



everyday

SNACKING &
LUNCHING



Grains &
Legumes
Nutrition
Council

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social for
more recipe
inspiration



Recipe courtesy of



MAKES 4

GOATS CHEESE, AVOCADO & TOMATO VITA-WEATS

INGREDIENTS

- 2 tbsp goats cheese
- 2 cos lettuce leaves, thinly sliced
- 4 slices avocado
- 4 cherry tomatoes, sliced
- Freshly cracked black pepper
- 4 Vita-Weat Original Crispbreads

METHOD

Spread goats cheese on each Vita-Weat.
Top with lettuce, sliced avocado and tomato.
Season with freshly cracked black pepper.

Visit our
website for
more
vita-weat
recipes



Recipe courtesy of



MAKES 16

VEGGIE MUFFINS

INGREDIENTS

- 1 cup white self-raising flour
- ½ cup wholemeal self-raising flour
- ½ teaspoon salt
- 300g can corn kernels, drained
- 1 medium carrot, grated
- 1 medium zucchini, grated
- ½ cup reduced-fat grated cheese
- 3 eggs, lightly beaten
- 1 cup So Good Regular soy milk or dairy milk
- 2 tablespoons olive oil

METHOD

Sift flours and salt into a large bowl. Add vegetables and cheese. Combine eggs and So Good Regular soy milk. Stir liquid ingredients into dry ingredients.

Heat oil in a large non-stick frypan. Add ¼ cupfuls of mixture to the pan and cook until golden brown on both sides and cooked through.

Serve with light sour cream and sweet chilli sauce.



SERVES 6

For handy tips
on cooking
dried beans,
peas and lentils
[click here](#)

CLASSIC HUMMUS

INGREDIENTS

420g dried chickpeas, cooked and rinsed (or 1 can)

1 clove garlic, crushed

½ teaspoon ground cumin

1 tablespoon lemon juice

1 tablespoon tahini

1 tablespoon extra virgin olive oil

2 tablespoons water, optional

Vegetable sticks, to serve

Crisp oven-baked whole grain pita triangles, to serve

METHOD

Place chickpeas in a food processor with garlic, cumin, lemon juice, tahini and oil. Blend to a smooth purée. Add a little water if it needs thinning.

Serve with vegetable sticks and crisp pita.



Recipe courtesy of

Bakers Delight

SMOKED TROUT & CAPERS ON WHOLE GRAIN

INGREDIENTS

2 x slices Bakers Delight Hi-Protein Whole Grain Bread

Cream cheese

Capers

Smoked Trout

Sliced cucumber

Shredded lettuce

METHOD

Spread bread with cream cheese.

Scatter over capers and press down to keep in place.

Layer with smoked trout, cucumber and lettuce.

For more
sandwich recipes
take a look at our
website!



Recipe courtesy of



SERVES 1

LAMB, PUMPKIN & MINTED YOGHURT SANDWICH

INGREDIENTS

2 slices Bürgen® Wholemeal & Seeds bread
½ cup of roasted pumpkin cubes
1 tbsp reduced fat greek yoghurt
1 tsp lemon zest
¼ red onion, sliced finely
50g lean lamb slices (use leftover roast lamb)
Baby spinach leaves
Finely chopped fresh mint

METHOD

Combine yoghurt, lemon zest and mint and mix well. Spread evenly over slices of bread.
Top with pumpkin and lamb and sprinkle over spinach leaves.
Top with other slice of bread. Enjoy!



SERVES 4

CHICKPEA RAINBOW BOWL

INGREDIENTS

- 1 sweet potato, diced
- 2 tablespoons Extra Virgin Olive Oil
- 1 tablespoon paprika, ground
- 1 x 400g can chickpeas, drained and rinsed
- 3 cups mixed lettuce leaves
- 1 avocado, sliced
- 1 punnet cherry tomatoes, halved
- 1/4 purple cabbage, chopped
- 3/4 cup sprouts
- 4 poached eggs
- Pepper to taste

Mix 1/4 cup
EVOO, 2 tbsps
balsamic vinegar,
1 tsp dijon
mustard and juice
of a lemon to
make a dressing!

METHOD

Mix sweet potato with 1 tablespoon olive oil and the paprika and roast for 20 minutes at 200C. Add the chickpeas 10 minutes in and mix. Meanwhile, spread mixed lettuce leaves on the bottom of four bowls. Layer avocado, cherry tomatoes, cabbage and sprouts on top. Add eggs, sweet potato and chickpeas to salad and mix in salad dressing. Season with pepper to taste. Enjoy!



Recipe courtesy of

MCKENZIE'S
FOR EVERYDAY SINCE 1932

MAKES 40

SUPER LENTIL BITES

INGREDIENTS

½ cup McKenzie's French Style Lentils
1 ½ cups mixed nuts (i.e. almonds & walnuts)
1 cup medjool dates
¾ cup shredded coconut
½ cup peanut butter
1 tsp vanilla extract
3 tbs water
¼ cup cacao powder
½ tsp ground cinnamon
1 tbs chia seeds
Desiccated coconut for rolling, to taste

METHOD

Prepare and cook lentils according to pack directions.
Meanwhile, place the nuts in the food processor and blend until coarse.
Add dates and shredded coconut and blend. Transfer to a bowl.
Place cooled lentils in food processor. Add peanut butter, vanilla, water and cacao and puree to a smooth paste.
Add nut mixture back into food processor with all remaining ingredients except the coconut and blend until combined.
Roll mixture into balls approximately the size of a walnut and coat in desiccated coconut whilst still sticky. Place in an airtight container and store in the fridge or freezer.

Store in the
freezer for a
firmer texture or
in the fridge for
a softer texture



Recipe courtesy of
Walnuts Australia

MAKES 12

OATY GRANOLA BARS

INGREDIENTS

- 2 cups rolled oats
- 2 cups Aussie walnuts
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- ¼ cup chia seeds
- ½ cup honey
- ½ cup extra virgin olive oil

METHOD

Preheat oven to 150°C.

In a large bowl, mix ingredients until well combined.

Press mixture evenly into a baking dish lined with baking paper.

Bake until granola is golden and toasted, 50-60 minutes.

Allow to cool, cut into bars and serve.

For more
snack recipes
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