



Morning Tea

Recipes



Cancer Council
Australia's Biggest
Morning Tea



Thank you for the time and effort you put into your Biggest Morning Tea.

Morning teas like yours are so important for people impacted by cancer.

Every cuppa and morning tea treat you make this May will help achieve a cancer free future.

As a Royal Tea member and one of our top hosts, we have put together a yummy collection of recipes for your morning tea (you can share this recipe book with your Tea Team too!).

No matter how you are hosting your morning tea this year – whether in the office with workmates, at home with loved ones, in the community or at school – you are raising vital funds for cancer research, prevention and support programs.

We cannot thank you enough.

So put the kettle on, have a browse and see which treat you will serve at your morning tea.

Morning teas should include a variety of nutritious foods including fruit, vegetables, dips and cheeses. Remember baked, fried and sweet foods can be high in kilojoules, and should only be enjoyed occasionally.

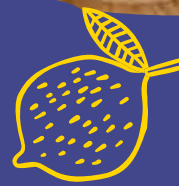
Make sure to share your morning tea photos online using **#biggestmorningtea**.



Cancer Council
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Blueberry and oat muffins



Preparation time

10 minutes



Cook time

25 minutes



Serves

12



Diet and allergies

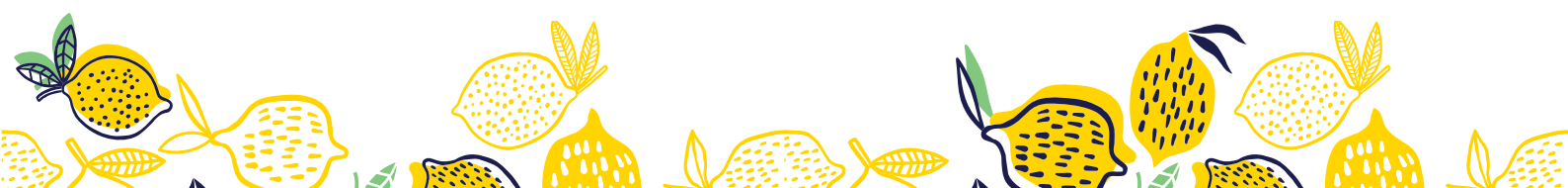
Nut free, vegetarian

Ingredients

- 2 cups plain flour (white or wholemeal, or a mixture)
- 1 cup oats (quick or traditional)
- $\frac{2}{3}$ cup brown sugar
- 1 tsp baking powder
- 1 tsp baking soda
- 1 $\frac{1}{2}$ cups reduced-fat Greek yoghurt
- 2 eggs, lightly beaten
- 50g margarine, melted, slightly cooled
- 1 tsp vanilla extract
- 1 cup fresh or frozen blueberries

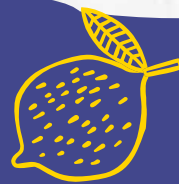
Method

1. Pre-heat the oven to 180°C. Prepare muffin tins by greasing with margarine or spraying with oil.
2. Combine flour, oats, sugar, baking powder and baking soda in a bowl.
3. Combine yoghurt, eggs, margarine and vanilla in a second bowl.
4. Fold the yoghurt mixture into the dry mixture and stir to combine. Gently fold in blueberries.
5. Spoon into muffin tins and bake for 20-25 minutes until the top is golden and springs back when touched.





Chocolate and coconut bliss balls



Preparation time
10 minutes



Serves
12



Diet and allergies
Dairy free, nut free, vegetarian

Ingredients

- 1 cup instant oats
- 12 pitted dates, chopped
- 1 cup desiccated coconut
- Extra coconut for rolling
- 2 tbsp cocoa
- ¼ cup raisins
- 2-5 tbsp warm water

Method

1. Place all ingredient, except the water and extra coconut, in a food processor and process until smooth.
2. Slowly add water starting with 2 tablespoons and process until smooth. Add more water if required.
3. Place all ingredient, except the water and extra coconut, in a food processor and process until smooth.
4. Put extra coconut in a shallow bowl and roll each ball in coconut.
5. Place in freezer for 1 hour to set.

Storage tip: store in an airtight container in the fridge for up to 2 weeks or freeze for up to 2 months.





Savoury muffin



Preparation time

15 minutes



Cook time

20-25 minutes



Serves

12



Diet and allergies

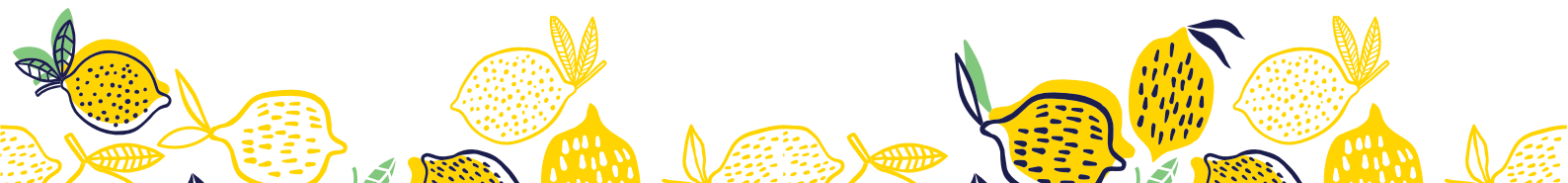
Nut free, vegetarian

Ingredients

- 1 cup self-raising flour, sifted
- 1 cup wholemeal self-raising flour, sifted, add husks back into flour mix
- 1 cup grated zucchini
- 1 cup grated carrot
- 1/3 cup red capsicum, finely choppe
- 1/3 cup corn kernels
- 1 cup grated tasty cheese
- 2 eggs, lightly beaten
- 125g margarine, melted
- 1/2 cup reduced fat milk
- 2 tbsp sesame seeds
- 2 tbsp pepitas

Method

1. Preheat oven to 190°C (170°C fan forced).
2. Combine both flours and cheese in a large bowl
3. Place zucchini and carrot in a strainer, squeeze out excess liquid.
4. Add zucchini, carrot, capsicum and corn to flour and cheese mixture. Combine well.
5. In a small bowl combine eggs, margarine and milk. Pour into vegetable mixture and stir through until just combined.
6. Grease a 12-hole muffin tray with cooking oil spray or margarine, alternatively line the holes with muffin cases. Spoon the mixture evenly into the holes.
7. Sprinkle with sesame seeds and pepitas.
8. Bake for 20-25 minutes until cooked through. Remove muffins from tray and cool on a wire cooling rack.





Chickpea and roast pumpkin salad



Preparation time

10 minutes



Cook time

30 minutes



Serves

4



Diet and allergies

Dairy free, nut free, vegetarian

Ingredients

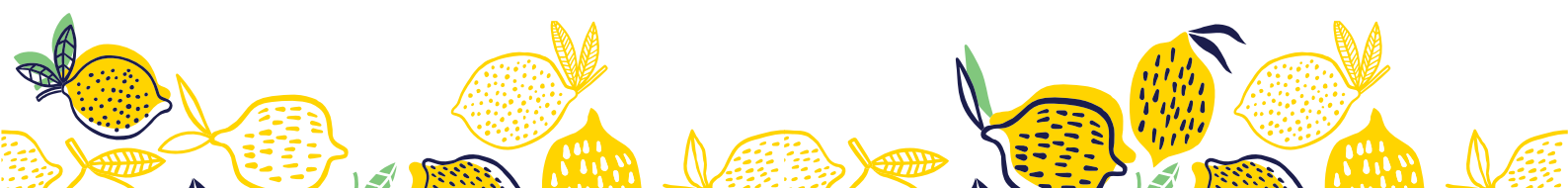
- ½ butternut pumpkin, diced
- 1 sprig rosemary
- 1 red onion, sliced
- 400g tin chickpeas, drained and rinsed
- 400g tin baby beetroot, drained
- 1 punnet cherry tomatoes, halved
- 2 cups rocket, washed
- 1 tbsp olive oil
- 1 tsp lemon juice
- 1 tsp Dijon mustard

Method

1. Preheat oven to 200°C (180°C fan forced) for 10 minutes.
2. Cook pumpkin and rosemary for 25 minutes or until pumpkin is soft.
3. Meanwhile, cook onion in frying pan with splashes of water until the onion is soft.
4. Combine olive oil, lemon juice and Dijon in a jar, shaking until combined.
5. Mix cooked pumpkin, onion, chickpeas, beetroot, cherry tomatoes and rocket.
6. Serve with dressing.

Alternatives

- Swap rocket for spinach.
- Swap chickpeas for brown lentils.
- Swap beetroot for halved strawberries.
- Swap lemon juice for apple cider vinegar.





Hummus with capsicum and pepitas



Preparation time
15 minutes



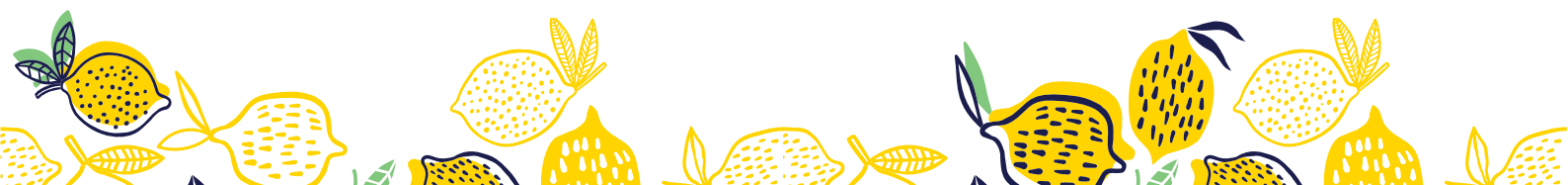
Diet and allergies
Dairy free, nut free,
vegetarian

Ingredients

- ¼ cup tahini
- 1 lemon, juiced
- 1 medium capsicum, roasted and roughly chopped
- 400g can chickpeas, drained and rinsed
- 1 clove garlic, roughly chopped
- 2 tbsp extra virgin olive oil
- ½ tsp ground cumin
- Salt to taste
- 2–3 tbsp water
- 1 tsp pepitas, roasted
- Paprika, for serving
- 1 carrot, cut into sticks
- 2 celery stalks, cut into sticks
- 1 packet of grainy crackers

Method

1. Add tahini and lemon juice to food processor, blend for 1 minute or until mixture becomes thicker.
2. Add capsicum, chickpeas, garlic, olive oil, cumin and salt to taste. Blend until a smooth paste forms.
3. Slowly add water and blend to create a creamy whipped texture.
4. Place in a serving dish, sprinkle with pepitas and paprika.
5. Serve with grainy crackers, carrots and celery.





Zucchini slice



Preparation time

30 minutes



Cook time

45 minutes



Serves

8



Diet and allergies

Nut free, vegetarian

Ingredients

- 5 eggs
- 2 medium zucchinis, grated
- 200g butternut pumpkin, grated
- 1 tin reduced-salt corn kernels
- 1 medium brown onion, peeled and diced
- 2 tsp dried mixed herbs
- $\frac{3}{4}$ cup wholemeal self-raising flour
- 1 cup reduced-fat grated cheddar cheese
- Pepper to taste
- Olive or canola oil spray

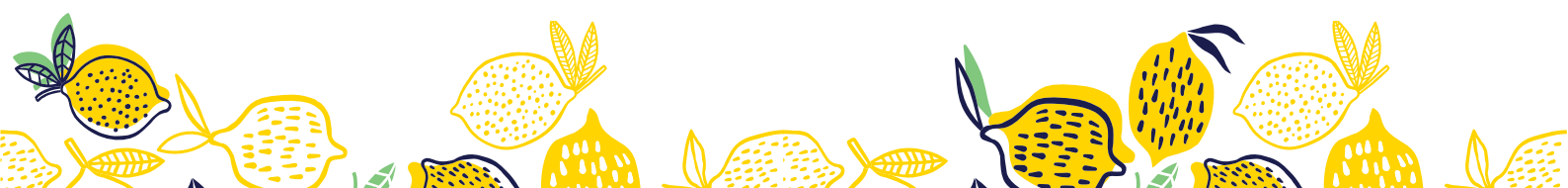
Method

1. Preheat oven to 200°C (180°C fan forced) for 10 minutes.
2. Whisk eggs in a medium bowl.
3. In a large bowl combine vegetables, egg, flour, cheese, herbs and pepper.
4. Add eggs and stir mixture until well combined.
5. Spray a large baking dish with oil. Pour in mixture and flatten.
6. Bake for 40–45 minutes or until firm and golden brown.
7. Rest in the pan for 10 minutes before cutting into 8 slices.

Alternatives

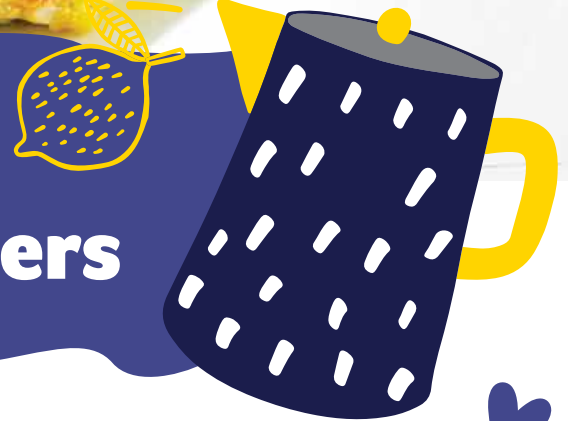
- Make it gluten-free by substituting wholemeal self-raising flour with gluten-free self-raising flour.
- Try swapping pumpkin for carrot or sweet potato.

Storage tip: Recipe can be frozen for up to two months.





Crispy vegetable fritters



Preparation time

10 minutes



Cook time

2-3 minutes each side per fritter



Serves

6-8



Diet and allergies

Nut free, vegetarian

Ingredients

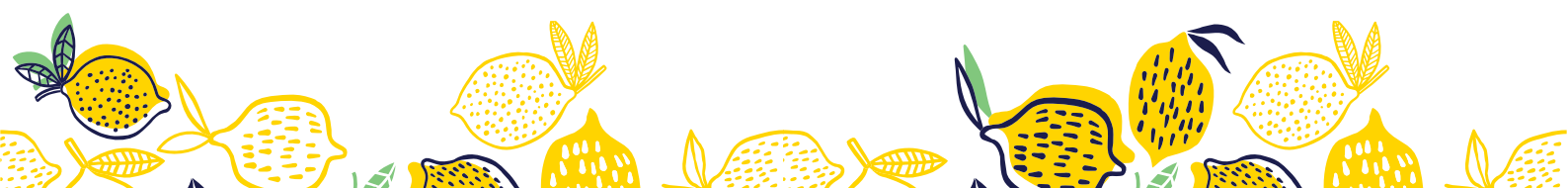
- ½ cup wholemeal self raising flour, sifted, add bran left in sifter to bowl
- 2 spring onions, sliced finely
- 1 small zucchini, grated, squeeze to remove excess liquid
- 1 small carrot, grated, squeeze to remove excess liquid
- ½ cup capsicum, diced finely
- ¾ cup canned corn, drained
- ¼ cup reduced fat cheese, grated
- ¼ cup basil, chopped
- ¼ tsp paprika
- 3 eggs, lightly beaten
- ⅓ cup milk
- 2 tbsp extra virgin olive oil
- ¼-½ tsp dried chilli flake

Method

1. In a large bowl combine flour, spring onion, zucchini carrot, capsicum, corn, basil, cheese and paprika.
2. In a separate small bowl lightly beat eggs and milk, season with salt, pepper and chilli (optional). Add to dry ingredients and combine.

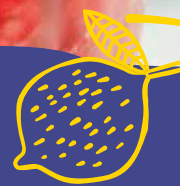
3. Heat a large pan, use a little oil then place a 1-2 tbsp scoop of mixture into pan. Repeat to make 6-8 fritters. Cook for 2-3 minutes each side or until golden and cooked through. Remove from pan, set aside and repeat until all mixture is used.

4. Serve with a side of smashed avocado, sweet chilli sauce or tzatziki.





Berry Spritz



Preparation time
8 minutes



Serves
4-6



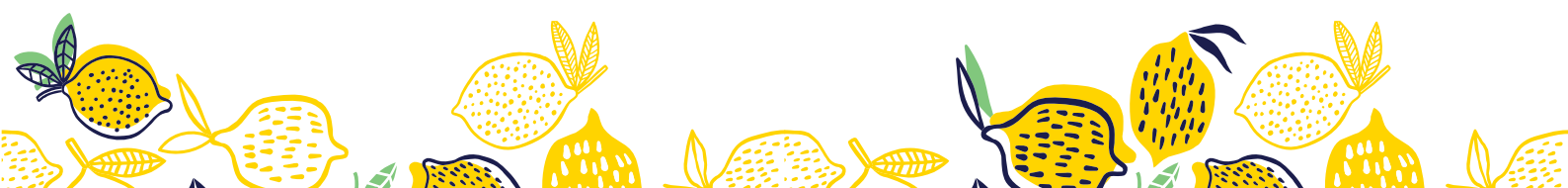
Diet and allergies
Dairy free, nut free,
vegetarian

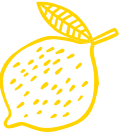
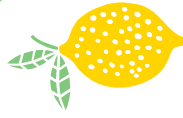
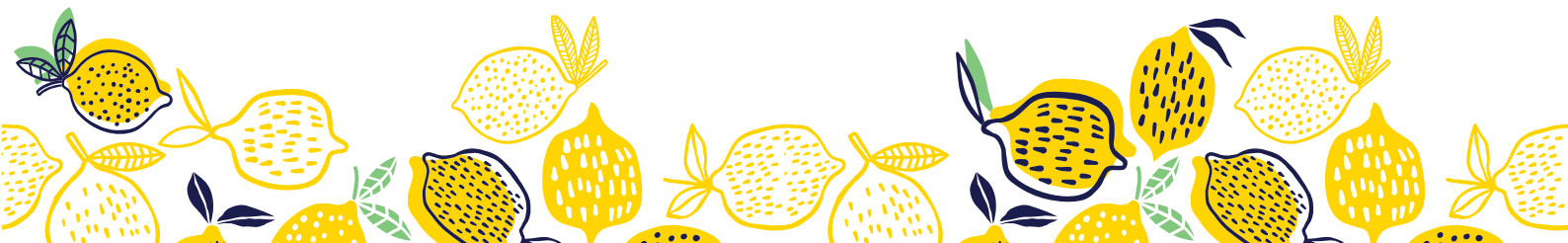
Ingredients

- 1 litre soda water
- ½ lemon, sliced into thin wedges
- ½ cup raspberries
- 1 punnet of strawberries, hulled and cut in half
- Handful of fresh mint leaves
- Ice (crushed if possible)
- Extra mint and lemon wedges

Method

1. Muddle mint, lemon and berries in a jug.
2. Add ice to the jug before adding the soda water.
3. Serve in glasses and garnish with the extra mint and lemon.



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For more healthy morning tea
tips and recipes, head to
biggestmorningtea.com.au
or check out Cancer Council's
[Healthy Lunch Box](#).
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morning tea photos online using
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