



# The ChampionGold™ Easter recipe book

● Simple, nourishing recipes for family entertaining from  
**The Mindchamps Nutrition Team**



## MindChamps Whole Food Philosophy

Our philosophy is simple: we introduce young children to a diverse range of wholesome foods during their foundational years. This approach supports optimal growth and development while nurturing a love for a wide variety of nutritious foods for life.

With expertise in dietetics, nutrition science, recipe development, and education, we ensure every child receives the best possible start to a lifetime of nourishment.

All our ingredients are based on nutritious whole foods, providing a wide range of textures, flavours and tastes, supporting food curiosity and adventurous eating.

All our meals are prepared fresh daily by our dedicated centre chefs focusing on wholegrains, lean proteins, beneficial fats and plenty of fruits and vegetables.

Our menu is meticulously designed to meet 100% of your child's daily vitamin and mineral requirements, as well as 75% of their daily energy needs, ensuring their nutritional well-being, while fuelling their champion, learning and creative minds.

Taking it a step further, our MindChamps curriculum nurtures a love for nutritious foods from an early age. Through our Gourmet Moments programme, children actively participate in food preparation and sensory exploration, discover ingredients from around the world, and learn where their food comes from, fostering a deeper understanding and appreciation of nutritious foods.

This way, we spark children's food enjoyment and encourage nutritious choices for life!





**Dear families,**

Welcome to the MindChamps 2026 Easter recipe collection!

This festive e-book is a gift to our community – a practical resource filled with delicious, child-friendly recipes designed to bring families together in the kitchen during this wonderful time of year. Whether you are a long-time member of the MindChamps family or joining us for the first time, we invite you to explore the joy of whole food cooking.

From nutritious twists on traditional favourites to simple goodies that little hands will love to help create, every recipe is crafted with growing bodies in mind.

We believe that food is a language of its own; it carries memories, bridges cultures, and ignites the imagination.

We hope these recipes inspire joyful moments and meaningful connections as you celebrate the magic of Easter with your family this year.

Thank you for being part of our journey. Wishing you a safe, happy, and healthy Easter ahead!

**With love,  
The MindChamps Nutrition Team**





## Giant Easter Cookie

# Giant Easter Cookie



**Dietary:** EF, NF, VEG

**Allergens:** Dairy, Wheat

**Age group:** 12 months+

**Makes:** 2 large cookies

**Prep:** 25 mins

**Cook:** 20 mins

## Storing leftovers:

Store leftovers in an airtight container in the fridge for up to 2-3 days.

## Ingredients

### Cookie

- 2 cups (320g) wholemeal flour
- ½ cup (125g) unsalted butter, softened & cubed
- ¼ cup (60ml) maple syrup
- 2 tbsp (40ml) milk of choice
- 1 tsp (5ml) vanilla extract
- ½ tsp (2g) baking powder

### Decoration

- ½ -1 cup (130-260g) plain natural or Greek yoghurt
- 4 cups fresh fruit of choice: strawberries, mango, blueberries, kiwi, banana (cut into fun shapes)
- ½ cup seeds
- 1-2 tbsp honey, for drizzling (optional)

## Method

1. Preheat the oven to 180°C and line a baking tray with baking paper.
2. In a large bowl, combine all ingredients and mix well. Knead until a smooth dough forms. (Alternatively, place all ingredients into a high-speed food processor and process into a smooth dough.)
3. Divide the dough into two equal portions.
4. Roll out each portion into a large oval or Easter egg shape directly on the lined baking tray.
5. Bake for 20 mins or until golden brown.
6. Allow the cookies to cool completely before decorating.
7. Spread yoghurt over the top of the cooled cookie.
8. Invite children to decorate with toppers of choice, creating fun Easter-themed designs like stripes, polka dots, bunny faces or Easter crosses.
9. Drizzle with honey if desired.
10. Slice and enjoy!

## Tips

### Allergies:

1

**For a dairy-free version:** Swap butter with coconut oil. Swap milk and yoghurt with calcium fortified dairy-free alternatives such as soy, oat or coconut milk and yoghurt.

**For a gluten-free version:** Swap wholemeal flour with a gluten-free flour blend.

2

### Easy Ingredient Swaps:

Swap maple syrup for honey. Choose seasonal fruit of choice.



**Easter Bunny  
Grazing Platter**

# Easter Bunny Grazing Platter

**Dietary:** EF, NF, VEG

**Allergens:** Dairy, Wheat

**Age group:** 12 months+

**Serves:** 8-10

**Prep:** 20 mins

## Storing leftovers:

Store leftovers in an airtight container in the fridge for up to 2-3 days.

## Method

1. Wash all fruits and vegetables, then slice into age-appropriate sizes and shapes of choice.
2. Spoon the dip into a small round bowl and place it at the centre of your platter.
3. Use olive pieces to create the bunny's eyes. Line up olive slices to make a smiling mouth.
4. Add the cherry tomato, grape or raspberry as the nose.
5. Gently position herb stems or vegetable sticks as whiskers.
6. Surround the bunny face with a rainbow of fruits, vegetables and cheese.
7. Arrange wrap slices or crackers, at the top of the bowl to form bunny ears, resting on top of the fruits and vegetables.
8. Enjoy!

## Ingredients

### Dip

- 1 cup dip of choice such as tzatziki, hummus, bean dip, smashed avocado

### Vegetables & Fruits (choose a colourful variety):

- Carrot, rinsed and sliced
- Cucumber, rinsed and sliced
- Broccoli, rinsed and lightly steamed
- Capsicum (red, orange or green), rinsed, deseeded and sliced
- Radish, rinsed and sliced
- Olives, pitted and sliced
- Melons, peeled and sliced or cubed
- Mixed berries, rinsed
- Grapes, rinsed and quartered lengthwise for younger children
- Apple, rinsed, cored and sliced
- Kiwi fruit, rinsed and sliced into rounds
- Stone fruit, rinsed and sliced

### Optional Extras

- Cheese – slices, cubes or pieces

### Bunny Face

- Eyes: 2 black olive ends
- Mouth: 2-3 black olives, thinly sliced
- Nose: ½ cherry tomato, ½ red grape or 1 raspberry
- Whiskers: 6 fresh herb stems or thinly sliced vegetable sticks of choice
- Ears: wholemeal wrap, sliced into a rabbit ear shape or handful of wholegrain crackers

## Tips

### Allergies:

- 1 **For a dairy-free version:** Choose a dairy-free dip such as hummus and leave out cheese. For a gluten-free version: Swap wrap or crackers for gluten-free varieties.

### Baby-friendly version:

- 2 Serve vegetables and fruits in age-appropriate sizes and shapes for your baby.

### For selective eaters:

- 3 Invite children to help build the bunny face and make a bunny faces or other Easter characters with their serving on their own plates.



**Easter Garlic  
& Rosemary  
Roast Lamb**



# Easter Garlic & Rosemary Roast Lamb

**Dietary:** DF, EF, GF, NF

**Age group:** 8 months+

**Serves:** 6-8

**Prep:** 20 mins (1hr resting)

**Cook:** 1½ - 2½ hours

## Serving Suggestion:

Serve with steamed, roasted or mashed potatoes; steamed green beans or peas; a fresh garden salad; warm wholemeal rolls.

## Storing leftovers:

Store in an airtight container in the fridge for up to 1 week or freeze for up to 4 months.

## Ingredients

- 1 large bone-in leg of lamb (approx. 2.5kg)
- 2 whole bulbs garlic
- A few sprigs fresh rosemary
- 100ml extra virgin olive oil
- Herbs and spices of choice
- 3 brown onions, peeled and roughly chopped
- 5 carrots, peeled and halved lengthways
- 5 potatoes, peeled and cubed

## Method

1. Make small incisions all over the lamb. Insert halved garlic cloves and small sprigs of rosemary into the holes.
2. Rub with olive oil and sprinkle with herbs and spices of choice. Rest at room temperature for 1 hour.
3. Preheat oven to 200°C (fan 180°C).
4. Place unpeeled garlic cloves, rosemary, onions, carrots, potatoes in a roasting tray. Drizzle with remaining olive oil.
5. Sit lamb on a rack above vegetables. Roast for 15 mins to brown.
6. Reduce temperature to 180°C (fan 160°C) and cook for approx. 1½ hours (medium) or up to 2½ hours (well-done).
7. Rest for 10-15 mins before carving.
8. Serve with vegetables and enjoy!

## Tips

### Prep tips:

- 1 Resting the lamb is essential for tenderness. Use a meat thermometer if available (approx. 60–65°C for medium). Use leftovers in wraps, sandwiches and salads.

### Additional boosters:

- 2 Add extra vegetables such as pumpkin and parsnip. Serve with a side of steamed or fresh vegetables on the side.

### Baby-friendly version:

- 3 Serve pureed, mashed or in finger food-sized pieces.

### For selective eaters:

- 4 Deconstruct this meal by serving shredded lamb with roasted vegetables and potatoes on the side.



**Chocotta  
Eggs**

# Chocotta Eggs



**Dietary:** EF, GF, NF, VEG

**Allergens:** Dairy

**Age group:** 12 months+

**Serves:** 30

**Prep:** 30 mins (+30 mins freezing)

## Storing leftovers:

Store in an airtight container in the fridge for up to 2 weeks or freeze for up to 4 months.

## Ingredients

- ½ cup (125g) ricotta cheese
- ½ cup (125ml) melted 70% dark chocolate

### Optional fillings:

- Frozen berries, seeds, dried fruit, seed butter

### Optional coating:

- 150g melted 70% dark chocolate

## Methods

1. In a medium-sized bowl, combine ricotta cheese and melted chocolate.
2. Stir until smooth.
3. Shape teaspoon-sized eggs, using your hands (gloves are recommended here) or place in mini egg moulds. Place mixture into the fridge for 10 mins if it is too sticky to roll.
4. Optional: Fill with frozen berries, seeds, dried fruit or seed butter and form the mixture around it.
5. Optional: Dip into melted dark chocolate, then place in fridge to set for 5-10 mins before serving and enjoying!

## Tips

1

### Allergies:

**For a dairy-free version:** Swap ricotta with coconut cream.

2

### Easy ingredient swaps:

Swap ricotta for cream cheese.

3

### Additional boosters:

Roll chocolate coated eggs into crushed nuts or seeds before setting.



**Hot Cross  
Buns**

# Hot Cross Buns

**Dietary:** NF, VEG

**Allergens:** Dairy, Eggs, Wheat

**Age group:** 12 months+

**Serves:** 18

**Prep:** 20 mins (+1 ½ hours rising time)

**Cook:** 15-20 mins

## Storing leftovers:

Store in an airtight container in a cool spot for up to 2 days or in the fridge for up to 1 week or freeze for up to 4 months.

## Ingredients

- ¾ cup (180ml) milk of choice
- ½ cup (80g) unsalted butter, cubed
- 2 ½ tsp (10g) dried yeast
- ¼ cup (60ml) lukewarm water
- 1 tbsp (20ml) honey
- 1 egg, lightly whisked
- 500g wholemeal flour
- ½ cup (75g) sugar
- ¾ cup (110g) dark choc chips (optional)
- 1 ½ tsp (3g) ground cinnamon
- 1 tsp (2g) all spice

## Topping:

- 2 tbsp (25g) wholemeal flour
- 2 tbsp (40ml) cold water
- 2 tbsp (40ml) honey, heated

## Methods

1. In a small saucepan, heat the milk until it is almost boiling.
2. Take off the heat, add butter to hot milk and whisk until butter is melted.
3. In a small bowl, combine yeast with warm water and honey. Set aside for 5-10 mins until frothy.
4. In a large bowl, add flour, sugar, choc chips, cinnamon and all spice and stir to combine.
5. Add egg, milk mixture and yeast and stir with a wooden spoon until well combined. You can also use a kitchen machine attached with a dough hook for this step. The dough will be very sticky but that is how it is meant to be. Cover with a tea towel and allow to rise for an hour in a warm spot.
6. Once it's doubled in size, transfer dough onto a well-floured surface and knead until a smooth dough is forming.
7. Divide dough into 18 equal pieces and place them onto a baking tray lined with baking paper. Cover with a tea towel and allow to rest for 30 mins.
8. Preheat oven to 170°C.
9. In a small bowl, combine 2 tbsp of flour with 2 tbsp of cold water and mix until a paste is forming. Transfer into a piping bag.
10. Pipe crosses onto the buns and bake in the oven for 15-20 mins.
11. Take out of the oven and brush the hot buns with some honey or maple syrup (it works best when you heat the honey first).
12. Serve warm and enjoy!

## Tips

### Allergies:

**For a gluten-free version:** Swap wholemeal flour for brown rice flour or a gluten-free flour blend.

1

**For a dairy-free version:** Swap milk for a calcium fortified dairy-free alternative such as soy, oat or coconut milk and butter for a dairy-free alternative.

**For an egg-free version:** Swap egg for a store-bought egg replacer or use a flax egg (1 egg = 1 tbsp flaxseed meal + 3 tbsp water) or chia egg (1 egg = 1 tbsp chia seed meal + 3 tbsp water).

2

### Easy ingredient swaps:

Swap choc chips for sultanas or dried fruit of choice.



**Easter Egg  
Quiche**

# Easter Egg Quiche

**Dietary:** NF, VEG

**Allergens:** Dairy, Eggs, Wheat

**Age group:** 8 months+

**Serves:** 16

**Prep:** 35 mins

**Cook:** 50-60 mins

**Equipment:** High-speed food processor

## Storing leftovers:

Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

## Ingredients

### Crust

- 1 cup (150g) wholemeal flour
- ½ cup (75g) butter, cubed (+ additional for greasing tin)
- ¾ cup (60g) grated cheese
- 1-2 tbsp (20-40ml) cold water

### Filling

- 2 tsp (10ml) extra virgin olive oil
- 4 asparagus spears, rinsed, ends removed and cut into small pieces
- ½ cup (65g) frozen peas
- 2 spring onions, rinsed and finely chopped
- 5 large eggs
- 1 cup (250ml) milk of choice
- ¾ cup (105g) crumbled feta
- ¼ cup (30g) grated cheese
- Pepper, to taste

## Method

1. Preheat oven to 180°C and grease a 25cm tart tin with some butter.
2. To make the crust, place all crust ingredients into a food processor and process until combined.
3. On a sheet of baking paper, roll out the pastry into a circle.
4. Flip the pastry with the baking paper into the tart tin. Press into the tart and cut off the overlaps. Alternatively, press the dough evenly into the tart tin.
5. Chill in the freezer for 10 mins, then line the pastry tin with baking paper.
6. To prevent pastry from rising, fill with uncooked beans or rice or a suitable baking weight, and bake for 15 mins. Remove the weights and paper, then return the pastry tin to the oven for 10 mins.
7. To make the filling, heat olive oil in a large frying pan over medium heat.
8. Add asparagus and spring onion and cook for 3-4 mins or until tender. Add peas and cook for another minute until peas have defrosted.
9. Place eggs, milk, feta, mozzarella and seasonings in a large bowl and mix to combine.
10. Add vegetables into the pre-baked tart crust, then pour egg mixture on top of it.
11. Bake for 35 mins or until egg mixture is cooked and golden brown.
12. Serve warm and enjoy!

## Tips

### Allergies:

**For a gluten-free version:** Swap butter with coconut oil and milk for a calcium-fortified dairy-free alternative such as soy, oat or coconut milk. Omit cheese and add a sprinkle of nutritional yeast flakes for extra flavour.

**For a gluten-free version:** Swap wholemeal flour with a mix of brown rice flour and buckwheat flour (1:1) or use a gluten-free flour blend.

1

### Baby-Friendly Version:

Serve mashed or in finger food-sized pieces.

2

### For Selective Eaters:

Blend the vegetables into the egg mixture or swap green vegetables for sweeter vegetables like sweet potato or pumpkin.

3



**Thank you**

For more information please call  
1300 646 324 or visit our website:  
[mindchampselc.edu.au](http://mindchampselc.edu.au)

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