



## Healthy Harold's Lunchbox Ideas

Having visited Australian schools for over 40 years, Healthy Harold knows the value of a packed lunch. With the help of his friends at Woolworths, these ideas are not only nutritionally approved but simple enough for children to make and a healthy choice for the whole family!

### Apple Doughnuts 3 Ways



Serves

4

10

Mins prep

### Ingredients

- 4 apples
- 1/3 cup light Greek-style yoghurt
- 1 tbs rolled oats
- 2 tsp Macro organic fruit shredded coconut
- 1 tsp ground cinnamon
- 1 carrot, grated
- 16 sultanas
- 1 tbs pumpkin seeds
- 8 strawberries, finely diced
- 1 tbs sunflower seeds



Get your very own  
Healthy Harold  
lunch pack online  
[lifeeducation.org.au/shop](http://lifeeducation.org.au/shop)

### Method

1. Slice apples and use a small cookie cutter to remove cores. Spread yoghurt over each apple slice.
2. To make cinnamon crunch apple doughnuts, scatter rolled oats, coconut and cinnamon over yoghurt.
3. To make carrot cake apple doughnuts, scatter carrot, sultanas and pumpkin seeds over yoghurt.
4. To make strawberry jam apple doughnuts, place strawberry onto yogurt and scatter with sunflower seeds.