



HEALTHY

# Summertime Snacks

RECIPE BOOK

Created by: MindChamps Australia Nutrition Team





# CELEBRATE SUMMER WITH US AT MINDCHAMPS

Summer is here, and it's time to embrace the sunshine with fun-filled activities like swimming, surfing, bike riding, and more!

To keep up with all the excitement, our Summertime Snack recipes are designed to fuel growing bodies and keep everyone refreshed in the heat.

Packed with essential nutrients these snacks are perfect for those long summer days spent making memories. Each recipe is perfect for cooking with children, making for a fun and engaging summer holiday activity!

At MindChamps, we're committed to developing positive eating habits in the early years. That's why we've invested in the [MindChamps ChampionGold™ Standard Nutrition Programme](#) - ensuring our Champs grow up with a love for nourishing, nutritious foods that support their growth and wellbeing.

Dive in and discover our tasty Summertime Snacks that are just as vibrant as the season itself!

*With Love,  
MindChamps*

# SEED & HONEY BREKKIE BARS

**Dietary:** VEG, DF, EF, NF

**Allergens:** Wheat

**Age group:** 12 months +

**Difficulty level:** Beginner

**Serves:** 35

**Prep:** 20 mins

**Cook:** 20-25 mins

**Equipment:** High-speed food processor

## Ingredients

- ½ cup (100g) melted coconut oil
- ½ cup (170g) honey
- 1 tsp (5ml) vanilla extract
- 2 cups (220g) oats
- 1 ½ cups (22g) brown rice puffs
- ½ cup (70g) pumpkin seeds

## Method

1. Preheat the oven to 180°C and line an 8x8" baking dish with baking paper.
2. Place all ingredients into a high-speed food processor and pulse until combined.
3. Press mixture evenly into the baking dish.
4. Bake for 20-25 mins, remove from the oven and place on a rack to cool for 10-15 mins.
5. Cut into pieces and serve with milk or yoghurt.

**Storing leftovers:** Store in an airtight container in the fridge for up to 14 days or freeze for up to 4 months.



For a gluten-free version:

Swap oats with quinoa flakes.



Easy ingredient swaps:

Swap rice puffs for puffed grain of choice.

Swap pumpkin seeds for seeds of choice.

# SUMMER VEGGIE PICNIC SLICE

**Dietary:** VEG, NF

**Allergens:** Wheat, Eggs, Dairy

**Age group:** 8 months +

**Difficulty level:** Beginner

**Serves:** 20

**Prep:** 15 mins

**Cook:** 30 mins

**Equipment:** High-speed food processor

## Ingredients

- 2 cups (280g) wholemeal flour
  - 1/3 cup (50g) pumpkin seeds
  - 2 tsp (8g) baking powder
  - 1 large carrot (200g), peeled and finely grated
  - 2 eggs
  - 1 cup (250ml) milk of choice
  - ¼ cup (60ml) extra virgin olive oil
  - 2 cups (200g) grated cheese
- Toppings (optional):
- Cherry tomatoes
  - Red onions
  - Olives
  - Red or yellow capsicum
  - Parsley leaves and stalks

## Method

1. Preheat oven to 180°C and line a baking tray (35x25cm) with baking paper.
2. Place flour, pumpkin seeds and baking powder into a high-speed food processor and blend until it reaches a fine meal consistency.
3. Grate carrot and, using a clean tea towel, squeeze out a bit of excess water.
4. Add grated carrots, eggs, milk, oil and cheese to the flour mix in the blender. Blend until combined.
5. Pour batter evenly into the prepared baking tray.
6. Create floral designs on the batter by using cherry tomatoes, olives, capsicum as flower petals and parsley stalks as the flower stalks/grass.
7. Bake in the oven for 30 mins or until a cake tester comes out clean.
8. Allow to cool before slicing into pieces.

**Storing leftovers:** Store in an airtight container in the fridge for up to 7 days or freeze for up to 4 months.



For a dairy-free version:

Leave out cheese and swap milk for soy, coconut or oat milk.



Baby-friendly version:

Serve mashed or in finger food-sized pieces.



# BANANA & CINNAMON SMOOTHIE + POPSICLE

**Dietary:** VEG, EF, NF

**Allergens:** Wheat, Dairy

**Age group:** 8 months +

**Difficulty level:** Beginner

**Serves:** 5

**Prep:** 10 mins

**Equipment:** High-speed blender

## Ingredients

- 2 ripe bananas (260g), frozen
- 2 cups (500ml) milk of choice
- ¼ cup (25g) oats
- 2 Medjool dates (40g), pitted
- ¼ cup (35g) pumpkin seed meal
- 1 tsp (5ml) vanilla extract
- ½ tsp (1g) ground cinnamon

## Method

1. Place all ingredients into a high-speed blender and blend until smooth and creamy.
2. To serve as popsicles: pour smoothie into popsicle moulds and place in freezer for 6 hours or overnight to set. Pop out of moulds and enjoy as a frozen smoothie popsicle.
3. To serve as a smoothie: pour smoothie into small cups and serve immediately.

**Storing leftovers:** Store in an airtight glass-jar in the fridge for up to 2 days or freeze leftover smoothie in popsicle moulds for up to 4 months.



**Seed meal tips:**  
Blitz seeds in a blender in large batches and store in an airtight container in the fridge for easy use.



**For a dairy-free version:**

Swap milk for soy, coconut or oat milk.



# BERRY BLISS BALLS

**Dietary:** V, VEG, DF, EF, NF

**Allergens:** Wheat

**Age group:** 8 months +

**Difficulty level:** Beginner

**Serves:** 20

**Prep:** 30 mins

**Equipment:** High-speed food processor

## Ingredients

- 1 cup (160g) frozen mixed berries
  - ¼ cup (40g) beetroot, peeled and grated
  - 6 Medjool dates (120g), pitted and chopped
  - 1 tsp (5ml) vanilla extract
  - 1 cup (100g) rolled oats
  - 1/3 cup (35g) coconut flour
  - 2 tbsp (40ml) coconut oil
- 
- ½ cup (40g) desiccated coconut, to roll balls in

## Method

1. Place berries, beetroot, dates and vanilla into a high-speed food processor and process until smooth.
2. Add rest of the ingredients and process until a smooth dough is forming.
3. Roll into small balls.
4. To coat, roll into desiccated coconut.
5. Place into the freezer for 10 mins before serving.

**Storing leftovers:** Store in an airtight container in the fridge for up to 14 days or in the freezer for up to 4 months.



For a gluten-free version:

Swap oats for gluten-free oats or quinoa flakes.



To reduce prep time, press mixture into a baking dish and place in the freezer for 30 mins. Remove from the freezer and cut into little squares.



# BLUEBERRY AND MANGO CHIA PUDDING

**Dietary:** VEG, GF, EF, NF

**Allergens:** Dairy

**Age group:** 12 months +

**Difficulty level:** Beginner

**Serves:** 8

**Prep:** 10 mins

**Equipment:** High-speed blender

## Ingredients

- 1 cup (250ml) milk of choice
- 1-2 tsp (5ml-10ml) maple syrup (optional)
- 2 tbsp (40g) Greek yoghurt
- ½ cup (90g) blueberries, rinsed
- ½ cup (90g) mango cubes
- 4 tbsp (64g) chia seeds

## Method

1. Place all ingredients except chia seeds into a blender and blend until smooth.
2. Pour mixture into a large jar or container and add chia seeds. Mix well until combined.
3. Cover and let sit in the fridge overnight or for 4-6 hours.
4. Serve topped with additional fresh blueberries, mango and yoghurt.

**Storing leftovers:** Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.



For a dairy-free version:

Swap milk for soy, coconut or oat milk and swap Greek yoghurt for soy, coconut or oat yoghurt.



For fussy eaters:

Puree the pudding until you reach a smooth consistency.



# STRAWBERRY AND CREAM GUMMIES

**Dietary:** DF, GF, EF, NF  
**Age group:** 12 months +  
**Difficulty level:** Beginner

**Serves:** 30  
**Prep:** 15 mins  
(+ 2 ½ hours setting)  
**Cook:** 5 mins

**Equipment:** High-speed blender

## Ingredients

### COCONUT LAYER

- 3 tbsp (30g) gelatine powder
- ½ cup (125ml) filtered water
- 1 cup (250ml) coconut cream
- ¼ cup (60ml) maple syrup
- 1 tsp (5ml) vanilla extract

### STRAWBERRY LAYER

- 3 tbsp (30g) gelatine powder
- ½ cup (125ml) filtered water
- 1 cup (250ml) coconut water
- 1 cup (160g) strawberries, frozen or fresh
- ¼ cup (65ml) maple syrup
- 1 tsp (5ml) vanilla extract

## Method

1. To make the coconut layer, add gelatine powder with ½ cup of water to a small bowl and mix to combine. Allow to set.
2. Meanwhile add coconut cream, maple syrup and vanilla extract to a small saucepan and heat over medium to low heat.
3. Once hot, add in the gelatine mixture and stir using a spoon.
4. Blend well until the gelatine has dissolved into the mixture.
5. Pour the mixture into a shallow baking dish lined with baking paper.
6. Place in the freezer for 30 mins or until set.
7. To make the strawberry layer, add gelatine powder with ½ cup of water to a small bowl and mix to combine. Allow to set.
8. Meanwhile place coconut water, strawberries, maple syrup and vanilla extract into a high-speed blender and blend until smooth.
9. Add berry mix to a small saucepan and heat over medium to low heat.
10. Once hot, add in the gelatine mixture and stir using a spoon.
11. Blend well until the gelatine has dissolved into the mixture.
12. Pour the mixture on top of the coconut layer.
13. Allow the gummies to set in the fridge for approx. 2 hours or place in the freezer for 20-25 mins to firm quickly.

**Storing leftovers:** Store in an airtight container in the fridge for up to 5 days or in the freezer for up to 4 months.



### Easy ingredient swaps:

Swap maple syrup for honey. Swap coconut water for milk of choice.



### Baby-friendly version:

Leave out maple syrup and serve mashed up or cut into age-appropriate pieces.





# CHOC ZUCCHINI MUFFINS

**Dietary:** VEG, NF

**Allergens:** Wheat, Eggs, Dairy

**Age group:** 12 months +

**Difficulty level:** Medium

**Serves:** 24

**Prep:** 20 mins

**Cook:** 15 mins

**Equipment:** High-speed food processor

## Ingredients

- 2 cups (300g) wholemeal flour
- ½ cup (40g) raw cacao
- 2 tsp (8g) baking soda
- ¾ cup (150g) coconut sugar
- ¾ cup (180g) butter, melted and cooled
- ¼ cup (60ml) milk of choice
- 3 eggs
- 1 ½ tsp (7.5ml) vanilla extract
- 2 cups (280g) grated zucchini

## Method

1. Preheat oven to 180°C. Line 3 mini muffin trays with paper cases or use silicon muffin trays.
2. Place the flour, cacao, baking soda and sugar into a food processor. Pulse 2-3 times to combine.
3. Pour in the butter, milk, egg, vanilla and zucchini and process until well combined.
4. Spoon 1 tbsp of mixture into each muffin case. Bake for 15 mins or until a cake tester comes out clean.
5. Allow to cool completely.

**Storing leftovers:** Store in an airtight container in the fridge for up to a week or freeze for up to 4 months.



For a dairy-free version:

Swap butter for olive oil or coconut oil and swap milk for soy, coconut, or oat milk.



For a gluten-free version:

Swap wholemeal flour for brown rice flour or a gluten-free flour mix.



# WHOLEMEAL VEGGIE AND CHEESE WRAP

**Dietary:** VEG, EF, NF

**Allergens:** Wheat, Dairy

**Age group:** 8 months +

**Difficulty level:** Beginner

**Serves:** 8

**Prep:** 15 mins

## Ingredients

### HERBED CREAM CHEESE

- 1/3 cup (80g) cream cheese, room temperature
- 1 tbsp (20g) fresh parsley, rinsed and finely chopped
- ¼ tsp (0.5g) garlic powder
- Pinch black pepper

### WRAPS

- 4 wholemeal wraps
- 4 leaves of lettuce (70g), rinsed
- 4 slices of cheese (80g)
- 2 medium tomatoes (200g), rinsed and thinly sliced
- 2 carrots (240g), peeled and grated
- 1 cucumber (160g), rinsed and thinly sliced

## Method

1. To make the herbed cream cheese, combine all the ingredients in a bowl and stir until smooth and well combined.
2. To make the wrap, lay the wrap on a clean flat surface. Spread the cream cheese mixture evenly over the wrap.
3. Layer lettuce leave, sliced cheese, tomato slices, grated carrot and cucumber.
4. Roll each wrap tightly like a burrito. Cut into pinwheels and serve.

**Storing leftovers:** Store in an airtight container in the fridge for up to 2 days or freeze for up to 4 months.



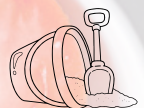
For a dairy-free version:

Swap cream cheese with hummus or avocado.



Baby-friendly version:

Serve mashed or in finger food-sized pieces.





*Setting the*

**CHAMPION GOLD STANDARD  
FOR CHILDHOOD NUTRITION**

<https://www.mindchamps.org/au/nutrition/recipes/>

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