



Kate's Wholefood Kitchen

ABN: 50105313015

FRIDAY 7th SEPTEMBER: Vegetable Biryani

* Carrots, peas, capsicum, broccoli, tomatoes and sultanas tossed with rice and cooked in a mild Indian spice mix.

KID Friendly Spice Mix – Very Mild

Recipe Of The Week: CHOC PEANUT BUTTER PROTEIN BALLS

4 Tbsp. peanut butter

2 Tbsp. honey

1 Tsp vanilla

Pinch salt

½ cup chocolate protein powder

2 Tbsp. cacao or cocoa

Mix peanut butter, honey, vanilla & salt together. Add the protein powder & cacao or cocoa and mix. Use hands to mix until it resembles cookie dough. Roll into balls and place into fridge to set.

Return the below slip with correct money \$5.50 (*no change will be given*) to the office before Wednesday 5th September 2018 – next Wednesday.

Name:

Class:

COST: \$5.50