

What on earth do you pack in a dairy, soy, gluten, egg, nut & peanut free, real food, quick & easy, budget friendly lunch?

Protein – Chicken wing / drumstick / nibbles.
Leftover mince, casserole, shredded chicken, meatballs / patties, seeds: chia, sunflower, sesame, pumpkin seed, tahini,



Fruit - seasonal
Apple, orange, pear, banana, fejoa, kiwifruit, mandarin, melon, berries, peach, apricot, pineapple



Veggies - seasonal
Carrot, cucumber, cherry toms, sweetcorn, peas, capsicum, roast veges, veggie chips, broccoli, cauliflower, cabbage, gherkins



Fats -
Avocado, coconut cream (smoothie, chia pudding), skin on chicken, seeds, tuna, salmon, olives



Other – Rice cakes, sushi, popcorn, dried fruit, baking, seed crackers, roasted chickpeas, hummus,

Celebrations

When you are catering for lots of allergies, the thought of celebration food can be quite overwhelming – it doesn't need to be there are lots of healthy and allergy friendly options out there.



We have a birthday coming up in August i will be sharing lots of our top 8 free celebration ideas and recipes on the facebook page.

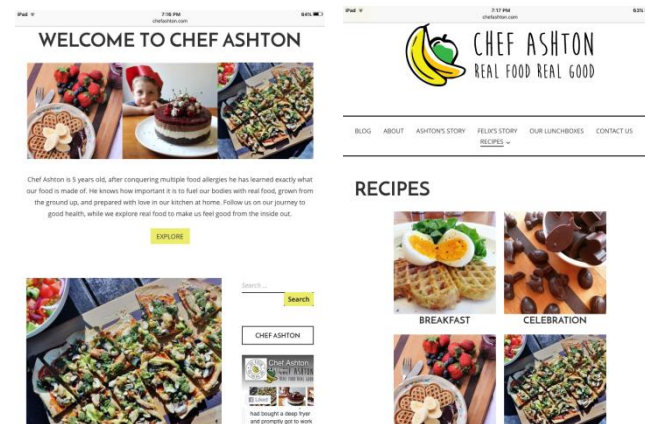
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- Pictures, recipes and inspiration
- Lunchboxes
- Lunchbox tips and tricks
- How to make – coconut yoghurt, dressings, sauces and marinades, breakfast, lunch, dinner, snacks.



I am always more than happy to answer any questions about what you have seen today, or about anything we do or have done, and share recipe tips and specific food ideas and recipes. You can approach me after my talk, or contact me on facebook or via my website.



CHEF ASHTON
REAL FOOD REAL GOOD



Feeding Kids with food allergies.

Real food. Budget friendly. No weird ingredients.



Hi, i'm Kayla. Mum to two boys who have food allergies. Every day I make breakfast, lunch and dinner free from the top allergens, using healthy, budget friendly simple,

kid-approved recipes. In the start I really struggled with ideas, and the cost, so I thought – why not share our journey and help others with the sometimes lonely, and overwhelming journey of navigating parenting with food allergies.

Follow our Facebook page and check out our website for more ideas, tips, recipes and navigating life through dietary challenges.



- 500g mince (lamb, beef or pork or a combo)
- 1 grated carrot
- 1 grated courgette (i use the 'fine' side of the grater)
- Salt and pepper
- Fresh herbs (whatever you have on hand)
- 1 Tbsp Finely chopped garlic

The grated veggies is what helps to hold the meatballs together in the absence of egg, if you can have egg however, by all means add one, it does help to bind the mix a bit extra.

Put all the ingredients in a large mixing bowl and use your hands to combine everything together.

Using a teaspoon to measure, roll into meatballs or shape into patties*.

Fry on medium heat and flip/turn when browned on one side. When I'm cooking meatballs I sometimes add a ladle of water and pop the lid on the pan, to help cook them through, I let it evaporate then continue to brown them on all sides.

Meatball slice: Press the mixture into an oven dish and cook (fanbake 180, 15 -20 mins) as one giant slab of meat! Then slice it to your desired size when its done.

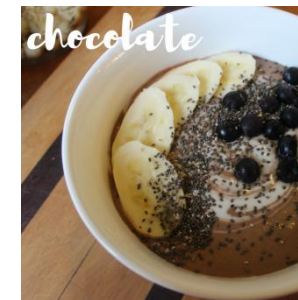
Meatloaf: add ½ cup quinoa flakes to the mixture and press into a loaf tin, Fan bake 180 30 mins or until cooked through.

Smoothie Bowls

2 generous serves. Put all the ingredients together and blend! A hand held blender works perfect.



- 1 banana
- 1 avocado
- 1 cup frozen berries
- ½ tin coconut cream or milk of choice



- 1 Banana
- 1 small zucchini, peeled
- 2 T cacao or cocoa powder
- 1 avocado
- ½ tin coconut cream or milk of choice
- 1 handful cooked pumpkin (optional)



- 1 Banana (this acts as the sweetener)
- ½ cup frozen Mango
- 2 handfulls Spinach
- 1 handful cooked Kumara
- ½ tin coconut cream or milk of choice