

Nut Free Sandwich Ideas

If you have been asked to avoid sending nuts/peanut butter to school, you may be struggling with sandwich ideas. Or you may just want to try something new. Here are some ideas to get you started. Some of these may not appeal to your child and others may just seem weird but you could be surprised what appeals to young taste buds.

- Cream cheese and raisins
- Cream cheese and beetroot
 - Blot beetroot on a paper towel first
- Ham, lettuce and tomato
 - Layer tomato in between ham and lettuce to help prevent soggy bread
- Cheese and vegemite
- Hummus
 - Check ingredients for nuts
- Salmon, mayonnaise and cucumber
- Mashed or sliced egg*
- Tuna, grated apple and mayonnaise
- Mince patty (dinner leftovers) and chutney
- Baked beans and cheese
- Cottage cheese, grated carrot and raisin
- Cottage cheese and jam
- Cheese and creamed corn
- Cheese and pineapple

I have focused on protein fillings to replace the peanut butter but of course there are lots of other yummy things that can be added such as tomato, cucumber, lettuce, avocado, sprouts, grated carrot, baby spinach etc

Mix it up with different breads: pita, tortilla, rolls.

Present the bread differently by rolling it into pinwheels or cut it into fingers to make club sandwiches.

If your child will only eat one type of sandwich and you want to give them some protein try a little container of hummus and crackers, bier sticks or toasted sunflower seeds with spices. For more ideas check out the Lunch Box Snack Suggestions.

Try a salad:

Pasta, ham, tomato, peas and corn with mayonnaise or yoghurt

Potato and egg salad

Bean salad

Have fun experimenting. Remember as parents we are the biggest influence on whether a child will or will not eat a particular food. Try not to comment before they have had a chance to taste it first.

* Perfect boiled egg: Add eggs to cold, salted water, bring to the boil, then simmer for 8 minutes, run under cold water immediately. It is only over cooked eggs that smell.

