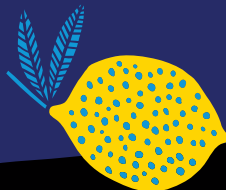
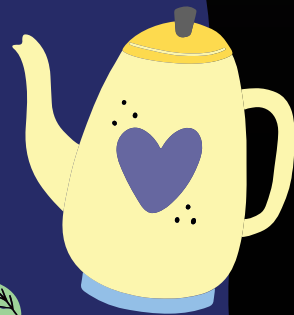
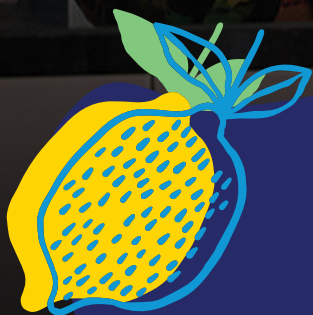




Recipes fit for a Royal Tea



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 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 (refer to the [Healthy Made Tasty](#) website for more details).

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 energy, and should only be enjoyed occasionally.

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



Cancer Council
Australia's Biggest
Morning Tea





Oat, sultana and peach bread



Preparation time
50 minutes



Cook time
45 minutes



Serves
10

Diet and allergies
Vegetarian, Nut free

Ingredients

- 1 cup milk
- $\frac{3}{4}$ cup rolled oats
- 60g margarine, melted, cooled
- 1 egg, lightly beaten
- $\frac{1}{4}$ cup golden syrup
- $\frac{3}{4}$ cup self-raising flour
- $\frac{3}{4}$ cup wholemeal self-raising flour
- 1 tsp baking powder
- $\frac{1}{2}$ cup sultanas
- $\frac{1}{4}$ cup canned peaches in natural juice, drained & chopped

Method

1. Preheat oven to 180°C. Grease and line a 6cm deep, 8cm x 17cm (base) loaf pan.
2. Combine the milk and $\frac{1}{2}$ cup oats in a large bowl. Set aside to soak for 30 minutes.
3. Add the margarine, egg and golden syrup to the oat mixture. Stir to combine.
4. Sift the flours and baking powder into the oat mixture, add the sultanas and stir to combine.
5. Fold through the peaches.
6. Spoon the mixture into the pan and sprinkle with remaining oats.
7. Bake for 45 minutes or until a skewer inserted in the centre comes out clean.
8. Stand in the pan for 10 minutes and turn out onto a wire rack to cool.

Alternatives

- Swap canned peaches for canned apricots
- Swap sultanas for raisins or chopped dates





Carrot cake bliss balls



Preparation time
20 minutes



Cook time
0 minutes

Makes: 20

Diet and allergies

Vegetarian, Gluten free*, Dairy free

Ingredients

- 12 fresh dates pitted
 - 1 cup dry roasted cashews
 - 1 carrot, roughly chopped
 - 1¼ cups desiccated coconut
 - ½ tsp ground nutmeg
 - 1 tsp vanilla essence
- *Gluten free if using gluten-free vanilla essence*

Method

1. Put the dates in a heat-proof bowl and cover with boiling water. Set aside and soak for 10 minutes or until soft. Drain.
2. Process the dates in a food processor until a paste forms. Add the cashews, carrot, 1 cup coconut, nutmeg and vanilla essence and process until combined.
3. Place the remaining ¼ cup coconut in a bowl. Using wet hands, roll 1 tablespoon of mixture into a ball and roll in coconut to coat. Shake off excess and repeat to make 20 balls.
4. Cover and chill in the fridge for 1 hour or until firm.

Alternatives

- Swap food processor for a blender
- Swap cashews for peanuts
- Swap nutmeg for cinnamon
- Swap fresh dates for 200g dried dates





Sticky date slice



Preparation time
10 minutes



Cook time
30 minutes



Serves
8

Diet and allergies
Nut free

Ingredients

- 18 fresh medjool dates, pitted, roughly chopped
- 1 tsp bi-carb soda
- 1 banana
- 1 cup (150g) wholemeal self-raising flour
- 2 eggs, lightly beaten
- 2 tsp vanilla essence
- ¼ cup (55g) brown sugar (optional)
- ½ cup (125ml) light cream (optional)

Method

1. Preheat the oven to 180°C. Lightly spray a loaf tin with olive oil and line it with baking paper.
2. Combine the dates and ¼ cup (60ml) boiling water in a large microwave-safe bowl. Cover and microwave for 1½ minutes, then remove.
3. Stir in bi-carb soda and mash dates with a fork until it foams.
4. Mash the banana and stir into the date mixture.
5. Add the flour to the date mixture and stir until just combined.
6. Add the eggs and vanilla and stir to combine.
7. Pour the mixture into the prepared tin and smooth the surface. Bake for 25-30 minutes, or until a skewer inserted into the centre comes out clean. Slice into 8 pieces and serve.

Optional

Drizzle with butterscotch sauce.

Method

1. To make butterscotch sauce, place ¼ cup brown sugar and 1½ tablespoons of water in a small saucepan over medium heat.
2. Simmer, stirring, until the sugar is dissolved and slightly darkened in colour.
3. Stir in the light cream and bring to the boil.
4. Gently boil, stirring, for 5 minutes or until the sauce turns a caramel colour and is slightly thickened.

Alternatives

- Serve topped with chopped walnuts and strawberries.
- You could bake in a muffin tray for individual serves.
- Use dried dates instead of fresh medjool dates.





Zucchini and corn fritters



Preparation time
10 minutes



Cook time
15 minutes

Makes: 8 fritters



Serves: 4

Diet and allergies
Vegetarian, Nut free

Ingredients

- 2 zucchinis, grated & liquid squeezed out
- 1 cup fresh, frozen or canned corn kernels
- 1 cup red capsicum, finely diced
- 4 eggs
- ½ cup grated Parmesan cheese
- ½ cup chopped, fresh dill
- 6 tbsp wholemeal plain flour
- Olive oil
- Minty Yoghurt dip to serve (optional)

Method

1. Place the zucchini, corn, capsicum, eggs, Parmesan, dill and flour in a bowl. Mix well.
2. Grease a large fry pan with olive oil and heat over a medium heat.
3. Working in batches, fill an ice-cream scoop (or large spoon) with the mixture and drop onto the pan.
4. Flatten the fritters out slightly with a spoon. Cook for approximately 4 minutes or until brown, flip and continue to cook until that side is brown and cooked through.

Alternatives

- Swap red capsicum for green capsicum
- Swap Parmesan for tasty cheese





Double choc zucchini slice



Preparation time
10 minutes



Cook time
25 minutes



Serves
12

Diet and allergies

Gluten free, Dairy free if using
vegan chocolate chips

Ingredients

- 2 cups almond flour
- ¼ cup cocoa powder
- 1 tsp bi-carb soda
- ¼ tsp salt
- ½ cup maple syrup
- 2 eggs, lightly beaten
- 2 tsp vanilla extract
- 2 medium zucchinis, grated (1½ cups)
- ⅓ cup dark chocolate chips

Method

1. Preheat the oven to 180°C. Lightly spray a 21cm x 31cm slice tin with olive oil and line it with baking paper.
2. Combine the almond flour, cocoa powder, bi-carb soda and salt in a large bowl.
3. Add the syrup, eggs, vanilla extract and grated zucchini and whisk to combine.
4. Fold in half of the chocolate chips.
5. Spoon the mixture into the prepared tin and sprinkle with the remaining chocolate chips.
6. Bake for 25 minutes or until cooked through. Turn out onto a wire rack to cool. Slice and serve.

Alternatives

- Swap the zucchini for carrot, if preferred.

Storage tip

- You can store the slice in a reusable container for up to three days.





Rice paper rolls



Preparation time
20 minutes



Cook time
0 minutes

Makes: 20



Serves: 5

Diet and allergies

Vegetarian, Gluten free*,
Dairy free, Nut free

Ingredients

Rolls

- 1 cup baby spinach
- 1 yellow capsicum, cut into thin strips
- 1 zucchini, cut into thin strips
- 2 carrots, cut into thin strips
- 3 leaves wombok (Chinese cabbage), finely sliced
- 200g firm tofu, cut into strips
- 20 rice paper rounds

Sauce

- 1 clove garlic, crushed
- ½ lime juiced
- 1 tsp brown sugar
- 1 tsp rice vinegar
- 30mL reduced-salt soy sauce*
- 15mL water

*Gluten free if using a gluten-free soy sauce

Method

1. Fill a large bowl with warm water.
2. Quickly dip a rice paper round into the water until it is soft. Spread flat on a work surface.
3. On the bottom third of the rice paper, layer the vegetables, starting with the spinach, then top with the capsicum, zucchini, carrot and wombok and finally the tofu.
4. Fold in both sides of the rice paper, then lift the bottom edge over the vegetables. Tightly tuck and roll the rice paper away from you. Set aside seam side down. Repeat with the remaining rolls.
5. To make the sauce, mix all the ingredients together ensuring the sugar is dissolved.

Serving suggestion: Cover with damp paper towel, then wrap well in plastic wrap and refrigerate to avoid drying out.

Alternatives

- Swap tofu for chicken, avocado or tuna
- Swap yellow capsicum for any coloured capsicum
- Swap wombok for extra spinach





Savoury scones

**Preparation time**

15 minutes

**Cook time**

20 minutes

Makes: 12

Diet and allergies

Vegetarian, Nut free

Ingredients

- 1½ cups self-raising wholemeal flour
- 1½ cups self-raising flour
- 3 tbsp cold margarine
- 1 cup reduced-fat tasty cheese, grated
- ½ small red capsicum, finely chopped
- 2 cups baby spinach leaves, finely chopped
- 125g can reduced-salt corn kernels, drained
- ½ small red onion, finely chopped
- 1 tsp Tuscan seasoning
- ¾ cup reduced-fat milk

Method

1. Preheat the oven to 200°C. Line a baking tray with baking paper.
2. Combine the flours in a large bowl. Add 2 tablespoons of margarine. Using fingertips, rub the margarine into flour until small crumbs form.
3. Add the cheese, capsicum, spinach, corn, onion, seasoning and milk and stir until just combined (do not overmix).
4. Turn the dough out onto a lightly floured surface and use your hands to shape it into a 2.5cm thick rectangle. Cut into 12 rectangles. Place on the prepared tray leaving a small space in between each scone.
5. Melt the remaining margarine and lightly brush the tops of each scone. Bake for 20 minutes, until golden brown and cooked through. Serve warm or at room temperature.

Alternatives

- Swap Tuscan seasoning with dried Italian herbs
- Swap baby spinach for 2-2 cubes frozen chopped spinach, thawed and drained well
- Swap capsicum for grated carrot
- Swap red onion for white onion or spring onion



**Preparation time**

5 minutes

**Serves**

2

Diet and allergies

Vegetarian, Gluten free, Dairy free, Nut free

Ingredients

- 2 cups frozen mixed berries
- 225g can pineapple in juice, undrained
- 1 cup water
- ¼ cup mint (optional)

Method

1. Place all ingredients in a blender and blend until smooth.
2. Divide between 2 glasses and serve.

Alternatives

- Swap blender for a stick blender or food processor
- Swap frozen mixed berries for frozen raspberries, blueberries, strawberries or mango
- Swap canned pineapple for 2 oranges, peeled



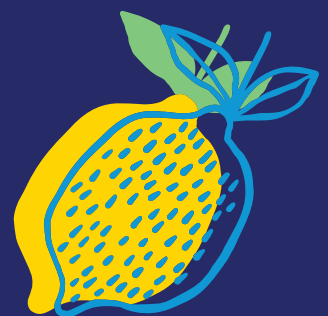


A decorative illustration featuring two lemons with blue speckles and green leaves, a small blue heart, and a yellow mug with blue stripes.

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For more healthy morning tea
tips and recipes, head to
biggestmorningtea.com.au
or check out Cancer Council's
Healthy Made Tasty
Don't forget to share your
morning tea photos online using
#BiggestMorningTea



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