

A large, stylized outline of a pumpkin with a stem and leaf at the top, framing the text.

ROBINA STATE HIGH SCHOOL

LIFESTYLE MANAGEMENT DEPARTMENT

YEAR 9 NUTRITION STUDIES
HPE KLA

UNIT: Ready, Set, Go

RECIPE BOOK

NAME: _____

CLASS: _____ TEACHER: _____



WORKPLAN FORMAT

GOAL/TASK _____

INGREDIENTS	UTENSILS
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STEP	METHOD	TIME
1.	Personal preparation (apron, hair, hands)	
2.	Collect and organize utensils and ingredients	
3.		
4.		
5.		
6.		
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8.		
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10.		
11.		
12.		
13.		
14.		
15.		
Cleanup	<ul style="list-style-type: none"> * wash, dry and put away equipment * clean stove and benches * sweep floors * empty rubbish bins * check units 	

EVALUATION

MUESLI AND CARROT MUFFINS

INGREDIENTS

1 ½ cups natural muesli
*1 cup wholemeal self raising flour-sifted
½ cup sugar
1 cup firmly packed, grated carrot
½ cup firmly packed, grated zucchini
½ cup sultanas
1 egg lightly beaten
1/3 cup oil
1 cup milk
*12 muffin papers

METHOD

1. Place muesli, sifted flour, sugar, carrot, zucchini and sultanas in a large bowl.
2. Combine egg, oil and milk. Add to dry ingredients and mix gently until just combined.
3. Spoon mixture into muffin papers in tin. Bake in moderately hot oven (190°C) 30 minutes.

12 serves



APPLE MUESLI MUFFINS

INGREDIENTS

1 ½ cups natural muesli
*1 cup wholemeal self-raising flour
½ cup sugar
1 cup grated apple
½ cup sultanas
1 egg lightly beaten
1/3 cup oil
1 cup milk
*12 muffin papers

METHOD

1. Place muesli, sifted flour, sugar, apple and sultanas in a large bowl.
2. In a separate bowl combine egg, oil and milk. Add to dry ingredients and mix until just combined
3. Spoon mixture into lightly greased muffin papers in tins.
4. Bake in moderately hot oven (190°C) 30 minutes or until lightly browned.

12 serves

Container to take home

PEANUT BISCUITS

INGREDIENTS

350g salted peanuts – whiz to a meal
125g brown sugar
125g butter
1 egg
*2 tablespoons honey
*2 teaspoons cinnamon
*1 teaspoon vanilla
*2 teaspoons mixed spice
125g plain flour
1 teaspoon baking powder
185g salted peanuts

Optional:

¾ cup sultanas
OR 300g chocolate

METHOD

- 1 Cream butter and brown sugar (can be done in blender).
- 2 Combine egg, honey, cinnamon, vanilla and mixed spice. Add to creamed butter.
- 3 Add plain flour and baking powder.
- 4 Fold 185g nuts and sultanas (if using) in with hands.
- 5 Roll into balls and spread onto greased tray.
- 6 Bake (180°C) for 10 minutes.

Container to take home



TAHINI BALLS

INGREDIENTS

½ cup light tahini
½ cup honey
½ cup desiccated coconut
½ cup LSA (linseed, soy, almonds)
1 cup dried apricots (or other fruit)
¼ cup chopped almonds

METHOD

Mix all ingredients together to make a stiff mixture. Use more coconut if necessary. Shape into balls with wet hands and roll in coconut or LSA.



***School supplies these ingredients**

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ENERGY BAR 1

INGREDIENTS

125g margarine
1/3 cup honey
½ cup sugar
4 cups rice bubbles
½ cup chopped dried apricots
½ cup sunflower kernels
½ cup pepitas (pumpkin seeds)
½ cup sesame seeds

METHOD

1. Place margarine, sugar and honey in a saucepan and simmer 5 minutes (or microwave for 5 minutes).
2. Place remaining ingredients into a bowl and add honey mixture and mix well.
3. Press firmly into an 11cm x 21cm slice tin with damp hands. Refrigerate until firm.



ENERGY BAR 2

INGREDIENTS

Nonstick vegetable spray
3 cups puffed wheat cereal
½ cup chopped nuts (walnuts or other)
½ cup chopped pitted dates or raisins
¼ cup chopped dried cherries
1/3 cup creamy peanut butter
1/3 cup honey
¼ cup light corn syrup

METHOD

1. Preheat oven to (350°C). Spray 20cm baking pan with nonstick spray.
2. Combine peanut butter, honey and corn syrup in small saucepan and bring to boil, stirring constantly until mixture thickens slightly, about 1 minute.
3. Pour peanut mixture over cereal mixture in bowl and stir to combine.
4. Pour into baking dish and bake 10 minutes.
5. Cool and cut into bars. Store in airtight jars.

Makes about 10 bars

ENERGY BAR 3

INGREDIENTS

2 dozen dried figs
1/3 cup honey
4 tablespoons orange juice
2 tablespoons lemon juice
2 ½ cups unbleached flour
½ teaspoon baking soda
¼ teaspoon baking powder
1 tablespoons canola oil
¼ cup dark corn syrup
2 egg whites
1 cup oat bran



METHOD

1. Preheat oven to (180°C).
2. Mix figs, honey, OJ and lemon juice in a food processor.
3. Mix all other ingredients separately (except oat bran).
4. Combine 2 mixtures. Roll into 20 balls.
5. Coat with bran and bake at for 10-15 minutes.
6. Store finished product in fridge.

KUMERA PATTIES

INGREDIENTS

1 kumara (sweet potato) 900g, peeled and roughly chopped
1 medium brown onion, finely diced
*2 teaspoons marmite
2 eggs, lightly beaten
*2 tablespoons olive oil

Container to take home



METHOD

1. Place kumara into saucepan, cover with water and bring to the boil. Reduce heat and simmer uncovered for 10 minutes or until kumara is tender when tested with a knife.
2. Drain kumara and place into a large mixing bowl. Mash with potato masher until smooth.
3. Add diced onion, marmite and eggs. Mix to combine.
4. Using palms of your hand, roll heaped tablespoons of mixture into balls and flatten to form patties.
5. Heat oil over a moderate heat in a non-stick frypan. Fry the patties in batches for 2 minutes each side or until golden brown and cooked through. Drain on paper towel.

Makes 12 patties.

*School supplies these ingredients

SAVOURY CHEESE RING

INGREDIENTS

Scone Mixture

2 cups self raising flour
3 tablespoons butter or margarine
½ cup cheese
*pinch cayenne pepper
1 egg
1 cup milk (approx)

Filling

250g luncheon meat, or bacon salami or ham
2 teaspoons melted butter or margarine
*2 teaspoons chopped parsley
1 small onion
½ cup grated cheese
*2 teaspoons tomato sauce

Container to take home



METHOD

1. Prepare filling by dicing meat, grating onion, chopping parsley. Add all filling ingredients and mix well.
2. Prepare scone mixture by sifting flour and cayenne pepper into a bowl. Rub butter through with finger tips.
3. Add ½ cup grated cheese.
4. Beat egg and milk and add to flour mixture.
5. Turn onto floured board and knead lightly. Roll really thinly into a triangle approximately 30 x 20cm.
6. Spread with filling, leaving a border of 2.5cm around the outside.
7. Roll tightly into a log and place into greased ring tin, moistening ends to join. Cut two thirds of the way through the ring with scissors or a sharp knife at 2.5cm intervals.
8. Turn each section on its side. Brush with extra milk and egg.
9. Bake in moderate oven 30 – 35 minutes.

Serve warm.