

I QUIT SUGAR

# Kids' THE MINI LUNCHBOX BOOK



Have a good  
day at school  
♡



15  
SUGAR-FREE  
RECIPES

ROLL UP 'N' GO • SNACK PACKS • MAX YOUR MUFFIN TIN!

# INTRODUCTION

Welcome to The Mini Lunchbox Book!

If you're an I Quit Sugar fan already, you'll be well aware of our love for lunch. Whether we're whipping up a nutrient-dense nourish bowl, savouring leftovers from dinner the night before or banging together a tasty toastie – lunch is, without a doubt, the highlight of our day.

But while many of you may have already converted to a sugar-free way of life, one of the most common questions we get asked by our community (that's you!) is how to get your kids to eat sugar-free too. And particularly, how on earth do you pack a healthy, sugar-free – and most importantly, delicious – lunchbox when all the kiddie food on the market these days is packed with junk?

Well rest assured, we've got your back! Although we already have a Kids' Cookbook packed with tasty recipes, we thought it was about time we created a lunchbox book for little ones so you can navigate the school playground with ease.

All the recipes are super simple, super fun and work together to build the perfectly balanced lunchbox. We've even included gluten-free and dairy-free options, plus simple swaps for those fussier eaters! Even better? All the recipes are nut-free so you can safely send them off to school without a worry.

As always, keep us up to date by sharing your pics with us on social media using the hashtag #IQSMiniLunchbox.

School's out kids! Let's go...

*The I Quit Sugar Team xx*

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# HOW TO USE THIS BOOK

Here's how to navigate the recipes in this book with ease:

-  **GF Gluten-free:** Recipes that don't contain gluten.
-  **DF Dairy-free:** Recipes that don't contain dairy or dairy products.
-  **V Vegetarian:** Recipes that are free of all animal products including eggs and dairy.
-  **8-Week Program:** Recipes that can be eaten freely while on our 8-Week Program. These recipes are free from artificial sweeteners and fruit.

# SHOULD MY KIDS BE SUGAR-FREE?

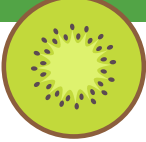

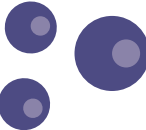


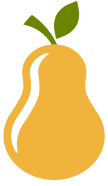
Absolutely! According to the World Health Organisation (and us!), kids should be consuming no more than 3 teaspoons of sugar a day. In reality, however, kids these days are often eating more than three times the recommended amount!

When you consider that a standard can of soft drink contains around 9 teaspoons of sugar, and many kids' lunchbox snacks contain bucketloads of the stuff, it's easy to see how our little ones are literally overdosing at every turn.

## SO WHAT ABOUT FRUIT?

Packing a piece of fruit into your child's lunchbox is a-okay! Children need to nosh on a variety of foods to have enough energy to grow and play, so including a serve or two of low-fructose fruit each day is perfect! The trick is to try pairing fruit with protein and fats to slow the absorption of sugar – think apple slices (with the skin on to retain the fibre!) with cheese or berries with yoghurt.

Here's a quick guide:

EAT MORE		EAT LESS	
	Kiwifruits		Bananas
	Raspberries		Apples
	Blueberries		Pears
	Grapefruits		Mangoes
	Lemons		Grapes
	Peaches		Cherries

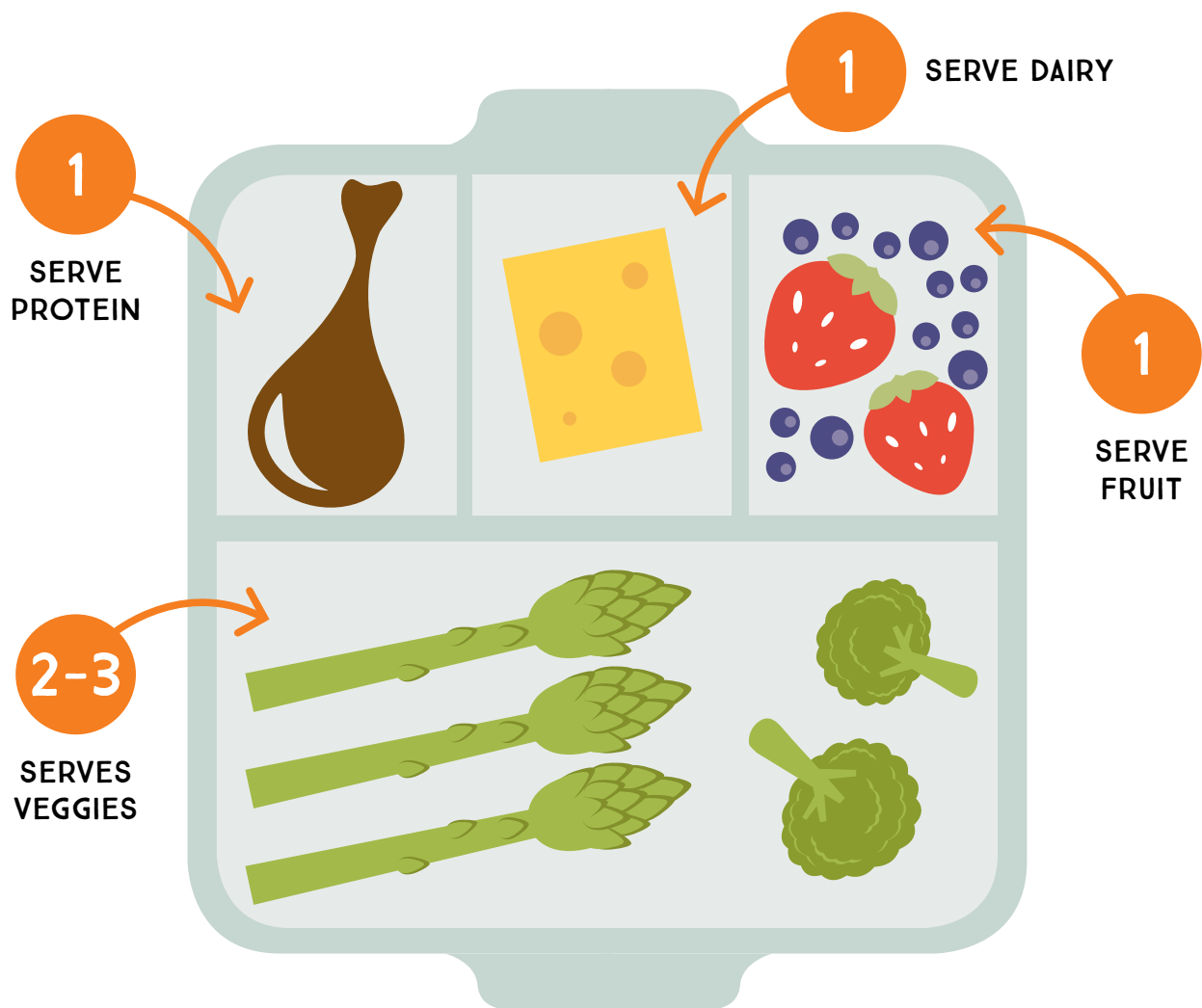
# BUILD THE PERFECT LUNCHBOX!

With so many schools having a “no peanut” rule these days, we’ve ensured all the recipes in this mini book are nut-free!

And, we’ve popped together a simple guide on how to pack the perfect lunchbox for your little one.

## THE LITTLE LUNCHBOX!

When building a lunchbox, variety is key so including nutrient-dense choices from all the major food groups is essential. Here’s how to ensure your kids get all the nutrition they need to grow and play.



# ROLL UP 'N' GO

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For protein-packed, compact snacks you can literally roll up and stash in your kids' lunchboxes – you'll love these no mess, no fuss nibbles!

# GREEN EGG YOYO'S

 Serves: 2

 Prep time: 5 minutes |  Cooking time: 15 minutes



*We've created a different kind of yoyo – and they're totally delicious! With a sneaky hit of veg in the most delicious eggy wrap – this is our version of an egg and lettuce sandwich, all rolled up into one!*

- 4 eggs
- 3 cups baby spinach leaves
- 4 tablespoons (60ml) milk
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- Butter, for frying
- 1/4 avocado
- 2 wholemeal wraps

1. Blend eggs, spinach, milk, salt and pepper. Set aside.
2. Heat a knob of butter in a frying pan over a medium heat, make sure the pan is big enough to make a thin omelette. Pour in the egg mixture and cook for 8 minutes or until set. Carefully transfer to a plate and leave to cool slightly. Repeat with the other half of the mixture.
3. Meanwhile, spread avocado on 2 wraps and lay the thin omelette on top. Roll up and slice into “yoyo’s” to serve.

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**GF OPTION:** Use gluten-free wholemeal wraps.

**DF OPTION:** Swap milk for a nut-based milk and use olive oil in place of butter.



## TRICKY TIP



If your little one isn't too keen on avocado, spread with hummus or pesto instead!

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GREEN EGG YOYO'S

# VEGGIE STICK ROLL-UPS

 Serves: 6  
 Prep time: 15 minutes



*With no cooking required, these are the ultimate lunchbox snacks when you're having one of those busy mornings. Four ingredients, 15 minutes – done.*

- 1 carrot, sliced
- 1 capsicum, sliced
- 1 cucumber, sliced
- 200g ham off the bone

1. Roll the veggies in sliced ham and store in the fridge until needed.





## TRICKY TIP

Mash an avocado with a little lemon, olive oil, salt and pepper and make little guac pots to go with your Roll-Ups!



VEGGIE STICK ROLL-UPS

# LEFTOVER CHICKEN SUSHI ROLLS

 Serves: 4  
 Prep time: 20 minutes



*Ditch the sugary sushi train because we've come up with the most genius way to use your leftover roast chicken to make your little one's lunches!*

- 2 cups cooked Basmati rice
  - 2 tablespoons full-fat mayonnaise
  - 2 teaspoons (10ml) apple cider vinegar
  - 1 teaspoon rice malt syrup
  - 2 nori sheets
  - 1/2 cup leftover roast chicken, shredded
  - 1/2 small avocado, cut into strips
  - 1 small carrot, shredded
  - 1/2 cucumber, cut into strips
1. Combine cooked rice, mayonnaise, vinegar and rice malt syrup. Set aside.
  2. Place shiny side of a nori sheet down on the bench. Spread on one quarter of the rice in a very thin layer across the nori sheet, leaving 2cm of room at the top and bottom. Then, in any order, place on a quarter of the chicken, avocado, carrot and cucumber.
  3. Wet the top and bottom edge of the nori and carefully roll the sushi until you create a roll. Pat the edges down.
  4. Repeat process with remaining ingredients. Carefully slice into small sushi rounds and store in the fridge.

## TRICKY TIP

If there's an egg allergy in the house, leave out the mayo!

No leftovers? No worries! Simply cook up 150g chicken in a frying pan with a little salt and pepper. Leave to cool before rolling into your sushi!



LEFTOVER CHICKEN SUSHI ROLLS


# PROTEIN BOOSTERS

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Because growing muscles need an extra boost of protein, we've snuck a little extra veg into our "protein balls" – we promise the kids will never know!



# FALA-FULL OF VEG

 Makes roughly 20 balls  
⌚ Prep time: 15 minutes | ⌚ Cooking time: 25 minutes



*These falafel are not only packed with veggies, they're gluten, dairy and nut-free too!*

- 1 head broccoli
  - 2 cloves garlic
  - 1/2 small red onion
  - 2 cups chickpeas, canned
  - 1/2 bunch coriander
  - 1/2 bunch parsley
  - 1 lemon, zested
  - 1/2 teaspoon sea salt
  - 1/2 teaspoon cumin, ground
  - 1/2 teaspoon coriander, ground
  - 1/2 teaspoon paprika, ground
  - 1 egg
  - 3 tablespoons coconut flour
  - 1 tablespoon sesame seeds, optional
1. Preheat a fan-forced oven to 180°C/350°F/Gas Mark 4 and line a baking tray with baking paper.
  2. Combine all ingredients, excluding egg, coconut flour and sesame seeds, in a food processor. Add in the egg and pulse to combine. Add in the coconut flour and pulse until a thick dough forms.
  3. Roll into tablespoon-sized balls, then roll in sesame seeds, if using. Place balls on the lined tray and bake in the oven for 20–25 minutes or until slightly golden and cooked through.






## TRICKY TIP

Add a dip – think tzatziki, tahini or find some inspo on our [blog](#)!



FALA-FULL OF VEG

# SNEAKY VEGGIE MEATBALLS

 Makes roughly 25 balls  
 Prep time: 20 minutes |  Cooking time: 20 minutes



*These delicious meatballs live up to their name, sneaking in six different varieties of veggies! Super fluffy, portable and a great source of protein for those growing bodies.*

- 1 tablespoon (15ml) olive oil
  - 1 carrot, finely chopped
  - 1 onion, finely chopped
  - 1 zucchini, finely chopped
  - 3 sticks celery, finely chopped
  - 1/4 head cauliflower, finely chopped
  - 4 cups baby spinach leaves
  - 1/4 teaspoon sea salt
  - 1/2 teaspoon oregano
  - 500g beef mince
  - 2 tablespoons tomato paste
  - 4 tablespoons coconut flour
  - 1/3 cup Parmesan, grated
1. Heat oil in a medium frying pan and add in the carrot, onion, zucchini, celery, cauliflower, spinach, salt and oregano. Sauté for 8–10 minutes until veggies soften. Transfer to a food processor and pulse until smooth.
  2. Transfer pulsed veggies to a large bowl and add in the beef mince, tomato paste, coconut flour and Parmesan. Stir to combine. Roll the mixture into tablespoon-sized balls (the mixture should give you about 25 balls).
  3. Heat a little more oil in the pan used to cook the veggies and throw in the meatballs in batches. Cook until nicely browned and cooked through, about 10 minutes. Store in an airtight container in the fridge or freezer.

**DF OPTION:** Replace Parmesan with 1 tablespoon of nutritional yeast flakes.






## TRICKY TIP

These meatballs can be a little delicate so feel free to roll them first in a little coconut flour before frying them off, it'll help them hold!



SNEAKY VEGGIE MEATBALLS

# CHEESY CHICKEN + QUINOA BITES

 Makes roughly 20 balls  
 Prep time: 30 minutes |  Cooking time: 30 minutes



*These little bites contain all of the essential components of a complete meal – protein from chicken, complex carbohydrates from quinoa to fuel those little tums, and some green veg for good measure!*

- 3 medium zucchinis, grated and excess liquid drained
  - 500g chicken mince
  - 2 cups cooked quinoa
  - 1 lemon, zested
  - 2 teaspoons oregano, dried
  - 1/2 teaspoon sea salt
  - 1/4 teaspoon freshly ground black pepper
  - 150g feta, crumbled
  - 25g Parmesan, grated (about 1/4 cup)
1. Preheat a fan-forced oven to 200°C/400°F/Gas Mark 6 and line a baking tray with baking paper.
  2. In a large bowl combine zucchini, chicken mince, quinoa, lemon zest, oregano, salt and pepper. Stir through feta and Parmesan until evenly distributed through the mixture.
  3. Shape approximately 2 tablespoons of the mixture into balls and place on the tray. Place into the oven for 30 minutes. Cool and store in an airtight container in the fridge for up to 3 days or in the freezer for up to 1 month.

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**DF OPTION:** Replace feta and Parmesan with 1 tablespoon of nutritional yeast flakes.

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## TRICKY TIP

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Roll up in an wholemeal wrap with some sliced avocado and lettuce – for kiddies and adults alike!

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CHEESY CHICKEN + QUINOA BITES

# SNACK PACKS

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We've put an IQS spin on your supermarket faves  
– nixing nasties like sugar and preservatives  
and replacing them with super healthy, delicious  
ingredients that we reckon, taste even better than  
the originals!



# LITTLE LUNCHBOX DIPPERS

 Serves: 8

 Prep time: 40 minutes |  Cooking time: 20 minutes



*These dippers are our version of the famous Arnott's "shapes". The big debate in the office was whether they tasted like the savoury flavour or Cheddar! Either way, they are pretty darn delicious!*

## LUNCHBOX DIPPERS

- 1/2 cup rolled oats
- 3 tablespoons flaxseeds
- 1 cup plain flour
- 1/2 teaspoon sea salt
- 1/4 cup (60ml) olive oil
- 1 cup Cheddar cheese, grated

## SWEET CARROT DIPPING SAUCE

- 2 medium carrots, chopped
- 1 medium tomato, chopped
- 2 tablespoons (30ml) olive oil
- 1/4 teaspoon sea salt

1. Preheat a fan-forced oven to 180°C/350°F/Gas Mark 4 and line a baking tray with baking paper.
2. To make the Sweet Carrot Dipping Sauce, coat veggies in olive oil and salt and place in the oven to roast for 30 minutes.
3. Meanwhile, prepare Lunchbox Dippers. Add oats and flaxseeds to a food processor and pulse to form a coarse flour. Add in flour and salt and pulse again to combine. Add in the remaining ingredients plus 1/3 cup (80ml) water. Pulse until a dough forms. It should come together in a ball.
4. Roll dough as thin as possible on a floured surface. Cut into shapes using a cookie cutter or knife and place on the lined baking tray.
5. Bake in the oven for 20 minutes or until golden. Cool and store in an airtight container for up to a week.
6. Meanwhile, when the veggies are ready, remove from the oven and blend in a food processor. Store in the fridge for up to a week.

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**GF OPTION:** Use gluten-free oats or buckwheat groats and gluten-free plain flour.

**DF OPTION:** Replace Cheddar cheese with 1/3 cup nutritional yeast flakes for the same cheesy flavour.



## TRICKY TIP

Any dip will work with these crackers! Try guacamole, hummus or tzatziki. Or if you're keen to get in some extra veg, roast some red capsicum with your carrots too!



LITTLE LUNCHBOX DIPPERS

# “LITTLE CHEWY MARSHMALLOW” BITES

 Serves: 20

 Prep time: 30 minutes |  Cooking time: 2 minutes



*We've rejigged this golden oldie so you can ditch the packaged stuff – they were a huge hit with the “big kids” in the office too!*

- 1/2 cup coconut butter
- 1/4 cup rice malt syrup
- 1 teaspoon vanilla extract
- 1/2 teaspoon sea salt
- 4 cups low-sugar puffed rice cereal or sugar-free puffed brown rice

1. Line a 20cm square baking tin with baking paper.
2. Add coconut butter, rice malt syrup, vanilla extract and sea salt to a small saucepan and place over a low heat. Cook, stirring constantly, until the mixture begins to 'melt', about 2 minutes.
3. Remove the pan from the heat and pour into a large mixing bowl with the puffed rice. Mix well, until puffed rice is covered evenly with the mixture.
4. Press into the prepared tin, using the back of a spoon to push the mixture into the corners.
5. Refrigerate for 15 minutes or until set. Slice into squares or bars and store in an airtight container in the fridge.



## TRICKY TIP

Use cookie cutter moulds to cut into fun shapes!



“LITTLE CHEWY MARSHMALLOW” BITES

# BBQ POPCORN

 Serves: 8

 Prep time: 5 minutes |  Cooking time: 5 minutes



*Popcorn is the perfect snack, especially when you're making your own and skipping the artificial flavourings found in packet varieties. We've added a delicious BBQ seasoning to this one too – a hit with kids and adults alike.*

- 2 teaspoons smoked paprika
- 1 teaspoon oregano, dried
- 1 teaspoon thyme, dried
- 1 teaspoon sea salt
- 1 tablespoon coconut oil
- 1/2 cup popcorn kernels

1. In a small bowl, combine spices and salt. Set aside.
2. Heat oil in a medium pot over a medium heat. Place 2 corn kernels in to test if the oil is hot enough – you'll know because the kernels will start to bubble around the outside. Add in the remaining corn and cover the pot with a lid. Shake the pot a little when the corn begins to pop.
3. When it stops popping, after about 5 minutes, transfer to a bowl and toss in the spice mixture. Cool to room temperature and store in an airtight container.

## ..... TRICKY TIP .....

Feel free to mix up your herbs and spices. We think turmeric, salt and pepper would totally work too – and it'll make your popcorn super yellow!





BBQ POPCORN

# ALL IN A MUFFIN TIN

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Just mention the word “muffin” to your little ones and we bet you won’t have any issues sneaking these treats into their lunchboxes. They’re a great way to add “invisible” veggies into their diet too!



# HAWAIIAN PIZZA MUFFINS

 Serves: 12

 Prep time: 20 minutes |  Cooking time: 30 minutes

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*Muffins are a great lunchbox item as they keep well – rain, hail or shine! Just mention pizza and muffins to your kids too and they'll be gobbling these ones up in a flash.*

- 3 cups self-raising flour
- 1 teaspoon baking powder
- 2/3 cup (160ml) olive oil
- 2 tablespoons tomato paste
- 2 eggs
- 1 cup (250ml) milk
- 1/2 cup pineapple, chopped
- 180g Cheddar cheese, grated
- 150g ham, chopped

1. Preheat a fan-forced oven to 180°C/350°F/Gas Mark 4 and grease or line a 12-hole muffin tin.
2. In a large bowl, combine flour and baking powder. In a smaller bowl combine olive oil, tomato paste, eggs and milk. Pour the liquid mixture into the flour mixture and stir to combine. The mixture will be thick and sticky.
3. Add in the pineapple, Cheddar and ham and stir to combine. Spoon into muffin holes and bake for 30 minutes.

**GF OPTION:** Use gluten-free self-raising flour.

**DF OPTION:** Use a nut-based or lactose-free milk and replace cheese with 1 grated carrot and 1 tablespoon of nutritional yeast flakes.



## TRICKY TIP

Sneak in some chopped spinach or green peas for a little extra veg!



HAWAIIAN PIZZA MUFFINS

# GREEN MONSTER BANANA MUFFINS

 Serves: 12

 Prep time: 20 minutes |  Cooking time: 40 minutes



*We gave a few of these muffins to our photographer, Ella, on the photoshoot for this book. She was meant to take them home to her little one, but she ate them all – proof that these muffins are great for big kids and small!*

- 3 medium or 2 large ripe bananas
- 4 cups baby spinach leaves
- 1 cup (250ml) buttermilk
- 1 teaspoon vanilla extract
- 2 eggs
- 100g butter, melted
- 1/4 cup rice malt syrup
- 2 cups self-raising flour
- 2 teaspoons baking powder

#### TO SERVE:

- 1 cup full-fat plain or Greek yoghurt, optional

1. Preheat a fan-forced oven to 180°C/350°F/Gas Mark 4 and grease or line a 12-hole muffin tin.
2. Using a regular or stick blender, blend bananas, spinach, buttermilk and vanilla extract until no lumps remain. Add in the eggs, melted butter and rice malt syrup. Blend quickly until just combined and transfer to a large bowl.
3. Gently stir the flour and baking powder into the banana mixture until just combined. Pour into the muffin holes and bake in the oven for 45 minutes. Cool completely and serve with yoghurt, if desired, or pop straight into the lunchbox as is!

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**GF OPTION:** Use gluten-free self-raising flour.

**DF OPTION:** Combine 1 tablespoon lemon juice or vinegar with 1 cup dairy-free milk. Whisk and set aside for 5 minutes. Don't worry if the milk thickens slightly and separates, this is totally normal! Stir and use as you would buttermilk.



GREEN MONSTER BANANA MUFFINS

# CHOCOLATE SNAILS

 Serves: 12

 Prep time: 30 minutes |  Cooking time: 20 minutes



*Get your kids in the kitchen for this one! The perfect afternoon activity with a chocolatey reward at the end.*

- 3 cups self-raising flour
- 2 cups full-fat plain or Greek yoghurt
- 50g butter, melted
- 1 tablespoon raw cacao powder
- 2 tablespoons rice malt syrup

## CHOC DRIZZLE

- 25g 85–90% dark chocolate, chopped
- 1 teaspoon coconut oil
- 1 teaspoon rice malt syrup

1. Preheat a fan-forced oven to 180°C/350°F/Gas Mark 4 and grease a 12-hole muffin tin with butter or coconut oil.
2. Add flour and yoghurt to a mixing bowl. Combine with a wooden spoon until mixture comes together. Turn out onto a floured bench and knead for a few minutes. Add a little more yoghurt if the mixture is too dry or a little extra flour if the mixture is too wet.
3. Using a rolling pin, roll out dough into a rectangle until 0.5cm thick.
4. In a small bowl, combine melted butter, cacao and rice malt syrup. Spread this mixture evenly over the dough.
5. Roll the dough from the long side into a long log. Cut into 12 pieces and place into the muffin holes. Place into the oven and bake for 20 minutes until golden.
6. Remove from the oven and leave to cool slightly. Meanwhile, to make the Choc Drizzle, melt the chocolate in the microwave in 30 second increments, ensuring it doesn't burn. Stir in the coconut oil and rice malt syrup until glossy. Drizzle over scrolls to serve.

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**GF + DF SWAP:** Try our [Healthy Chocolate Lamingtons](#) recipe from the blog!



CHOCOLATE SNAILS


# LUNCHBOX SURPRISES

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We've created the perfect treats for those tiny tums! And, we're sure there'll be no household chores left undone when the kiddies know these are waiting for them at the end.



# CRUNCHIEST ALLERGY-FREE COOKIES

 Serves: 20

 Prep time: 20 minutes |  Cooking time: 30 minutes



*Gluten-free, egg-free, dairy-free and nut-free... we've got your kiddies covered! These cookies are the most delicious bite-sized snacks and as they're free from common allergens, they're totally perfect for lunchboxes.*

- 1 cup buckwheat groats
- 1 cup buckwheat flour
- 3/4 cup desiccated coconut
- 2 teaspoons cinnamon, ground
- 1/4 teaspoon sea salt
- 1/3 cup (80ml) coconut oil, melted
- 1/3 cup rice malt syrup
- 1/2 teaspoon vanilla extract

1. Preheat a fan-forced oven to 150°C/300°F/Gas Mark 2 and line a baking tray with baking paper.
2. In a large bowl combine buckwheat groats, buckwheat flour, coconut, cinnamon and salt.
3. In a smaller bowl, combine coconut oil, rice malt syrup and vanilla extract. Pour over dry ingredients with 2 tablespoons (30ml) of boiling water. Stir with a wooden spoon until a thick dough forms. If it looks a little dry, add a touch more hot water. Alternatively, if the batter is too wet, add a little more buckwheat flour. Compress with your hands to form a dough.
4. Shape into 20 flat balls and place on the lined baking tray. Bake in the oven for 25–30 minutes. Cool and store in an airtight container.



## TRICKY TIP


If your kids are fine with dairy, feel free to add in some dark chocolate bits for a choc-chip version. You could also mash a banana and add it to the mix to switch up the flavours!




CRUNCHIEST ALLERGY-FREE COOKIES

# MELLOW JELLO JARS

 Serves: 6

 Prep time: 3 hours (all for setting – get a mag out and put your feet up)

 Cooking time: 5 minutes



*These cute little jars aren't just pretty to look at, they are PACKED with gut-lovin' gelatin. They're also super delicious, kind of like the jelly version of coconut ice, yum!*

## STRAWBERRY LAYER

- 2 tablespoons I Quit Sugar Gut Lovin' Gelatin
- 1 1/2 cup strawberries
- 3 drops liquid stevia

## MARSHMALLOW LAYER

- 2 tablespoons I Quit Sugar Gut-Lovin Gelatin
- 270ml full-fat coconut milk
- 1 teaspoon pure vanilla extract
- 3 drops liquid stevia

1. To make the strawberry layer, combine gelatin and 1/4 cup (60ml) cold water in a small bowl and set aside.
2. Heat strawberries, stevia and 2 tablespoons (30ml) of water in a small pot until liquid leaches out of the strawberries. Blend with a stick blender and stir in the bloomed gelatin. Pour into 6 small jars and place in the fridge for at least 2 hours to set.
3. To make the marshmallow layer, combine gelatin and 1/4 cup (60ml) cold water in a small bowl and set aside.
4. Gently heat coconut milk, vanilla extract and stevia in a small pot. Transfer to a regular blender and blend on high for 1 minute. Add in the bloomed gelatin and continue blending until smooth. Carefully pour on top of the set strawberry layer and place back into the fridge for at least 1 hour to set.



## TRICKY TIP

Have fun with your fruit, raspberries and blueberries will totally work too!



MELLOW JELLO JARS

# GUT-LOVIN' CHOCOLATE WHEELS

 Serves: 18

 Prep time: 35 minutes |  Cooking time: 20 minutes



*These are our take on the classic Oreo – except our version is low in sugar and full of gut-healthy benefits! Because happy healthy tums keep those mini immune systems strong.*

- 2 tablespoons I Quit Sugar Gut Lovin' Gelatin
- 1 1/4 cups (180g) buckwheat flour
- 1 cup dessicated or shredded coconut
- 1/4 cup raw organic cacao
- 1 teaspoon baking powder
- 1 teaspoon cinnamon, ground
- 1/2 teaspoon sea salt
- 125g unsalted butter, softened
- 1 teaspoon vanilla extract
- 1/4 cup rice malt syrup
- 1 egg
- 1/4 cup (60ml) coconut cream

## CHOCOLATE FILLING

- 1/2 cup (125ml) coconut cream
- 50g 85–90% dark chocolate, chopped

1. Preheat a fan-forced oven to 160°C/325°F/Gas Mark 3 and line two baking trays with baking paper.
2. Combine gelatin, buckwheat flour, coconut, cacao, baking powder, cinnamon and salt in a large bowl.
3. In a separate bowl, beat the butter, vanilla extract and rice malt syrup with an electric mixer until creamy. Add in the egg and coconut cream and beat until well-combined.
4. Add the butter mixture to the dry ingredients and combine with a wooden spoon. Use your hands to combine the mixture well. It should feel a little moist, but dry enough to roll into balls with ease.
5. Using your hands, shape into 36 flattened balls and place on the lined baking trays. Bake for 20 minutes until lightly golden. Transfer to a wire rack to cool.
6. Meanwhile, make the Chocolate Filling by gently heating the coconut cream in a saucepan over a low heat. Remove from the heat and stir in the chocolate until combined. Transfer to a bowl and leave to sit until cookies are cool.
7. To assemble the wheels, sandwich the chocolate filling in between 2 cookies. Store in an airtight container in the fridge for up to 1 week.

**DF OPTION:** Replace butter with 1/3 cup (80ml) coconut oil.



## TRICKY TIP

Have fun with your fillings! Blend in some fresh or frozen raspberries for a choc-raspberry version!



GUT-LOVIN' CHOCOLATE WHEELS

# THANK YOU!

The Mini Lunchbox Book was a huge team effort with new recipes created with love by Olivia Kaplan.

The photography is by Ella Martin, with food styling by Georgia Bellas. As always, a huge thank you to Lisa Valuyskaya for the stunning design and a special thanks to the rest of the IQS team for their input.

