

Honey-Banana

Hot Cross Buns

**Bee
Healthy**
menu by **Busy Bees.**



Honey-Banana Hot Cross Buns

Prep time: 10 minutes. Serves: 6-12.

Per child, this recipe provides: Provides ½ serve of fruit.

Hot Cross Buns are a healthier 'sweet' option for children or adults, as they do not contain as much added sugar, or fat, as many other baked goods*.



Ingredients

3 Hot Cross Buns (with fruit)

3 tbsp Nuttelex

2 Bananas, medium

2 tsp Honey*

3 Apples

***For children under 12 months, omit the honey entirely. No substitution necessary.**

Method

1. Wash and cut apple into wedges.
2. Turn oven to grill, at medium-high heat.
3. Cut each of the prepared Hot Cross Buns in half and arrange on a baking tray middle-side up.
4. Place tray in the oven and bake until brown. A toaster can also be used if more efficient than the oven.
5. Peel and slice the banana into thin discs.
6. Once Hot Cross Buns are removed from oven, spread a thin layer of Nuttelex on each bun, top with the slices of banana and drizzle honey on top.

Serve apple wedges alongside warm Hot Cross Buns. Children to add Nuttelex and banana if age-appropriate.

Allergen alternatives:

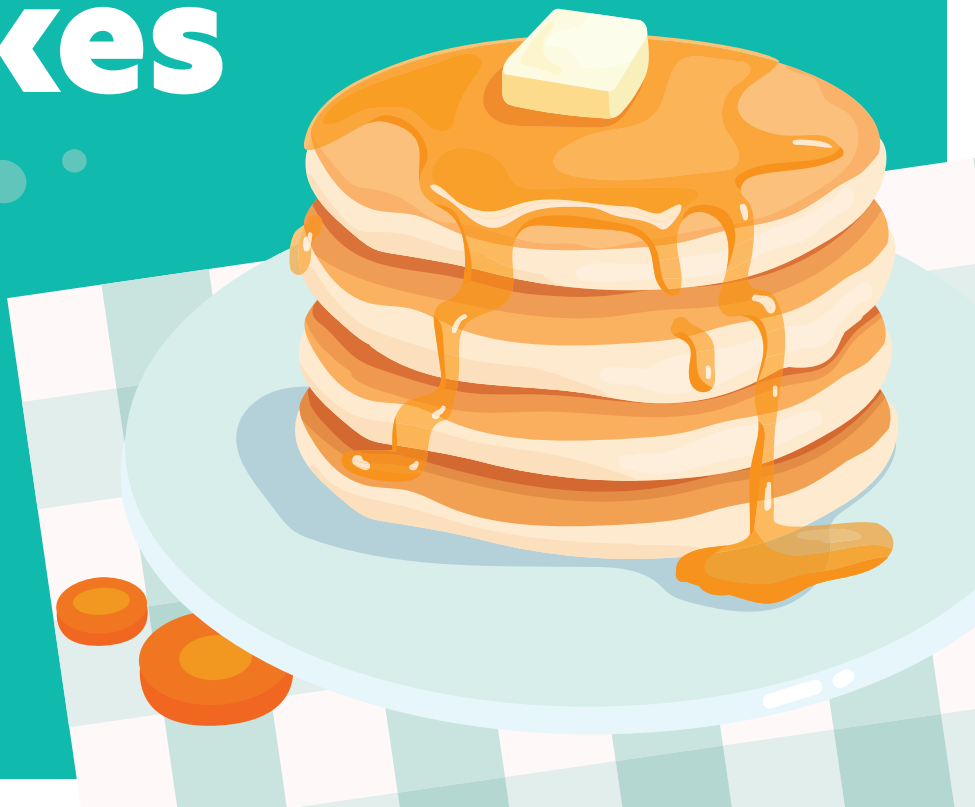
For dairy free, use natural or vanilla coconut yoghurt.

*Don't forget to check the Hot Cross Buns you buy for an option that's right for your family and their dietary needs.



Sweet Carrot Pancakes

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Sweet Carrot Pancakes

Prep time: 15 minutes. Cook time: 20 minutes. Serves: 10 pancakes

Ingredients

1 Carrot, medium

½ cup Flour, plain

½ cup Flour, wholemeal

½ tsp Baking powder

½ tsp Bicarb-Soda

2 tsp Cinnamon, ground

½ tsp Nutmeg, ground

1 Egg

1 tsp Vanilla essence

1 cup Milk, full cream

3 tbsp Brown sugar

40ml Vegetable oil

Method

1. Wash and grate the carrot, then set aside.
2. In a large bowl mix both flours, baking powder, bicarb-soda, cinnamon, and nutmeg.
3. In a different bowl, whisk the egg, vanilla, milk, and brown sugar together and then stir in the grated carrot.
4. Pour the liquid ingredients into the dry ingredients and stir until combined.
5. Warm a large frying pan over medium heat and add 20ml of vegetable oil.
6. Add about ⅓ cup of the batter to the pan for each pancake and cook for 2-3 minutes on each side.
7. Repeat until all the batter is gone.

Spread with Nuttelex and serve warm. Can also be served with Greek yoghurt.

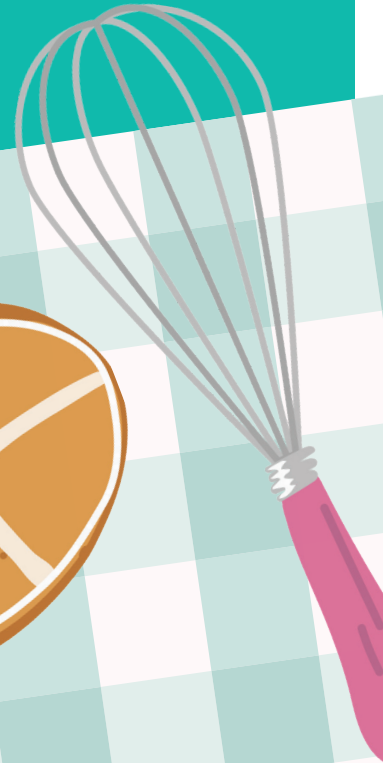
Allergen alternatives:

For gluten free, use gluten-free flour
For dairy free use rice milk, and natural or vanilla coconut yoghurt for serving (if using)
For egg free, use egg replacer or chia eggs.



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Hot Cross Biscuits



Hot Cross Biscuits

Prep time: 20 minutes.

Cook time: 15 minutes. Serves: 10

Ingredients

¾ cup Milk, full cream

1 Lemon

3 cups Flour, plain white

2 tbsp Sugar, white

4 tsp Baking Powder

¾ tsp Salt

170g Nuttelex

1 Egg, whole

½ cup Dried fruit (e.g. sultanas or dates)

Icing

2 tbsp Nuttelex

1 tbsp Cream Cheese

2 cups Icing Sugar

30ml Milk, full cream

Method

1. Preheat oven to 200°C and line baking trays with baking paper or spray with vegetable based oil.
2. Zest the lemon, then squeeze the juice into a separate bowl.
3. In a bowl, mix 1 cup milk to 1 tbsp lemon juice ratio. Add eggs and whisk.
4. In another bowl, whisk flour, sugar, baking powder, salt, and lemon zest.
5. Add Nuttelex and rub in with fingers until it resembles small pebbles. Stir in dried fruit.
6. Make a well in the dry mix, pour in wet ingredients, and mix with a fork or spoon.
7. Turn dough onto a floured surface. Lightly knead and press to 2-3cm thick.
8. Cut into circles, then quarter each circle and place quarters together on the tray repeating the pattern until all dough is used.
9. Bake for 12-15 mins or until lightly golden.
10. While dough is baking, blend Nuttelex, cream cheese, and icing sugar to a toothpaste-like consistency. Add a splash of milk if needed to make mixture smooth.
11. Prepare icing mix in a piping bag (or cling wrap home made or ziplock bag) and set aside.
12. Remove golden biscuits from oven and pipe crosses (or Easter patterns if that's your preference) once they've cooled.

Allergen alternatives: For gluten free, use gluten-free flour for baking and on surfaces. For dairy free use rice milk and Made with Plants cream cheese. For egg free, use egg replacer or chia eggs.

Carrot Cake Bliss Balls

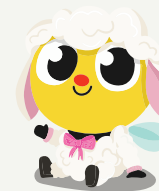
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Carrot Cake Bliss Balls

Prep time: 20 minutes.

Refrigeration time: 30 minutes. Serves: 10 balls



Ingredients

½ cup Dates, dried

½ cup Water, tap

3 Carrots, medium

1 cup Oats, raw, whole

1 cup Sunflower seeds

1 tbsp Vegetable oil

1 tsp Cinnamon

½ tsp Ginger, ground

3 tbsp Desiccated coconut

Method

1. In a small bowl, place dates and water to soak for minimum 10 minutes.
2. Wash the carrots and cut off the ends. Blend using a food processor.
3. Drain the dates and add to the carrot mixture, alongside the oats, sunflower seeds, vegetable oil, cinnamon and ginger. Blend until mixture comes together in a large ball. This may take some time and may need to be done in batches for larger volumes.
4. Using a teaspoon, use your hands to form small balls. The mixture will be quite sticky.
5. Roll the balls in the desiccated coconut and refrigerate for at least 30 minutes before serving.

Serve with fruit sticks or as a quick snack in the car to munch on the go!

Allergen alternatives:

This recipe suits all main allergens.



This recipe provides ¼ serve of veggies for children and is an excellent source of grains!



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Hot Cross Bun

Pudding with Yoghurt



Hot Cross Bun Pudding with Yoghurt

Prep time: 15 minutes. Cook time: 55 minutes. Serves: 10



Ingredients

3 Hot Cross buns (with fruit)

2 Eggs, whole

1 cup Milk, full cream

½ tsp Cinnamon, ground

To Serve

240g Greek Yoghurt

2 tsp Honey*

***For children under 12 months, omit the honey as an addition, no substitution required.**

Method

1. Pre-heat the oven to 220° C.
2. Tear the hot cross buns into quarters and layer in medium sized baking dishes.
3. In a separate bowl mix the eggs, milk and cinnamon and stir until well combined.
4. Pour the egg and milk mixture evenly over the hot cross buns.
5. Bake for 15 minutes.
6. Remove from oven and drizzle the honey.

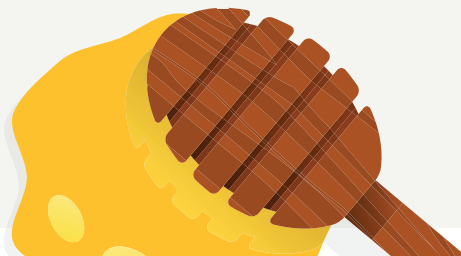
Serve warm with Greek yoghurt, dairy free custards or perhaps even your favourite homemade custard recipe.

Allergen alternatives:

For gluten free, use gluten-free hot cross buns
For dairy free use rice milk, and natural or vanilla coconut yoghurt.
For egg free, use egg replacer or chia eggs.



This recipe provides 1/2 serve of dairy for children and is a good source of grains!



The Triple Treat Eggspresso

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The Triple Treat Eggspresso

Classic Easter Eggspresso

Ingredients

Chocolate egg

15ml vanilla syrup

60ml espresso

Salted Caramel Eggspresso

Ingredients

Chocolate egg - we recommend the Lindt Gold Bunny Milk Salted Caramel for an extra caramel experience

15ml Salted Caramel Syrup

60ml instant espresso

After Dinner Eggspresso

Ingredients

Chocolate egg - we recommended the After Eight Dark Chocolate & Mint Easter Bunny for an extra minty Eggspresso

15ml Frosted Mint Syrup

60ml instant espresso

Method

1. Using your sharp knife, remove the top of your "taxed" Easter Egg, being careful not to crack it.
2. Place your egg into a suitably sized mug or coffee cup - Ensure the cup isn't too warm or fresh from the wash if you don't want it to melt!
3. Add the Coffee & flavour mix directly to your Easter egg hot if you like your Easter Eggspresso gooey and on the melty side.
4. If you prefer an iced Easter Eggspresso, add your extracted espresso, flavoured syrup and a few cubes of ice to a sealed container, seal and shake firmly, and then pour into your Easter Egg.
5. If you're after something egg-strawooey and decadent add a scoop of ice-cream or a few Maltesers.

Serve and enjoy.

