



Lunch box snacks

By Jo Bateman, Naturopath

I am a stickler for healthy school snacks and lunches, yet the morning lunch box panic-on often has me reaching for “packets”.

Getting myself organised and allowing time for a Sunday prep-fest with (or without) the kids can bolster the weeks supply of healthy snack & lunch box treats. So no need for any of those processed packets of fake food that do very little to support the nutritional needs of your growing child’s health.

If I left it up to them, my two boys would eat junk all day. I feel as if I am literally having to fend off junk on a daily basis. So whilst it is a challenge, I am the custodian of my children’s health and my goal is to achieve for them as balanced and nutritionally rich a diet as possible, with minimal refined (flour) products and sugary, bad fatty junk that tries to pass itself off as healthy. Minimising sugar highs and lows is also a good thing. Giving in sometimes is also a good thing! I.e. They choose dinner once a week and have Friday Junk day (e.g. Lunch Order)

I try and incorporate protein into most meals and I’m also trialing a 7-a day (2 fruit/ 5-veg) daily log. It’s all about getting the kids to do the JERF – just eat real food!

Sweet potato brownies – Honestly I cannot recommend these highly enough. I use the orange sweet potato and they are brilliant.

My quantities can sometimes be a bit random but the brownies seem quite forgiving. Just don’t leave them in the baking tray as they will go soggy and they’re better once cooled!

I made 1 ½ portions with one large sweet potato this week, accidentally doubled the cacao, didn’t increase the honey. Still utter yummo-ness. Thanks Irena at Eat, Drink Paleo.



[Banana oat cookies](#) - How amazing is Teresa Cutter? I use a few of her recipes and pledge to continue to mine from her recipe palace. These worked well, kids liked them for school and after school. I forgot to add the apple (a cheeky time saver) and swapped maple syrup for honey and they were still delish. I personally think you can go easier on the sultanas. Next time I may halve the sultanas & use the apple. Another time I may consider smashing up some organic Aldi dark chocolate.....mmmm.



[Rice bubble crispies](#)

I don't usually go for puffed rice due to the low nutritional value & high GI but they were brown and they were organic and how does one refrain from an Aldi impulse buy?

So these are a high carb, high GI treat and because of the coconut oil and rice malt syrup they fall apart once out of the fridge for too long. On the plus side, they are simple & super quick to make and the kiddos smashed through them after school. (and sneaking them in pre-brekky). Apparently these are often made with peanut butter.

Thanks to the American Detoxinista.



Jo practices at Northern Beaches Health and Fertility on Tuesdays, you can book here:

<https://health-and-fertility.cliniko.com/bookings#service>

Jo has an Advanced Diploma in Naturopathy encompassing nutrition, herbal medicine and homeopathy. She has a Bachelor degree in Business but ducked out of a manic lifestyle in corporate IT when she realised her kids & health had to come first. In a nutshell, Jo's aim is to help her clients get better, feel better & to take control of their health.