

Good Taste

Fuelling children for the future

A collection of recipes created with love
by Goodstart's chefs and cooks.





From our family to yours

Welcome to Goodstart Early Learning's very first recipe book – filled with the flavours and tastes created by our dedicated team of centre chefs and cooks.

Every day, Goodstart serves more than 70,000 children throughout our network. And it's not just about filling little tummies.

We are committed to providing nutritious, healthy food that fuels growing minds and bodies.

As a not-for-profit organisation, Goodstart exists to make a real difference in the lives of all of the children who come through our doors. We are committed to ensuring all children, especially those most vulnerable have the best possible start in life.

We are conscious of keeping pace with the demands of modern family life and the changing needs of children and families.

Because of this, we are thrilled to share with you some of our most popular recipes, to help families create quick and easy meals that give children the nutrition they need to grow, learn and thrive. Each of these recipes can be adapted to suit your families' needs by replacing dairy and sugar with alternatives.

As we approach the festive season in 2018, we wish you and your family all the very best.

Happy cooking.

tip

Children love cooking so get them in the kitchen, trying different foods and learning new textures. Encourage your child to help with cooking and food preparation.

Cauliflower & chickpea biryani

SERVES 5-6 PEOPLE

INGREDIENTS

2 tbsp vegetable oil
1 small cauliflower, broken into small florets
2 sweet potatoes, peeled and cubed
1 brown onion, peeled and sliced
1 lt hot vegetable stock
2 tsp mild curry powder
2 cardamom pods
2 cloves
1 bay leaf
500g basmati rice
1 can chickpeas, drained and rinsed
1 cup frozen peas
2 lemons, juice only
A handful of fresh coriander leaves

METHOD

Preheat the oven to 220°C/gas 7/fan 200°C.

Pour the oil into a large roasting tin or ovenproof dish and put in the oven for a couple of minutes to heat through.

Add all the vegetables to the tin, except the peas and chickpeas, stirring to coat them in the hot oil. Season with salt and pepper and return to the oven for 15 minutes until beginning to brown.

While the vegetables are roasting, stir together the stock, curry powder, cardamom pod, cloves and bay leaf.

Mix the rice with the vegetables in the tin, then pour over the stock mixture. Lower the oven to 190°C/gas 5/fan 190°C. Cover the dish tightly with foil and bake for 30 minutes until the rice is tender and the liquid has been absorbed.

While the rice is cooking, cook the peas for four minutes in boiling water.

Remove the rice from the oven take out the cardamom, cloves and bay leaf and stir through the peas, chickpeas and lemon juice and check the seasoning, then scatter over the coriander.



Recipe supplied by
Roisin Richardson Cook, Goodstart Darch

"This is the recipe that I get asked for the most by families and staff. I love how it's full of veggies and flavour and the children just love it."

Chicken san choy bow

SERVES **4-5** PEOPLE

INGREDIENTS

2 tbsp soy sauce
2 tbsp oyster sauce
1 tsp sesame oil
500g chicken mince
½ cup fried noodles
Olive or peanut oil
Shredded vegetables as desired
Lettuce leaves

METHOD

Combine sesame oil, soy and oyster sauce in a small jug. Heat wok or pan, add some olive or peanut oil and stir fry chicken mince for 3-4 minutes until just cooked through.

Add desired vegetables to pan and stir fry for 2 minutes. Add sauce mixture and stir through until heated and slightly thickened. Stir through noodles.

Divide mixture evenly between lettuce leave cups. Serve and enjoy.



tip

Children love constructing their own food and this meal allows them to do just that. Let them choose what they want to add to their lettuce leaf.



Recipe supplied by
Lisa Hayden Cook, Goodstart Gatton

“We love this multicultural dish in our centre. It’s very fresh and easy to make!”

Sweet potato slice

SERVES **5-6** PEOPLE

INGREDIENTS

1 sweet potato (grated)	1 cup cheese
1 zucchini (grated)	1 tbsp garlic
1 onion (grated)	1 tbsp chives
4 eggs	½ tsp sea salt
1 cup self-raising flour	1 tsp pepper (to taste)

METHOD

Preheat the oven to 220°C.

Place all the ingredients together in a bowl and mix until combined.

Pour into a non-stick slice tray and bake at 220°C (200C fan-forced) for 40-50 minutes. Serve with a salad for a quick lunch, or as a side to meats or roasts.

Talk about the sensory properties of food at mealtimes, for example, what it sounds, smells, looks, feels and tastes like.

tip



Recipe supplied by
Shae Kennedy Cook, Goodstart Warragul

"I just love cooking because of the joy the children show when they sit down at mealtimes."



Make food in bulk and freeze it so that you've always got something nutritious on hand.



Cauliflower nuggets

SERVES **5-6** PEOPLE

INGREDIENTS

- 1 small head of cauliflower (about 350g)
- 1 egg
- 1 cup fresh wholemeal breadcrumbs
- 2 tsp lemon juice
- 1 cup grated low-fat cheddar cheese
- ¼ tsp ground coriander
- ¼ tsp ground cumin
- ¼ tsp ground turmeric
- ¼ tsp garlic powder
- Extra virgin olive oil spray
- ½ cup low-fat Greek yoghurt
- 1 tbsp finely chopped coriander

METHOD

Preheat oven to 190°C fan-forced and line a baking tray with baking paper.

Cut the cauliflower into small florets, and steam for three minutes or until soft. Place cooked cauliflower in a food processor and blitz to small pieces.

Add the egg, breadcrumbs, cheese, herbs, garlic powder, salt and pepper and blitz until mixture combines.

Spoon tablespoons of mixture onto lined baking tray and shape into nuggets.

Bake for 10 minutes before turning and baking for a further 10 minutes or until golden.

Meanwhile, to make the dipping sauce, place yoghurt, coriander and lemon juice in a small bowl and stir to combine.

Remove cauliflower nuggets from the oven and allow to cool slightly before serving with yoghurt dipping sauce.



Recipe supplied by
Shae Kennedy Cook, Goodstart Warragul

“This is a great option for lunch or dinner and the children can help themselves to a platter, dipping them in the yoghurt.”

Chicken & pumpkin lasagne

SERVES **5-6** PEOPLE

INGREDIENTS

3 chicken breasts (poached in seasoned water and shredded)
Half a butternut pumpkin
2 tsp cumin
50 ml olive oil
Lasagne sheets
1/3 cup butter
1/3 cup of plain flour
1 ½ cups light milk
½ tsp nutmeg
250g grated cheese
2 handfuls of baby spinach

METHOD

Skin and dice the pumpkin. Season with salt, pepper and cumin and toss through oil. Bake in the 200°C oven for 15 minutes.

In a pot melt butter, then add flour and stir for 1-2 minutes on medium heat.

Heat milk in the microwave for 3 minutes, add to butter and flour while you whisk.

Keep slowly whisking until sauce begins to thicken. Season with salt, pepper and nutmeg.

Add shredded chicken and pumpkin to the white sauce.

In a baking dish start layering lasagne sheets, white sauce mix with baby spinach until the dish is full.

Top with cheese and bake for 45 minutes to an hour on 180°C.

tip

Role model great eating habits. If you eat your veggies, so will children!



Recipe supplied by
Charmaine Alexander Cook, Goodstart Cameron Park

“This is a great twist on a traditional lasagne. You can substitute milk, cheese and butter for dairy-free options if required, and the pasta can be gluten free.”

Prepare for success!
Have your meals planned
ahead of time to make
mealtimes less stressful.

tip



Chilli con carne

SERVES **5-6** PEOPLE

INGREDIENTS

- | | |
|-----------------------------|--------------------------------------|
| 2 onions | 1½ tsp ground cumin |
| 2 cloves of garlic, crushed | 1 tsp ground coriander |
| 1 large carrot | 1 tsp ground chilli |
| 2 stalks celery | 2 tbsp sweet paprika |
| 1 red capsicum | 1 tsp caster sugar |
| 2 tablespoons of olive oil | 2 x 400g cans diced Italian tomatoes |
| 500g minced beef | 2 tbsp tomato paste |
| | Serve with rice |

METHOD

Peel onions, garlic and carrot. Cut into quarters with celery. Seed and quarter the capsicum and chop. Place in a bowl.

Heat oil in large casserole dish over a medium-high heat. Add beef, spices, sugar and a pinch of salt, and cook for 5 minutes, breaking up the beef until browned.

Add vegetable mixture to casserole and stir for 5 minutes or until softened. Add tomatoes, bring to a simmer and cook, stirring occasionally for 15 minutes or until thickened.



Recipe supplied by
Troy Jordan-Peters Cook, Goodstart Atwell

“The variety of serving options make this dish a good choice all year. Serve with rice for a hearty winter meal or with wraps and salad for healthy summer option.”

Chicken paella

SERVES **4-5** PEOPLE

INGREDIENTS

1 onion
500g chicken thigh
Half a red capsicum
100g peas
4 large spoons of tomato passata
1/4 tsp saffron
750 ml chicken stock
3 cups of brown rice
Salt to taste

METHOD

Chop onions small and sauté until soft.

Cut up chicken into 2cm chunks and add to onions in the pan. Cook until brown.

Chop capsicum, add to the mix, add saffron and cook for 5 minutes.

Add tomato passata, mix together and cook for another 5 minutes

Add the rice and stock and simmer for 30 minutes, keep stirring.

Add peas when rice is nearly done.

Serve with lemon wedges.

Double the amount of stock for rice. (1 cup of rice = 2 cups of stock)

You could add some calamari and prawns (as pictured, quick seal on hot pan and add to the mix) and cook mussels (add at the end for decoration) to make it more authentic.



Recipe supplied by
Zeni Pages Cook, Goodstart Drysdale

"This recipe comes from my homeland and everyone really enjoys eating it."



tip

When packing a lunchbox, try to include half a cup of vegetables and one serve of fruit.

Chicken & zucchini meatballs

MAKES ABOUT **20** MEATBALLS

INGREDIENTS

500g chicken mince
1 egg
1/2 cup grated cheese
1 tbsp tomato sauce
1 tsp minced garlic
1 onion diced
1 zucchini grated
1 carrot grated
1 cup of breadcrumbs


METHOD

Preheat oven to 180°C and line a baking tray with baking paper. Dice onion and grate carrot and zucchini into a bowl.

Add chicken mince, eggs, cheese, tomato sauce, garlic and bread crumbs to the bowl and mix until all ingredients are combined.

Once combined use a tablespoon to measure the amount of mixture and roll into balls and place on baking paper on the tray.

Once rolled into balls place baking tray in to oven and cook for 30 minutes or until golden on top and cooked through.



Serve the meatballs with wraps and top with lettuce, tomato, capsicum, yoghurt and even grilled zucchini for a healthy treat.

tip



Recipe supplied by
Samantha O'Riordan Cook, Goodstart Wonthella

"The children at my centre love this recipe for lunch."

Mauritian chicken curry

SERVES **4-5** PEOPLE

INGREDIENTS

2 tbsp of olive oil
250g breast fillets
200g of fresh tomatoes
1 tsp of ginger and garlic
1 large potato
2 small carrots
250ml of water
1 onion chopped
Half a bunch of coriander
1 tbsp of curry powder
1 tsp of cumin seeds

METHOD

Heat oil in a heavy-based frying pan over medium heat. Fry the potatoes and carrots for 2 minutes. Cook the onion, ginger and garlic and cumin seeds, add curry powder and stir for 1 minute.

Add the chicken and cook for 2 minutes, stir in the tomatoes and water.

Reduce the heat to medium to low. Add the potatoes, carrots and simmer for 30 minutes or until tender. For vegetarian, add the tofu in the last 10 minutes.

Serve with rice and coriander.



Try preparing or cooking foods in different ways. Offer broccoli raw, steamed, finely chopped or fully cooked.

tip



Recipe supplied by

Marie Van Schellebeeck Cook, Goodstart Parramatta

“Everyone loves eating curry and this is very easy to make. The children like it too because of the flavours of the spices and the smell is so nice. For the younger children at the centre, I add some light sour cream.”

Balsamic glazed chicken and vegetable bake

SERVES **2-4** PEOPLE

INGREDIENTS

2 tbsp balsamic vinegar
1 tbsp olive oil
1 tsp honey
Salt and pepper to taste
300g chicken breast or thighs, cut into 3cm strips
200g baby potatoes, cut in half
4 medium carrots, cut in half length ways and across
Half a head broccoli, cut in florets
125g cherry tomatoes
1 tbsp chopped parsley

METHOD

Preheat oven to 220°C and line a tray with baking paper. Blend vinegar, oil and honey and season with salt and pepper. Toss 1 tbsp with chicken and set aside.

Toss 1 tbsp of marinade with potatoes, carrots, broccoli and tomatoes and roast for 20 minutes.

Add chicken to vegetables, drizzle with remaining glaze and cook for another 12 minutes or until chicken is cooked.

Divide between two plates and scatter over parsley and serve.

tip

Add extra vegetables such as cauliflower and sweet potato, depending on what's in season.



Recipe supplied by
Kerrie Watson Cook, Goodstart Kingaroy

"This dish caters for gluten and lactose intolerance, it can also cater for vegetarians by removing the chicken and adding other favourite vegetables."



Carbonara pasta

SERVES **5-6** PEOPLE

INGREDIENTS

375g fresh fettuccine
100g pancetta,
coarsely chopped
2 eggs, lightly whisked
2 egg yolks
½ cup (40g) finely
grated parmesan
½ cup (125ml)
thickened cream
Shaved parmesan,
extra, to serve

METHOD

Cook the pasta in a large saucepan of salted boiling water until al dente. Drain well. Meanwhile, heat a medium frying pan over a high heat, add the pancetta and cook, stirring occasionally for 2-3 minutes until just crisp. Remove from heat.

Whisk the eggs, egg yolks, parmesan and cream in a medium bowl until well combined. Season with salt and pepper.

Return the hot pasta to the pan. Add the pancetta and pour over the egg mixture. Gently toss until just combined (the heat of the pasta should cook the eggs).

Divide evenly among serving bowls. Tip with shaved parmesan and serve immediately with mixed salad leaves if desired.



Listen to what your child likes and doesn't like. Communication is essential in making mealtimes happy times.

tip



Recipe supplied by
Troy Jordan-Peters Cook, Goodstart Atwell

*"Everybody's favourite! Thick, rich and delicious.
This is comfort food at its finest."*

Creamy pumpkin soup

SERVES **5-6** PEOPLE

INGREDIENTS


1 cup butternut pumpkin
1 cup sweet potato
2 carrots
1 onion
1 clove of garlic
1 tbsp vegetable stock (powdered)
200ml thickened cream

METHOD

Roughly chop the vegetables and add to the saucepan with enough water to just cover them. Add salt and pepper to taste.

Cook until the vegetables are soft and then blend until smooth.

Add the cream and stir. Serve with wholemeal bread or a fresh garlic bread stick.



Offer a large variety of foods including foods you know your child likes. This will ensure your child has success with some food – even if it is familiar food.

tip



Recipe supplied by
Claire Chitty Cook, Goodstart Cheltenham

“Children and adults love the creamy texture and hidden vegetables in this recipe.”

tip

Get children out in the garden getting their hands dirty so they know where their food is coming from.



Chicken fried rice

SERVES 4-6 PEOPLE

INGREDIENTS

400-500g minced chicken breast
1 small brown onion, finely chopped
100g shredded white cabbage
2 tsp vegetable oil
1 clove crushed garlic
1 tbsp finely chopped ginger
500g frozen vegetable mix (carrot, peas, corn)
1 medium zucchini, diced
2 pieces/stems of spring onion, thinly sliced
1 cup of bean sprouts, washed and chopped
5- 7 sprigs of fresh coriander, chopped (optional)
2-3 tbsp of reduced salt soy sauce
2 tbsp sweet chilli sauce (optional)
2-3 cups of cooked brown rice

METHOD

Heat oil in a large frying pan, at medium temperature, and add garlic, onion, ginger and sauté until soft and golden.

Add chicken mince and stir until cooked.

Add cabbage, frozen vegetables, zucchini and bean sprouts and stir fry for about 5 minutes.

Add the cooked brown rice to the pan, giving it a stir and a toss. Add the soy and sweet chilli sauces and bring back to heat of about 90°C.

Once cooked, remove from the heat, serve in bowls and garnish with the spring onion and coriander.



Recipe supplied by
Gwen Visser Cook, Goodstart Frankston South

“This dish is part of our spring menu. For this dish, we sometimes use half brown rice and half white rice mixed together with lots of yummy vegetables and fresh herbs from our garden. The kids love it.”

Queensland salad

SERVES 4-6 PEOPLE

INGREDIENTS

For the salad

3 bacon rashers (finely chopped)
2 avocados (peeled, sliced)
2 mangoes (peeled, sliced)
1/2 cup macadamia nuts (roughly chopped)
1 lettuce or spinach leaves
Prawns - as many as you like (shelled)

For the dressing

1/4 cup olive oil
2 tbsp lemon juice
1 tsp French mustard
1 tbsp thickened cream

METHOD

For the salad

Cook bacon in pan until crisp, drain.

Arrange avocado, mango, macadamia nuts, bacon and prawns over bed of lettuce, top with dressing.

For the dressing

Whisk dressing ingredients together and pour over salad just before serving.

tip

The best thing about salads is that you can add or subtract ingredients depending on what you have in the cupboard and fridge.



Recipe supplied by
Michelle Buchanan Centre Director, Goodstart Aspley

"It's a lovely fresh salad that we have each Christmas, and it tastes just like Queensland. It's an easy throw together salad, that can be pre-prepared (items in containers) and put together at the last minute."

Tropical chicken curry

SERVES **5-6** PEOPLE

INGREDIENTS

400g chicken breast or thigh fillet
2 medium carrots
2 medium potatoes
1 cup corn kernels
1 medium onion
1 cup green beans
½ cup sultanas
120g pineapple
1 large green apple
½ tsp garlic powder
½ tsp garam masala
1 tsp curry powder
½ tsp cumin
½ tsp turmeric
165ml coconut milk
800g diced tomato
½ tbsp olive oil or any cooking oil
Salt and pepper to taste

METHOD

Peel and chop onion. Slice carrot, potato, apple, green beans into bite sized pieces and dice the chicken into bite size pieces.

Heat oil in a large fry pan over medium heat. Add onion, chicken, cook gently until chicken turns brown (approximately 5-10 minutes).

Add potato, carrot, corn kernels, cook until tender.

Add apple, green beans, sultanas, pineapple, curry powder, garlic powder, garam masala, cumin, turmeric, stir trough for 1-2 minutes.

Add coconut milk and diced tomatoes. Bring to the boil, reduce heat and simmer.

Serve with cooked rice or paratha bread.



Recipe supplied by
Dian Indriani Cook, Goodstart Belgrave Heights

“You can use natural yoghurt instead of coconut milk for a healthier option and you can also add plenty of other vegetables when they’re in season such as pumpkin, celery and zucchini.”



tip

Sit down as a family and enjoy mealtimes together. It is important to create a joyful, relaxed environment.

Black beans & rice bake

SERVES **5-6** PEOPLE

INGREDIENTS

1½ cups uncooked rice
½ leek
½ zucchini
½ red capsicum
1 carrot
400g tin crushed tomatoes
400g tin black beans
1½ cups grated cheese
1 clove garlic
1 tsp paprika
1 tsp mixed herbs
1 tsp cumin
½ tsp dried chilli flakes

METHOD

Heat oven to 200°C and cook the rice as directed.

Finely dice all of the vegetables (I use the food processor).

Fry vegetables and garlic until softened in a little olive oil. Add spices and cook for a couple of minutes till fragrant.

Stir in tomatoes and rinsed beans, adding a little water if it is too thick. Simmer for 10 minutes and remove from heat.

Stir in cooked rice and half the cheese. Spread in shallow baking tray. Top with remaining cheese.

Bake for 10-15 minutes until golden.

Serve with sour cream, baked potato wedges and warm tortillas. Sprinkle with some spring onion if desired.



Recipe supplied by
Rhonda Dsouza Cook, Goodstart Kingsley

“This is a super quick, easy and delicious recipe and you can serve it as a non-dairy meal without the cheese.”



Grating vegetables into a dish such as this is a great way to add extra nutrition.

Creamy chicken & spinach pasta bake

SERVES 7-8 PEOPLE

INGREDIENTS

200g dried pasta
200g diced cooked chicken or chicken mince
100g baby spinach leaves
300ml thickened cream
¾ cup semi-dried tomatoes, diced
1 cup grated parmesan cheese (set 1/2 cup aside)
1 cup grated mozzarella cheese

METHOD

Preheat oven to 160°C. Lightly grease a 5cm deep, 20 x 28 cm base baking dish.

Cook pasta in boiling water until tender – about 10 minutes. Finely dice chicken while pasta is cooking.

Drain pasta and return to saucepan. Add chicken, spinach leaves, tomatoes, cream and 1/2 cup parmesan. Toss well and season to suit taste if required. Spoon mixture into prepared dish.

Top with mozzarella and remaining parmesan cheeses. Bake for about 15 minutes or until golden. Serve and enjoy.



Recipe supplied by
Claire Chitty Cook, Goodstart Cheltenham

“Who doesn’t love pasta bake? This is a lovely, creamy and very tasty pasta bake that the children at my centre really enjoy. You could also use a pre-cooked barbecue chicken, diced.”

Numinbah bush salad

SERVES 5-6 PEOPLE

INGREDIENTS

150 grams baby beetroot leaves
50 grams rocket leaves
4 medium tomatoes cut into wedges
1 continental cucumber, scored and sliced
1 Spanish onion sliced
100g cooked kings prawns, peeling and deveined
4 native finger limes, caviar squeezed out
20g Shashemain Springbrook Salad Sprinkle. *Cook's note: "You can use macadamia nuts and/or a sprinkle of any fresh coriander and mint herbs instead of the Springbrook mix."*
1 mango, diced or sliced
2 tbsp macadamia oil

METHOD

Toss all ingredients together in a large mixing bowl and add the macadamia oil. Serve with damper.

Prawns can be substituted with tofu or baked, diced chicken pieces to be cost effective and maintain protein in the meal.



Recipe supplied by
Kerri Dove Cook, Goodstart Highfields

"Because of its colourful, nutritious and fresh summery flavours, the dish connects us to our traditional owners of the land. Encourage children to self-serve during their meal times together."

Homemade pita chips & dips

INGREDIENTS

For the pita chips

1 bag of wholemeal or white pita bread
1 cup of canola spray oil
Seasonings of your choice such as Italian herb mix

For the capsicum dip

2 large red capsicums
1 small onion
2 garlic cloves
250ml cream cheese or natural yoghurt
1 tbsp olive oil
1 tsp mixed Italian herbs

For the hummus dip

1 can chickpeas, drained and rinsed
2-4 tbsp water
2 tbsp extra virgin olive oil
1 tbsp lemon juice
1 garlic clove, minced
¾ tsp ground cumin
¼ to ½ tsp salt

METHOD

For the pita chips

Cut pita bread into chunks or triangles. Spread them evenly on a tray lined with baking paper. Spray oil over the top and then sprinkle your choice of seasoning.

Bake in the oven at 180°C for about 10-15 minutes, turning them over halfway through cooking. Chips are cooked when crunchy and lightly brown.

For the capsicum dip

Preheat oven to 180°C. Roughly chop capsicum and onion and mix together with garlic, olive oil and herbs in a baking tray. Bake in the oven until soft and cooked (about 20 minutes).

Blend the capsicum mixture with an electric blender until pureed, then add the cream cheese or yoghurt until completely mixed together. Chill in the fridge for at least an hour. Serve with vegetable sticks, cheese sticks and crackers.

For the hummus dip

Add the chickpeas, 2 tbsp water, olive oil, lemon juice, garlic, cumin and ¼ tsp salt to a food processor. Process until smooth and creamy. If needed, add additional water to thin out the hummus, and ¼ tsp salt. Store covered in the fridge.



Pita chips and hummus dip recipes supplied by
Kathleen Watson
Cook, Goodstart Chadstone

“Children love the crunchy taste of these. They are low in fat and salt if you use the Italian herb mix which makes them a healthy alternative to crackers. A great alternative for a late snack.”



Capsicum dip recipe supplied by
Deonne Riddle
Cook, Goodstart Joondalup

“The children at our centre all love the dip and the staff ask for the recipe to make at home. It’s a colourful, healthy snack.”



If your children are getting bored with regular sandwiches, try mixing things up with a wrap, tortillas, pita bread or Mountain bread.

tip



tip

Rather than using butter or mayonnaise on sandwiches, try a little hummus dip.

Apple & oat muffins

SERVES **12** LARGE MUFFINS

INGREDIENTS

1 cup self-raising flour
1 cup plain flour
1 ½ tsp baking powder
¾ cup tightly packed brown sugar
1 ½ cups rolled oats, plus 1 tbsp extra
1 ½ cups vanilla yoghurt, at room temperature
2 eggs, lightly beaten
100ml light olive oil
1 red or green apple, thinly sliced

METHOD

Preheat the oven to 180°C and grease two six Texas (large) muffin pans with cooking spray or line with muffin cases.

Sift flours and baking powder together, stir in sugar and oats, and whisk the yoghurt, eggs and oil together. Add to flour, mix until just combined.

Divide the mixture evenly into muffin pans until three-quarters full. Gently push slices of apple into mixture until covered and sprinkle with extra rolled oats.

Bake for 25 minutes until golden in colour and cooked when tested. Cool for 5 minutes in pan before transferring to a wire rack. Serve warm.

tip

If you have a “fussy” eater, try giving them foods they enjoy and are comfortable eating while exploring new ones.



Recipe supplied by
Troy Jordan-Peters Cook, Goodstart Atwell

“Easy to make and yummy to eat, these muffins are simple, healthy and tasty.”

Allergy-free crêpes

SERVES **5-6** PEOPLE

INGREDIENTS

1 cup gluten free flour
¼ cup sugar
A little bit more than a pinch of salt
¼ cup olive oil
2 cups rice milk
4 eggs (or egg replacer)

Suggested toppings

Maple syrup
Lemon juice and sugar
Nutella
Fruit compote
Chopped banana, strawberries,
raspberries or a combination

METHOD

Whisk all ingredients together.

Pan fry until you see bubbles then flip over like a pancake.

The oil included in the ingredients means you don't need to keep greasing the pan in between cooking each one.

If you want to make a more savoury flavour in the crêpe, first step is to remove the sugar, and perhaps add a smidgeon of curry, cumin or chilli powder (or any other preferred herb/spice). You can add grated cheese into the pan as you pop the mixture in to cook.

tip

Playing with food and talking about food is important, as is trying to implement a regular mealtime.



Recipe supplied by

Meredith Thomas Strategist, Goodstart Centre Support Office

“My son Jake has lots food allergies, and his Grandpa came up with this ‘Jake friendly’ recipe which the whole family loves to eat. Jake and Grandpa get very excited for pancake day. It’s been really special to see them have something to enjoy together.”

Wholemeal sweet potato bread

MAKES 16 PIECES

INGREDIENTS

400g sweet potatoes
4 large free-range eggs
1/4 cup olive oil
2 tsp baking powder
1 1/2 cups wholemeal self-raising flour
1/4 cup pumpkin seeds (pepitas)
1/4 cup sunflower seeds

METHOD

Preheat oven to 200°C. Wrap the sweet potatoes in foil and bake for 30-40 minutes or until soft. Remove the foil and rub off some of the skin.

In a bowl, mash the sweet potato with a fork. Add remaining ingredients and stir well.

Transfer mixture to a large lined loaf tin and bake for 1 hour.

When cool, slice loaf into 16 pieces. Freeze leftover slices and defrost as needed.



Make a fruit crumble by letting your kids cut off the soft fruit and mix up the crumble.

tip



Recipe supplied by
Junih Superli Assistant centre director, Goodstart Osbourne

"This is a great healthy afternoon snack and it's easy to modify. We can change pumpkin seeds/sunflower seeds with sultanas."

Easy peasy banana, sultana & apple bread


SERVES **7-8** PEOPLE

INGREDIENTS

2 cups wholemeal self-raising flour
1 tsp bicarbonate soda
1/2 cup brown sugar
2 mashed bananas
1 tsp vanilla essence
2 eggs
1 cup milk
1 tbsp olive oil
1/2 cup sultanas
1/2 cup apples (grated or pureed)

METHOD

Preheat oven 180°C (160°C for fan forced).
Mix all ingredients together in a bowl.
Spoon into loaf pan and bake for 45-55 minutes.



Remember that new foods need to be presented repeatedly in small amounts that are not daunting – use plenty of positive reinforcement!

tip



Recipe supplied by
Samantha Harmor Cook, Goodstart Frankston Dandenong Road

“This recipe is delicious, easy and healthy. You could add another half a cup of pureed apples to replace the eggs or use rice milk to replace the milk. Coconut oil could be used to replace the oil.”

If you have a child who only eats white bread, try to buy the white bread with invisible fibre.

tip



Vegan chocolate cake

SERVES **7-8** PEOPLE

INGREDIENTS

For the cake

- 1 ½ cups of self-raising flour
- 1 cup of raw sugar
- 1 tsp bicarbonate of soda
- 1 ¼ cup cacao chocolate powder
- 1 1/3 cup of vegetable oil
- 1 tsp vinegar
- 1 tsp vanilla essence
- 1 cup of cold water

For the icing

- Dash of vanilla extract
- 200g 70 per cent dark chocolate
- 200mls coconut cream

METHOD

For the cake

Preheat the oven to 180°C.

Add all the ingredients together and mix with a spoon until just combined.

Line a baking tin with baking paper and cook in a moderate oven for 35 minutes.

Cool and ice with chocolate icing.

For the icing

Chop up the chocolate, bring the cream to the boil and add the chocolate until melted.

Stir to combine. Leave to cool slightly and then pour over cake.



Recipe supplied by
Elizabeth Stansbie Cook, Goodstart Toowoomba Middle Ridge

“This is a favourite cake in my centre and it’s great for dairy and egg allergies.”

Carrot & apple cake

MAKES 12 GENEROUS SLICES

INGREDIENTS

For the cake

- 1 cup flour
- 1 tbsp cinnamon
- 1 tsp baking soda
- 1 pinch salt
- $\frac{3}{4}$ cup vegetable oil
- $\frac{1}{2}$ cup white sugar
- $\frac{1}{2}$ cup dark brown sugar, packed
- 2 large eggs
- 1 $\frac{1}{2}$ cups grated carrot
- 1 cup grated apple

For the icing

- $\frac{3}{4}$ cup cream cheese, softened
- 3 tbsp unsalted butter, softened
- 2 tsp fresh lemon juice
- $\frac{1}{2}$ tsp vanilla extract
- 2 $\frac{1}{2}$ cups icing sugar

METHOD

For the cake

Preheat oven to 180°C and grease and flour a 20cm by 20cm baking pan. Mix together flour, cinnamon, baking soda and salt in a large bowl. In another bowl, whisk together oil, sugars and eggs until well combined. Gradually stir dry ingredients into wet ingredients, until thoroughly mixed. Stir in grated carrots and apples until just combined and pour into baking pan. Bake for 30-35 minutes or until tests done in the centre with a butter knife. Cool.

Cool for 5 minutes then take out of pan to cool completely on a wire rack.

For the icing

Mix cream cheese and butter in a large bowl with a wooden spoon.

Stir in lemon juice and vanilla then gradually start adding the icing sugar until blended. Beat with an electric mixer to get icing smooth, then ice top and sides of cooled cake.

Cut into squares and serve, garnish with walnut halves and grated lemon peel, if desired.

tip

If you prefer less sugar, try a sugar alternative such as rice malt syrup.



Recipe supplied by
Shae Kennedy Cook, Goodstart Warragul

"If you like less sugar, you could simply serve this cake without the icing, dusted with a little icing sugar."

With love,
Your Goodstart Family



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