

THE STUPENDOUS LUNCHBOX SAFARI



1Seven's Super Tasty Lunchbox Recipes

As many parents know, packing a lunchbox every day with food that is both nutritious and tempting to the tastebuds can be quite a challenge. Take a look at our recipes for some fresh, new ideas for lunches that pack some serious taste power.

DAY 1: MAGNIFICENT MEXICAN

Recipe: Easy Bean Burrito – Makes 1

- 1 x flour tortilla
- 1/4 cup kidney beans (drain and rinse)
- 1/2 small carrot, grated
- 2 x teaspoon of mashed avocado
- 1 x tablespoon of grated cheese
- Handful of baby spinach leaves or lettuce

What to do:

Spread the tortilla with avocado and top with the spinach leaves or lettuce. Add the beans, carrot and cheese, be careful not to overfill or fill to the ends. Fold both of the ends and roll to secure.

Lunchbox Watch!

Mix in some tuna or chicken with the beans or add some flavoursome extras like corn kernels, coriander or even sweet chilli sauce! Be sure not to add too many dressings or 'wet' foods like tomato as the tortilla can go soggy.

Fruit Burritos! – try adding some tinned apples sprinkle with cinnamon and roll up. Or try some mashed banana and sultanas. You can heat them in the microwave for a few seconds.

Not suitable to freeze

For gluten free version substitute the flour tortilla with a gluten free tortilla.

Other stuff to put in the lunchbox:

- Crackers with cheese
- Sliced apple and strawberries
- Bottle of water

Nutritional Info:

- Energy (cals/kj): 269/1125
- Carbohydrate (g): 36.6
- Protein (g): 9.5
- Fat (g): 9.4
- Fibre (g): 6.5

