



The classic treat gets a kid-friendly makeover

**MAKES 18** Preheat oven to 180°C fan. Place a 9-hole silicone madeleine tray on an oven tray. Beat 2 eggs, 1/3 cup caster sugar and 1 tsp vanilla extract in a small bowl with an electric mixer for 5 mins, or until thick and creamy. Sift 3/3 cup plain flour

and 1/4 tsp baking powder twice, then fold into egg mixture with 100g melted and cooled unsalted butter. Stir in 2 tbsp rainbow sprinkles. Spread half the batter into pan holes and bake madeleines 10 mins, or until golden and firm to touch. Stand in pans 8 mins before carefully releasing from silicone mould and

transferring to a wire rack. Wash and dry mould and repeat with remaining batter. Meanwhile, sift 11/2 cups pure icing sugar into a small bowl and stir in enough hot water to form a smooth icing, then stir in a few drops of pink food colouring. Dip the top half of the madeleines in icing and place on a tray. Scatter with rainbow sprinkles.



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IN STORES BY

Craving a traditional Anzac biscuit? Follow these steps... MAKES 15 Place 11/4 cups plain flour, 1 cup Uncle Tobys Traditional Oats, 1/2 cup caster sugar, and 3/4 cup desiccated coconut into a bowl and stir. Combine 2 tbsp golden syrup and 150g unsalted butter in a small saucepan and stir over low heat until butter has fully melted. Mix 1/2 tsp bicarb soda with 11/2 tbsp boiling water, add to the golden syrup mixture and remove from the heat. Pour into the dry ingredients and mix together until fully combined. Roll tablespoons of mixture into balls and place on baking trays lined with non-stick baking paper, pressing down on the tops to flatten slightly. Bake for 12 mins in a preheated oven at 170°C or until golden brown.

## Maximise the fresh food budget

Health coach and MOD appliances expert Lara Hibble shares her three tips

1 Batch juicing Make fresh uice in batches, so it's ready to go when you are. Cold press juicers preserve the integrity of fresh ingredients, which means juice can

2 Leftover love Leftover vegetables can make great soup, stock or sauce ingredients and are ideal to juice as "hidden vegetable" additions for fussy eaters.

3 Freeze it Before produce is past its best, chop and freeze it for use in the weeks to come

My guilty pleasure

"My favourite" pizža toppings are mushrooms and onions" Sarah Michelle Gell





Back to school blitz
Tracy Morris, adventure mum from The Blonde

Nomads, shares her top lunchbox packing hacks

Packing lunch and snacks is a group effort for us Blondies. I find when the kids have a say in what we pack, they are more likely to eat it.

Whenever we have brown bananas or daggy apples left over at the end of the week, I use them to make a batch of muffins for next

week's lunchbox treat. I freeze half of the batch to ensure they stay fresh and simply defrost them the night before.

**CUT THE PLASTIC** 

We tru to keep our plastic use down, so we wrap all our sandwiches in Beeswax Wraps and use mini containers for other snacks. To keep the kids hydrated, I love the Thermos FUNtainer drink bottle, as it keeps water cold for up to 12 hours and leaves no condensation, which means their bags and books stay dry.