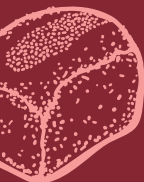


the  
**Chrissie Swan**  
show

*Bakers Delight*

**THE  
BAKERS  
BOOK**

**SCHOOL  
LUNCH  
RECIPES**



the  
**Chrissie Swan**  
show

PROVIDING YOUR FAMILY WITH  
**REAL RECIPES**  
WITH  
**REAL INGREDIENTS**  
FOR A  
**REAL DELIGHT**

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**BACK TO SCHOOL LUNCHES  
HAVE NEVER BEEN EASIER!**

WHEN THE SCHOOL RUN IS ON, WE WANT OUR KIDS' LUNCHES TO BE TASTY ENOUGH TO ENSURE AN EMPTY LUNCHBOX COMES HOME AT THE END OF THE DAY - AND MOST IMPORTANTLY - EASY FOR GROWN-UPS TO PUT TOGETHER IN THE MORNING RUSH!

THAT'S WHY WE'VE COLLECTED SOME OF THE BEST GO-TO LUNCH AND SNACK HACKS THAT PARENTS ARE GOING TO ABSOLUTELY LOVE.

ENJOY!

# THE MENU

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# MINI CHEESYMITTE SCROLL

ARE YOUR KIDS CRAZY FOR  
MINI CHEESYMITTE SCROLLS?  
KEEP THEIR TUMMIES  
FULL WITH THE  
ULTIMATE CREATION!

PREP \_\_\_\_\_ 10 mins  
SERVES \_\_\_\_\_ 4  
COOKING \_\_\_\_\_ 0 mins  
DIFFICULTY \_\_\_\_\_ Easy

## INGREDIENTS

Mini Cheesymite Scroll 4 Pack

2 tomatoes, sliced

1 avocado, mashed

Squeeze of lemon juice

Salt and pepper

4 pre-cut cheese slices

## METHOD

- STEP 1** Cut Mini Cheesymite Scrolls in half horizontally
- STEP 2** Place two slices of tomato on each base
- STEP 3** Mash the avocado, add squeeze of lemon juice and season with salt and pepper. Spoon a heaped tablespoon of avocado on top of the tomato
- STEP 4** Add a cheese slice on top of the avocado and top with the Mini Cheesymite Scroll lid



# TUNA MELT TOASTIE

TRY THIS CHEESY TUNA MELT ON OUR HI-PROTEIN WHOLEGRAIN LOAF IN YOUR SANDWICH PRESS TODAY!

PREP \_\_\_\_\_ 5 mins

SERVES \_\_\_\_\_ 2

COOKING \_\_\_\_\_ 5 mins

DIFFICULTY \_\_\_\_\_ Easy

## INGREDIENTS

4 Slices **Hi-Protein Wholegrain Loaf**

20g salted butter

200g canned tuna

1/2 celery stalk, finely chopped

50g canned corn

1 tbsp pickles, finely chopped

1 spring onion, finely sliced

Squeeze of lemon juice

1/2 tsp chilli flakes

1/4 cup mayonnaise

1 cup grated cheddar cheese

Salt and pepper to season

## METHOD

- STEP 1** Pre-heat sandwich press
- STEP 2** Spread one side of both bread slices with butter
- STEP 3** Mix together the remaining ingredients, keeping half of the cheese to the side. Season to taste
- STEP 4** Top the two unbuttered sides with the tuna mix and remaining cheese
- STEP 5** Top with the remaining two bread slices, buttered side up
- STEP 6** Cook in the sandwich press for five minutes, or until golden. Cut in half and sprinkle with flaky salt to serve



# CREAMY CHICKEN SANDWICH

THERE'S NEVER A TIME WE AREN'T CRAVING A CHICKEN SANGA, SO WE HAVE CREATED THE PERFECT RECIPE!

PREP \_\_\_\_\_ 10 mins  
SERVES \_\_\_\_\_ 2  
COOKING \_\_\_\_\_ 0 mins  
DIFFICULTY \_\_\_\_\_ Easy

## INGREDIENTS

4 Slices Hi-Fibre Lo-GI White Block Loaf  
1/2 cup unsweetened Greek yoghurt  
1/2 cup low fat mayonnaise

1.5 cups shredded chicken  
1 handful fresh rocket, chopped

## METHOD

- STEP 1** In a medium bowl, mix together yoghurt, mayonnaise and shredded chicken. Add chopped rocket and stir through
- STEP 2** Scoop the mixture evenly on two slices of Hi-Fibre Lo-GI White Block Loaf. Put the two slices together and serve!

# HAWAIIAN ROLL

TAKE YOUR LUNCHBOX ON  
A TROPICAL HOLIDAY WITH  
THIS OH SO FRESH  
HAWAIIAN ROLL RECIPE!

PREP \_\_\_\_\_ 10 mins  
SERVES \_\_\_\_\_ 1  
COOKING \_\_\_\_\_ 0 mins  
DIFFICULTY \_\_\_\_\_ Easy

## INGREDIENTS

1 White Round Roll, halved  
2 tbs whole egg mayonnaise  
2 tbs tomato sauce

100g ham off the bone  
1 slice canned pineapple sliced  
1 slice mozzarella cheese

## METHOD

- STEP 1** In a small bowl, combine whole egg mayonnaise and tomato sauce. Combine well and spread over bottom half of White Round Roll
- STEP 2** Add ham off the bone, canned pineapple slice and mozzarella cheese
- STEP 3** Top with remaining roll half and serve



# CAJUN CHICKEN ROLL

SPICE UP THE EVERYDAY ROLL  
WITH THIS CAJUN CHICKEN  
ROLL RECIPE, PACKED WITH  
ALL THINGS DELICIOUS!

PREP \_\_\_\_\_ 10 mins  
SERVES \_\_\_\_\_ 1  
COOKING \_\_\_\_\_ 0 mins  
DIFFICULTY \_\_\_\_\_ Easy

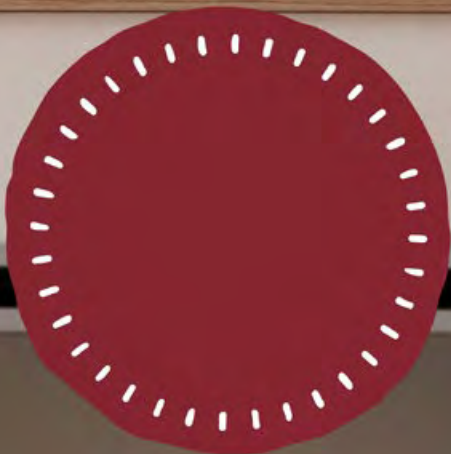
## INGREDIENTS

1 Hi-Fibre Lo-GI White Round roll, halved  
100g shredded roast chicken  
2 tbs whole egg mayonnaise

1 tbs Cajun spices  
2 cos lettuce leaves  
1 slice tasty cheese

## METHOD

- STEP 1** Combine shredded roast chicken, whole egg mayonnaise and Cajun spice in a small bowl
- STEP 2** Place lettuce onto bottom half of Hi-Fibre Lo-GI White Round Roll. Add chicken mixture, cheese and top with remaining roll half
- STEP 3** Serve immediately





# MEXICAN ROLL-UPS

MAKE TACO TUESDAY LAST FOR DAYS WITH THESE EASY MEXICAN ROLL-UPS FOR THE KIDS.

PREP \_\_\_\_\_ 15 mins  
SERVES \_\_\_\_\_ 6  
COOKING \_\_\_\_\_ 20 mins  
DIFFICULTY \_\_\_\_\_ Easy

## INGREDIENTS

1 Hi-Fibre Lo-GI White Block Loaf

1/2 cup (130g) taco sauce

200-250g leftover taco mince

1/3 cup corn kernels, drained

1/3 cup (55g) black beans, drained

2 cups (200g) shredded mozzarella, plus extra

Sour cream, to serve

Guacamole, to serve

Shredded carrot, to serve

## METHOD

**STEP 1** Pre-heat oven to 180°C

**STEP 2** Lightly oil a 25cm x 40cm oven-proof dish and set aside

**STEP 3** Using a knife, cut the Hi-Fibre Lo-GI White Block Loaf lengthways into six slices and then cut each slice again, lengthways

**STEP 4** Lay all pieces out flat on a board and top with the taco sauce, mince, corn kernels, black beans and mozzarella. Roll each piece of bread into a wheel and place in oven-proof dish, repeat with all bread and top with extra mozzarella cheese. Place in oven for 20 minutes or until cheese is melted and slightly browned

**STEP 5** Remove from oven and allow to cool completely. Serve each scroll with a dollop of sour cream, guacamole and top with shredded carrot