



# Weet-Bix™

## BACK TO SCHOOL *Favourites*



**12 DELICIOUSLY NUTRITIOUS RECIPE IDEAS**



Getting the kids back to school can be a busy time of year, so to make things a little easier we've gathered all your favourite Weet-Bix™ recipes in one place. From smoothies to slices, we've got everything you need to make packing the lunchbox a breeze.

***The Weet-Bix™ Team***

## ***RECIPES***

### ***Breakfast***

Weet-Bix™ Fruit Stack

Wholesome Blueberry Bread

Weet-Bix™ Breakfast Smoothie

Crunchy Brekkie Muesli

### ***Snacks***

Sweet Weet-Bix™ Slice

Weet-Bix™ Energy Bars

Gluten Free Weet-Bix™ Cookies

Mini Banana & Strawberry Loaves

### ***Lunch***

Quick Spinach Frittata

Courgette Fritters

Weet-Bix™ Pizza Scrolls

Lentil & Mushroom Roll

BREAKFAST



**Weet-Bix<sup>™</sup>**  
***Fruit Stack***

Start your morning with a tasty fruit stack.

PREPARATION:

**5 mins**

COOKING TIME:

**5 mins**

DIFFICULTY:

**Easy**

SERVES:

**2**

## Ingredients:

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

## 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. Serves 2.

	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	Calcium (mg)	274
- Saturated Fat (g)	5.0	Iron (mg)	5.3
Carbohydrate (g)	33		

BREAKFAST



**Weet-Bix™**

***Wholesome Blueberry Bread***

Try this convenient way to get your family to eat a little extra veggie without knowing! A natural source of fibre and protein.

PREPARATION:

**10 mins**

COOKING TIME:

**60 mins**

DIFFICULTY:

**Easy**

SERVES:

**12**

## Ingredients:

- 2 cups wholemeal flour
- 2 tsp baking powder
- ½ tsp sea salt
- 1 cup frozen blueberries, unfrozen
- 1 ½ cups grated courgette
- 2 ripe bananas, mashed (1/2 cup)
- 1/3 cup reduced fat milk, or So Good™ Soy or Almond Milk
- ¼ cup maple syrup
- ½ cup light flavoured olive oil
- 2 large eggs
- 6 Weet-Bix™ crushed

## Method:

1. Preheat oven to 180°C (350°F). Lightly coat a loaf tin (23 x 13 cm) with cooking spray, line base and two long sides with a strip of baking paper.
2. Combine flour, baking powder and salt in a large bowl. Add blueberries and toss to coat.
3. Whisk wet ingredients (courgette, banana, milk, maple syrup, olive oil and eggs) in a separate bowl. Stir through Weet-Bix™ to moisten.
4. Add wet mixture to dry, and fold until just combined to create a thick batter. Spread into prepared pan.
5. Bake 60 - 65 minutes, until top is firm and a skewer inserted into the centre of the loaf comes out clean – cover with foil during the last 20 minutes if top is browning too quickly.
6. Cool in tin 5 mins, then turn out on to a rack to cool completely before slicing.

## Tips:

Make the loaf ahead of time and freeze individual slices for a great mid-morning or after-school snack.

	Per serve		Per serve
Energy (kJ)	993	- Sugars (g)	12
(Cal)	236	Dietary Fibre (g)	3.5
Protein (g)	5	Sodium (mg)	187
Fat (g)	11	Potassium (mg)	288
- Saturated Fat (g)	2	Calcium (mg)	39
Carbohydrate (g)	29	Iron (mg)	2.1

BREAKFAST



**Weet-Bix<sup>™</sup>**  
***Breakfast Smoothie***

This simple, refreshing smoothie combines the goodness of almond milk and wholegrain fibre from **Weet-Bix<sup>™</sup>**!

PREPARATION:

**5 mins**

DIFFICULTY:

**Easy**

SERVES:

**2**

## ***Ingredients:***

- 1 cup So Good™ Almond Milk Unsweetened
- 1 Weet-Bix™ or Weet-Bix™ Gluten Free
- 1 banana, chopped
- ½ cup frozen blueberries

## ***Method:***

1. Place all ingredients in blender and blend until smooth.
2. Pour into serving glasses.

	Per serve		Per serve
Energy (kJ)	565	- Sugars (g)	12
(Cal)	135	Dietary Fibre (g)	2.6
Protein (g)	3	Sodium (mg)	67
Fat (g)	4	Potassium (mg)	237
- Saturated Fat (g)	0.3	Calcium (mg)	92
Carbohydrate (g)	21	Iron (mg)	0.3

BREAKFAST



**Weet-Bix™**  
***Crunchy Brekkie Muesli***

A nourishing muesli mix is a great pantry staple to make mornings run more smoothly. Try this delicious muesli with 8g of protein and 10.5g of fibre in each bowl.

PREPARATION:

**5 mins**

DIFFICULTY:

**Easy**

SERVES:

**6**

## ***Ingredients:***

- 6 Weet-Bix™ lightly crushed
- 1 cup seed mix (we like pepitas, sunflower and chia seeds)
- ¾ cup chopped dried apricots
- ½ cup flaked coconut
- ½ tsp cinnamon
- To serve, per person
- ½ cup diced fresh fruit
- ½ cup unsweetened low fat yoghurt, or reduced fat milk

## ***Method:***

1. Combine all muesli ingredients (**Weet-Bix™** through cinnamon) in a large storage jar and shake well.
2. To serve, scoop ¾ cup muesli into a bowl, top with fresh fruit and yoghurt or milk.

## ***Tips:***

- Apricots can be substituted with another dried fruit, such as chopped dates, figs, sultanas, or cranberries.
- For extra crunch seeds can be substituted with chopped, unsalted, raw nuts.
- Muesli can be lightly toasted, spread over a tray, and baked in the oven for 6 minutes at 180°C, for extra crunch. Cool before storing.

	Per serve		Per serve
Energy (kJ)	1180	- Sugars (g)	9
(Cal)	281	Dietary Fibre (g)	10.5
Protein (g)	8	Sodium (mg)	52
Fat (g)	16	Potassium (mg)	516
- Saturated Fat (g)	5	Calcium (mg)	123
Carbohydrate (g)	22	Iron (mg)	4.4

SNACKS & SLICES



**Weet-Bix™**  
***Sweet Slice***

This Weet-Bix™ slice is a fantastic treat for all the family.

PREPARATION:

**15 mins**

COOKING TIME:

**15 mins**

DIFFICULTY:

**Easy**

SERVES:

**20**

# Ingredients:

## Base

- 5 Weet-Bix™ crushed
- 1½ cups plain flour
- 2 tsp baking powder
- 2 tbsp cocoa
- ¾ cup dessicated coconut
- 1 cup sugar
- 1 tbsp golden syrup
- 200g margarine
- 1 tsp vanilla essence

## Icing

- 2 cups icing sugar, sifted
- 2 tbsp cocoa
- 1 tbsp margarine
- Boiling water

# Method:

1. Combine Weet-Bix™, flour, baking powder, cocoa and coconut in a mixing bowl.
2. Place sugar, golden syrup and margarine into a saucepan and simmer until sugar is dissolved.
3. Add vanilla essence and blend together.
4. Pour the liquid blend over dry ingredients and mix together.
5. Press into a 20cm x 30cm lined baking dish.
6. Bake in a moderate oven, 180°C, for 15 minutes or until firm. Remove from oven and cool.
7. To make icing combine icing sugar, cocoa and margarine in a bowl. Gradually add boiling water mixing until desired thickness is reached.
8. Spread icing over slice.

	Per serve		Per serve
Energy (kJ)	890	- Sugars (g)	25
(Cal)	215	Dietary Fibre (g)	1.2
Protein (g)	2	Sodium (mg)	118
Fat (g)	8	Potassium (mg)	59
- Saturated Fat (g)	3	Calcium (mg)	11
Carbohydrate (g)	34	Iron (mg)	0.8

SNACKS & SLICES



**Weet-Bix™**  
***Energy Bars***

Weet-Bix™ energy bars are a great source of energy and a filling afternoon snack the kids can enjoy at the end of a busy school day.

PREPARATION:

**15 mins**

COOKING TIME:

**30 mins**

DIFFICULTY:

**Easy**

SERVES:

**12**

## Ingredients:

- ¼ cup wholemeal flour
- ½ tsp baking powder
- ¼ cup **Weet-Bix™**, crushed
- ¼ cup rolled oats
- ¼ cup brown sugar
- 1¼ cups fruit and nut mix
- 1 egg
- ½ cup So Good™ Regular soy milk
- 2 tbs margarine, melted
- 2 tbs honey

## Method:

1. Pre-heat oven to 170°C. Line a 20cm x 30cm lamington tin with baking paper.
2. Combine flour, baking powder, **Weet-Bix™**, oats, sugar and fruit and nut mix.
3. Mix together egg, So Good™ Regular margarine and honey, then combine with dry ingredients. Press into prepared tin and bake for 25-30 minutes.

	Per serve		Per serve
Energy (kJ)	635	- Sugars (g)	14
(Cal)	152	Dietary Fibre (g)	1.7
Protein (g)	3	Sodium (mg)	79
Fat (g)	7	Potassium (mg)	176
- Saturated Fat (g)	2	Calcium (mg)	31
Carbohydrate (g)	18	Iron (mg)	0.9

SNACKS & SLICES



**Weet-Bix™**  
***Gluten Free Cookies***

Tasty, gluten free wholegrain cookies for lunchboxes or as an after school snack.

**PREPARATION:****10 mins****COOKING TIME:****20 mins****DIFFICULTY:****Easy****SERVES:****22**

## Ingredients:

- 4 Gluten Free **Weet-Bix™**, crushed
- $\frac{2}{3}$  cup quinoa flakes, toasted in oven 140°/10 min
- $\frac{3}{4}$  cup gluten free flour
- 100g brown sugar
- $\frac{1}{3}$  cup dark choc bits
- $\frac{2}{3}$  cup dried apricots, diced
- 3 tbs reduced fat margarine
- 2 tbs golden syrup
- 1 tsp bicarbonate of soda
- $\frac{1}{4}$  cup boiling water

## Method:

1. Mix together Gluten Free **Weet-Bix™**, quinoa flakes, flour, sugar, choc bits and apricots until well combined.
2. Place margarine and golden syrup in a small saucepan and heat gently until melted.
3. Mix bicarbonate of soda and water together then pour into margarine mixture. Add to dry ingredients and stir to combine.
4. Line tray with baking paper and place 1 tbs of mixture per cookie on tray. Bake at 160°C for 15-20 minutes. Cool on trays before serving.

## Tips:

- If you prefer your biscuits chewy, cook them for 15 minutes. For crunchier biscuits leave them in the oven for 20 minutes.
- Remember to always check the label of each ingredient to ensure it is gluten free.

	Per serve		Per serve
Energy (kJ)	1080	Dietary Fibre (g)	3.2
(Cal)	242	Sodium (mg)	71
Protein (g)	6	Potassium (mg)	282
Fat (g)	14	Calcium (mg)	109
- Saturated Fat (g)	1	Iron (mg)	2.1
Carbohydrate (g)	22	Gluten (g)	0
- Sugars (g)	10		

SNACKS & SLICES



**Weet-Bix™**

***Mini Banana & Strawberry Loaves***

With the delicious flavours of bananas and strawberries,  
these mini loaves are hard to resist.

**PREPARATION:****10 mins****COOKING TIME:****30 mins****DIFFICULTY:****Easy****SERVES:****8**

## Ingredients:

- 3 Sanitarium **Weet-Bix**<sup>™</sup> finely crushed
- 1½ cup wholemeal self-raising flour
- ⅓ cup sugar
- 250g punnet strawberries, hulled & diced
- 1 egg, lightly beaten
- 3 tablespoons light olive oil
- 3 very ripe bananas, mashed
- 1 cup So Good<sup>™</sup> Almond Milk

## Method:

1. Place **Weet-Bix**<sup>™</sup>, flour, sugar and strawberries in a large mixing bowl.
2. Combine egg, oil, bananas and So Good<sup>™</sup> Almond Milk in a separate bowl.
3. Fold liquid ingredients gently into dry ingredients until just combined.
4. Spoon mixture into lightly greased 8 hole loaf tin tray.
5. Bake in a moderate oven, 180°C, for 30 minutes or until golden.

## Tips:

- These mini loaves can be made into muffins if you do not have small 8 hole loaf tray.
- These loaves freeze well and can be taken from freezer and popped into lunch box.
- Use ¾ cup wholemeal self-raising flour and ¾ cup white self-raising flour for a lighter result.

	Per serve		Per serve
Energy (kJ)	1100	- Sugars (g)	15.3
(Cal)	263	Dietary Fibre (g)	3.3
Protein (g)	5	Sodium (mg)	236
Fat (g)	8.8	Potassium (mg)	250
- Saturated Fat (g)	1.3	Calcium (mg)	53
Carbohydrate (g)	39.4	Iron (mg)	1.5

LUNCH



**Weet-Bix™**  
***Quick Spinach Frittata***

Weet-Bix™ as the crisp and crunchy crust of a frittata? Brilliant!

PREPARATION:

**5 mins**

COOKING TIME:

**5 mins**

DIFFICULTY:

**Easy**

SERVES:

**1**

## Ingredients:

- 2 Weet-Bix™ crushed
- ½ tsp olive oil
- 1 cup baby spinach, thinly sliced
- 2 eggs
- ¼ cup low fat milk or non-dairy milk alternative
- 2 tbs grated Edam cheese, divided
- Pinch salt and pepper

## Method:

1. Preheat grill to high. Whisk eggs, milk, spinach, and half the cheese in bowl. Season with salt and pepper.
2. Drizzle oil into a small skillet over medium heat. Add crushed **Weet-Bix™** to pan, shake to cover base, then immediately pour in egg mixture and spread to edges. Sprinkle with remaining cheese.
3. Cook on stove 3 minutes. Place pan under grill for 2 minutes to finish cooking and brown top.
4. Serve warm or at room temperature.

	Per serve		Per serve
Energy (kJ)	1310	- Sugars (g)	5
(Cal)	312	Dietary Fibre (g)	4.4
Protein (g)	21	Sodium (mg)	367
Fat (g)	14	Potassium (mg)	610
- Saturated Fat (g)	5	Calcium (mg)	240
Carbohydrate (g)	24	Iron (mg)	5.5

LUNCH



**Weet-Bix™**  
***Courgette Fritters***

Savoury veggie and Weet-Bix™ loaded fritters, ready in a flash.

PREPARATION:

**5 mins**

COOKING TIME:

**5 mins**

DIFFICULTY:

**Easy**

SERVES:

**1**

## Ingredients:

- 2 Weet-Bix™, finely crushed
- 1 cup grated courgette (approx. 1 medium courgette)
- ¼ red onion, grated
- 1 egg, lightly whisked
- 1 tbs water
- Pinch salt and pepper
- ½ tsp of vegetable oil

## Method:

1. Combine courgette, onion, egg and water in a bowl and stir well. Fold through crushed **Weet-Bix™** and season with salt and pepper.
2. Place a non-stick skillet over medium heat, spray or wipe with a bit of oil.
3. Scoop ¼ cups of mixture into the pan and flatten slightly. Cook 3–4 minutes on each side until golden cooked through. Serve warm or at room temperature.

## Tips:

Serve fritters with a dollop of Greek yoghurt, a squeeze of lemon and cherry tomato salad if you wish.

	Per serve		Per serve
Energy (kJ)	966	- Sugars (g)	5
(Cal)	231	Dietary Fibre (g)	6.2
Protein (g)	14	Sodium (mg)	305
Fat (g)	7	Potassium (mg)	669
- Saturated Fat (g)	1	Calcium (mg)	61
Carbohydrate (g)	24	Iron (mg)	4.8

LUNCH



# **Weet-Bix™** ***Pizza Scrolls***

Loaded with the goodness of Weet-Bix™, your little ones will just love these pizza scrolls! Partner these with their favourite cut up veggies for a delicious packed lunch.

PREPARATION:

**15 mins**

COOKING TIME:

**15 mins**

DIFFICULTY:

**Medium**

SERVES:

**16**

# Ingredients:

## 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

# 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

LUNCH



**Weet-Bix™**  
***Lentil & Mushroom Roll***

Paired with a quick salad, this vegetarian alternative to sausage rolls is sure to be a hit in the lunchbox.

PREPARATION:

**15 mins**

COOKING TIME:

**15 mins**

DIFFICULTY:

**Easy**

SERVES:

**8-12**

## Ingredients:

- 1 x 425g tin brown lentils, drained
- 100g button mushrooms, finely chopped
- ½ medium brown onion, grated
- 1 medium carrot, grated
- 2 tbsp tomato paste
- 1 ½ Tbsp soy sauce or tamari
- 3 **Weet-Bix**™ finely crushed
- 2 square sheets frozen puff pastry, just thawed
- 2 tsp sesame seeds, optional

## Method:

1. Preheat oven to 200°C (400°F). Line a tray with baking paper.
2. In a large bowl, roughly mash lentils with a fork. Add veggies, tomato paste and soy sauce and stir well. Fold **Weet-Bix**™ into lentil mixture.
3. Cut puff pastry sheets in half. Spoon a quarter of the filling down a long edge of each pastry rectangle, roll to enclose filling and pinch seam to seal.
4. Cut each roll into 6 pieces and place on prepared tray. Brush tops with a bit of water and sprinkle with sesame seeds, if using.
5. Bake 15-18 minutes, until pastry is golden and filling is hot. Serve warm or at room temperature, with passata sauce for dipping.

## Tips:

- Quickly prep veggies by pulsing onion, carrot, and mushrooms in a food processor instead of grating and dicing.
- For a vegan roll use vegan (no-butter) puff pastry.
- Mushrooms can be substituted with an equal quantity of riced cauliflower, or additional grated carrot.

	Per serve		Per serve
Energy (kJ)	830	- Sugars (g)	2
(Cal)	198	Dietary Fibre (g)	2.8
Protein (g)	7	Sodium (mg)	265
Fat (g)	8	Potassium (mg)	282
- Saturated Fat (g)	4	Calcium (mg)	25
Carbohydrate (g)	26	Iron (mg)	2.4



# **Weet-Bix™**

---

 [weetbix.co.nz/recipes](https://weetbix.co.nz/recipes)

 @weetbixnz

 Weet-Bix NZ

---