

FREE DOWNLOAD

TEN SCHOOL LUNCH BOXES

*NO ONE WILL KNOW THEY ARE **VEGAN.***



EGG FREE | NUT FREE | KID FRIENDLY



Hello Friends

As a vegan dad I know how difficult it can be to feed your vegan children, especially when it comes to lunch boxes that they'll actually eat and enjoy!

With this ebook, I am providing you all with some fresh ideas that are not only simple to prepare, but absolutely delicious.

Here's a handful of vegan friendly lunch boxes that you can start to implement into your lunch box routine today.

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- 04** Chocolate Ripple Balls: Delicious 3 ingredient balls that make for the perfect snack!



- 06** Vegan Welsh Cakes: A traditional Welsh snack that works as the best lunch box snack



- 20** Mini Choc Chip Cookies: Tasty choc chip cookies that are super easy to prepare



- 22** Corn Fritters: This your next go-to snack that goes perfectly by itself or with some tomato sauce



FEATURED ITEMS:

- Corn Fritters
- Cucumber
- Cold spaghetti w/green peas
- Apple & Sultana Muffin
- Rockmelon
- Grapes
- Chocolate Ripple Balls

APPLE & SULTANA MUFFINS

- 2 cups plain flour
- 1 tbsp baking powder
- 2 tsp cinnamon ground
- 2/3 cup brown sugar
- 2 granny smith apples cored, peeled, chopped
- 3/4 cup sultanas
- 1 banana
- 1/2 cup butter, melted,
- 200ml soy milk

METHOD

- In a large mixing bowl, sift in flour, baking powder and cinnamon. Add brown sugar, apple and sultanas, mix to combine
- In a separate bowl, mash the banana until soft. Add butter and soy milk, and mix to combine.
- Combine wet mixture to dry mixture, mix until a batter is formed.
- Spoon mixture into a prepared muffin tray.
- Place in oven at 180c for between 20-25 minutes. Allow to cool before eating

CHOCOLATE RIPPLE BALLS

- 250g Chocolate Ripple Biscuits
- 320g Sweetened Condensed Coconut Milk (I used Natures Charm)
- 1 cup desiccated coconut (plus more for rolling)

METHOD

- Place chocolate ripple biscuits in a blender and blend until a very fine crumb
- Place in a large bowl with condensed coconut milk and desiccated coconut. Fold together until well combined
- Wet hands and roll mixture into tablespoon sized balls. Roll through more desiccated coconut.
- Place in the fridge for 1-2 hrs to set.

NOTES:

- Corn fritters recipe (page 22)





FEATURED ITEMS:

- Pizza Puff Pastry Pockets
- Cold spaghetti w/green peas
- Carrots
- Hummus
- Blueberries
- Rockmelon
- Welsh Cakes

VEGAN WELSH CAKES

- 2 cups plain flour
- 1 tsp baking powder
- 1 tsp cinnamon powder
- 1 tsp nutmeg
- 3/4 cup vegan butter block
- 1/3 cup caster sugar (+more for coating)
- 1/3 cup sultanas
- 6 - 8 tbs of non-dairy milk

METHOD

- Place flour, baking powder, cinnamon and nutmeg in a large mixing bowl. Mix to combine
- Add cold vegan butter and rub together with flour mixture until it resembles a fine bread crumb texture
- Add caster sugar and sultanas and mix to combine
- Add about half of milk to the mixture and combine together with your hands, gradually adding the rest of the milk. You eventually want to make a soft ball that isn't sticky
- Place dough ball onto a lightly floured surface and roll out dough until it's about 2cm thick.
- Cut into equal sized circles using a circle cutter (or glass if you don't have one), and re-roll off cuts to make more. The mixture should make about a dozen+ welsh cakes
- Heat some butter in a frypan on medium heat. Place welsh cakes onto hot pan and cook for 2-3 minutes each side or until lightly browned
- With some caster sugar on a plate, place cooked welsh cakes and cover on both sides

PIZZA PUFF PASTRY POCKETS

- 1 sheet puff pastry
- Tomato paste
- Grated cheese
- Other desired fillings

METHOD

- Thaw a sheet of puff pastry and cut into quarter squares.
- Spread tomato paste on two square, grated cheese and other desired fillings.
- Grab the plain squares and place over the top, use a fork to press the edges and seal.
- Place in an airfryer or oven until golden brown



FEATURED ITEMS:

- Crispy tofu squares (coat in cornflour and panfry with some oil or in the airfryer)
- Cold spaghetti w/green peas
- Vegemite salad
- Grapes
- Strawberries
- Chocolate muffins

CHOCOLATE MUFFINS

- 1 + 1/4 cups plain flour
- 1 cup white sugar
- 1/3 cup cacao powder
- 1 tsp bi carb soda
- 1/2 tsp salt
- 1 cup warm water
- 1 tsp vanilla extract
- 1/3 cup vegan butter, melted
- 1 tsp apple cider vinegar

METHOD

- Pre-heat oven to 180c
- Mix all ingredients in a large bowl. Dry first, then wet
- Place mixture in a prepared muffin tray and place in oven for about 30 minutes at 180c





FEATURED ITEMS:

- Banana muffin
- Strawberries
- Watermelon
- Weetbix slice
- Crispy potato cubes
- Tomatoes
- Pizza dinner rolls with sausages

BANANA MUFFINS

- 3 x Bananas (very ripe is best!)
- 1/4 cup butter, melted
- 1 cup sugar
- 2 cups plain flour
- 1 tsp salt
- 1 tsp bi carb soda

METHOD

- Heat oven to 180c and prepare muffin tray
- In a large bowl mash the bananas with a fork until soft
- Add butter (or oil) and sugar and then cream together
- In a separate bowl, combine flour, salt and bi carb soda until well mixed. Combine this flour mixture with banana mixture, stirring gently just to combine - do not over mix!
- Carefully spoon batter into muffin tray and bake in oven for about 25 minutes

NOTES:

- Weetbix Slice Recipe (page 12)

PIZZA DINNER ROLLS W/SAUSAGES

- Dinner rolls
- Tomato paste
- Grated cheese
- Meat free sausages

METHOD

- Spread tomato paste on dinner roll, place some grated cheese on top and sandwich in a pre-cooked sausage in the middle.
- Bake in the oven until dinner roll is cooked





FEATURED ITEMS:

- Vegetable Springrolls
- Carrots & Cucumber
- Hummus
- Tomatoes
- Banana Muffin
- Weetbix Slice
- Rockmelon
- Dried Apricots & Strawberries



WEETBIX SLICE

- 1/2 cup of maple syrup
- 1/2 cup of vegan butter
- 1 cup of sugar
- 3 Weetbix, crushed
- 3 tbsp of desiccated coconut
- 3/4 cup of self raising flour
- 1 cup of rolled oats
- 1 tbsp of chia seeds
- 3/4 cup of dried fruit (blue berries, sultanas etc.)

METHOD

- In a small saucepan over medium heat, add maple syrup, vegan butter and sugar. Mix to combine and take off heat
- In a mixing bowl add crushed Weetbix, desiccated coconut, self raising flour, rolled oats, chia seeds and dried fruit and mix together to combine.
- Add wet mixture to dry mixture and mix to combine.
- Place mixture to prepared baking tray. Flatten mixture evenly
- Place in oven at 170c for 25 minutes
- Removed from oven and leave to cool before cutting into slices

NOTES:

- Banana Muffins Recipe (page 10)



FEATURED ITEMS:

- Sushi Selection
- Crispy Potato Cubes
- Olives
- Pretzels
- Rockmelon
- Mini Pancakes

VEGAN PANCAKES

- 1 cup of plain flour
- 2 tbsp of sugar
- 1 tbsp of baking powder
- 1/2 tsp of salt
- 1 cup of soy milk
- 1 tbsp of apple cider vinegar
- 1 tsp of vanilla extract

METHOD

- Add flour, sugar, baking powder and salt to a mixing bowl. Mix to combine
- Add in soy milk, apple cider vinegar and vanilla extract to the dry ingredients and mix to combine
- Allow mixture to sit for about 5 minutes
- Add some vegan butter to a frypan on medium heat. Pour about 1/4 cup portion of pancake batter to pan. Flip once bubbles begin to show.





SEED & SPROUT

FEATURED ITEMS:

- Mini Pancakes
- Watermelon
- Grapes
- 2 Minute Noodles w/Green Peas
- Hummus
- Cucumber & Tomatoes
- Carrots

NOTES:

- Pancake Recipe (page 14)





FEATURED ITEMS:

- Cold Pasta w/Green Peas
- Crispy Potato Cubes
- Slice
- Grapes
- Popcorn
- Dates
- Puff pastry Triangles Filled with Jam

PUFF PASTRY TRIANGLES FILLED WITH JAM

- 1 Puff pastry sheet
- Strawberry jam

METHOD

- Thaw out a sheet of puff pastry and cut into desired sized triangles.
- Spread jam on triangle and then cover with a plain triangle. Use a fork to press and seal puff pastry.
- Place in oven or airfryer until golden brown





FEATURED ITEMS:

- Honeydew
- Strawberries
- Weetbix Slice
- Mini Choc Chip Cookies
- Puff Pastry Pizza Pockets
- Cold Spaghetti
- Carrots
- Hummus

CHOC CHIP COOKIES

- 1 cup white flour
- 1/2 tsp bi carb soda
- 1/4 tsp salt
- 1/4 cup sugar
- 1/4 cup brown sugar (or coconut sugar)
- 1/3 cup choc chips
- 2 tbsp soy milk
- 3 tbsp vegan butter, melted

METHOD

- Combine all dry ingredients in a large bowl, then stir in wet to form a dough. It will be dry at first, so keep stirring until a cookie-dough texture is formed. If needed, add more milk
- Refrigerate until dough is cold
- Preheat oven to 160c
- Form dough balls and place on a greased baking tray, leaving enough room to spread
- Bake for 11mins. They'll look underdone when taken out, but let them cool for 18mins before eating

NOTES:

- Puff Pastry Pizza Pockets Recipe (page 6)



FEATURED ITEMS:

- Corn Fritters
- Crispy Potato Cubes
- Cucumber
- Grapes
- Honeydew
- Popcorn
- Chocolate Brownies

CORN FRITTERS

- 1 tbsp ground flaxseed
- 3 tbsp water
- 2 cups corn kernels
- 1 tsp baking powder
- 3/4 cup plain flour
- 1/2 tsp salt
- 1 tbsp onion powder

METHOD

- Mix flaxseed & water into a small bowl. Let sit so it thickens
- Put 1.5 cups of corn, flax egg, and all remaining ingredients into a food processor. Process until a smooth batter forms
- Add batter and remaining corn to a large bowl and mix to combine
- Heat oil in a fry pan on medium heat, cooking fritters for about 2 minutes each side

CHOCOLATE BROWNIES

- 1 cup plain flour
- 1 cup white sugar
- 1/4 cup cacao powder
- 1 cup soy milk
- 1/3 cup butter, melted
- 1 tsp vanilla extract
- 180g chocolate, melted

METHOD

- Pre-heat oven to 180c and prepare a square oven dish
- Add all ingredients into a large mix bowl. Mix to combine
- Place mixture into prepared oven dish and evenly spread mixture
- Place in oven for 25-30 minutes



