

# Nut-Free Lunches

**Packing nut-free school lunches can be tricky. Here are some fun, tasty, and easy to make options that can be eaten cold – perfect for packing in the school lunch box!**



- Leftover cheese and black bean quesadilla; milk and a banana.
- Pasta salad with ham, cheese and vegetables and a fruit cup.
- Whole wheat “nut free” crackers; lean meat, cheese and grapes.
- Peeled hard cooked eggs; bannock and vegetables and dip.
- Egg salad in a lettuce wrap; pretzels and a drinkable yogurt.
- Veggie pizza on pita bread; a homemade “nut free” oatmeal cookie and a soy beverage.
- Soy nut butter and jelly sandwich on whole wheat bread; milk and cantaloupe slices.
- Cottage cheese; bread sticks and strawberries.
- Hummus dip with pita chips; vegetable sticks and milk pudding.
- Turkey, lettuce and cream cheese roll up; yogurt and an apple.
- Pita stuffed with tuna salad; carrot sticks and chocolate milk.
- Whole wheat bagel with cream cheese and cucumber slices; cheese cubes and cherry tomatoes.
- Homemade “nut free” muffin; cheese string and blueberries.



## No Bake Energy Bites

### Ingredients

- 1 cup rolled oats
- 1/2 cup peanut butter substitute, (i.e. soy nut or sunflower butter)
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips
- 1/3 cup honey
- 1 tsp vanilla extract

### Directions

1. Combine all ingredients in a bowl and mix well.
2. Roll into 1 inch balls.
3. Store in an airtight container in the fridge for up to 1 week or place in the freezer for 2-3 months.

**Makes 22 Energy Bites**



Recipe adapted from:  
<http://www.nutritionrx.ca/energy-bites-no-bake/>

### **What are peanut butter substitutes?**

Peanut butter substitutes are peanut and tree-nut free spreads that look and taste like peanut butter. They are made from roasted soybeans, brown peas, sunflower seeds or pumpkin seeds. Examples include soy nut, pea and sunflower seed butters.

