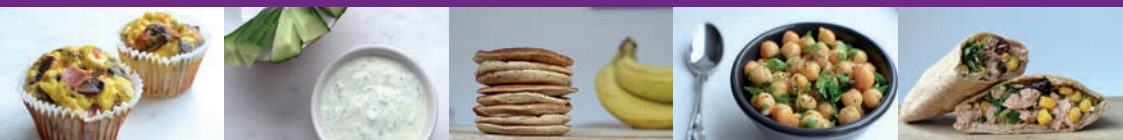


Lunch box
recipes for
kids

Low Sugar Recipes



THE REWARDS PROJECT is a charity set to transform the reward culture in schools – and at home. Our campaign champions a total change in mindset in how we reward good behaviour of children in the classroom or with the family. All too often foods laced with sugar are used as a reward for good behaviour or performance. Our mission is to create a shift in the rewards culture to alternative sugar-free non-food solutions. So children can positively benefit from a life-long healthy eating habit. The Rewards Project is spearheaded by a passionate team of dentists, doctors, nutritionists and psychologists driven to improve the health and wellbeing of our children.



Mini ham & cheese frittatas

INGREDIENTS

10 mushrooms

1 tsp butter

6 eggs

100ml milk

100g feta cheese

4 slices ham

1 tsp dried mixed herbs

INSTRUCTIONS

- Preheat the oven to 180 °C
- Prepare a cake tray with 8 paper cases
- Slice the mushrooms and fry in the butter until fully cooked
- In a bowl, lightly whisk the eggs and milk using a fork
- Chop the feta into small cubes and ham into small squares
- Add the mushrooms, feta, ham and herbs into the egg mix and stir
- Pour the mix into the paper cases up to 80% full (they will rise slightly)
- Cook in the oven for 20 minutes
- Leave to cool on a wire cooling rack

NUTRITIONAL INFORMATION

Mini ham & cheese frittatas (Makes 8). Kcal: 133

- Fat: 8g (of which saturates) – 3.7g
- Carbohydrates: 3.6g (of which sugars) – 1.1g
- Fibre: 1.3g
- Protein: 12g
- Salt: 0.72g



Tzatziki dip & cucumber sticks

INGREDIENTS

2 tbsp finely grated
cucumber

4 tbsp natural yoghurt

1 tsp extra virgin olive oil

1 tsp dried mint (or dried
mixed herbs)

INSTRUCTIONS

- Using a grater, finely grate the cucumber
- Add the cucumber to a bowl with the yoghurt, olive oil and dried herbs and stir

NUTRITIONAL INFORMATION

Tzatziki dip & cucumber dip (Serves 1). Kcal: 183

- Fat: 9.7g (of which saturates) – 4g
- Carbohydrates: 14g (of which sugars) – 14g
- Fibre: 0g
- Protein: 10g
- Salt: 0.36g



Mini banana pancakes

INGREDIENTS

1 tsp coconut oil

1 egg

1 banana

Pinch cinnamon

INSTRUCTIONS (MAKES 8 PANCAKES)

- Melt the coconut oil in a frying pan
- In a blender, blend the egg, banana and cinnamon
- Add approx. 1 tbsp of the mix to the pan for each mini pancake and cook on a medium heat for 1-2 minutes until starting to brown
- Turn the pancakes and cook for a further 1-2 minutes on the other side
- Leave to cool on a wire cooling rack (store once cool to prevent going soggy)

NUTRITIONAL INFORMATION

Mini banana pancakes (makes 8) – Nutritional info (per pancake). Kcal (per pancake): 25

- Fat: 1.1g (of which saturates) – 0.6g
- Carbohydrates: 2.5g (of which sugars) – 2.3g
- Fibre: 0.5g
- Protein: 1g
- Salt: 0.03g



Chick pea salad

INGREDIENTS

½ tin chickpeas

2 tbsp finely chopped fresh
parsley

1 tsp extra virgin olive oil

Pinch black pepper

INSTRUCTIONS

- Drain and rinse the chickpeas
- Finely chop the parsley
- Mix all ingredients in a bowl and serve

NUTRITIONAL INFORMATION

Chick pea salad (Serves 1). Kcal: 183

- Fat: 7.6g (of which saturates) – 0.9g
- Carbohydrates: 17g (of which sugars) – 0.6g
- Fibre: 5.9g
- Protein: 8.5g
- Salt: 0g



Tuna & sweetcorn pittas

INGREDIENTS

½ can tuna (approx.
60g drained weight)

1 tbsp mayonnaise

2 tbsp sweetcorn

pinch black pepper

1 handful mixed salad
leaves

1 wholegrain pitta bread

INSTRUCTIONS

- Drain the tuna
- Mix the tuna in a bowl with the mayonnaise, sweetcorn and black pepper
- Roughly chop the salad leaves and gently stir into the mix
- Lightly toast the pitta bread
- Cut the pitta bread in half and fill with tuna mix

NUTRITIONAL INFORMATION

Tuna & sweetcorn pittas (makes 1 pitta). Kcal: 428

- Fat: 19g (of which saturates) – 1.8g
- Carbohydrates: 43g (of which sugars) – 5.8g
- Fibre: 6.1g
- Protein: 17g
- Salt: 1.4g

Shop bought options



CARROTS AND HOUMOUS



FULL FAT YOGURT

Kick Sugar

Get our new charity cookbook that reveals how to kick your sugar habit in just 14 days. This is NOT just a cookbook... this is a movement. Our mission is to reawaken your taste buds and boost your health. We work to shift the current rewards culture away from sweets and chocolates towards a fun, quick, healthy and affordable reduced sugar diet. Our team of professionals include Dentists, Doctors, a Nutritionist, Psychologists and a chef.

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