



Ronald McDonald
House Charities
VIC & TAS

Lemon Cheesecake Bliss Balls

Makes 15 serves

Ingredients

- 2 ½ cups desiccated coconut
- 2 ½ cups almond meal
- 625 grams of light cream cheese
- 3 lemons, juice and zest
- 10 tablespoons of honey
- 2 ½ tablespoons of vanilla essence

Instructions

In a large bowl, combine all the ingredients well.

Use clean damp hands to roll the mix into evenly sized bliss balls.

Lay the bliss balls on a plate or tray and refrigerate for at least 20 minutes prior to serving. This will help them firm up a little.

Label Information

Coconut
Nuts (Almond)

Honey
Dairy



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Orange and Poppyseed Muffins

Makes 30 serves

Ingredients

- 2 ½ oranges, peeled and chopped
- 2 ½ tablespoons of honey
- 5 teaspoons vanilla essence
- 250 grams of unsweetened apple puree
- 5 extra-large eggs
- 5 cups of self-raising flour
- 2 ½ tablespoons of poppyseeds

Instructions

Preheat the oven to 180°C (160°C fan-forced). Line muffin tins with paper patty cases.

Place the oranges, honey, vanilla, and apple puree in an upright blender. Blend on high speed until completely smooth. Transfer to a large bowl.

Add the eggs, flour, and poppyseeds to the orange mixture and stir gently until just combined - do not overmix or the muffins will be tough.

Divide the batter evenly among the prepared muffin holes.

Bake for 15 minutes or until golden and a skewer inserted in the centre of a cupcake comes out clean.

Cool in the tin for 10 minutes.

Label Information

Honey
Egg
Flour (Gluten)

Apple Crumble Slice

Makes 30 serves

Ingredients

- 2.5 cups (155g) plain flour
- 2.5 cups (110g) rolled oats
- 1 tsp salt
- 1 tsp bi-carbonate soda
- 1 cup (100g) raw sugar
- 1 cup (80g) brown sugar packed
- 1.5 cups (170g) unsalted butter melted
- 2 tsp vanilla extract
- 6 apples peeled and sliced thinly
- 4 tbs plain flour
- 4 tbs raw sugar
- 4 tsp ground cinnamon
- 1 tsp nutmeg

Instructions

Preheat oven to 170°C (160°C fan forced).

Line an 18X28cm slice tray with baking paper, allowing the edges to overhang.

In a large bowl, whisk together the plain flour, rolled oats, salt, bi-carb soda, raw sugar and brown sugar.

Add the melted butter and vanilla extract and stir mixture until well combined.

Spoon half of the crumble mixture into the bottom of the prepared tin and press very firmly into an even layer. Bake 15 minutes. Remove from oven and set aside.

To make the apple filling, place the sliced apples into a mixing bowl. Add the plain flour, raw sugar, cinnamon and nutmeg and mix until the apples are well coated.

Spread the apple slices in an even layer over the top of the cooked base.

Sprinkle the remaining crumble mixture over the top of the apple and press down lightly.

Bake for 25 minutes or until lightly golden. Remove from oven and allow to cool.

Cover and refrigerate for 30 minutes then take it out and cut into squares.

Label Information

Oats (Gluten)
Flour (Gluten)
Butter (Dairy)



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Raspberry Chocolate Brownies

Makes 30 Serves

Ingredients

- 2 cup butter, melted and slightly cooled
- 2 cup granulated sugar
- 2 cup packed brown sugar
- 8 large eggs
- 2 tablespoon pure vanilla extract
- 2 cup all-purpose flour
- 2 cup Dutch processed cocoa powder
- 2 teaspoon salt
- 2.5 cups chopped chocolate, divided
- 3 cups raspberries, fresh or frozen

Instructions

Preheat oven to 180°C. Spray a 9×13" metal baking pan with nonstick cooking spray. Line with parchment paper with an overhang on the sides and spray again. This will make it easy to lift the brownies out of the pan after baking. Set the pan aside.

In a large mixing bowl whisk together melted butter, granulated sugar, and brown sugar. Whisk until sugar is dissolved. Add the eggs and vanilla extract and whisk until smooth and combined.

Sift the flour, cocoa and salt into the mixing bowl. Stir with a spatula until combined. Don't over mix.

Fold in 1 cup of chopped chocolate and the raspberries. Stir carefully so you don't break up the raspberries.

Label Information

Butter (Dairy)
Chocolate (Dairy)
Eggs
Flour (Gluten)



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Vegan

Banana Bread

Makes 30 Serves

Ingredients

- 9 medium overripe bananas
- 1 cup granulated sugar
- 1 cup brown sugar
- 1 cup canola oil
- 6 teaspoons vanilla extract
- 6 cups all-purpose flour
- 3 teaspoon baking soda
- 3 teaspoon ground cinnamon
- 3 teaspoon salt
- 3 cup chopped walnuts

Instructions

Preheat oven to 180°C.

Lightly oil a loaf pan and arrange a strip of parchment paper width-wise along the center, with just a bit hanging out over each side.

Peel the bananas and place them into a large mixing bowl. Mash them well with a fork or potato masher.

Add sugar, brown sugar, oil, and vanilla to the bowl. Stir until well-mixed.

Add the flour to the bowl, then sprinkle the baking soda, cinnamon and salt on top of the flour.

Stir everything together just until mixed. Don't overmix. The batter will be thick. Fold in the walnuts.

Spoon the batter into the prepared loaf pan and smooth out the top with the back of a spoon.

Sprinkle the top with brown sugar.

Bake for 50 minutes, or until a toothpick inserted into the center comes out clean.

Remove the pan from the oven and transfer it to a wire rack. Allow the loaf to cool for at least 15 minutes before removing it from the pan. Slice and serve.

Label Information

Nuts (Walnuts)
Flour (Gluten)



Ronald McDonald
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Gluten Free

ANZAC Biscuits

Makes 30 Serves

Ingredients

- 170 g (1 cup) gluten-free rolled oats
- 225 g (1 cup) gluten free plain flour
- 180 g (2/3 cup) brown sugar
- 105 g (2/3 cup) desiccated coconut
- 200 g butter
- 3 tablespoons golden syrup
- 3 tablespoons water
- 1 teaspoon bicarbonate of soda

Instructions

Preheat oven to 160°C (fan-forced). Grease and line three flat baking trays with baking paper.

Combine the gluten-free rolled oats, gluten free plain flour, brown sugar and coconut in a bowl.

Place butter, golden syrup and 2 tablespoons cold water into a microwave-safe bowl and heat for 3 minutes, until melted.

Stir through the bicarbonate of soda.

Pour the butter mixture over the oat mixture and stir to combine.

Roll level tablespoons of mixture into balls. Place on trays, 5cm apart and flatten slightly.

For chewy ANZACS, bake for 10 to 12 minutes or until light golden. For crunchy ANZACS, increase cooking time to 12-15 minutes.

Leave on the baking trays for 5 minutes before transferring to a wire rack to cool completely.



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Gluten Free

Rocky Road Chocolate Covered Strawberries

Makes 30 serves

Ingredients

- 500 grams roughly chopped milk chocolate
- 5 tablespoons shredded coconut
- 50 grams mini marshmallows
- 4 tablespoons sprinkles (choose sprinkles without nuts or gluten)
- 6 punnets of strawberries

Instructions

Place the chocolate in a small heatproof bowl and set over a small saucepan of gently simmering water, making sure the base of the bowl does not touch the water.

Stir for 1 to 2 minutes or until the chocolate is melted and smooth. Remove from the heat, keeping the bowl over the saucepan.

Line a large baking tray with baking paper.

In a small bowl, combine the coconut, marshmallows, and sprinkles.

Using their green tops to hold, dip one strawberry at a time into the melted chocolate, then immediately dip into the coconut mixture to coat. Place on the prepared tray.

Chill for 20 minutes to set.

Serve chilled.

Label Information

Coconut
Dairy