



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!

Sandwich On A Stick



Serves

4

10

Mins prep

2

Mins cook

Ingredients

- 8 slices of multigrain bread, toasted
- 4 tbs avocado, mashed
- 4 tbs reduced-fat cream cheese
- 4 tasty cheese slices, quartered
- 1 red capsicum, cut into 2½cm square pieces
- 1 large Lebanese cucumber, thickly sliced into rounds
- 16 baby spinach leaves
- 1 red cabbage leaf, torn
- 1 large Lebanese cucumber thickly sliced into rounds
- 8 cherry tomatoes
- 4 boiled eggs, sliced

Method

1. Spread half the toast with avocado and the other half with cream cheese. Top avocado toasts with cheese slices and cut all toasts into quarters.
2. Rainbow skewers. Start avocado toast, plain side down. Then capsicum, cucumber, spinach and cabbage with two more pieces of toast in between, finishing with toast, plain side up.
3. Egg salad skewers. Start with cream cheese toast, plain side down. Then cucumber, egg and tomatoes with two more pieces of toast in between, finishing with toast, plain side up.

