



MindChamps  
**TEDDY BEARS' PICNIC**  
Recipe Book

Created by the MindChamps Nutrition Team

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# Welcome to the MindChamps Teddy Bears' Picnic Recipe Book!



Bring the joy of this year's Teddy Bears' Picnic home with these beary cute and delightfully delicious recipes, straight from the MindChamps menu!

Gather your favourite teddies, plushies and all the cuddly critters hiding around the house and save them a spot on your picnic rug!

Whether you set up in your backyard, head to a local park or create a magical picnic right in your loungeroom, anywhere can become the perfect picnic spot with a little imagination!



Pack some teacups and plates, pop on a fun hat, and bring along a picnic basket full of tasty bear-inspired foods.

Add a few flowers, a bear-inspired storybook, or a Teddy Bears' Picnic playlist to set up a whimsical atmosphere!

It's going to be a beartastic day—so let's get cooking! We've taken the hard work out by planning the perfect picnic menu, so you can focus on the fun with your fuzzy friends!



# The Teddy Bears' Picnic Nursery Rhyme

**While enjoying your picnic, don't forget to play and sing-a-long to your Teddy Bear's favourite rhyme - The Teddy Bears' Picnic!**



If you go down in the woods today,  
You're sure of a big surprise.  
If you go down in the woods today,  
You'd better go in disguise.  
For every bear that ever there was  
Will gather there for certain because  
Today's the day the teddy bears have  
their picnic.



Every good little teddy bear  
Is sure of a treat today.  
There's lots of marvelous things to eat  
And wonderful games to play.  
Beneath the trees where nobody sees,  
they'll hide and seek as long as they  
please  
'Cause that's the ways the teddy bears  
have their picnic.

Picnic time for teddy bears.  
The little teddy bears  
Are having a lovely time today.  
Watch them, catch them unawares  
And see them picnic on their holiday.  
See them gayly gad about.  
They love to play and shout.  
They never have any care.  
At 6 o'clock, their mummies and  
daddies  
Will take them home to bed,  
Because they're tired, little teddy bears.

If you go down in the woods today,  
You'd better not go alone.  
It's lovely down in the woods today,  
But it's safer to stay at home.  
For every bear that ever there was  
Will gather there for certain because  
Today's the day the teddy bears have  
their picnic.

**-The Teddy Bears Picnic  
Jimmy Kennedy  
1932**





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# MINI BEAR CUPCAKES

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**Serves:** 24 **Prep:** 15 min **Cook:** 15 min

**Dietary:** VEG, NF, DF

**Allergens:** Wheat, Egg

**Age group:** 12 months+

## INGREDIENTS

### Cupcakes

- 1 egg
- 5 Medjool dates (100g), pitted
- 1 tsp (5ml) vanilla extract
- ¼ cup (60ml) coconut oil, melted
- ¼ cup (65g) apple puree (unsweetened)
- ½ cup (50g) cauliflower, steamed and drained
- ¼ cup (60ml) maple syrup
- 1 cup (130g) wholemeal flour
- ½ tsp baking powder
- ¼ tsp baking soda

## EQUIPMENT

- High-speed food processor
- Teddy bear cupcake toppers

### Chocolate Date Frosting

- 1 cup (240g) soft Medjool dates, pitted
- ½ cup (125ml) boiling water
- 1 tbsp (20ml) coconut oil, melted
- 1 tbsp (20ml) maple syrup
- 1 tbsp (20ml) coconut cream
- 2 tbsp (20g) cacao powder
- 1 tbsp (10g) carob powder (optional)
- 1 tsp (5ml) vanilla extract

# MINI BEAR CUPCAKES


## METHOD

1. Preheat oven to 180°C and line mini muffin trays with muffin liners.
2. Place egg, dates, vanilla extract, coconut oil, apple puree, cauliflower and maple syrup into the processor and process until smooth.
3. Add all dry ingredients and process until well combined.
4. Place batter into mini muffin liners and bake for 15 mins or until a cake tester or knife comes out clean.
5. Allow to cool completely before frosting.
6. To make the frosting, place dates, boiling water and coconut oil into the bowl of a high-speed processor and allow to sit for at least 10 mins.
7. Once the dates have softened, add maple syrup and coconut cream and blend the mixture until smooth.
8. Add remaining ingredients and process until well combined and smooth.
9. To assemble the cupcakes, spoon the frosting into a piping bag and pipe a swirl onto each cupcake.
10. Top with a teddy bear cupcake topper or a Teddy Bear Cookie (see pages 7-8 for the recipe)!



**Storing Leftovers:** Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

## TIPS

 **Allergies:** For a gluten-free version: Swap wholemeal flour for brown rice flour or a gluten-free flour mix.

For an egg-free version: Swap egg for a store-bought egg replacer or use a flax egg (1 egg = 1 tbsp flaxseed meal + 3 tbsp water) or chia egg (1 egg = 1 tbsp chia seed meal + 3 tbsp water).





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# CHEESY TEDDY CRACKERS

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**Serves:** 30 **Prep:** 20 min **Cook:** 20-25 min

## INGREDIENTS

- 2 cups (280g) wholemeal flour
- ½ cup (20g) nutritional yeast flakes or parmesan cheese
- ½ tsp (2g) garlic powder
- ½ tsp (2g) dried rosemary
- ¼ cup (60ml) extra virgin olive oil
- ¾ cup (180ml) water

## Topping (Optional)

- 15 slices of cheese

**Dietary:** VEG, NF, EF

**Allergens:** Wheat, Dairy

**Age group:** 10 months+

## EQUIPMENT

- High Speed Food Processor
- Small teddy cookie cutters



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# CHEESY TEDDY CRACKERS

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## METHOD





1. To make the crackers, preheat oven to 180°C and prepare two large baking trays.
2. Place all ingredients into a high-speed food processor and process until well combined and the dough has formed.
3. Divide dough into 2 batches. Place one batch between 2 sheets of baking paper. Using a rolling pin, roll out dough to 2-3mm thick.
4. Take the top baking sheet off and using a pizza cutter, cut dough into 4x4cm squares. Alternatively, use a bear-shaped cookie cutter to cut out bear shapes.
5. Transfer to a baking tray. Repeat with the rest of the dough.
6. Bake for 20-25 mins or until golden. It will crisp up once it cools down.
7. Let cool on a wire rack.
8. Break into pieces.
9. Using a bear-shaped cookie cutter, cut bears out of the cheese slices and serve on top of a cracker.

**Serving suggestion:** Serve with assorted vegetable sticks and a vegetable or legume dip.

**Storing Leftovers:** Store in an airtight container in the fridge for up to 7 days or freeze for up to 4 months.



## TIPS

-  **Allergies:** For a gluten-free version: Swap wholemeal flour for brown rice flour or a gluten-free flour mix.
-  **Easy Ingredient Swaps:** Swap garlic powder for onion powder. Swap rosemary for dried herbs of choice.
-  **Additional Boosters:** Brush rolled out dough with some water and sprinkle with seeds of choice.
-  **For a Baby-Friendly Version:** Serve in finger food-sized pieces.

# TEDDY BEAR COOKIES

**Makes:** 100 Cookies **Prep:** 30 min **Cook:** 10-15 min



**Dietary:** VEG, NF, EF  
**Allergens:** Wheat, Dairy  
**Age group:** 12 months+

## INGREDIENTS

### Chocolate Version

- 1 cup (130g) wholemeal flour
- ¼ cup (37g) coconut sugar
- 1 ½ tbsp (12g) cacao powder
- ¼ cup (60ml) coconut oil, melted
- 1 tbsp (20ml) maple syrup
- 1 tbsp (20ml) water
- ½ tsp (2.5ml) vanilla extract

## EQUIPMENT

- High-speed food processor
- Small teddy cookie cutters

### Vanilla Version

- 1 ⅓ cups (170g) wholemeal flour
- ¼ cup (37g) coconut sugar
- ⅓ cup (60g) unsalted butter, cubed
- 1 tbsp (20ml) maple syrup
- ½ tbsp (10ml) water
- ½ tsp (2.5ml) vanilla extract

### Topping (Optional)

- 50g dark chocolate, melted

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# TEDDY BEAR COOKIES


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## METHOD

1. Preheat oven to 180°C and line two baking trays with baking paper.
2. Place all chocolate version ingredients in a high-speed food processor and process until you reach a doughy consistency. Press mixture together and use your hands to form an oval shape.
3. Place all vanilla version ingredients in a high-speed food processor and process until you reach a doughy consistency. Press mixture together and use your hands to form an oval shape.
4. Place chocolate dough in between two sheets of baking paper and roll out to 0.5cm using a rolling pin.
5. Remove the top baking sheet and cut out shapes using a cookie cutter. Repeat with remaining dough. Place baking paper with cut out shapes on a baking tray and bake for 10-15 mins.
6. Remove cookies from oven and allow to cool.
7. Follow the same steps for the vanilla version dough.
8. Drizzle teddys with some dark chocolate (optional).

**Storing Leftovers:** Store in an airtight container in a cool, dry spot for 7 days or freeze for up to 4 months.

## TIPS

 **Prep Tips:** If dough seems too sticky, add more flour.

 **Allergies:** For a gluten-free version: Swap wholemeal flour for a gluten-free flour blend. For a dairy-free version: Swap butter for coconut oil.



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# BEARY GOOD VEGGIE BITES

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**Serves:** 20 **Prep:** 15 min **Cook:** 15-20 min

## INGREDIENTS

- 280g zucchini, peeled and finely grated
- 150g carrot, peeled and finely grated
- 2 cups (280g) wholemeal flour
- 3 tsp (12g) baking powder
- 1 ½ cups (150g) grated cheese
- ½ cup (125ml) milk of choice
- ¼ cup (65g) natural yoghurt
- ¼ cup (60ml) extra virgin olive oil
- 2 eggs

**Dietary:** VEG, NF

**Allergens:** Wheat, Dairy, Egg

**Age group:** 8 months+

## EQUIPMENT

- High-speed food processor



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# BEARY GOOD VEGGIE BITES

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## METHOD


1. Preheat oven to 180°C and line a mini muffin tray with muffin holders.
2. Place grated zucchini and carrot in a clean kitchen towel and squeeze out excess water.
3. Add all ingredients into a high-speed food processor and process until smooth.
4. Spoon into prepared mini muffin holders and bake in the oven for 15-20 mins or until a cake tester comes out clean.
5. Allow to cool before serving.




**Storing Leftovers:** Store in an airtight container in the fridge for up to 4 days or freeze for up to 4 months.

## TIPS

 **Allergies:** For a dairy-free version: Leave out cheese and swap cow's milk for soy, oat or coconut milk and natural yoghurt for soy, oat or coconut yoghurt. For a gluten-free version: Swap wholemeal flour for brown rice flour or a gluten-free flour mix. For an egg-free version: Swap egg for a store-bought egg replacer or use a flax egg (1 egg = 1 tbsp flaxseed meal + 3 tbsp water) or chia egg (1 egg = 1 tbsp chia seed meal + 3 tbsp water).

 **Easy Ingredient Swaps:** Swap vegetables for seasonal vegetables of choice

 **For a Baby-Friendly Version:** Serve mashed or in finger food-sized pieces.



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# TEDDY BEAR TOAST WITH DATE & CINNAMON SPREAD

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**Serves:** 12 **Prep:** 20 min

**Dietary:** VEG, V, NF, EF, DF

**Allergens:** Wheat

**Age group:** 10 months+

## INGREDIENTS

- 12 slices wholemeal, multigrain bread or sourdough bread (toasted or untoasted)
- 1 ½ cups Cinnamon Date Spread
- 2 bananas
- 24 fresh blueberries

### Cinnamon Date Spread:

- 20 soft Medjool dates (310g), pitted
- 1 tsp (2g) ground cinnamon
- 2 tsp (10ml) vanilla extract
- 2 tbsp (40ml) sunflower seed butter (optional)
- ¼ - ½ cup reserved date water

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# TEDDY BEAR TOAST WITH DATE & CINNAMON SPREAD

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## METHOD

1. To make the spread, soften the dates by soaking them in hot water for 5-10 mins, then drain (saving the date water).
2. Place dates, cinnamon, vanilla, and sunflower seed butter (if using) into a blender.
3. Blend, adding 1 tablespoon of reserved date water at a time until smooth and spreadable. Store extras in an airtight jar in the fridge for up to 5 days.
4. To assemble the Teddy Bear Toast, evenly spread 1-2 tbs of the cinnamon date mixture over a slice of bread.
5. To make the bear's face, slice 3 banana rounds. Place one on each top corner of the toast to make the ears. Add the third slice to the centre of the piece of bread for the nose.
6. For the eyes, place 2 blueberries above the nose. Nose tip (optional): You can pop a tiny blueberry or dot of spread in the centre of the banana nose. Repeat with the rest of the toast slices.

**Storing Leftovers:** Store in an airtight container in the fridge for 3-4 days or freeze for up to 4 months.



## TIPS

-  **Allergies:** For a gluten-free version: Swap wholemeal toast with MindChamps gluten-free bread recipe, or a store-bought gluten-free bread.
-  **Easy Ingredient Swaps:** Swap banana and berries for fruit of choice.
-  **For a Baby-Friendly Version:** Serve bread as toast fingers. Squeeze blueberries until squished or swap to soft and mashed fruit of choice.

# Setting the

CHAMPIONGOLD STANDARD™  
FOR CHILDHOOD NUTRITION



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