

**SUPPORTING THE
NSW HEALTHY SCHOOL
CANTEEN STRATEGY**

Grain-Based
SNACK
Recipes

ABOUT grain foods

Grain foods such as bread, pasta and rice are great sources of carbohydrates, protein, fibre, vitamins and minerals.

These foods are important to include in a child's daily diet because they provide energy for growth and development, support digestion and help maintain a healthy weight.

When choosing grain foods, wholegrain varieties are the best because the beneficial nutrients found in the outer layers of the grain are retained. Refined or white grains have their outer layer removed during processing so they are missing some key nutrients that wholegrains provide.

Common canteen foods such as spaghetti bolognese (pasta), sandwiches, rolls and wraps (bread) and vegetable muffins (flour) are great foods that contain grains. We hope this collection of recipes for grain-based snacks can bring some additional grainy goodness into your canteen!

A NOTE ABOUT THE COSTINGS

The 'cost per serve' prices in this resource were determined by averaging the in-store and online prices of ingredients from major supermarkets. Prices were collected from Coles, Woolworths, Aldi, Coles Online and Woolworths Online. We recommend using the actual prices of ingredients you purchase when costing any of the recipes in this resource to sell in your canteen.

The recommended serve price and mark up percentage were calculated to ensure the food cost (recipe cost per serve) was no more than 40% of the final sale price. This was done to allow for enough gross profit to cover operating costs and wages.

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Everyday Corn AND ZUCCHINI Slice

Preparation time: 10 minutes

Cooking time: 40-45 minutes

Serving size: 1 slice (approximately 50g)

Equipment

Oven

Grater

Chopping board and knife

Mixing bowl

Measuring cups

Wooden spoon

1-3 non-stick baking tins (24cm x 24cm x 4cm tin for 10 slices) lined with baking paper

Metal tablespoon



**COST
PER SERVE:
\$0.32**

**RECOMMENDED
SERVE PRICE:
\$1.00
(215% mark up)**

Ingredients	Quantity for:		
	10 slices	20 slices	30 slices
Medium zucchinis, grated	1 zucchini	2 zucchinis	3 zucchinis
Brown onion, frozen or fresh, diced	¾ cup (½ large onion)	1 ½ cups (1 large onion)	2 ¼ cups (1 ½ large onions)
Corn kernels, frozen or canned	½ cup	1 cup	1 ½ cups
Light tasty cheese, grated, plus extra to sprinkle	½ cup	1 cup	1 ½ cups
Wholemeal self-raising flour	½ cup	1 cup	1 ½ cups
Olive oil	¼ cup	½ cup	¾ cup
Eggs, extra large	3 eggs	6 eggs	9 eggs

Method

1. Preheat fan-forced oven to 200°C.
2. Add all ingredients into a bowl and with a wooden spoon, mix until well combined.
3. Pour mixture into baking tins. Using the back of a metal tablespoon, flatten the mixture into an even layer. Finish by sprinkling a little more cheese on top.
4. Bake for 40-45 minutes until golden and cooked through. Cooking time may be longer if baking multiple trays at once; rotate trays in oven if needed.
5. Remove from oven. Let stand for 10 minutes before cutting into portions.
6. Serve warm or cold.

Variations

- Substitute the corn for other vegetables such as peas, capsicum or grated carrot. Use vegetables in season to reduce costs and maximise flavour.

TIP: To make savoury corn and zucchini muffins, bake in a muffin tray instead.

Everyday Baked BEAN Bread CUPS

Preparation time: 10 minutes
Cooking time: 15-20 minutes
Serving size: 1 bread cup
 (approximately 65g)

Equipment

- Oven

- 1-3 non-stick muffin tins

- Chopping board and knife

- Rolling pin

- Whisk

- Mixing bowl

- Wooden spoon

- Metal tablespoon or ice cream scoop



Ingredients	Quantity for:		
	10 bread cups	20 bread cups	30 bread cups
Cooking oil spray	To grease muffin tins		
Wholemeal bread	10 slices	20 slices	30 slices
Eggs	3 eggs	6 eggs	9 eggs
Baked beans (preferably salt-reduced)	275g	550g	825g
Light tasty cheese, grated	5 tbsp	10 tbsp	15 tbsp
Ground pepper	To taste		

COST PER SERVE:
\$0.39

RECOMMENDED SERVE PRICE:
\$1.20
 (205% mark up)

Method

1. Preheat fan-forced oven to 200°C. Spray muffin tins with cooking oil.
2. Remove the crust from each slice of bread and flatten with a rolling pin. Press one slice of bread into each well of the muffin tin and flatten the bread along the sides and bottom of the well.
3. Whisk eggs in a bowl. Mix in the baked beans, cheese and pepper.
4. Spoon an even amount of the mixture into each bread cup and finish by sprinkling a little more cheese on top.
5. Bake for 15-20 minutes, until the baked bean mixture has set and the bread is golden. Cooking time may be longer if baking multiple tins at once; rotate tins in oven if needed.
6. Remove from oven and leave to cool in tray for 5 minutes before serving.

TIP: The crusts could be used to make cinnamon or garlic flavoured bread stick snacks, or croutons for salads.

Variations

- Swap baked bean mixture with a vegetable quiche mixture to make 'Egg and Veggie Bread Cups'

Everyday Cheese PUFFS

Preparation time: 10 minutes

Cooking time: 30 minutes

Serving size: 1 puff (approximately 60g)

Equipment

Oven

1-3 non-stick muffin tins and
cupcake liners

Whisk

Mixing bowls

Large metal spoon

Metal tablespoon or ice cream scoop

**COST
PER SERVE:
\$0.30**

**RECOMMENDED
SERVE PRICE:
\$1.00
(228% mark up)**

Method

1. Preheat fan-forced oven to 200°C. Place cupcake liners into the wells of your muffin tins. Spray with cooking oil.
2. Whisk the milk and egg yolks together in a large bowl. Add the cheese and flour and mix with a metal spoon until well combined.
3. Beat egg whites in a separate bowl then add to the batter and gently fold with metal spoon until just combined.
4. Spoon the batter into the muffin tins.
5. Place tins in oven and bake for about 30 minutes or until golden. Cooking time may be longer if baking multiple tins at once. If needed, rotate tins in oven about 20 minutes into the cooking time.
6. Remove from oven and leave to cool in the tins for 5 minutes before serving. Best served warm.

Ingredients	Quantity for:		
	10 puffs	20 puffs	30 puffs
Milk, reduced-fat	1 cup	2 cups	3 cups
Eggs, extra large, yolks and whites separated	3 eggs	6 eggs	9 eggs
Light tasty cheese, grated	2 cups	4 cups	6 cups
Wholemeal self-raising flour	1 ½ cups	3 cups	4 ½ cups
Cooking oil spray	To grease muffin tins		

Variations

- Add lean ham to make a ham and cheese or a "breakfast" puff.



TIP: Using a metal spoon rather than a wooden spoon to fold the egg whites into the batter will stop the air bubbles from being deflated, and will help the puffs to rise.

Everyday Veggie TOTS

Preparation time: 15 minutes
Cooking time: 25-30 minutes
Serving size: 3 tots

Equipment

- Oven

- Large baking trays lined with baking paper

- Grater

- Chopping board and knife

- Measuring cups

- Mixing bowl

- Wooden spoon

- Metal tablespoons

**COST
PER SERVE:
\$0.35**

**RECOMMENDED
SERVE PRICE:
\$1.00
(184% mark up)**

Ingredients	Quantity for:		
	10 serves (30 tots)	20 serves (60 tots)	30 serves (90 tots)
Medium zucchinis, grated	1 cup	2 cups	3 cups
Carrot, grated	2 cups	4 cups	6 cups
Eggs, extra large	2 eggs	4 eggs	6 eggs
Light tasty cheese, grated	½ cup	1 cup	1 ½ cups
Panko bread crumbs, plus extra to sprinkle	1 cup	2 cups	3 cups
Wholemeal plain flour	½ cup	1 cup	1 ½ cups
Brown onion, diced and pan-fried	¼ cup	½ cup	¾ cup
Ground pepper	To taste		
Cooking oil spray	To lightly spray tots before baking		
Dip e.g. Greek yoghurt or tzatziki (optional)	To serve with tots		

Method

1. Preheat fan-forced oven to 220°C.
2. Strain grated carrot and zucchini separately to remove excess liquid. Mix together in a large bowl.
3. Add remaining ingredients and mix until well combined.
4. To make the tots you will need two tablespoons. With a spoon in each hand, scoop a heaped amount using one spoon. Then using the second spoon, scoop the mixture off the first spoon. Do this back and forth a few times until a tot shape is formed.
5. Place tots on tray then sprinkle with extra bread crumbs to lightly coat.
6. Lightly spray the tots with cooking oil spray.
7. Bake for 25-30 minutes or until golden. Cooking time may be longer if baking multiple trays at once.
8. Remove from oven and leave to cool for 5 minutes before serving. Best served warm with dip such as Greek yoghurt or tzatziki.

Variations

- Substitute the carrot or zucchini with other types of vegetables such as peas, corn or broccoli. Using vegetables that are in season can keep costs down.

TIP: Save time by blending the carrot and zucchini in a food processor instead of grating them.



Everyday Hawaiian MUFFINS

Preparation time: 15 minutes

Cooking time: 20-25 minutes

Serving size: 1 muffin
(approximately 75g)

Equipment

Oven

Non-stick muffin tins

Sieve

Chopping board and knife

Measuring cups and measuring spoons

Mixing bowls

Wooden spoon and whisk

Metal tablespoon or ice cream scoop



**COST
PER SERVE:**
\$0.60

**RECOMMENDED
SERVE PRICE:**
\$1.80
(198% mark up)

Ingredients	Quantity for:		
	10 muffins	20 muffins	30 muffins
White self-raising flour	1 cup	2 cups	3 cups
Wholemeal self-raising flour	1 cup	2 cups	3 cups
Red capsicum, chopped	1 cup	2 cups	3 cups
Green capsicum, chopped	½ cup	1 cup	1½ cups
Tinned pineapple pieces, canned in natural juice	½ cup	1 cup	1 ½ cups
Parsley, chopped	1 tbsp	2 tbsp	3 tbsp
Light tasty cheese, grated	1 cup	2 cups	3 cups
Lean ham, chopped	10 slices	20 slices	30 slices
Eggs, extra large	2 eggs	4 eggs	6 eggs
Canola oil	½ cup	1 cup	1 ½ cups
Milk, reduced-fat	¾ cup	1 ½ cups	2 ¼ cups
Tomato paste, salt-reduced	2 tbsp	4 tbsp	6 tbsp
Cooking oil spray	To grease muffin tins		

Method

1. Preheat fan-forced oven to 220°C.
2. Sift the flours into a bowl. Add capsicum, pineapple, parsley, cheese and ham and mix together.
3. In a separate bowl, whisk the eggs, oil, milk and tomato paste together.
4. Fold the egg mixture into the flour mixture until just combined.
5. Lightly coat muffin tins with cooking oil spray.
6. Spoon even amounts of the mixture into the muffin tins and finish by sprinkling a little more cheese on top.
7. Bake for 20-25 minutes or until cooked through. Cooking time may be longer if baking multiple tins at once. If needed, rotate tins in oven about 15-18 minutes into the cooking time.
7. Serve warm or at room temperature.

TIP: Use an ice cream or kitchen scoop to pour muffin mixture into muffin tins. This makes uniform muffin sizes.

Variations

- Increase the vegetables in this recipe by adding chopped spinach, corn kernels, peas or grated carrot.



Everyday Mexican TOASTIES

Preparation time: 10 minutes

Cooking time: 3 minutes

Serving size: 1 toastie

Equipment

Chopping board and knife

Bowl

Fork and tablespoon

Sandwich press

**COST
PER SERVE:
\$0.78**

**RECOMMENDED
SERVE PRICE:
\$2.50
(221% mark up)**

Method

1. Lay out tortillas.
2. In a bowl, lightly smash the black beans with the back of a fork to flatten them.
3. For each toastie, spoon about 2 tablespoons of black beans across half of the tortilla, leaving a bit of space from the edge.
4. Add about 2 tablespoons of corn and 1 tablespoon of red onion and then top with about 2 tablespoons of cheese.
5. Fold over the other half of the tortilla to form a half moon shape. Ensure filling is close to the centre so it does not spill over.
6. Toast in a sandwich press until golden brown and the cheese has melted.

Ingredients	Quantity for:		
	10 toasties	20 toasties	30 toasties
Tortillas	10 tortillas	20 tortillas	30 tortillas
Canned black beans, rinsed and drained	1 x 420g can	2 x 420g cans	3 x 420g cans
Canned corn kernels, rinsed and drained	1 x 420g can	2 x 420g cans	3 x 420g cans
Red onion, chopped	½ onion	1 onion	1 ½ onions
Light tasty cheese, grated	1 cup	2 cups	3 cups

TIP: Keep toasties warm in a pie warmer or oven before service.

Variations

- Pita pockets can be used in place of tortillas.
- Substitute black beans with kidney beans.
- Other great fillings include baked beans and cheese, and spinach and cheese.

Everyday Easy SCROLLS-Two Ways

Preparation time: 15 minutes
Cooking time: 20-25 minutes
Serving size: 1 scroll (approximately 50g)

Equipment

Oven
 Measuring cups and measuring spoons
 Mixing bowls
 Rolling pin
 Knife
 1-3 baking trays lined with baking paper



Ingredients	Quantity for:		
	10 scrolls	20 scrolls	30 scrolls
Dough			
White self-raising flour	1 cup	2 cups	3 cups
Wholemeal self-raising flour	1 cup	2 cups	3 cups
Greek yoghurt, reduced-fat	1 ¼ cups	2 ½ cups	3 ¾ cups
Cooked quinoa	¼ cup	½ cup	¾ cup
To make savoury scrolls (pizza filling)			
Pizza sauce	½ cup	1 cup	1 ½ cups
Light tasty cheese, grated	½ cup	1 cup	1 ½ cups
Lean ham, finely diced	5 slices	10 slices	15 slices
To make sweet scrolls (fruit filling)			
Dried fruit e.g. sultanas, apricots	½ cup	1 cup	1 ½ cups
Cinnamon, ground	½ tsp	1 tsp	1 ½ tsp
Warm water	¼ cup	½ cup	¾ cup
Carrot, grated	½ cup	1 cup	1 ½ cups

SAVOURY (PIZZA) SCROLLS

COST PER SERVE:

\$0.48

RECOMMENDED SERVE PRICE:

\$1.50

(214% mark up)

SWEET (FRUIT) SCROLLS

COST PER SERVE:

\$0.34

RECOMMENDED SERVE PRICE:

\$1.30

(285% mark up)

Method

1. Preheat fan-forced oven to 180°C.
2. In a bowl, mix both flours and yoghurt until well combined.
3. Fold in the cooked quinoa.
4. On a floured surface, knead to form a soft dough. Roll dough out to make a rectangle shape about 30cm long.
5. **For pizza scrolls:**
Spread the pizza sauce evenly over the dough then sprinkle the cheese and ham on top.
5. **For fruit scrolls:**
Soak dried fruit in warm water and cinnamon for about 15 minutes. Mix soaked dried fruit with grated carrot. Spread mixture evenly over the dough.
6. Roll the dough up from the long edge to form a log and using a sharp knife, cut into 10 scroll pieces about 3cm wide.
7. Place scrolls flat and well-spaced from each other on lined baking trays. Bake for 20-25 minutes. Cooking time may be longer if baking multiple tins at once.

TIP: You can also bake the cut scrolls in a sprayed muffin tin to keep an even shape.

Everyday Crunchy YOGHURT Cups

Preparation time: 5 minutes

Cooking time: Nil

Serving size: 250ml

Equipment

Chopping board and knife

Measuring cups

250mL cups to serve

**COST
PER SERVE:
\$1.07**

**RECOMMENDED
SERVE PRICE:
\$2.00
(87% mark up)**



Ingredients	Quantity for:		
	10 serves	20 serves	30 serves
Greek yoghurt, reduced-fat	5 cups	10 cups	15 cups
Wholegrain breakfast cereal e.g. bran cereal, muesli	2 ½ cups	5 cups	7 ½ cups
Strawberries, sliced or other fruit	2 ½ cups	5 cups	7 ½ cups
Honey	To lightly drizzle		
Cinnamon, ground	To sprinkle		

Method

1. Place ½ cup of yoghurt in the bottom of each cup.
2. Add ¼ cup of sliced strawberries on top of yoghurt layer.
3. Then add cereal on top.
4. Finish with a light drizzle of honey and a sprinkle of cinnamon.

Variations

- Try other frozen or seasonal fruit options such as blueberries, raspberries, bananas, mangoes or peaches.

TIP: Choose wholegrain breakfast cereals which have a Health Star Rating of 3.5 stars or more.

Everyday Pizza BITES

Preparation time: 5 minutes

Cooking time: 7 minutes

Serving size: Amount from 1 wrap (about 1 cup; approximately 50g)

Equipment

Oven

Baking trays lined with baking paper

Small mixing bowl

Measuring spoons

Pastry brush or metal tablespoon

Chopping board and knife

Spatula

**COST
PER SERVE:
\$0.45**

**RECOMMENDED
SERVE PRICE:
\$1.20
(167% mark up)**

Method

1. Preheat fan-forced oven to 220°C.
2. In a small bowl, mix together pizza sauce, olive oil and Italian herbs.
3. Using a pastry brush or the back of a metal tablespoon, lightly spread one side of each wrap with the pizza sauce mixture.
4. Cut each wrap into small, bite-sized pieces.
5. Using a spatula, scoop up and scatter the pieces on the lined baking trays. Place trays in oven and bake for about 7 minutes or until light golden colour and crisp. Be careful not to over bake them as they do continue to harden and crisp after removing from oven.
6. Remove from oven and leave to cool on trays for at least 10 minutes before serving. If preparing a day in advance, store in an air tight container after cooling.
7. Serve with dips such as hommus, salsa or guacamole.

Ingredients	Quantity for:		
	10 serves	20 serves	30 serves
Wholegrain wraps (8 inch)	10 wraps	20 wraps	30 wraps
Pizza sauce	2 tbsp	4 tbsp	6 tbsp
Olive oil	1 tbsp	2 tbsp	3 tbsp
Italian herbs	1 tsp	2 tsp	3 tsp
Dip e.g. hommus, salsa, guacamole (optional)	To serve with bites		

Variations

- Plain flavoured bites– drizzle or spray olive oil on the wraps.
- Garlic flavoured bites– spread minced garlic and olive oil.
- Aussie bites– lightly spread yeast spread and spray with cooking oil.

TIP: The smaller the pieces, the crispier they will be. Best served at room temperature.



Occasional Chewy APPLE Oat Bars

Preparation time: 10 minutes
Cooking time: 25-30 minutes
Serving size: 1 bar, approximately 50g

Equipment

Oven

Mixing bowl

Measuring cups and measuring spoons

Wooden spoon

1-3 baking trays (15cm x 15cm x 5cm tray for 10 bars) lined with baking paper

Metal tablespoon

Food processor (optional)



**COST
PER SERVE:
\$0.38**

**RECOMMENDED
SERVE PRICE:
\$1.50
(296% mark up)**

Ingredients	Quantity for:		
	10 bars	20 bars	30 bars
Rolled Oats	1 ½ cups	3 cups	4 ½ cups
Linseeds or flaxseeds	2 tbsp	4 tbsp	6 tbsp
Ground cinnamon	½ tsp	1 tsp	1 ½ tsp
Melted margarine	2 tbsp	4 tbsp	6 tbsp
Apple sauce	¾ cup	1 ½ cups	2 ¼ cups
Honey	2 tbsp	4 tbsp	6 tbsp
Sultanas	¾ cup	1 ½ cups	2 ¼ cups

TIP: Instead of steps 3 and 4, you could mix all ingredients together in a food processor.

Method

1. Preheat fan-forced oven to 200°C.
2. In a bowl, mix together the rolled oats, linseed and cinnamon.
3. Add the remaining ingredients and mix until well combined.
4. Pour the mixture into the trays. Use the back of a metal tablespoon to flatten the mixture into an even layer.
5. Bake for 25-30 minutes or until golden and firm to touch. Cooking time may be longer if baking multiple trays at once.
6. Cut into muesli bar-sized portions to serve.

Variation

- Substitute linseeds with other seeds e.g. pumpkin, chia or sunflower seeds.
- Substitute sultanas with other dried fruits such as apricot, apple, cranberries or goji berries.