

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 FIVE: AWESOME AUSTRALIAN

Recipe: Cheesy Ham Jaffle - Makes 1

2 slices wholegrain bread
1/2 cup baked beans
2 slices of lean ham
1 slice of cheese
Pineapple slice
Spinach leaves

What to do:

Heat jaffle maker. Drain some of the sauce from the beans, layer all ingredients on bread. Seal and heat.

Lunchbox Watch!

You can add anything to a jaffle and they are great cold. You can also try some sweet jaffles for a great snack - why not try mashed banana with berries, cinnamon and passionfruit.

Suitable to freeze

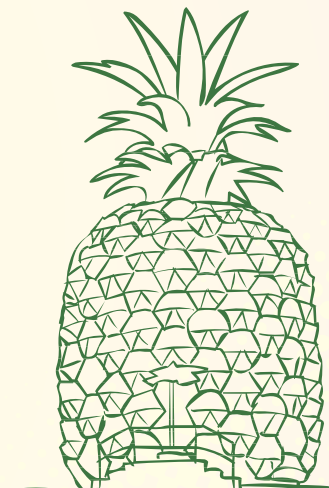
Use gluten free bread for a gluten free version.

Other stuff to put in the lunchbox:

In a small container or sealable cup add yoghurt and berries, and sprinkle with muesli
2 x Saladas (or any dry crackers), spread with vegemite
Bottle of water

Nutritional Info:

Energy (cals/kj): 454/1894
Carbohydrate (g): 52.5
Protein (g): 28.4
Fat (g): 13.9
Fibre (g): 11.4



www.1seven.com.au

