

1800 061 000
barnardos.org.au



ABN 18 068 557 906 | A Company Limited by Guarantee | Registered Charity | HO_15_00557

Healthy Family Recipe Calendar 2016

by Renae Smith

with contributions from Kira
Westwick, Jessie Spiby, Ben
Macdonald and Liliana Battle



Vegetarian Sausage Rolls

What you'll need

- | | |
|---|--------------------------|
| 1 brown onion | 150g feta cheese |
| 1 tsp of dried herbs (if you have them) | 1 tbsp of soy sauce |
| 100g walnuts (raw) | 50g breadcrumbs |
| 90g rolled oats | 3 sheets of puff pastry. |
| 3 eggs | Milk |
| | Sesame seeds (optional) |

Directions

1. Preheat your oven to 200 degrees (180 fan forced).
2. In a food processor, place the onion and dried herbs and blitz for 10 seconds.
3. Add the walnuts and rolled oats and blitz for 10 - 20 seconds more until the walnuts are broken down and not too chunky. You're looking for a crunchy peanut butter texture.
4. Add the eggs, feta cheese, soy sauce and breadcrumbs and mix for 10 more seconds.
5. Lay out the puff pastry and place the mixture in a long sausage shape at one end. Roll up the pastry over the mix.
6. Cut into sausage roll size.
7. Bake for 20 minutes and allow to cool for 5 minutes before serving.



Created by
Renae Smith
Masterchef 2014

January 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27 Donate today to help Aussie kids in need this school year. barnardos.org.au/donate	28	29	30

Banana Pancakes

What you'll need

3 medium bananas	1/2 tsp vanilla paste or essence
2 eggs, separated	1 cup self raising flour
50g butter, melted and cooled (plus more for cooking)	1/2 tsp salt
100g yoghurt (plus more to serve)	50ml honey, golden or maple syrup to serve
150ml milk	

Directions

1. Mash one banana with a fork and then whisk together with the egg yolks. Mix in the yoghurt and melted butter, then add the milk and whisk until smooth.
2. Add the salt and flour and stir until just combined and a batter is formed.
3. Whisk the egg whites until they form soft peaks. Fold into the batter, one half at a time, trying to keep as much air as possible in the batter (if you prefer a thinner pancake you can add a little more milk).
4. Slice the other bananas into half centimetre slices. Add a little butter to a medium hot non-stick pan and then place banana slices in groups of three for each pancake. Allow them to cook for 2 minutes.
5. Pour 2 tablespoons of batter over each group of bananas to form a pancake and allow to cook for 2-3 minutes until the top has bubbles and is starting to dry out a little. Carefully flip and cook on the other side another 1-2 minutes.
6. Remove, keep warm and serve in a stack with honey and natural yoghurt.



Created by
Ben Macdonald
Masterchef 2014

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Last chance to nominate an awesome mum! barnardos.org.au/MotherOfTheYear	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

Watermelon, Hazelnut and Feta salad

What you'll need

2 cups of watermelon cut into chunks

1/4 cup of any nuts (I used hazelnuts)

Feta cheese (as much as you like)

Green salad leaves like lettuce, water cress or even baby spinach

3 tbsp of olive oil

2 tbsp of lemon juice

Directions

1. Place the watermelon, nuts, cheese and leaves into a big bowl.
2. In a small cup, mix the olive oil and lemon juice until mixed well.
3. Pour the olive oil and lemon juice over the salad and toss it around.
4. Serve immediately.



Created by
Renae Smith
Masterchef 2014

March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27 Share the Easter joy and donate to a child in need. barnardos.org.au/donate	28	29	30	31		

Mango and Coconut Sorbet

What you'll need

2 cups of frozen mango (from the freezer aisle at the shop)

1 can of coconut cream
Fresh mint

Directions

1. Put the mango and coconut cream (save a little to pour on top) into a blender with a little bit of mint.
2. Blitz until smooth and pour into cups.
3. Pour over a little more coconut cream and add mint leaves.



Created by
Renae Smith
Masterchef 2014

April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8 Foster a teen and you'll be fostering a future. barnardos.org.au/fosterateen	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Asparagus and Tomato Tart

What you'll need

1 sheet of puff pastry
Almond butter - or any nut butter
1 bunch of asparagus
1 handful of cherry tomatoes
Fresh thyme

Directions

1. Heat the oven to 200 degrees.
2. Place the pastry on a baking tray.
3. Smear the nut butter over the top, leaving the edges clear.
4. Lay the asparagus on top and sprinkle over tomatoes and thyme.
5. Bake until the pastry is golden.
6. If you like, drizzle with caramelised balsamic vinegar (or even barbecue sauce).



Created by
Renae Smith
Masterchef 2014

May 2016

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

1	2	3 Help a child in need by donating to our winter appeal. barnardos.org.au/donate	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Easy Spaghetti Carbonara

What you'll need

2 cloves garlic, finely chopped 300ml thickened cream
 4 rashers rindless bacon, chopped 3/4 cup grated parmesan cheese
 2 tbsp olive oil freshly ground black pepper
 500g packet spaghetti 3 tbsp chopped fresh parsley
 salt
 3 eggs, plus 1 extra yolk

Directions

1. Heat the olive oil in a wide frypan. Add the olive oil, bacon and garlic and fry, stirring, until bacon is crisp. Set aside.
2. Bring a large pot filled with water to a boil. Add a good pinch of salt and add the spaghetti. Stir every now and then to ensure pasta does not stick together.
3. Meanwhile, mix the eggs and cream in a bowl. Add the grated parmesan and a little salt and pepper.
4. When the pasta is cooked, drain in a colander, then toss into the pan with the cooked bacon. Add the egg/cream mixture and toss to combine. The residual heat from the cooked pasta will cook the eggs making a sauce consistency. Add the chopped parsley and toss to combine.
5. Serve immediately.



Created by
 Lilianna Battle
 Masterchef 2013

June 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 Your taxable donation will go towards helping Australia's most vulnerable children. barnardos.org.au/donate		

Warm Vegetable Salad with Quinoa

What you'll need

- | | |
|-------------------------------------|-------------------------------------|
| 1 cup of quinoa | Parsley |
| 1 tin of chickpeas | "Spice mix" - anything |
| 1 carrot | (I used 1tsp cumin, 1tsp coriander, |
| 1/2 a cauliflower | salt and pepper) |
| Cottage cheese (or any soft cheese) | |

Directions

1. Boil the quinoa in water until it is soft. Leave that to cool slightly.
2. Cut up the carrots and cauliflower into chunks and put in a bowl for the microwave. Microwave for about 4 - 5 minutes.
3. Drain the water out of the chickpeas and give them a little rinse.
4. In a big pan, put in a little bit of olive oil, some spices (or just a little bit of salt) and then place the chickpeas. Fry for 2 minutes.
5. Drain the vegetables and place them in the pan and stir around for another 2 minutes.
6. Add the drained quinoa and stir for 2 more minutes.
7. Serve on a plate and top with cheese, nuts and herbs or just eat plain!



Created by
Renae Smith
Masterchef 2014

July 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Sign up today and become a Barnardos child sponsor. barnardos.org.au/donate	19	20	21	22	23
24	25	26	27	28	29	30

Chocolate Mousse Tart (with Tofu)

What you'll need

1 packet of shortbread or ginger nut cookies 100g of dark chocolate
1 packet of soft, silken tofu (350g) Fresh fruit

Directions

1. Take the tofu and squeeze it in a tea towel to get out as much moisture as you can.
2. Take the chocolate and put in a plastic bowl that can go in the microwave. Microwave for 30 seconds and stir. Then keep doing this for 10 seconds at a time until the chocolate is just melted... DONT do it too much or the chocolate will burn.
3. With an electric beater or with a whisk, mix up the tofu until it is smooth and light. Slowly drizzle the chocolate in and keep whisking, you want to try and make it have as much air as you can!
4. Put the chocolate tofu in the fridge for a couple of hours.
5. Place a cookie down and top the cookie with the chocolate mousse, then put fresh fruit on top!



Created by
Renaë Smith
Masterchef 2014

August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Over 17,000 Australian children under 12 were homeless in 2012. barnardos.org.au/donate	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Green Cakes

What you'll need

- | | |
|--------------------------------|-----------------------------------|
| 2 spring onions | 1/2 block feta cheese, crumbled |
| 2 cloves garlic | 3 eggs |
| 1 handful fresh parsley | 1/2 cup of honey |
| 1 handful baby kale or spinach | 2-3 heaped tbsp gluten free flour |
| 1 small head broccoli | Seasoning to taste |
| 2 handfuls corn kernels | 2-3 tbsp unscented coconut oil |

Directions

1. Throw onions, garlic, herbs and baby greens into a food processor and process until finely chopped. Add broccoli and pulse to a fine chop.
2. Beat eggs in a large bowl, and add broccoli mix, corn kernels and feta. Add one tbsps at a time of flour to a thickish consistency. Season really well.
3. Gently heat oil in a healthy non-stick pan.
4. Add tablespoons of the mixture, flattening down with the spoon, and cook gently until golden each side.
5. Drain on paper towel.

Suggestions

You can substitute coconut flour, however add a little at a time as it is super absorbent! You will need about 1 tbsp.
Great for lunch boxes and pre made breaky on the run.
Cauliflower would be delicious in place of broccoli



Created by
Kira Westwick
Masterchef 2014

September 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Help us keep children safe from abuse and neglect this National Child Protection Week. barnardos.org.au/donate	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

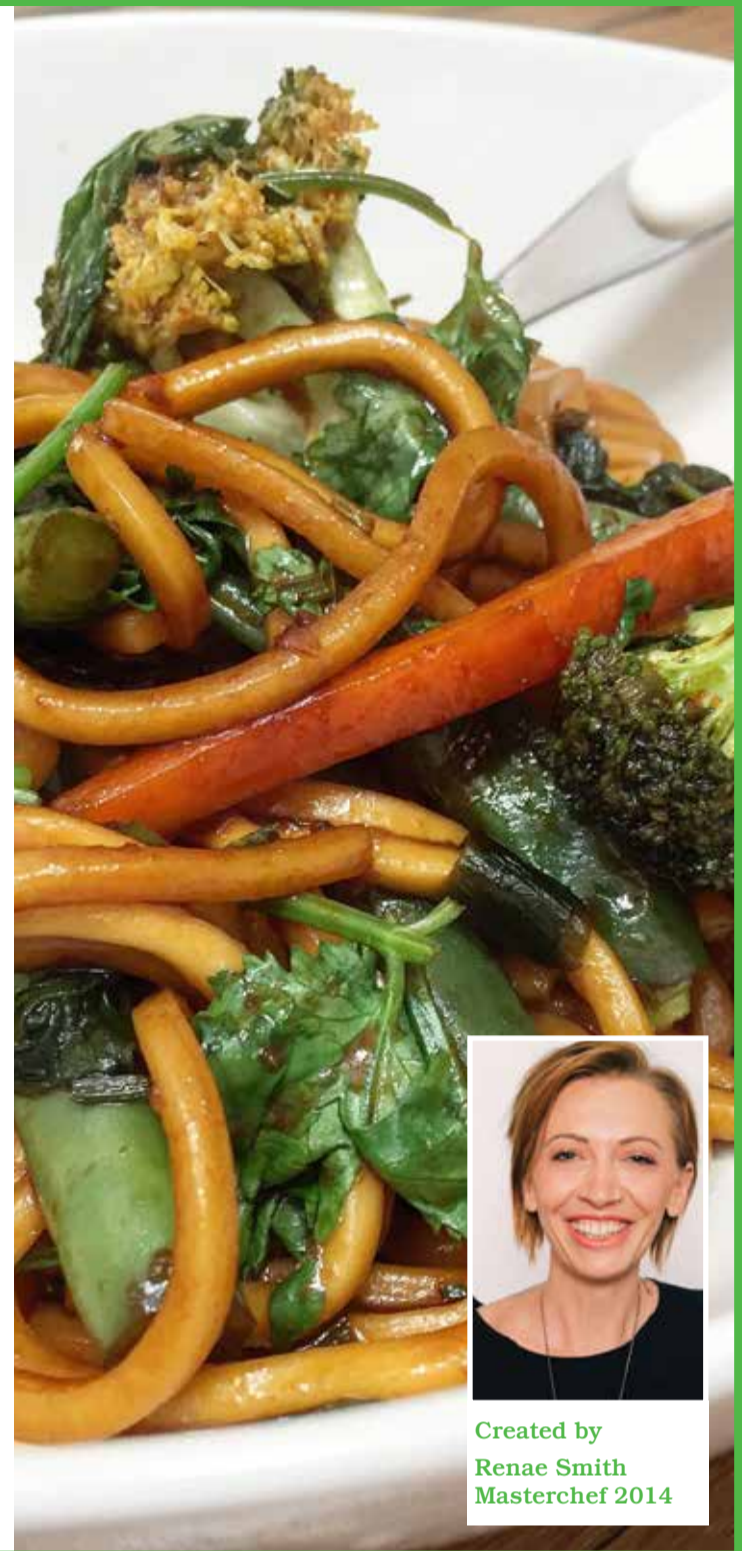
Chinese Noodles

What you'll need

- | | |
|-----------------------------|--------------------------------|
| 1 packet of hokkien noodles | Fresh herbs (I used coriander) |
| 1 zucchini | 1/2 cup of soy sauce |
| 1 carrot | 1/2 cup of honey |
| 1 broccoli | |
| Handful of baby spinach | |

Directions

1. Place all the vegetables in a very hot pan and fry them for about 5 minutes.
2. In the meantime, cover the noodles with water from the kettle and let them sit.
3. Drain the noodles and add to the pan with the vegetables.
4. Add the soy and the honey and let this simmer for about 3 minutes or until the vegetables seem cooked.
5. Top with fresh herbs or chilli.



Created by
Renae Smith
Masterchef 2014

October 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 <small>17.7% of all Australian children live below the poverty line. barnardos.org.au/donate</small>	17	18	19	20	21	22
23	24	25	26	27	28	29

San Choy Bau Cups

What you'll need

- | | |
|---|----------------------------------|
| 1 cabbage | 1/4 cup of soy sauce |
| 1 packet of tofu (firm) | 1/4 cup of honey |
| 1 red capsicum | Fresh coriander, chilli and Lime |
| 1 handful of green beans | to serve |
| 1 carrot | |
| 1 handful of peanuts
(if you're not allergic!) | |

Directions

1. Break up the tofu into small pieces by rubbing it between your fingers.
2. Heat a pan to medium high heat and put a little oil in the pan.
3. Add the tofu and stir around until the water starts to evaporate.
4. Add in all of the vegetables (chopped to even size pieces).
5. Stir for about 3 minutes.
6. Add the soy sauce and the honey and stir until the vegetables are cooked to your liking.
7. Place into cabbage leaves and top with peanuts, herbs, chilli and lime!



Created by
Renae Smith
Masterchef 2014

November 2016

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

		1 Help a child in need by donating to our Christmas appeal. barnardos.org.au/donate	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Strawberry & Yoghurt Ice Blocks

What you'll need

Iceblocks

- 2 cups strawberries
- 1 1/2 tbsp honey
- 1 1/2 tbsp lemon juice
- 1/2 cup natural or Greek yoghurt

Popping Candy Sherbet (for a special treat)

- 6 tbsp icing sugar
- 2 tbsp citric acid
- 2 tbsp popping candy

Directions

1. Roughly chop the strawberries and place in the blender with 1 tbsp of honey and 1 tbsp of lemon juice. Blend until smooth. Pour the mixture into an iceblock mould and fill to around 2/3 full.
2. Place the mould in the freezer for around 30 minutes. This allows the mixture to set slightly. Meanwhile, combine the yoghurt with the remaining honey and lemon.
3. Top the moulds with the yoghurt and place a popstick in the center of each iceblocks, freeze for at least 3 hours or until completely frozen.
4. To make the sherbet (**for a special treat**) place all the ingredients in a bowl and mix. Just pour the sherbet into a small bowl and let everybody dip the ice blocks as they like.

For a special treat add the popping candy sherbet!



Created by
Jessie Spiby
Masterchef 2015

December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Bring joy to a child in need this Christmas and donate a gift today. giftsforkids.org.au	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31