



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!

Banana, Oat Sesame Balls



Serves

12

10

Mins prep

Ingredients

- 1 large banana, mashed [about 1 cup]
- 1¾ cups Macro Organic oats, roughly chopped in food processor
- ¼ cup sesame seeds
- 1 tbs hulled tahini
- 1 tbs honey
- ¼ tsp mixed spice
- 1 tbs Macro LSA

Method

1. Place all ingredients in a large bowl and mix to combine.
2. Roll 1 tablespoon mixture into a ball and place on a tray lined with baking paper. Repeat with remaining mixture.
3. Refrigerate balls for 30 minutes or until set. tip: balls will keep in an airtight container in the fridge for up to 2 weeks.



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