

Recipes

Allergy Aware Trail Mix:

- Combine equal parts popcorn and dried fruit e.g. apple rings, banana slices, a small handful of sultanas, currants or dried cranberries.
- Break a few BBQ rice crackers in half or quarters to spice it up a little.
- Cereal can be used if you have one you know is peanut and tree nut free.



Fruity Kebabs:

- Choose firm fruits like apple, orange, pineapple, grapes and even cucumber.
- Cut fruit into small chunks and spear onto toothpicks.
- Dip each kebab into yoghurt just before eating.



**Use the product brands
you know are safe.**

**ALWAYS read the ingredient list
on the package before you eat,
just in case it has changed.**

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Party Cup Cakes

This recipe has been used with permission from Edan's Kitchen Egg-Dairy- And- Nut- Free Baking cookbook.

- 1 1/2 cups self raising flour
- 1/3 cup dairy and egg free custard powder
- 1 cup sugar
- 1/3 cup canola oil
- 1 teaspoon vanilla essence
- 1 cup cold water

1. Preheat oven to 180°C
2. Combine flour, custard powder and sugar
3. Add oil, water and vanilla and mix well
4. Pour batter into prepared patty cases until almost full
5. Cook at 180°C for about 20 minutes or until skewer is inserted and comes out clean
6. Decorate with icing and or lollies
7. When cupcakes are cool and have been decorated.

**Orgran Custard Powder
is dairy and egg free.**



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Chocolate Spiders

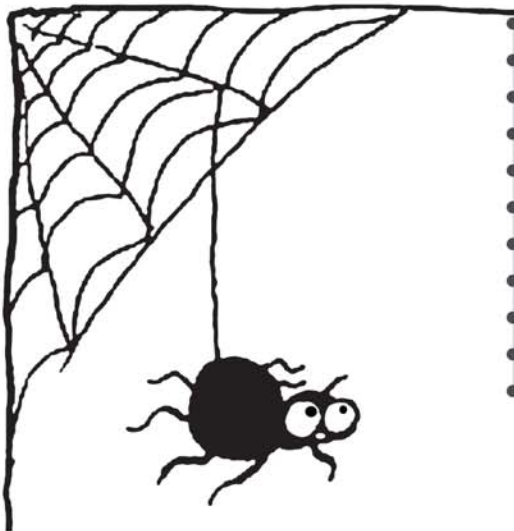
Recipe kindly provided by Sharon in Mildura

- 200g Sweet William Original Chocolate
- 1/4 cup Sweet William Original Spread
- 100g Chang's Fried Rice Noodles
- 1/2 cup Sultanas

**MILK, EGG AND
NUT FREE!**

Check Labelled ingredients first and check with mum and dad before doing your own cooking.

1. Break up Sweet William Original Chocolate into pieces and place into microwave proof dish. Add Sweet William Original Spread into dish also.
2. Place into microwave between 60-80 seconds to melt mixture. Remove from microwave.
3. Add Chang's Fried Rice Noodles and the sultanas into mixture and combine well.
4. Grease oven proof tray and scoop mixture out with a teaspoon into drops onto the tray OR use patty pans
5. Place into fridge and chill!



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