

## Apple & Blueberry Oat Muffins

Recipe by Siobhan Berry Mummy Cooks. Featured in her Lunchbox Made Easy Recipe Book.

Makes: 12 muffins



### Ingredients

100g plain flour

100g wholemeal flour

50g porridge oats

3 tsp baking powder

1 tsp ground cinnamon

50g caster sugar

2 medium apples, peeled and grated

1 egg 125ml natural yoghurt

125ml full fat milk 2 tbsp sunflower oil 75g blueberries

### Method

1. Preheat your oven to 190°C. Grease your muffin tin or use a silicone muffin tray.

2. In a bowl, mix together the flours, oats, baking powder, cinnamon and sugar.
3. Stir in the grated apple, making sure it is evenly distributed.
4. Whisk the egg together with the yoghurt, milk and oil in a separate bowl. Add to the dry mixture, and then add your blueberries. At this stage, it is important to mix gently until everything is well combined.
5. Spoon the mixture into the muffin tin then bake for 25-30 minutes until risen and golden brown.
6. Transfer to a wire rack to cool. Muffins can be frozen and will last for up to 3 months in your freezer.

## **Basil & Courgette Pesto**

Recipe by Siobhan Berry Mummy Cooks. Featured in her Lunchbox Made Easy Recipe Book.

Makes: 4 Adult Portions



### Ingredients

40g pine nuts

½ courgette

2 handfuls of basil

1 clove of garlic

Squeeze of lemon juice

2 tbsp extra virgin olive oil

50g Parmesan

Grated Ground black pepper

### Method

1. In a frying pan over a medium heat, lightly toast the pine nuts. Remove from the heat and allow to cool.
2. Roughly chop the courgette. Add the courgette, basil, garlic, pine nuts, and lemon juice to a food processor. Pulse until a loose paste forms.
3. Add in the olive oil while the blender is running and pulse until everything is combined. Add more oil if needed to get the right texture.
4. Stir in your grated Parmesan and black pepper to taste.

Tip: Place pesto in an airtight portion pot and add a layer of olive oil to preserve it for longer.

## **Mozzarella Pesto Melt**

Recipe by Siobhan Berry Mummy Cooks.

Featured in her Lunchbox Made Easy Recipe Book.

Makes 1 Portion



### Ingredients

2 slices wholemeal bread

Butter

60g mozzarella, chopped

1 tbsp Nut-Free Pesto

### Method

1. Spread butter on your sliced bread.
2. Lay one slice of bread, butter side down, on a preheated pan over medium heat.
3. Layer the mozzarella and pesto on the bread.
4. Top with the second slice of bread - butter side up.
5. Cook for about a minute until nice and golden and then flip and cook on the other side.
6. Serve straight away or cut up into smaller bites and wrap in tinfoil and place in a preheated flask.

## **Marinara Sauce**

Recipe by Siobhan Berry Mummy Cooks.

Featured in her Lunchbox Made Easy Recipe Book.

Makes: 4 Adult Portions



### Ingredients

2 tbsp olive oil

1 onion, finely chopped

100g cauliflower, roughly chopped

100g yellow pepper, roughly chopped

100g sweet potato, peeled and roughly chopped

100g butternut squash, peeled and roughly chopped

2 x 400g tin chopped tomatoes

Salt and pepper

Handful of basil, finely chopped

### Method

1. Heat the olive oil in a large saucepan over a medium heat. Add the chopped vegetables and cook for 10 minutes with the lid on until the vegetables are soft.
2. Add in the tinned tomatoes and season with salt and pepper if using. Simmer on a medium to low heat for a further 20 minutes. Place the lid back on during this time but leave it ajar so that some heat escapes.
3. Stir in the basil and simmer for a further 3-4 minutes.
4. Place the sauce in a blender or food processor and blend to your desired consistency.
5. Serve straight away with pasta or store in your portion pots and freeze for future use.