

Sanitarium™
health & wellbeing

Weet-Bix™

Back to School Cookbook



15 NUTRITIOUS AND FUN RECIPE IDEAS
endorsed by *The Nutrition Guy*, Joel Feren



Here at Weet-Bix™, we're on a mission to inspire all Aussies to eat a Better Brekkie and make it exciting along the way!

We know getting back to school can be a busy time for Aussie families so we've created some easy recipes that'll take you from the kitchen table to the lunchbox and beyond.

Come with us, as we wake up the nation with some nutritious and tasty ways to get the most out of your day.

The Weet-Bix™ Team

***Weet-Bix™
Raspberry
Bircher Pots***



Baked Weet-Bix™ Falafel



Pg.24



Pg.10



***Blueberry
Vanilla
Popsicles***



Pg.32

Weet-Bix™

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Weet-Bix™ Raspberry Bircher Pots

Quick and easy bircher pots are great for a grab-and-go breakfast option for the whole family.

Ingredients:

- 3 Weet-Bix, crushed
- ¼ cup chia seeds
- 2 cups milk, or **So Good** Soy or Almond Milk
- 1 tbs honey (optional)
- ½ cup rolled oats
- ½ apple, grated
- 1 cup frozen raspberries, plus extra for garnish
- 2 tbs chopped almonds, plus extra for garnish

PREPARATION: **15 mins**
including soaking

COOKING TIME: **N/A**

DIFFICULTY: **Easy**

SERVES: **4**

Method:

1. Combine chia seeds, milk and honey (if using) in a large bowl. Mix well and set aside for 10 minutes to plump up the chia seeds.
2. Add crushed **Weet-Bix**, oats, apple, raspberries and almonds to the chia mixture and fold through. Divide into 4 glasses.
3. Garnish with extra almonds and berries. Eat immediately, or cover and refrigerate overnight for a quick breakfast.

	Per serve		Per serve
Energy (kJ)	1100	- Sugars (g)	8
(Cal)	263	Dietary Fibre (g)	7.9
Protein (g)	10	Sodium (mg)	78
Fat (g)	11	Potassium (mg)	385
- Saturated Fat (g)	4	Calcium (mg)	214
Carbohydrate (g)	26	Iron (mg)	2.6



Banana Berry Smoothie

Try this refreshing banana berry smoothie as part of a delicious breakfast!

Ingredients:

- 2 Weet-Bix
- ½ cup fresh or frozen berries
- 1 banana, chopped
- 1 cup milk, or **So Good** Soy or Almond Milk

PREPARATION: **5 mins** COOKING TIME: **N/A** DIFFICULTY: **Easy** SERVES: **2**

Method:

1. Place all ingredients into a blender, and blend until smooth.
2. Pour into cold serving glasses.

Tip: Freeze your chopped-up fruit beforehand, or add extra ice to make your smoothie extra refreshing.

	Per serve		Per serve
Energy (kJ)	555	- Sugars (g)	9
(Cal)	133	Dietary Fibre (g)	4.2
Protein (g)	4	Sodium (mg)	88
Fat (g)	2	Potassium (mg)	299
- Saturated Fat (g)	0.2	Calcium (mg)	164
Carbohydrate (g)	22	Iron (mg)	1.8



Berry & Bix Bars

Breakfast, lunch, or afternoon tea, this rustic berry slice is a winner any time of day!

Ingredients:

- 3 Weet-Bix, crushed
- 1 cup wholemeal self-raising flour
- 1/4 tsp salt
- 1/2 cup milk, or So Good Soy or Almond Milk
- 1/4 cup maple syrup
- 1/4 cup light flavoured olive oil
- 1 large egg, lightly beaten
- 1 tsp vanilla essence
- 1/2 cup no-sugar mixed berry jam (see tip)
- 1 tbs shredded coconut

PREPARATION: 15 mins COOKING TIME: 20 mins DIFFICULTY: Intermediate SERVES: 12 bars

Method:

1. Preheat oven to 180°C (350°F). Oil a 20 cm (8 inch) square pan, line base and two long sides with a strip of baking paper.
2. In a medium bowl, combine dry ingredients. In a separate jug whisk together milk, maple syrup, olive oil, egg and vanilla. Add wet ingredients to dry and stir until just moistened.
3. Spoon a bit more than half the batter into the prepared pan and level into a thin layer. Dollop over jam and spread gently to the edges. Spoon over remaining batter to cover as much of the filling as possible. Sprinkle with coconut.
4. Bake 20-25 minutes until firm on top and golden around edges. Cool in pan for 10 minutes, run a knife around unlined sides and lift out to cool completely on a rack. Cut into 12 bars.

Tip: Jam can be replaced with homemade thick berry compote.

	Per serve		Per serve
Energy (kJ)	669	- Sugars (g)	13
(Cal)	160	Dietary Fibre (g)	2.1
Protein (g)	3	Sodium (mg)	147
Fat (g)	6	Potassium (mg)	119
- Saturated Fat (g)	1	Calcium (mg)	33
Carbohydrate (g)	23	Iron (mg)	1.1



Weet-Bix™ Fruit Stacks

Start your morning with a wholesome and tasty fruit stack.

Ingredients:

- 4 Weet-Bix
- ½ cup fresh or frozen berries
- ¾ cup unsweetened yoghurt (200g)
- ¼ cup raw, unsalted nuts
- ¼ cup seeds

PREPARATION: **5 mins** COOKING TIME: **N/A** DIFFICULTY: **Easy** SERVES: **2**

Method:

1. Crush half the **Weet-Bix** into 2 serving glasses.
2. Layer the yoghurt on top, followed by the berries.
3. Repeat this again.
4. Sprinkle the nuts and seeds on top.

Tip: Freeze your chopped-up fruit beforehand, or add extra ice to make your smoothie extra refreshing.

	Per serve		Per serve
Energy (kJ)	1780	- Sugars (g)	13
(Cal)	426	Dietary Fibre (g)	7.5
Protein (g)	18	Sodium (mg)	144
Fat (g)	23	Potassium (mg)	646
- Saturated Fat (g)	5	Calcium (mg)	274
Carbohydrate (g)	33	Iron (mg)	5.3



Almond & Cranberry Balls

Cranberries and almonds come together to create an unexpected treat both kids and adults will love.

Ingredients:

- 3 Weet-Bix, finely crushed
- 2 tbs honey or maple syrup
- 1 cup dried cranberries
- 1 cup almond meal
- ¼ cup almonds, chopped
- 2 tbs water

PREPARATION: **10 mins** COOKING TIME: **N/A** DIFFICULTY: **Easy** SERVES: **16 balls**

Method:

1. Add all ingredients, except water, to a food processor and pulse to a coarse consistency. Add water and pulse again until mixture sticks together.
2. Form into tablespoon-sized balls. Store in refrigerator.

	Per serve		Per serve
Energy (kJ)	393	- Sugars (g)	8
(Cal)	94	Dietary Fibre (g)	1.8
Protein (g)	2	Sodium (mg)	8
Fat (g)	5	Potassium (mg)	32
- Saturated Fat (g)	1	Calcium (mg)	6
Carbohydrate (g)	11	Iron (mg)	0.4



Weet-Bix™ Lemon & Yoghurt Muffins

Fresh and fragrant lemon muffins will brighten any lunchbox!

Ingredients:

- 6 Weet-Bix, crushed
- 1 cup white self-raising flour
- 1 tsp baking powder
- ½ cup caster sugar
- ¼ tsp salt
- zest from 1 lemon
- ¼ cup freshly squeezed lemon juice
- 1 cup Greek yoghurt
- 2 large eggs
- ¼ cup light flavoured olive oil
- ½ tsp vanilla essence

PREPARATION: **15 mins** COOKING TIME: **20 mins** DIFFICULTY: **Easy** SERVES: **4**

Method:

1. Preheat oven to 180°C (350°F). Oil a 12-hole muffin tin, or line with paper cases.
2. Combine dry ingredients and lemon zest in a large bowl, make a well in the centre and set aside. In a separate bowl or jug whisk together wet ingredients.
3. Pour wet ingredients into dry and fold to just combine—don't over-mix or your muffins will be tough. Divide evenly into prepared pan.
4. Bake 20–22 minutes, until tops are firm and a skewer inserted into the centre of a muffin comes out clean. Remove from tin and cool completely on a rack.

	Per serve		Per serve
Energy (kJ)	757	- Sugars (g)	11
(Cal)	180	Dietary Fibre (g)	1.2
Protein (g)	4	Sodium (mg)	117
Fat (g)	8	Potassium (mg)	109
- Saturated Fat (g)	2	Calcium (mg)	48
Carbohydrate (g)	24	Iron (mg)	1.2



Cheesy Bix-cuits

A fantastic savoury treat! Keep these cheesy biscuits on hand for an after-school snack or whip them up when friends pop over.

Ingredients:

- 4 Weet-Bix, finely crushed
- ½ cup plain flour
- 1 tbs fresh rosemary, chopped
- ¼ tsp cracked black pepper
- 1 cup cheddar or tasty cheese, finely grated
- 2 tbs olive oil
- ¼ cup milk, or **So Good** Soy or Almond Milk
- 1 tsp honey
- Pinch of salt, optional

PREPARATION: **10 mins** COOKING TIME: **12 mins** DIFFICULTY: **Intermediate** SERVES: **15 biscuits**

Method:

1. Preheat oven to 180°C (350°F). Line an oven tray with baking paper.
2. Combine **Weet-Bix**, flour, rosemary, pepper, and cheese in a bowl—toss to combine. In a separate jug whisk together oil, milk and honey. Add wet ingredients to dry and stir until well moistened. Gently knead the mixture a few times in the bowl to bring the dough together.
3. Lightly dust benchtop with flour, turn out dough and pat to 1cm thick. Use a knife or a 5cm cutter to form biscuits. Place biscuit shapes on prepared tray and sprinkle with a bit of sea salt.
4. Bake for 12–14 minutes until golden. Cool on tray for 5 minutes then move to a rack to cool completely.

	Per serve		Per serve
Energy (kJ)	370	- Sugars (g)	1
(Cal)	88	Dietary Fibre (g)	0.6
Protein (g)	3	Sodium (mg)	67
Fat (g)	5	Potassium (mg)	34
- Saturated Fat (g)	2	Calcium (mg)	67
Carbohydrate (g)	7	Iron (mg)	0.5



Zucchini & Corn Frittata

Individual portions make this twist on a classic an excellent idea for morning tea, lunchboxes and weeknight dinners.

Ingredients:

- 3 Weet-Bix
- 1 cup zucchini (courgette), grated
- 1 red onion, grated
- 1 cup canned or thawed corn kernels, drained
- 4 eggs, whisked
- ½ cup Greek yoghurt
- ¼ tsp salt
- ¾ cup tasty cheese, grated
- 1 tsp baking powder
- ½ cup sultanas/walnuts (optional)

PREPARATION:	COOKING TIME:	DIFFICULTY:	SERVES:
10 mins	35 mins	Easy	10-12 <small>mini-frittatas</small>

Method:

1. Preheat oven to 180°C (350°F). Line a 12-hole muffin tin with paper cases.
2. Combine zucchini (courgette), onion, corn, eggs, yoghurt, salt, and mix well. Stir through ½ cup of the cheese and 2 crumbled **Weet-Bix**. Spoon batter into prepared liners.
3. Crush remaining **Weet-Bix** and toss with remaining cheese, sprinkle the mixture over top of the frittata batter.
4. Bake for 20–25 minutes until golden and cooked through.

	Per serve		Per serve
Energy (kJ)	650	- Sugars (g)	3
(Cal)	155	Dietary Fibre (g)	1.2
Protein (g)	9	Sodium (mg)	288
Fat (g)	10	Potassium (mg)	202
- Saturated Fat (g)	5	Calcium (mg)	207
Carbohydrate (g)	8	Iron (mg)	1.0



Weet-Bix™ Spinach Balls

These veggie-packed, bite-size, flavour bombs are great on their own or served with tomato puree for dipping.

Ingredients:

- 6 Weet-Bix, finely crushed
- 250g frozen spinach, thawed
- 1 brown onion, grated
- 2 eggs, lightly whisked
- 2 tbs olive oil
- ¼ cup parmesan, grated
- 2 tsp dried Italian herbs
- ¼ tsp salt
- ¼ tsp cracked black pepper

PREPARATION: **10 mins** COOKING TIME: **20 mins** DIFFICULTY: **Intermediate** SERVES: **20 balls**

Method:

1. Preheat oven to 180°C (350°F). Line an oven tray with baking paper. Squeeze thawed spinach and discard liquid.
2. Combine all ingredients in a large bowl and mix well. Form mixture into walnut sized balls and place on the prepared tray.
3. Bake for 20–25 minutes until golden and cooked through. Serve warm or at room temperature.

	Per serve		Per serve
Energy (kJ)	376	- Sugars (g)	1
(Cal)	90	Dietary Fibre (g)	1.7
Protein (g)	4	Sodium (mg)	154
Fat (g)	5	Potassium (mg)	123
- Saturated Fat (g)	1	Calcium (mg)	79
Carbohydrate (g)	7	Iron (mg)	1.5



Weet-Bix™ Pizza Scrolls

Loaded with the goodness of **Weet-Bix** wheat biscuits, your little ones will just love these pizza scrolls!

Ingredients:

For the quick-dough

- 3 Weet-Bix, finely crushed
- 1 cup unsweetened Greek yoghurt
- 1 tbs olive oil
- 2 tbs water
- 1 ¾ cups white self-raising flour, plus extra for dusting
- Pinch salt

For the scrolls

- ¼ cup tomato puree or pasta sauce
- 1 cup baby spinach leaves
- 4 button mushrooms
- ½ tsp dried Italian herbs thinly sliced
- ½ cup grated mozzarella

PREPARATION: **15 mins** COOKING TIME: **15 mins** DIFFICULTY: **Intermediate** SERVES: **16 scrolls**

Method:

1. Preheat oven to 190°C (370°F). Line an oven tray with baking paper.
2. To make the dough, combine wet ingredients in a bowl and stir well. Add flour, **Weet-Bix**, salt, and stir again. Use your hands to knead mixture in the bowl for about a minute, incorporating any extra flour, to create a soft and pliable dough.
3. Lightly dust bench and top of dough with a bit of extra flour. Roll dough into a 24 x 48cm rectangle. With a long edge closest to you, spread puree over the dough, leaving 2cm of dough clear on the opposite long edge.
4. Layer spinach and mushrooms over the sauce, sprinkle with cheese and herbs. Roll the topped dough away from you to enclose filling, pinch the seam to seal.
5. Slice roll into 3cm thick rounds, place cut side down on the prepared tray. Bake for 15–18 minutes, until golden and cooked through. Cool on tray for 5 minutes then move to a rack to cool completely, serve warm or at room temperature.

	Per serve		Per serve
Energy (kJ)	427	- Sugars (g)	2
(Cal)	102	Dietary Fibre (g)	1.1
Protein (g)	4	Sodium (mg)	156
Fat (g)	2	Potassium (mg)	115
- Saturated Fat (g)	1	Calcium (mg)	72
Carbohydrate (g)	15	Iron (mg)	0.6



Baked Weet-Bix™ Falafel

On their own, in a wrap, or on top of a salad—baked falafel is a great addition to any lunchbox or party platter!

Ingredients:

- 3 Weet-Bix, finely crushed
- 1 can chickpeas, drained
- 1 cup frozen peas, thawed and drained
- 1 spring onion, roughly chopped
- ½ tsp salt
- ½ tsp ground cumin
- ½ tsp ground coriander
- 2 tbs sesame seeds

PREPARATION: **10 mins** COOKING TIME: **20 mins** DIFFICULTY: **Intermediate** SERVES: **16 pieces**

Method:

1. Preheat oven to 200°C (400°F). Line an oven tray with baking paper.
2. In a food processor, pulse chickpeas, peas, spring onion, salt and spices to a rough paste. Add crushed **Weet-Bix** and pulse again to combine.
3. Roll walnut sized pieces of the mixture into balls and toss in sesame seeds to coat. Place falafels on prepared trays and press tops to flatten slightly.
4. Bake for 20–22 minutes until golden. Serve warm or at room temperature, with a dipping sauce or simply on their own.

	Per serve		Per serve
Energy (kJ)	493	- Sugars (g)	1
(Cal)	117	Dietary Fibre (g)	6.0
Protein (g)	8	Sodium (mg)	290
Fat (g)	3	Potassium (mg)	200
- Saturated Fat (g)	1	Calcium (mg)	66
Carbohydrate (g)	15	Iron (mg)	2.6



Carrot Cake Mini-Loaf

Indulgent carrot cake transformed into wholesome mini-loaves—perfect for big and little hands alike!

Ingredients:

- 4 **Weet-Bix**, crushed
- 1 can crushed unsweetened pineapple, including juice (432g tin)
- 1 cup carrot, grated
- 1 tsp ground cinnamon
- ½ tsp salt
- ¼ cup packed brown sugar
- 2 eggs, whisked
- 1 cup milk, or **So Good Soy** or Almond Milk
- ¼ cup light flavoured olive oil
- 1 ½ cups wholemeal self-raising flour
- 1 tsp baking powder
- ½ cup sultanas/walnuts (optional)

PREPARATION: **10 mins** COOKING TIME: **35 mins** DIFFICULTY: **Easy** SERVES: **12 muffins**
(or 12–16 muffins)

Method:

1. Preheat oven to 180°C (350°F). Lightly oil an 8-hole mini-loaf tin.
2. To a large bowl add crushed **Weet-Bix**, pineapple and pineapple juice. Stir well to moisten, then add grated carrot, cinnamon, salt, sugar, eggs, milk, and oil—stir again.
3. Add flour, baking powder, sultanas, and walnuts to the bowl and fold through, making sure not to over-mix.
4. Divide batter into prepared tin and bake for 35 minutes, or until tops are golden and a skewer inserted into the centre of a muffin comes with just a few crumbs clinging to it. Cool in tin for 5 minutes, then remove and cool completely on a rack.

	Per serve		Per serve
Energy (kJ)	1140	- Sugars (g)	14
(Cal)	272	Dietary Fibre (g)	4.9
Protein (g)	7	Sodium (mg)	412
Fat (g)	10	Potassium (mg)	336
- Saturated Fat (g)	2	Calcium (mg)	75
Carbohydrate (g)	36	Iron (mg)	2.0



Chocolate Thumbprint Cookies

These soft biscuits with a special chocolate centre are easy and fun to make!

Ingredients:

- 3 Weet-Bix, finely crushed
- ½ cup margarine
- ½ cup granulated sugar
- 1 large egg
- 1 tsp vanilla essence
- 1 ¼ cups self-raising flour
- 18 milk or dark chocolate buttons

PREPARATION: **10 mins** COOKING TIME: **8 mins** DIFFICULTY: **Intermediate** SERVES: **18 cookies**

Method:

1. Preheat oven to 180°C (350°F). Line two flat trays with baking paper.
2. Beat margarine and sugar with a wooden spoon until light and fluffy. Add egg and vanilla and beat again.
3. Add flour and stir well, then fold through the crushed **Weet-Bix**.
4. Place rounded tablespoons of the dough onto the prepared trays, leaving room for spreading. Lightly press a wet finger into the centre of each biscuit, then place a chocolate button in the indentation.
5. Bake for 8 minutes until golden. Cool on tray for a minute before transferring to a rack to cool completely.

Tip: You can replace the dark chocolate buttons with milk or white chocolate, or

	Per serve		Per serve
Energy (kJ)	662	- Sugars (g)	11.8
(Cal)	158	Dietary Fibre (g)	0.7
Protein (g)	2.2	Sodium (mg)	149
Fat (g)	7.9	Potassium (mg)	64
- Saturated Fat (g)	3.9	Calcium (mg)	26
Carbohydrate (g)	20	Iron (mg)	0.5



Strawberry Smoothie Popsicles

If you like **Weet-Bix** wheat biscuits smoothies as much as we do, you'll love these refreshing strawberry smoothie popsicles!

Ingredients:

- 3 Weet-Bix
- 2 cups milk, or **So Good** Soy or Almond Milk
- 1 punnet strawberries, divide in half
- 2 tsp maple syrup (optional)

PREPARATION: **5 mins** COOKING TIME: **N/A** DIFFICULTY: **Easy** SERVES: **8-12 popsicles**
depending on mold size

Method:

1. Remove tops from strawberries and discard. Roughly chop half the strawberries and set aside.
2. Place remaining strawberries, milk, **Weet-Bix** and maple syrup (optional) into a blender and pulse until smooth. Stir through chopped strawberries.
3. Pour mixture into popsicle molds, top with sticks and freeze for 4 hours or overnight.

Tip You can also use frozen strawberries, simply thaw slightly before blending and chopping.

	Per serve		Per serve
Energy (kJ)	296	- Sugars (g)	4
(Cal)	70	Dietary Fibre (g)	1.5
Protein (g)	3	Sodium (mg)	43
Fat (g)	3	Potassium (mg)	220
- Saturated Fat (g)	1	Calcium (mg)	79
Carbohydrate (g)	9	Iron (mg)	0.9



Blueberry Vanilla Popsicles

Breakfast in a popsicle?
Yep, we've got you
covered. These popsicles
are the perfect treat for
hot summer days or as an
on-the-go snack.

Ingredients:

- 6 Weet-Bix, finely crushed
- 2 Weet-Bix, crushed, divided
- 2 cups Greek yoghurt
- 1 tsp vanilla paste or essence
- 2 tsp honey or maple syrup
- 1 cup frozen blueberries, partially thawed

PREPARATION: **5 mins** COOKING TIME: **N/A** DIFFICULTY: **Easy** SERVES: **8-12 popsicles**
depending on mold size

Method:

1. Combine yoghurt, vanilla and maple syrup in a large bowl. Lightly mash blueberries with a fork and swirl through the yoghurt. Fold-in all but 2 tablespoons of the crushed Weet-Bix wheat biscuit.
2. Fill popsicle molds with the yoghurt mixture. Sprinkle remaining crushed Weet-Bix wheat biscuit over the exposed tops and insert a stick. Freeze for 4 hours or overnight.

	Per serve		Per serve
Energy (kJ)	432	- Sugars (g)	7
(Cal)	103	Dietary Fibre (g)	0.7
Protein (g)	4	Sodium (mg)	41
Fat (g)	6	Potassium (mg)	168
- Saturated Fat (g)	4	Calcium (mg)	117
Carbohydrate (g)	9	Iron (mg)	0.5



Weet-Bix™



Joel Feren **The Nutrition Guy**

Joel Feren is *The Nutrition Guy (TNG)*, an Accredited Practising Dietitian and Accredited Nutritionist with a passion for food and developing recipes. **Weet-Bix** have teamed up with Joel to inspire Aussie families to eat a better brekkie!

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Recipes created and photographed by Jennifer Jenner