

# Schools Triathlon Challenge'16



## Healthy Recipes

### Yoghurt and fruit parfaits

**Makes 1**

**You will need:**

- 1 cup of plain Greek style yoghurt
- 1/3 cup of fresh or frozen berries (or diced fruit of your choice - banana is great!)
- 1/3 cup of fruit free muesli

**Method:**

1. Place  $\frac{1}{2}$  of the yoghurt at the bottom of a clear jar or glass.
2. Layer half of the fruit on top of the yoghurt
3. Layer half of the muesli on top of the fruit
4. Repeat steps 1, 2 and 3
5. Enjoy!!!

**ENJOY IT**



# Schools Triathlon Challenge '16



## Train Hard, Smile Big

### Egg Burritos\*

Serves 4

#### You will need:

- 4 eggs lightly beaten
- ¼ cup of milk
- ¼ cup of corn kernels (canned or frozen)
- 2 tablespoons finely diced red capsicum
- 2 tablespoons finely diced green capsicum
- White pepper to taste
- 100g button mushrooms, quartered
- 4 warm wholemeal tortillas
- 2 medium tomatoes, sliced
- ¼ cup cheese, grated



#### Method:

1. Lightly whisk eggs, milk, corn, capsicum and pepper together. Pour one quarter of the egg mixture into a small pre heated non-stick pan. Cook over a medium heat until eggs are almost set. Turnover and cook for a further 15 seconds. Repeat with the remaining mixture to make 4 omelettes. Cook mushrooms in the same frypan until golden.
2. Top each tortilla with a cooked omelette, sliced tomato, mushroom and cheese. Fold the bottom up to cover one third of the fillings. Then close the wrap by folding the sides over to the middle.

*and just like magic... you now have a delicious burrito!*

*\*recipe sourced from the 'Kids Good Health' recipe book by Dairy Australia*



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## Train Hard, Smile Big

### Bubble & Squeak Slice\*

Serves 8

#### You will need:

- 1 medium zucchini, grated
- 1 carrot, grated
- 1/3 cup frozen peas
- 1-3 cups corn kernels
- 1 clove garlic
- 1 tablespoon water
- 4 spring onions, chopped
- 1/2 cup grated cheddar cheese
- 1/3 cup feta cheese, crumbled
- 4 eggs, lightly beaten
- 1/4 cup milk
- 1/4 cup chopped fresh herbs (parsley, mint, chives, basil). If using dried herbs only use 1 tbs
- 1/2 cup self-rising flour
- 8 cherry tomatoes, halved



**Tip: This can also be served cold in school lunch boxes! A delicious idea!**

#### Method:

1. Heat a non-stick pan, add zucchini, carrot, peas, corn, garlic and water and cook until softened. Cool slightly.
2. Combine cooked vegetables with spring onion, cheddar cheese, feta, eggs, milk, herbs and flour. Spoon mixture into a lined pan. Push cherry tomatoes into the mixture decoratively and bake at 180 degrees for 35 minutes or until golden and cooked.
3. Rest for 10-15 minutes before slicing into small squares and serving.

*\*recipe sourced from the 'Kids Good Health' recipe book by Dairy Australia*

