

Lunchbox Laughter Easter Recipes



Easter Bunny Salad (Serves 2)

Ingredients

5 carrots (grated)
2 apples (cut into chunks)
1 tablespoon low fat yoghurt

Equipment

Grater, bowl, knife, chopping board

Method

1. Combine all ingredients and mix well

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
114	LOW	LOW	MEDIUM	LOW
Kcal	0.6	0.2	26.3	0.12

Fluffy Bunny Tails (Serves 1)

Ingredients

100g short grain Japanese rice
2 teaspoons grated carrot
1 spring onion (finely chopped)

Equipment

Grater, knife, chopping board, saucepan, cling film

Method

1. Cook the rice according to the packet instructions
2. Allow the rice to cool a little so that it can be handled easily
3. Spread out a little cling film and place a spoonful of rice into the middle. Top with the grated carrot and spring onions
4. Cover with rice and gather up the edges of the cling film
5. Using your hands, mould the rice into a ball shape with the carrots and spring onion in the centre
6. Remove the cling film, place into a container and allow to cool

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
366	LOW	LOW	LOW	LOW
Kcal	1.6	0	1.6	0.02

Spring Flowers (Serves 1)

Ingredients

80g watermelon (sliced)
1 apple (sliced)
Juice of 1 lime (or 1 tablespoon lime juice)

Equipment

Knife, chopping board, flower shaped cookie cutters

Method

1. Use the cookie cutter to cut flower shapes from the apple and watermelon
2. Sprinkle with lime juice to prevent the apple from browning

Each suggested portion contains

Calories	Fat (g)	Saturates (g)	Sugars (g)	Salt (g)
84	LOW	LOW	MEDIUM	LOW
Kcal	0.4	0.1	20.6	0.01