



High Protein Snack Vegetarian Bento Box

Serves: 2

Calories per serving: 295

Ingredients:

For the bento box...

4 Quorn Cocktail Sausages

3 Quorn Picnic Eggs

45g High protein, zero fat yogurt (approx 3 tbsp)

1 tsp sweet chilli sauce

1 tbsp reduced fat hummus

A handful of carrot sticks

A handful of cucumber sticks

For the carrot cake granola...

100g oats

75g carrot, grated

25g pecan, chopped

25g pumpkin seeds

25g raisins

20g desiccated coconut

10g chia seeds

1 tsp cinnamon

½ tsp ginger

½ tsp nutmeg
1 tsp vanilla extract
2 tbsp maple syrup
2 tbsp olive oil

For the quick quinoa and edamame salad...

250g red and white quinoa
75g edamame beans, cooked
1 small carrot, grated
1 inch ginger, grated
1 lime, juice only

Method

For the carrot cake granola...

1. Pre-heat the oven to 160C (fan)/ 180C electric/Gas Mark 4.
2. Place all the granola ingredients into a bowl and mix well. Line a baking tray with baking paper. Tip the granola onto the baking tray and evenly spread. Bake for 20 minutes, stir halfway. Allow to cool and store in an airtight jar.

For the quick quinoa and edamame salad...

3. Place all the salad ingredients into a bowl and mix well. Store in a Tupperware in the fridge for up to 5 days.

Filling the Bento Box...

4. Using a Bento Box, place the Quorn Cocktail Sausages, Quorn Picnic Eggs, high protein yoghurt, sweet chilli sauce, hummus, carrot sticks and cucumber sticks in each compartment. Add a spoonful of prepared quinoa and edamame salad. Top the yoghurt with a spoon of carrot cake granola.