

Why not welcome spring to OSHC by taking everyone outdoors for a picnic! Here are some great finger foods for the children to enjoy making and eating.

EASY SPINACH SLICE



Ingredients

- 1 packet frozen spinach
- 4 eggs
- 1 finely chopped onion
- 2 cups reduced fat milk
- 3 cups wholemeal or multigrain breadcrumbs
- 1 cup chopped ham or cooked bacon

Method

- Cook spinach until just wilted and chop finely
- Place all other ingredients together in a bowl
- Stir in the spinach and mix until combined
- Spread into a greased and lined baking tray or slice pan
- Bake at 150°C

Variations:

- Add grated tasty cheese
- Add chopped sun dried tomatoes

<http://www.bestrecipes.com.au/recipe/easy-spinach-slice-L114.html>, accessed August 13, 2013

SAVOURY PICNIC MUFFINS



Ingredients (makes 4)

- 2 cups self-raising flour
- 80g butter, melted, cooled
- 1 egg, lightly beaten
- 1 cup milk
- 100g feta cheese, crumbled
- 100g sliced ham, diced
- 1/3 cup (50g) semi-dried tomatoes, finely chopped
- 2 tablespoons pitted kalamata olives, chopped
- 12 small sprigs fresh rosemary
- Butter to serve**

Method

- Preheat oven to 200°C. Lightly grease a 12-hole, 1/3 cup-capacity muffin pan
- Sift flour into a large bowl and make a well in the centre
- Pour butter, egg and milk into a jug, stirring to combine. Pour into well. Stir until almost combined
- Fold through feta, ham, tomatoes and olives
- Spoon mixture into muffin holes. Insert a rosemary sprig in the top of each muffin
- Bake for 20 minutes or until a skewer inserted in the centre comes out clean. Set aside in pan for 1 minute. Turn out onto a wire rack to cool completely
- Place muffins in an airtight container. Serve with butter

<http://www.taste.com.au/recipes/18519/savoury+picnic+muffins>, accessed August 13, 2013