggs
- 3/4 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1/3 cup white sugar
- 1/2 cup all-purpose flour
- 1 tablespoon lemon zest
- 1/4 cup butter
- 1/3 cup granulated sugar for decoration



Directions

1. Preheat oven to 375F/190C. Butter and flour 12 (3 inch) madeleine molds; set aside.
 2. Melt butter and let cool to room temperature.
 3. In a small mixing bowl, beat eggs, vanilla and salt at high speed until light.
 4. Beating constantly, gradually add sugar; and continue beating at high speed until mixture is thick and pale and ribbons form in bowl when beaters are lifted, 5 to 10 minutes.
 5. Sift flour into egg mixture 1/3 at a time, gently folding after each addition.
 6. Add lemon zest and pour melted butter around edge of batter. Quickly but gently fold butter into batter. Spoon batter into molds; it will mound slightly above tops.
 7. Bake 14 to 17 minutes, or until cakes are golden and the tops spring back when gently pressed with your fingertip.
 8. Use the tip of the knife to loosen madeleines from pan; invert onto rack. Immediately sprinkle warm cookies with granulated sugar.
 9. Variation: Chocolate Madeleines: Omit lemon zest. Increase sugar to 1/2 cup. Substitute 1/4 cup unsweetened cocoa powder for 2 tablespoons of the flour; sift into batter with flour.
- Tip: You can make these ahead of time and freeze, just take them out in the morning and they should be thawed by the time your kid eats it.

Smooth Hummus Dip

By The Healthy Foodie

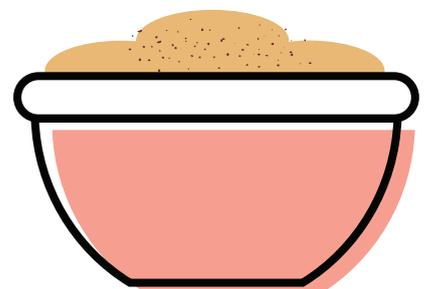
Ingredients

- 2 cups dried chickpeas
- 2 tablespoon baking soda for soaking + ½ teasp
- ½ cup tahini
- Juice from 1 squeezed lemon
- 2 garlic cloves
- ½ teaspoon salt
- 1 teaspoon cumin
- ½ - 1 cup water, depending on desired texture

Directions

1. Soak chickpeas in clean water with 2 tablespoons of baking soda overnight.
2. Drain, rinse and soak again in tap water for a few more hours. The grains should absorb most of the water and almost double their volume.
3. Rinse the chickpeas well and put them in a large pot. Cover with water, add ½ teaspoon baking soda and NO salt. Cook until the grains are very tender, around 45 minutes to an hour. Regularly skim the surface during cooking process to remove foam and loose peels floating.
4. When cooked, drain the chickpeas and transfer to food processor. Process into a thick puree. Allow to cool for a little while before you continue.
5. Add the tahini, lemon juice, garlic, salt and cumin, then start the food processor. Add water, a little bit at a time, until you get the desired texture. Make it a little bit thinner than the actual desired texture, as it tends to firm up after a little while.

Tip: Keep in the refrigerator for up to 5 days. The dip is great with sticks of carrots, cucumber, celery and pita bread.



Cheese Puffs

By Sassy Mama

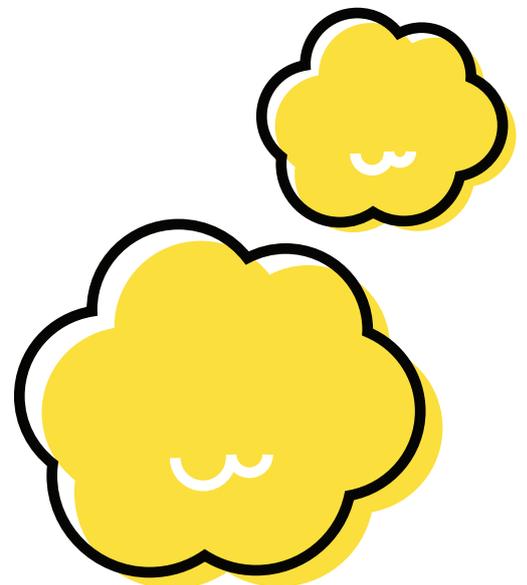
Serves: 7 buns

Ingredients

- 1 cup flour
- 3 teaspoons baking powder
- Pinch of salt
- Pinch of dried mustard powder
- 2 cups of grated cheddar
- 1 egg – beaten into ½ cup milk
- Extra grated cheese for tops

Directions

1. Preheat oven to 390F/200C.
2. Finely chopped fresh parsley, chives (optional).
3. Finely chopped onion microwaved for 1 minute (optional).
4. Mix all ingredients together in a bowl but be careful not to over mix.
5. Drop large soup-spoonfuls on a cold baking tray lined with baking paper.
6. Sprinkle tops with extra grated cheese.
7. Bake for 10-12 minutes until puffed and golden.



Fresh Spring Rolls

By Stephanie Nguyen

Serves: 4 portions

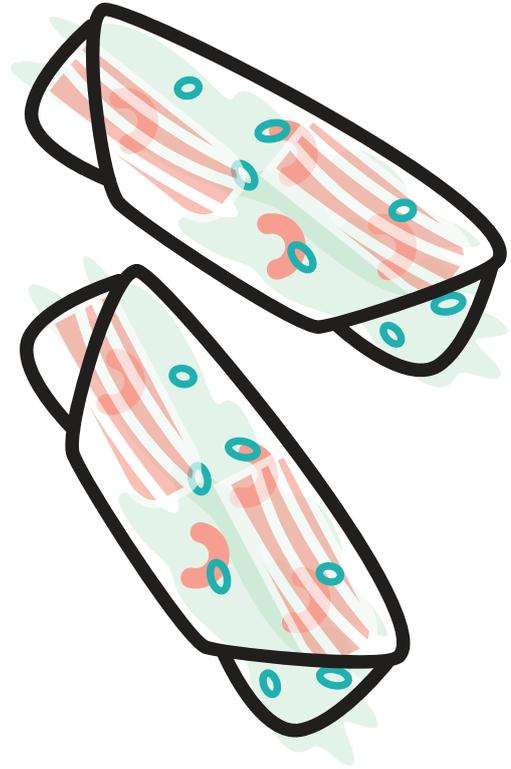
Ingredients

For the rolls

- 4 rice paper rolls
- 2 shredded crisp lettuce leaves
- 100 grams cooked rice noodles
- Handful of coriander leaves
- Handful of mint leaves
- 4 cooked prawns, halved
- 1 bowl of water

For the dipping sauce

- 1 tablespoon fish sauce
- 1 tablespoon caster sugar
- 5 tablespoon water
- 1 clove garlic, crushed
- ½ tablespoon finely chopped coriander root
- ½ tablespoon finely chopped fresh chili (optional)



Directions

1. Make the dipping sauce by mixing water with the sugar and the lemon juice in the bowl. Add the fish sauce and mix well. Taste and check the balance of the mixture and adjust to your own taste. Then add the garlic, coriander and optional chili.
2. For the spring rolls, moisten the rice paper by dipping it into a bowl of water for 2-4 seconds, then place the rice paper on a flat plate or a cutting board.
3. Prepare the rolls by placing a mound of lettuce in the centre, then add some noodles on top of the lettuce, with the herbs and sliced carrot. Lay 2 pieces of sliced prawns in front of the lettuce, noodles and herbs. Fold two ends of the paper inwards and continue to roll until you complete the cylinder.
4. Cut the roll in half and serve with the dipping sauce.

Tip: You can prep the ingredients the night before and make the rolls fresh in the morning. Put the dipping sauce in a small airtight container for the kids to dip at lunchtime.

Mini Vegetable Frittatas

By What's Gaby Cooking

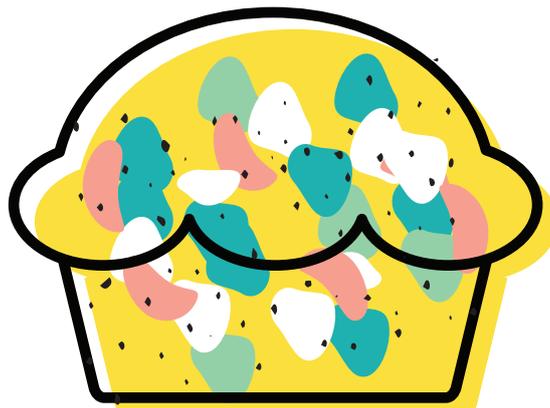
Serves: 6 portions

Ingredients

- ½ red bell pepper, diced
- ½ yellow bell pepper, diced
- ½ zucchini, diced/shredded
- ½ small onion, diced or 2 teaspoons chives
- ½ cup parmesan cheese
- 5 eggs, beaten together
- Salt and pepper to taste
- Olive oil for drizzling

Directions

1. Preheat oven to 350F/175C, and grease a 6 cup muffin tray.
2. In a large 10 inch skillet heat the olive oil over medium high heat. Sauté the diced zucchini, onion and red and yellow bell peppers for about 5 minutes until they are slightly soft. Season with salt and pepper. Add the sautéed vegetables to the bottom of the muffin tray.
3. In another bowl, whisk together 8 eggs and season with salt and pepper and add the chopped chives and parmesan. Fill the muffin tin with the egg, gently stirring the ingredients together. Bake in the oven for 10-12 minutes until the eggs are completely set.



Tortellini with Edamame and Smoked Sausage

By Anne Coleman

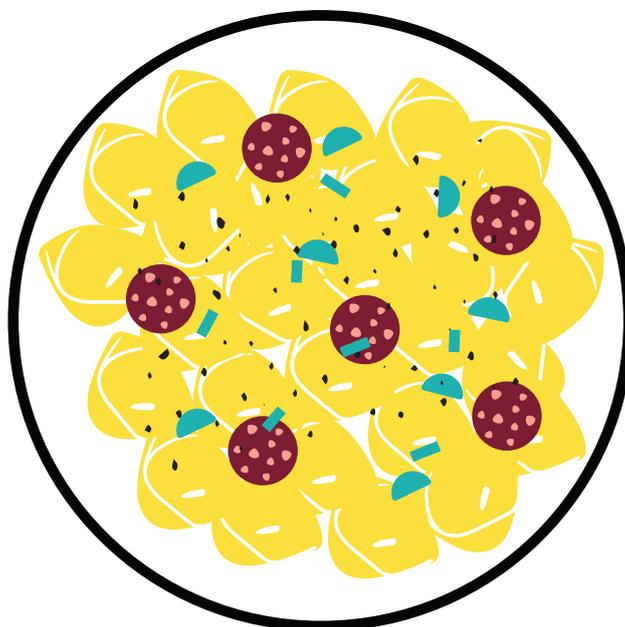
Serves: 2 portions

Ingredients

- 5-8 pieces of fresh cheese tortellini
- ½ cup shelled edamame
- ½ diced red pepper
- 1 large smoked sausage
- Splash of olive oil or Italian dressing

Directions

1. Bring to boil a pot of water with a pinch of salt.
2. Meanwhile, chop red pepper and slice the smoked sausage into 1/4 inch-thick rounds.
3. Stir-fry red pepper and sausage together until heated through — about 5 minutes.
4. Add tortellini to boiling water and cook for 5 minutes.
5. Add edamame to water and boil for another 2 minutes. Drain tortellini and edamame well.
6. Toss everything together with some olive oil or Italian dressing and heat through.



Broccoli Pesto Pasta By Anne Coleman

By Bon Appetite

Serves: 2 portions

Ingredients

- 1 head of broccoli
- Salt
- 6 ounces small pasta
- ½ cup grated parmesan
- ½ cup (packed) fresh basil leaves
- 3 tablespoons olive oil
- 2 teaspoons fresh lemon juice
- Freshly ground black pepper



Directions

1. Separate broccoli stalk from florets and finely chop florets. Trim end of the broccoli stalk, then peel and finely chop. Cook stalk in a large pot of boiling salted water until bright green, about 3 minutes.
 2. Add florets and cook until crisp-tender, about 3 minutes more. Using a slotted spoon transfer broccoli to a large bowl of ice water, then drain.
 3. Add pasta to same pot of boiling water and cook until al dente. Drain pasta, reserving 1 cup pasta cooking liquid, and return to pot.
 4. While pasta cooks, transfer broccoli (reserve a handful of florets) to a food processor and add Parmesan, basil, oil, and lemon juice. Season with salt and pepper, then process until smooth.
 5. Toss pasta with broccoli pesto, adding more pasta cooking liquid as needed to coat evenly. Toss in reserved broccoli florets and season with salt and pepper.
- Tip: Broccoli pesto can be made up to 1 day ahead. Let cool, then press plastic wrap directly on surface before covering to avoid discoloration and chill. You can also freeze extra.

Tuna and Cucumber Maki

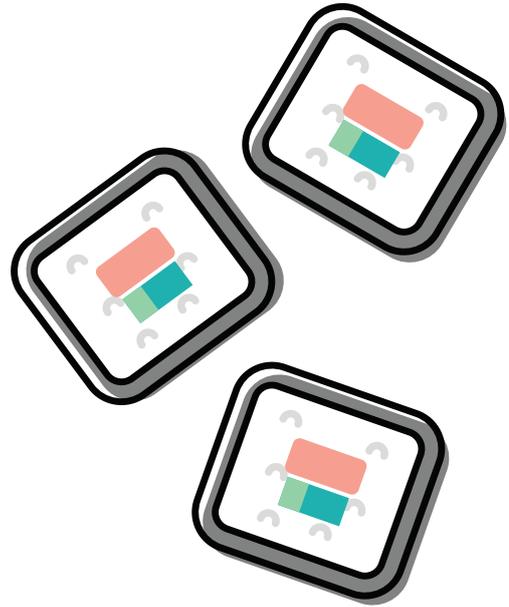
By Japanese Cooking 101

Ingredients

- Seaweed squares
- Raw tuna (sashimi grade)
- Japanese cucumber
- Sushi rice
- Japanese light soy sauce

Directions

1. Cut Roasted Seaweed in half (4 x 7 1/2" or 10 x 19cm). Cut tuna into 1/2" (1cm) thick pieces and 7 1/2" (19cm) long. Cut cucumber into the same size, cutting out seeds. (It's OK not to have one 7 1/2" long piece, just add pieces together to make the total length.)
 2. Put a sushi mat flat on your work surface with the bamboo slats left to right, so you can roll the mat away from you. Place a piece of seaweed on the sushi mat with one of the seaweed's long sides close to the front edge of the sushi mat (the edge near you). Spread about 1/4 cup sushi rice on the seaweed leaving a 1" (2.5cm) space along the far edge of the seaweed. Place tuna or a cucumber strip on the middle of rice. Holding the filling down, roll from the front end of the mat guiding with the sushi mat toward the other end. Tighten the rolls like roll cakes, pulling the mat to tighten. Remove the roll from the mat.
 3. Cut a roll into 8 pieces. Serve with soy sauce and wasabi (optional).
- Tip: Hop onto YouTube to get tips on how to roll the perfect maki. Swap out Tuna for Salmon or Crab Meat for variations.



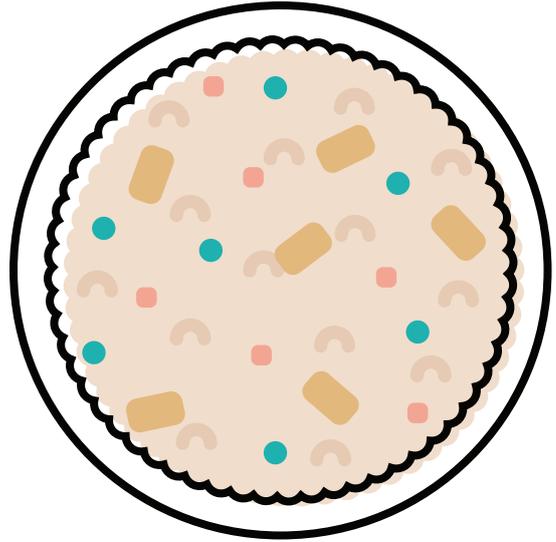
Chicken Fried Rice

By A Pinch of Healthy

Serves: 6 portions

Ingredients

- 3 cups cooked jasmine rice
(best cooked and refrigerated over night)
- 1/2 lb boneless skinless chicken breasts
(diced into 3/4-inch pieces)
- 2 tablespoons vegetable oil
- 1 ½ cups frozen peas and carrots
- 1/2 yellow onion diced
- 2 cloves garlic finely minced
- 2 eggs
- 3½ tablespoons low-sodium soy sauce
- 1 tablespoon sesame oil
- Salt and freshly ground black pepper



Directions

1. Preheat a large skillet or wok over medium-high heat. Add 1 tablespoon oil to the pan.
2. Then add the chicken, salt and pepper generously, and cook until chicken is cooked through, about 6 - 7 minutes. Put the cooked chicken on a clean plate, and set aside.
3. Put remainder of oil in the same pan and cook the onions, garlic, carrots and peas until tender, about 4 minutes. Add the garlic and cook one more minute.
4. Push the veggies aside, and scramble the eggs on the empty side of the pan. Stir everything together, and add the rice, soy sauce and chicken and combine.
5. Allow the rice to "fry" and get a little toasty by leaving it alone for a minute. Stir everything up, and allow the rice to sort of crisp up again.
6. Turn off the heat, and add the sesame oil. Stir to combine.

Cheesy Bacon Spinach Quiche

By The Kurtz Corner

Serves: 8 portions

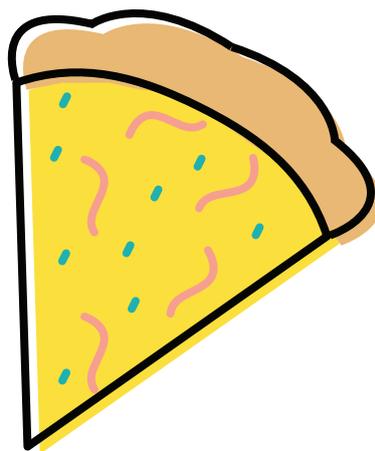
Ingredients

- 1 (9 inch) refrigerated pie crust
- 5 large eggs, beaten
- 1 cup heavy cream
- 1 ½ cups chopped baby spinach
- 6 strips thick cut bacon, cooked and chopped
- 1 cup shredded cheddar cheese
- 1/2 teaspoon onion/garlic powder
- 1/2 teaspoon pepper
- 1/4 teaspoon salt

Directions

1. Preheat oven to 375F/ 190C, thaw the pie crust (store bought or homemade) and lay it in a pie dish
2. Beat eggs with whisk until well blended. Add cream, salt, and pepper.
3. In the bottom of your pie crust layer chopped spinach, then layer chopped cooked bacon, and then layer shredded cheddar cheese. Layer once more, spinach, bacon, and cheese.
4. Pour egg and cream mixture into the pie crust.
5. Bake for 35 to 45 minutes until egg mixture is firm and the top is golden.

Tip: This can be made night before. Cut into wedges and warm up in the oven in the morning or can also be eaten cold.



Pasta Salad Shaker

By Sassy Mama

Ingredients

- Cooked pasta
- Chopped favourite veges: red pepper, cucumber, carrot, sweetcorn, peas
- Cubes of ham, chicken or cheese
- Splash of your favourite dressing

Directions

1. In a Mason jar (or similar) layer all the ingredients starting with the dressing, then pasta, cubed ham/chicken and then vegetables. Don't fill to the brim, leave room at the top.
 2. Screw lid on and encourage your child to shake, shake, shake to mix the ingredients before they eat.
- Tip: You can layer with ingredients you know your kids would like. The dressing can be creamy or oil based. Welcome to experiment with different shaped pasta too!



Ploughman's Lunch

By Andrea Liu

Ingredients

- 1 slice ham
- 3 slices apple
- 3 cubes of cheese
- ½ boiled egg
- A box of raisins
- 2 rice crackers

Directions

Best to divide each ingredient in a bento box style lunchbox. Keep the crackers separate and wrapped.

Tip: A Ploughman's Lunch is a mixture of savoury and sweet, crunchy and soft. Lots of different textures to add variety to a kids school lunch.



California Rolls for Kids

By Genius Kitchen

Ingredients

For the Roll:

- 1 flour tortillas (10 inch) or 1 pita bread
- 2 tablespoons mayonnaise (optional)
- 1 sliced turkey or 2 ham, thin deli slices
- 1 slice cheese, cut into strips
- 2 tablespoons romaine lettuce, shredded

For the Avocado Spread

- 1 small avocado
- 1/4 cup fresh tomato, diced
- 1 dash lemon juice or 1 dash lime juice
- 2 tablespoons carrots (diced or shredded) (optional)

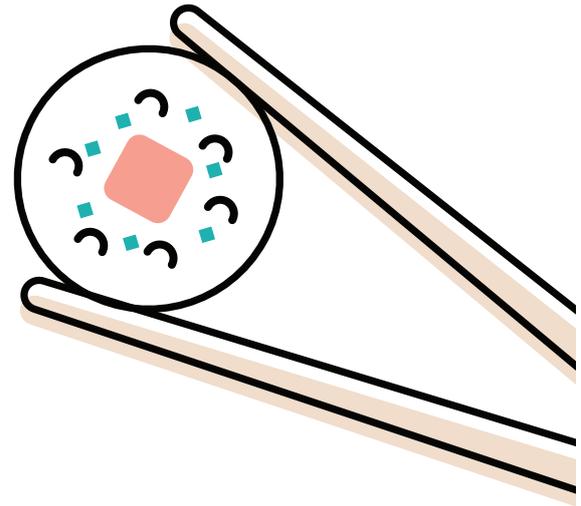
Directions

Avocado Spread:

1. Scoop the flesh from the avocado and mash, mixing with a dash of lemon or lime juice.
2. Mix in diced tomatoes and optional vegetables.
3. Set aside.

Roll:

1. Spread the tortilla or pita with mayonnaise (optional), leaving at least 1/2 inch around the outside.
2. Spread avocado spread over mayonnaise.
3. Top spread with shredded lettuce.
4. Carefully place turkey or ham slices on top of topping (leaving room on the edge for rolling).
5. Add cheese strips down the middle.
6. Carefully roll the tortilla into a wrap.
7. Cut into two pieces.



Ham & Cheese Pinwheel Sandwich

By Andrea Liu

Serves: 1 portion

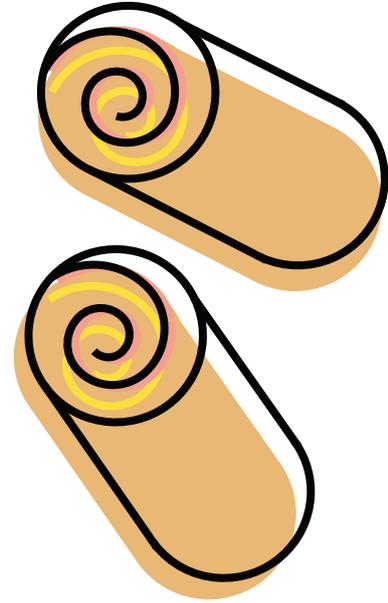
Ingredients

- 1 deli sliced ham or other meats of your choice
- 1 cheese slice
- Cream cheese spread
- Mayonnaise
- Chopped dill
- 1 flour tortilla or flattened bread

Directions

1. In a medium sized bowl, combine cream cheese, mayonnaise and dill. Mix until blended well.
2. Spread a thin layer of cream cheese mixture on your tortilla. Spread it out well so that the whole tortilla and sliced bread has a thin layer.
3. Down the middle of the tortilla, place a few slices of deli ham to cover the width of the tortilla. On top of the ham, place a layer of cheese to cover the width of the tortilla. This ensures that each pinwheel has meat and cheese.
4. Roll up the tortilla tightly. Cut off a small portion of each end and discard, then cut the remaining rolled tortilla into 6-8 slices, about 1 inch thick.

Tip: Pick your kids favourite fillings and apply the same technique. Little bit sizes pieces are easier to hold and gobble up. Some suggestions: tuna and sweetcorn with mayonnaise, honey and banana, honey soy chicken and lettuce, ham and pineapple.



Salmon Rice Ball

By Bebe Love Okazu

Serves: 6 portions

Ingredients

- 2 cups cooked brown rice
- ¼ to ½ cup cooked salmon, broken into small flakes, to taste
- ½ to 1 teaspoon shoyu (soy sauce), to taste
- 1 teaspoon dried roasted sesame seeds
- Dash of salt, to taste

Directions

1. Mix hot cooked rice, salmon, soy sauce, sesame seeds and salt in a medium bowl until well-mixed.
 2. Taste and add additional salt if necessary. Note that adding too much soy sauce will cause the rice to become too wet and the grains will separate. This will make it difficult to compress the rice into a rice ball.
 3. Using a piece of cling-film, place about a cup of rice on the cling-film, and wrap it up.
 4. Place cling-film wrapped rice in the palm of your hand and using both hands, begin to shape it into a ball.
 5. If using baby onigiri molds, be sure to line these with saran wrap first, prior to placing rice in these.
- Tip: There are very cool onigiri molds available from Daiso. You pop your rice mixture in and you are able to shape the balls easily without needing to use cling-film.

