

Original lunchbox ideas!



Together with Marmite here are 5 of your lunchbox ideas, vote for your favourite



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Whether you're a whiz in the kitchen or not, the nutritional goodness and distinctive flavour of Marmite has been a firm favourite for lunchbox treats for generations. Show us just how resourceful and clever you can be in the kitchen to win big. You can still enter: send your healthy, energy-sustaining lunchbox recipes, using

Marmite as a key ingredient, to kerryn.kemp@yourbaby.co.za. Closing dat 31 March 2010.

Here are the first 5 finalists, for the full recipes please visit www.yourparenting.co.za. Vote for your favourite recipe: SMS IDEA1, IDEA2 IDEA3 IDEA4 OR IDEA5 to 34217.* SMS charged at R2.00 each.

- 1. Cheesy Marmite Squares** Sent in by Keri Hartung, this recipe uses the main ingredients of Marmite, flour and cheese to make a yummy savoury cake.
- 2. Marmite scone damper** Enjoy a delicious teatime treat with Catherine Macfarlane's recipe using cake flour, Marmite and butter.
- 3. Marmite Wagon Wheels** Using a roll of pastry, Marmite and bacon, Debbi Carmichael's recipe makes a tasty snack for children and adults.
- 4. Marmite, biltong and cheese muffins** Get a great start to the day with this cheese, Marmite and biltong recipe from Alida Ryder.
- 5. Marmite Hummus** Dip bite-sized veggies and other finger foods into Tania van Zyl's Marmite flavoured hummus, using Marmite, chickpeas and tahini.

Look out for more delicious lunchbox recipes in our April 2010 issue! The winner will receive R10 000 in shopping vouchers and the two runners up will receive R6 000 and R5 000 in shopping vouchers respectively. All the shopping vouchers are courtesy of Marmite. ■



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***Terms and conditions:** By providing your contact details you give us permission to communicate with you via these channels. This competition is open to everyone except employees and immediate families of Media24, the sponsors and advertising agencies. Entries to reach us by 31 March 2010. The judges' decisions are final and no correspondence will be entered into. Media24 and the sponsors are indemnified against any claims arising as a result of entry from participants. Entry into the competition constitutes acceptance of the conditions. Prizes are not transferable and cannot be exchanged for cash, and the organisers are not liable for any defects in any prizes.