



MURDOCH BOOKS

Media Release

Ready, Steady, *Lunchbox*

By Lucy Broadhurst

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THE LUNCHBOX LID NOW REVEALS TANTALISING TREATS!

For anyone cooking for kids or with kids, *Ready, Steady, Lunchbox* is both practical and inspiring. Chapters include 'before school', 'little bites', 'big bites' and 'afternoon treats', and each features a great range of interesting, delicious recipes to set little tastebuds tingling.

The 'before school' recipes include cat French toast, multi-grain porridge, healthy fruit mini muffins and smoothies. 'Little bites' offers sweet treats such as chocolate banana cake and coconut cookies and savoury options including vegetable frittata squares with hummus, mini quiche lorraines and corn and capsicum fritters.

Move on to wraps, sandwiches, salads and pastas for 'big bites' and soups, baked items and snacks such as rice-crumbed fish pieces for 'afternoon treats'. This colourful and tasty collection will make going back-to-school much more inviting.

Other titles available in this series are: *Ready Steady Spaghetti* and *Ready Steady Bake*.



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