



# Cook It! Safely!

It's very important to read this before you  
start cooking



If you are not experienced enough or big enough, ask an older person to do all the chopping required for the recipe. That way you'll avoid accidents with the knife. You may also need to ask them to help when you are using the cooker, hob or grill.

## Starting It!

Wash your hands before and after you start cooking and after handling raw stuff, like meat

Wear an apron or an old shirt

If you have long hair, clip or tie it back

## Chopping It!

Wash fruit and vegetables before you cook them

Take extra care with sharp knives, don't walk around with them!

Use separate chopping boards for vegetables and meat

When chopping something round like an onion or tomato, cut it in half first and then put the cut side down on the chopping board so that you have a flat surface to cut on. It's easier and safer

## Cooking It!

Mop up spills as soon as they happen

Use oven gloves for handling hot dishes straight from the oven

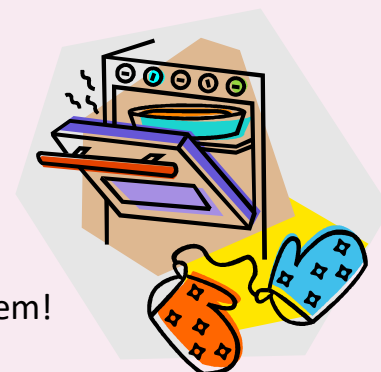
Dry your hands before you plug in or unplug any electrical appliances

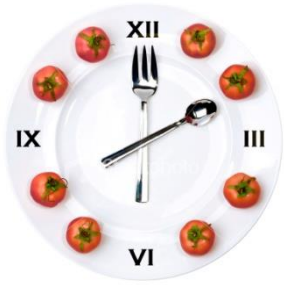
When you are cooking, set a timer. When the buzzer goes off you know that your cooking time has finished

## Finishing It!

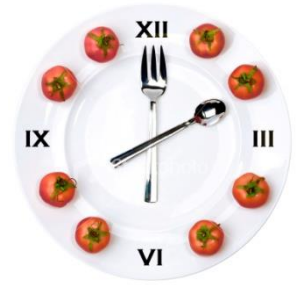
Raw and cooked foods should be kept separately in the fridge

Don't forget to tidy the kitchen up afterwards!





# Lunch



Eating a healthy lunch mid day is really important. It gives us nutrients we need to stay healthy and also gives us energy so our brains can concentrate and our bodies can move about.

Always make sure you add some fruit and vegetables to your lunch and check out our top swaps page for some healthy lunch box ideas.

We hope you enjoy these tasty lunchtime recipes.



# Sweet chilli turkey Wraps



**Prep time: 10mins**

**Cook time: 5mins**

**Ready in: 15mins**

**Serves: 4**



## Shopping list....

2 tbs tomato sauce

2 tbs sweet chilli sauce

Low kcal spray oil

500g turkey mince

2 garlic cloves, finely chopped

4 shallots (thinly sliced)

1 carrot (grated)

Small bunch coriander leaves,  
(chopped)

1 pack bean sprouts

8 iceberg lettuce leaves

4 wholemeal wraps



## How to Cook It!



**Step 1:** Combine tomato and sweet chilli sauces in a jug.

**Step 2:** Spray a wok with oil and heat.

**Step 3:** Add turkey mince and stir-fry for 4–5 minutes or until cooked through.

**Step 4:** Add garlic, shallots and carrot and stir-fry for 1 minute.

**Step 5:** Add tomato sauce mixture, coriander and bean sprouts. Stir-fry for 1 minute.

**Step 6:** To serve, spoon warm chicken mixture into lettuce leaves and then wrap in wholemeal wraps.

## Try It!

You could try making this with different types of mince such as lean beef, pork or Quorn. Turkey is a great source of protein, iron and B vitamins which help give us energy. If you've never tried it before give it a go and see if you like it.

# Hearty Winter Veg Soup

**Prep time: 5mins**  
**Cook time: 20mins**  
**Ready in: 25mins**  
**Serves: 4**



## Shopping list...

- 1 tbsp olive oil
- 2 garlic cloves, crushed
- 1 swede, peeled and cut into chunks
- 4 large carrots, peeled and cut into chunks
- Fresh or dried thyme
- 850ml vegetable stock
- 500ml semi-skimmed milk
- 2 x 410g cans mixed beans in water, drained



## Equipment...

Large pan, knife  
wooden spoon, blender

## Know It! Watch the Salt...

Canned soups you buy can contain high amounts of salt. Its recommended that we have no more than 6g of salt each day some canned soups can have half this on one serving. Making your own means you can decide to hold the salt and make healthier versions.



## How to Cook It!



**Step 1:** Heat the oil in a large

saucepan, then gently soften the garlic . Tip in the swede and carrots ,then pour in the stock and milk. Season with thyme and bring to the boil, then simmer for 15 mins.

**Step 2:** Ladle a third of the soup into a blender, whizz until smooth, then pour back into the pan along with the beans.

**Step 3:** Return to the heat and warm through before serving.

## Top tip!

You can serve this immediately or serve into plastic containers and freeze . Save for those days when you are in a rush and need a quick meal. Just defrost heat up and enjoy. Its much healthier than a takeaway or frozen ready meal.





# Festive Pizza



**Prep time: 5 - 10 mins**

**Cook time: 15-20 mins**

**Ready in: 20-30 mins**

**Servings: 6**



## Shopping List..

1 plain pizza base  
1/2 tube tomato puree  
1/2 cup low fat grated cheese  
1 pepper sliced  
Sliced Pepperoni  
Grease proof paper



## How to Cook It!



**Step 1:** Get a grown up to cut out a Christmas tree shape from the pizza base using scissors

**Step 2:** Squeeze the tomato puree onto the pizza base and spread evenly all around, sprinkle the cheese evenly on top

**Step 3:** Add the sliced peppers as tinsel, pepperoni as baubles and chopped olives as fairy lights.

**Step 4:** Place in oven and cook at 180degrees for 15-18 mins

## Equipment .....

Knife  
Scissors  
Grease Proof Paper  
Oven Tray  
Cheese grater

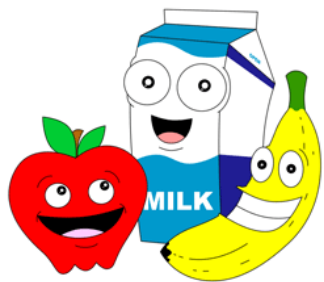


## Try It!! Add extra veggies

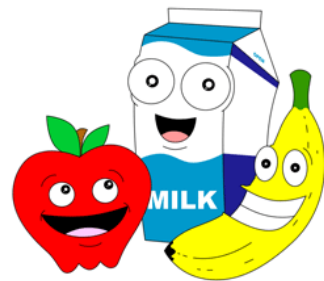
These help us feel full and give us vitamins and minerals to help fight off cold and flu during the winter. Here are some great options:

- Tinned sweet corn
- Mushrooms
- Chopped onion
- Cherry tomatoes

**Top Tip:** Swap pepperoni for any left over turkey.



# Healthy Snacks



Healthy snacks can be enjoyed as part of a healthy lifestyle. The problem many of us face is making sure snacks are healthy and nutritious as well as tasty. It's so easy to grab a chocolate bar or a bag of crisps if we're hungry, often we forget how many of these snacks we actually eat each day.

It's a good idea to keep the amount of unhealthy snacks to a minimum as they can be full of hidden nasties, like saturated fat, salt and sugar. In time, too much of these can lead to serious health problems like heart attack, stroke and type 2 diabetes.

The simplest tip is to avoid buying unhealthy snacks. If you don't have the snacks in the house, you won't be able to eat them! Skip that aisle in the supermarket and try to avoid the checkouts with loads of treats on display.

If you're feeling peckish between meals, try some of these healthy nutritious snacks to keep you going. Remember this is just a snack so be careful of portion sizes.

# Christmas Pitta Trees

**Cook time: No cook time**

**Ready in: 15-20 mins**

**Servings: 6**



## Shopping list...

2 large Avocados  
1 Garlic Clove  
1 red pepper  
1 lime Juice  
3 Large Pitta Breads  
Wooden kebab sticks  
(cut into pieces)



## Equipment .....



A sharp Knife  
X-mas tree cutter (optional)  
A Mixing bowl  
Chopping Board

## How to Make It!



### Step 1:

Prepare your ingredients:

- Peel the avocados, remove the stones and chop into chunks
- Finely chop the tomato removing any seeds.
- Peel the garlic clove and crush using a garlic crusher or get an adult to help you chop into very small pieces.
- Chop the lime in half and remove any pips
- Remove the seeds and chop into small pieces to use as decoration.

Step 2: Place the avocado in a bowl and mash with a fork until it is almost smooth.

Step 4: Squeeze the juice of the two lime halves into the avocado, add the tomato and crushed garlic and stir well together.

Step 7: Cut the pitta bread into triangle or tree shapes using knife or tree cutter.

Step 8: Use a spoon to spread the avocado mixture onto the cut out Pitta Bread.

Step 9: Add the diced peppers for decoration and push kebab sticks into the bottom as a tree stump.



# Festive Fruit Tree



**No cooking time**  
**Ready in: 10 mins**  
**Servings:**

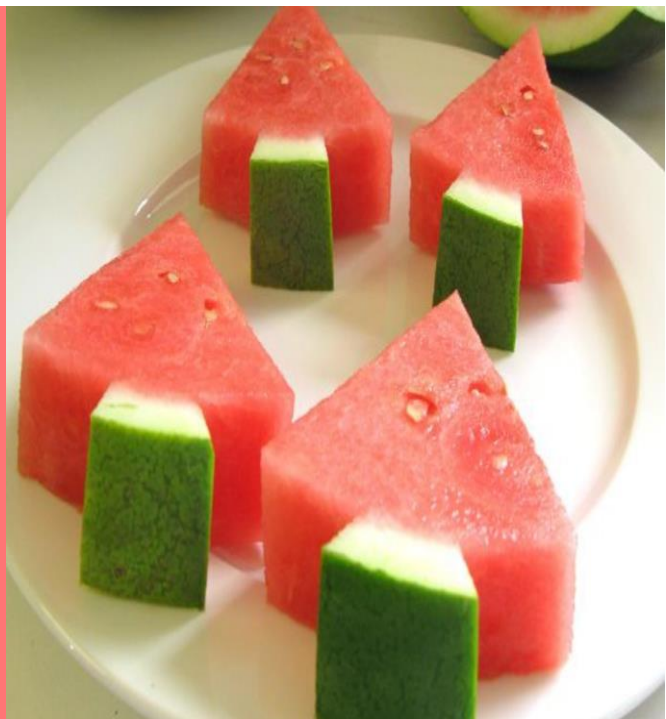


## Shopping list...

1 Watermelon

## Equipment...

Knife  
Chopping Board  
Serving Plate



**This is a really fun creative way to get kids to eat healthy snacks!**

## How to Make it!



**Step 1:** Slice the Melon into half and then into smaller slices to make it easier to cut out the shape .

**Step 2:** Cut into blocks and then cut off the skin to shape the bottom of the tree

**Step 3:** cut the melon into a triangle tree shape

## Try It!

Swap some sugary cereal at breakfast for this festive treat, kids will love it!!

## Know it!

The tallest Christmas tree measures 121ft tall. It takes 200ft (600m) of Christmas lights to fill it!!! That's the length of 6 football pitches!





# Santa's Gone Bananas



Get festive and fruity with these Banana snacks

**Ready in:** 10 mins  
Makes 9 banana pops



## Shopping list...

3 Large Bananas  
10 Strawberries  
Small marshmallows  
5 marshmallows  
10 red Smarties  
Chocolate sprinkles  
Skewers



## Equipment...

Knife  
Chopping Board  
Lolly pop sticks/skewers



## How to make It



**Step 1** Chop each banana into three pieces

**Step 2:** Chop the tops off the strawberries

**Step 3:** Cut the large marshmallows in half

**Step 4:** Take the skewers, add a small marshmallow to the top, place a strawberry on next. Add the half cut marshmallow next then the chopped banana

**Step 5:** Add the chocolate sprinkles and red Smarties as decoration to make a face

**Check your portion sizes using the Watch It Portion Guide. One of these festive pops give you:**

Fruit & Veg	1
Fats & Sugars	1/2



# Go Bonkers for Bananas



**Prep time:** 5 minutes

**Cook time:** 10 minutes

**Ready in:** 10 minutes

**Serves:** 6 people

## Shopping list...

1-2 Large Bananas

1 Dark Chocolate Bar

M&M's (for decoration)



## Equipment...

A Knife

Microwaveable Bowl



## How to Cook It!



**Step One:** Cut Bananas into pieces

**Step Two:** Break up the chocolate in pieces and melt in a bowl in the microwave or heat over a pan of boiling water

**Step Three:** Dip the top of the banana in the melted chocolate and add half tea spoon to the bottom for the feet

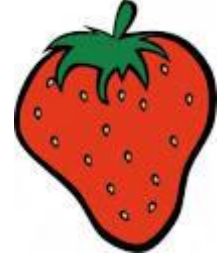
**Step Four:** Add on the M&M's for decoration

**Step Five:** Leave to one side for the chocolate to set

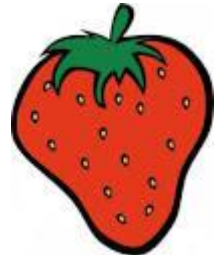
**FACT!!!!**.....

Penguins are birds, but unlike most birds, penguins are not able to fly in the air. Instead they fly underwater, their body is built for the most efficient swimming with their average speed in the water being about 15 miles per hour!!!!





# Strawberry Yogurt Bark



**Prep time:** 10 mins  
**Freeze Time:** 4 hours+  
**Ready in:** 6 hours  
**Serves:** 8 people



## Shopping list...

Fat free Greek or Natural  
yogurt  
Dried Strawberrys



## Equipment...

Baking/Roasting tray  
Non stick paper  
Spoon



## How to Make It!



**Step 1:** Line roasting tray with non stick paper

**Step 2:** Spread the yogurt evenly into the tray. Make sure its not too thin so that it breaks easily

**Step 3:** Sprinkle on top your dried fruit or selected topping

**Step 4:** Put in the freezer for several hours until completely frozen or leave overnight

**Step 5:** Remove from the tray and peel back the lining paper

**Step 6:** Break into pieces and serve

## Swap it.....

Choose your own topping add a dried fruit of your own choice or try adding some unsalted nuts

## REMEMBER.....

These are a great healthy snack but remember a snack is something small the whole tray would be too much share it out and saves some for another day.



# Christmas Snack Swapper



According to Food Standards Agency the average person eats around 7000 calories on Christmas Day!! That takes 780 minutes of constant running to burn it all off! Here's some helpful tips and snack swaps to help keep overweight in check over the Festive period and January!!!!

Instead of this	Try this
Mince Pies	Homemade Filo pastry Mince Pies Open top or Mini Mince Pies
Cheese / garlic and onion / creamy Dips	Tomato Based dips such as salsa Make your own using yoghurt
Salted/Festive Nuts	Handful Pretzels Plain popcorn
Cheese Straws	4 Mini Breadsticks Rice cake
Crisps	Handful Tortilla Chips
Wrapped Chocolates	A handful or raisins or chocolate raisins Dried Fruit
Trifle / Christmas Pudding with Custard	Sugar-free Jelly with fruit Smaller portion of pudding with fresh fruit Piece of Christmas Spiced Flapjack
Sweets	Handful of Dried Fruit Fruit with low-fat Yoghurt





# Christmas Top Tips



Eat Breakfast on Christmas Day, this will fill you up and you will be less likely to snack on Christmas Choccies.



Add lots of veg to your Christmas Dinner plate. Veg are good source of nutrients and low in fat and energy.



Cut potatoes for roasting in larger chunks – they absorb less fat. Roast in a small amount of unsaturated fat (low kcal spray) rather than goose fat or lard.



Turkey Meat is a lower fat choice for Christmas Dinner, traditionally goose was eaten but is much higher in fat.



Try for a fish based starter such as smoked mackerel pate – the protein will help fill you up and fish is packed with goodness.



Avoid feeling uncomfortably full by eating slowly, taste and enjoy every mouth full. Having a chat with your family will help you eat more slowly and help you feel full without overeating.



When it comes to Christmas puddings avoid adding cream and swap for natural yoghurt or fresh fruit.



Keep sugary drinks in check opt for water or dilute juice when you can. Avoid buying family size bottles limit yourself by having a small can as a treat to limit yourself.



Share out selection boxes with family, take to cousins houses or share with friends to avoid over indulging.



# Dinner



It is important for many different reasons to make meal times a family occasion, here are some of the benefits to eating as a family:

1. It's a chance to talk to each other and can help form strong family bonds
2. Children can learn skills if they help out e.g. setting the table or tidying away
3. Parents can model healthy eating to their children, this encourages children to eat more nutritious meals
4. Eating together teaches good table manners
5. It can save money if everyone is eating the same meal
6. It helps you eat more slowly which keeps overweight in its place by helping you feel full

See if you can have a meal time together and enjoy some of these tasty recipes



# Wholemeal Pizza



**Prep time:** 10 minutes

**Cook time:** 15 minutes

**Ready in:** 25 minutes



## Shopping list...

- 1 Wholemeal Tortilla
- 2 tablespoons tomato puree
- Chopped pepper
- Chillies(optional)
- Match box size block of cheese



## Equipment...

Pizza Baking tray, knife, Spoon



## How to Cook It!



**Step 1:** Preheat oven and get out wholemeal wrap.

**Step 2:** Spread on evenly 2 tablespoons of tomato puree

**Step 3:** Add on selected vegetable or fruit topping, remember you can add as many as you want so be as creative as you want

**Step 4:** Grate the cheese and sprinkle on top

**Step 5:** Cook in the oven for 10 mins or until the wrap is crispy and the cheese has melted...EAT!!

## Add It!!!

Add as many vegetables as you want and work towards getting your '5 a day'



## Know It.....

The world largest pizza wade made In Italy on 13<sup>th</sup> December 2012 and had a surface area of 1261.65m<sup>2</sup>. The pizza was 100% gluten free to promote the importance of healthy eating..



# Saturday Night Sweet & Sour Pork Noodles



**Prep time:** 20 mins

**Cook time:** 10 mins

**Ready in:** 30 mins

**Serves:** 4 people



## Shopping List...

¼ cup low salt soy sauce

¼ cup tomato sauce

1tbs brown sugar

400g fresh noodles

350g pork (thinly sliced)

1 celery stick (sliced)

1 Carrot (chopped)

150g sugar snap peas

125g cherry tomatoes

(halved)

1 small tin pineapple chunks

(drained)

2 shallots (sliced)

Low kcal Spray oil



## How to Cook It!



Step 1: Combine soy sauce, tomato sauce and brown sugar In a jug then set aside.

Step 2: Place noodles in a heatproof bowl and cover with boiling water. Leave them to stand for 2 mins until they are cooked. Then transfer to a plate.

Step 3: Heat a wok, spray lightly with oil then stir fry the pork until it is cooked through. Then transfer it to a plate.

Step 4: In the same wok now add shallots, celery, carrot and peas to a wok. Stir fry them for 2 mins. Add pork, noodles, sauces mixture, tomatoes and pineapple and stir for 1-2 mins until its hot. Then serve and Eat it!

## Know it- Swap your takeaways and save money!

The average person in Britton spends £110 a month on takeaways or fast food. That's £1,320 a year. Save your pennies for fun family days out and enjoy a health alternative like this instead.







# Rainbow Roasted Couscous



**Prep time:** 15 mins

**Cook time:** 40 mins

**Ready in:** 50 mins

**Serves:** 5 people



## Shopping List...

- 1 Sweet Potato
- 1 Red Pepper
- 1 Yellow pepper
- 1 Red Onion
- 2 Courgettes
- 1 Tbsp. Olive oil
- 200g Couscous
- 1 Vegetable Stock
- Spinach leaves (optional)



## Equipment...

- Roasting tray
- A sharp knife
- A chopping board
- Mixing Bowl
- Measuring Jug



## How to Cook It!



Step 1: Preheat Oven to 190 degrees Gas Mark 5

Step 2: Chop and put all the veg in a roasting tray and drizzle the olive oil over the top before putting in the oven

Step 3: Add boiling water to the vegetable stock (approx 250ml) and pour over the couscous and leave to stand for 15 minutes

Step 4: Fluff up the couscous with a fork afterwards and add in spinach leaves

Step 5: Once your roasting veg have cooked stir them into the couscous and serve

## Do it.....

Choosing 5 different coloured fruit & Veg a day this helps us to get a variety of different vitamins and minerals. Can you colour a rainbow to show the different coloured fruit and veg you have had in 1 day? Remember the aim is 5 a day.



# Vegetable Curry



**Prep time:** 20 minutes

**Cook time:** 40 minutes

**Ready in:** 60 minutes

**Serves:** 4 people



## Shopping list...

2 tsp vegetable oil

1 large onion

1 garlic clove (crushed)

2 tbsp balti curry paste

2 carrots sliced

2 handfuls of cauliflower  
florets (broken)

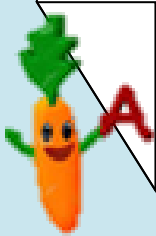
1 tin chopped tomatoes

200g tinned chickpeas  
(drained)

50g frozen peas (thawed)

300ml vegetable or chicken  
stock

200g easy cook  
brown rice



## Try It!

Brown rice is more nutritious than white rice. It has more fibre that fills us up. Give it a go and see if you like it. You can use white rice however you will need to amend the cooking time. Read the packet for instructions.



## How to Cook It!



**Step 1:** Heat the oil in a large saucepan. Then add the onion and garlic and stir-fry for 2-3 minutes. Stir in the curry paste and cook for a few more seconds.

**Step 2:** Add the carrots, tomatoes, cauliflower, chickpeas and stock. Partially cover the pan and let simmer for 25-30 minutes. Add more stock if the curry looks dry.

**Step 3:** Meanwhile cook the rice in boiling water for 25-30 minutes. Once cooked drain the rice ready for serving.

**Step 4:** Add the peas to the curry and heat for a few more minutes.

**Step 5:** Serve the rice and curry and **Eat It!**

## Try It!

Lots of other veggies will work in this curry. Other alternatives are: Mushrooms, peppers, sweet potato, courgettes, broccoli. Just choose your favourites and get started.



# Turkey Bolognaise Bake



**Prep time:** 15 minutes

**Cook time:** 35 minutes

**Ready in:** 45 minutes

**Serves:** 4 person



## Shopping list...

1 tablespoon olive oil

2 Onions Chopped

500g Turkey Mince

1 Garlic Clove

2 x 400g tins chopped  
tomatoes

300ml Chicken Stock

400g Large Pasta Shells

2 Match Box sizes of  
Cheddar cheese grated



## How to Make It!



**Step 1:** Heat Olive Oil in a large Pan and add in onions . Cook for 8-10 mins

**Step 2:** Add mince and cook until brown, and then add in chopped tomatoes, chopped garlic and chicken stock, allow to simmer for 30 minutes

**Step 3:** Meanwhile cook turkey in the oven and pasta on the hob

**Step 4:** Once cooked mix all together add place in a roasting tray

**Step 5:** Sprinkle grated cheese over the top and cook in the oven until the cheese has melted....EAT!!!

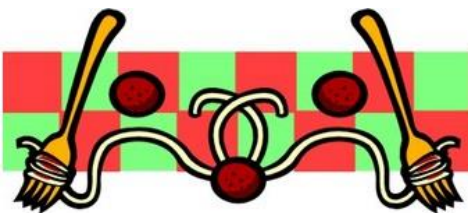
**Sneak some more veg instead for a extra healthy bake!!!!**

## FACT.....

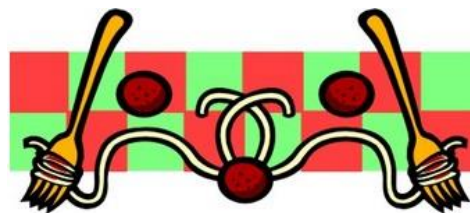
Over 10 million Turkeys are eaten on Christmas day in the UK, that's over 76% of families within the uk the population.

Turkey is lower in fat than other white meats.





# Spaghetti Bolognese



**Prep time:** 20 minutes

**Cook time:** 20 minutes

**Ready in:** 40 minutes

**Serves:** 4 people

## Shopping list...

250g lean mince

1 onion

2 garlic cloves

200g mushrooms

2 medium carrots

1 large red, orange or yellow pepper

1 400g/14oz tin of chopped tomatoes

200ml/8fl oz beef stock

2 tablespoons of tomato purée or ketchup

2 teaspoons of dried mixed herbs

A pinch of pepper to season

300g/10½oz spaghetti or pasta shapes



**Try It!** The Bolognese sauce could also be used for a lasagne, shepherd's pie or a jacket potato topping

To be extra healthy, you could try wholemeal spaghetti or pasta

Why not try adding different vegetables? You could try swapping the carrots for celery sticks, or the pepper for a courgette, or experiment with your favourite veg!

## Equipment...

2 x large saucepans

Wooden spoon

A sharp knife

Chopping board

A timer

A strainer

A serving spoon

Spaghetti tongs

A teaspoon

A tablespoon

A measuring jug

Scales





# How to Cook It!

## Spaghetti Bolognaise



**Step 1:** Prepare your vegetables:

- a) Finely chop the onion
- b) Crush the garlic (if you are using it)
- c) Wash and chop the mushrooms
- d) Chop the carrots
- e) Wash and slice the pepper

**Step 2:** Get the rest of your ingredients ready. Open the can of chopped tomatoes and prepare the beef stock

**Step 3:** Heat a large saucepan on a medium-high heat temperature

**Step 4:** Add the mince and cook it until browned, stirring it with a wooden spoon to break up the lumps

**Step 5:** Add the onion and cook for another 2-3 minutes, stirring it occasionally with a wooden spoon

**Step 6:** Add the remaining ingredients: garlic, mushrooms, carrots, pepper, tin of chopped tomatoes, beef stock, tomato purée and dried mixed herbs.

**Step 7:** Bring to the boil, then lower the heat and simmer gently for 15-20 minutes.

**Step 8:** When the sauce has been cooking for 10 minutes, start to cook the spaghetti or pasta: Bring a large saucepan of water to the boil, add the spaghetti and bring back to the boil. Stir well and cook for about 8-10 minutes, until tender.

**Step 9:** When the spaghetti or pasta is ready, season the bolognese sauce with pepper.

**Step 10:** Drain the spaghetti using the strainer and serve it on four plates, adding the Bolognese sauce on the top. You are then ready to **Eat It!**

**Know It!** Some tomato plants can produce green, yellow, orange, purple, black, white, or even pink tomatoes. There's also type of tomato called Green Zebra...





# Leftover Turkey Soup



**Prep time:**

**Ready in: 10-15mins**

**Cook time: 20-25**

**Servings: 4**



## Shopping list...

- 2 Cups Left over Turkey
- 1 Tablespoon olive oil
- ½ Cup chopped Onion
- 2 Stalks of celery
- 2 Cups of Water
- 1 Chopped Carrot
- 1 vegetable stock



## How to Cook It!



**Step 1:** Heat the oil in large saucepan on medium heat

**Step 2:** Add onions, carrots and celery, cook for 3-5 minutes or until crisp-tender, stirring occasionally

**Step 3:** Add water and vegetable stock and bring to boil

**Step 4:** Add the turkey and cover, Simmer on medium – low heat for 15 minutes or until tender

## Try It!

Try this anytime of the year, not just with leftover Christmas Turkey. You could also use left over chicken from Sunday roast or go veggie and make it without meat.

## Know It! Turkey!

According to Guinness World Records, the heaviest turkey weighed 6 stone 1lb (39.09 kg)!!

Over 10 million turkeys are eaten at Christmas in the UK each year!!

# Puddings

We all know that to many sweet things are bad for our health. They can lead to tooth decay, make us gain weight and lead to health problems. If you do have a sweet tooth and fancy an occasional treat then these recipes are a perfect choice.

Remember these to should be eaten in moderation so remember your portion sizes.



# Roasted Banana



**Prep time:** 5mins

**Ready in:** 20mins

**Serves:** 4 people



## Shopping list...

2 Bananas

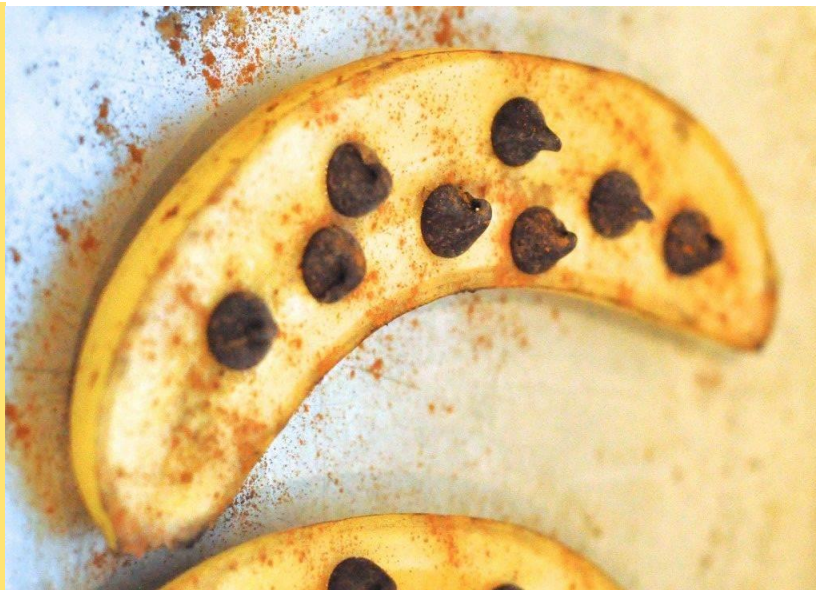
Table spoon Cinnamon

Choc chips



## Equipment...

Baking tray, Knife



## How to Cook It!



**Step 1:** Pre heat the oven to 350 degrees

**Step 2:** Slice your banana in half

**Step 3:** Sprinkle each half with Cinnamon

**Step 4:** Add on a few choc chips or ass on afterwards once cooked in the oven

**Step 5:** Roast in the oven for 15 minutes

**Step 6:** Peel the skin off and EAT!!.....

## Do you get your 5 a day??!!

The government states we should aim towards at least 5 different fruit and veg per day. When do you get your 5 a day can you get an extra one in as a dessert. Fruit is high in fibre which is good for our bowels. Fruit doesn't take as long to burn off as a sugary or fatty desserts and contains vitamins & minerals.



The world record for the largest Bunch of Bananas grown is 473!!!!!!!  
This was grown in Canary Islands in 2001.





# Apple Butter Bites



**Prep time:** 10 Minutes

**Ready in:** 10 Minutes

**Serves:** 4



## Shopping list...

2 Apples

2 tbsps. peanut butter

Small handful of

Granola or Oats

¼ tsp. cinnamon (optional)  
for seasoning

2 Tbsps. Choc Chips



## How to Make It!



### Know It!

Keep your Apples fresh... apples ripen 10 times faster at room temperature so keep them in the fridge.

Apples contain no fat and are a healthy snack or desert alternative. It only takes 5 minutes of running to burn off 1 apple



**Step1:** Cut apples into chunky wedges, Scrape out any core or seeds

**Step 2:** Coat the apple slices in peanut butter

**Step 3:** Sprinkle on Granola

**Step 4:** Melt choc chips in cup in the microwave, stir every 20 seconds until runny, be careful not to over heat

**Step 5:** Use a teaspoon to drizzle chocolate over the top

**Step 6:** ENJOY!!!!!!!

The average apple tree grows enough apples to fill over 20 boxes!!



### TOP TIP!!!!

If you are not eating these straight away brush the apple wedges with lemon juice to stop them browning as quick!!!!



# Festive Mince Pies



**Prep time:** 15 minutes

**Cook time:** 45 minutes

**Ready in:** 60 minutes

**Makes:** 16 pies

## Shopping list...

low calorie cooking spray

113g/ 4oz plain flour

pinch of salt

60g/ 2oz butter or  
margarine,

(cut into small cubes)

8 level tbsp mincemeat

1/2 level tsp icing sugar, to  
dust

## Equipment...

Mixing bowl, circle cutter, star  
cutter, bun tins,  
rolling pin



**Know It!** A wish should be made  
whilst eating the first mince pie  
of the festive season.

## Know It! Historic fact...

King Henry V was a great  
fan and was served a  
mincemeat pie at his  
coronation in 1413.



## How to Make It!



**Step 1:** Sift the flour and salt into a mixing bowl. Add the butter and rub it in with your fingertips.

**Step 2:** Add some cold water and mix into a ball. Rest in the fridge for 30 minutes.

**Step 3:** Preheat the oven to 190°C/375°F. Lightly spray some bun tins with low calorie cooking spray

**Step 4:** Once dough ball is rested ready roll it out on a lightly floured surface. Cut out 16 circles with a cutter.

**Step 5:** Place the pastry circles in the prepared bun tins.

**Step 5:** Spoon ½ tbsp mincemeat into the pastry cases.

**Step 6:** Use the pastry trimmings to make some stars with a star cutter and decorate the tops of the tarts.

**Step 7:** Bake in the oven for about 15 minutes, until the pastry is crisp and lightly coloured.

**Step 8:** Cool on a wire rack and dust lightly with the icing sugar.



# Christmas Spiced Flapjacks



**Preparation: 15 – 20 mins**

**Cooking time: 10 mins**

**Servings: 24 biscuits**



## Shopping list...

100g Unsalted Butter  
50g Soft Brown Sugar  
50ml Clear Honey  
200g Rolled Oats  
1tsp Ground Mixed Spice



## Equipment...

Large Saucepan  
Baking Tray  
Wooden Spoon  
Sharp Knife  
Tablespoon

## Try It!

Mix up this recipe by adding different ingredients and enjoy in moderation all year round.

Here are some ideas you could try adding:

- Raisins or sultanas
- Cherries
- Chopped nuts
- Swap mixed spice for cinnamon



## How to cook It!!!



Step 1: Preheat the oven to 200degrees/gas mark 6 and line the baking tray with grease proof paper

Step 2: melt the butter, sugar and honey in a large saucepan until mixed (don't boil)

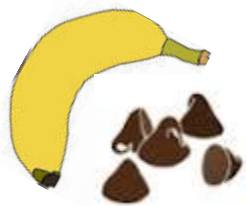
Step 3: add the rest of the ingredients and mix well

Step 4: Spoon the flapjack mixture onto the grease proofed baking tray and flatten out with the back of the spoon

Step 5: place the tray in the oven and cook for 10 minutes

Step 6: Remove the flapjacks and allow to cool. Once set, cut into squares or fingers





# Banana & Choc Chip Ice Cream



**Prep time:** 15mins

**Cook time:** 2 hours

**Ready in:** 3 hours

**Serves:** 12 people



Shopping list...

4 Over ripened  
Bananas  
Bag chocolate chips



**Equipment...**

Blender  
Small bun/muffin tray  
Spoon



## How to make it



Step 1: Peel your over ripened bananas and cut into slices. Place in the freezer and allow to freeze for up to 2 hours or freeze the night before

Step 2: Once frozen take them out and allow to stand for 5 minutes . Blend them using a hand blender or pulsing them

Step 3: Add in the chocolate chips and mix together

Step 4: Put into a small bun baking tray and freeze further if required

Step 5: Serve with fruit to help fill up them tummies..... EAT!!!!!!!

## Try It!

This dessert would go with many different fruits so you could try pears, peaches, plums, nectarines, blackberries or rhubarb. Give it a go and see which is your favourite.







# Strawberry Santa's



**Ready in:** 20 mins  
**Makes:** 12 Santa's



## Shopping list...

½ tub Quark  
2-3 tbsp sweetener  
12 strawberries  
24 chocolate drops



## Equipment....

Mixing bowl  
Knife  
Wooden spoon



## Know it!

Eight strawberries have more vitamin C than an orange, that's 140% of our daily recommended amount.



## How to Make It!



**Step 1:** In a bowl mix the Quark and sweetener.

**Step 2:** Cut the bottom off the strawberries (pointed end) this will make Santa's hat.

**Step 3:** Spoon the Quark mixture on top of each strawberry and down the front to create his head and beard.

**Step 4:** place his hat back on.

**Step 5:** Add two chocolate drops for his eyes.  
Serve as soon as possible.



# Know it!

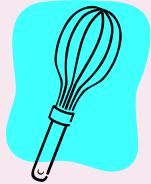
## The glossary



**Beat:** A quick and vigorous mix with a spoon or whisk

**Blend:** To mix two or more ingredients together

**Dissolve:** The process of going into solution causing the solid form to disappear



**Gelatine:** A setting agent used to make jellies and mousses. It is available as a powder or in sheets. Some gelatine is suitable for vegetarians. Check the label on the packet.

**Grease:** The process of using a very small amount of butter to line the tin. Use a piece of kitchen towel to coat the tin with butter, creating a thin layer of 'grease'.

**Kernels:** The seed or hard husk of a cereal, such as wheat

**Knead:** To fold, push and pull dough with your hands until it becomes soft and smooth

**Marinate:** Soak (meat, fish, or other food) in a marinade, could be a pickle, sauce or paste

**Mineral:** A substance (such as iron or calcium) that the body needs to function properly. Minerals are found in foods

**Protein:** A substance found in some foods. It is needed by the body to grow and develop properly. Meat, eggs, milk and some types of beans contain protein

**Ramekin:** A small dish for baking and serving an individual portion of food

**Season:** To add salt, herbs, pepper, or other spices to food

**Simmer:** The water staying just below boiling point while bubbling gently

**Stock:** Stock is a flavoured water preparation. It forms the basis of many dishes, particularly soups and sauces

**Vitamin:** One of the substances that are essential in very small amounts in the body for normal growth and activity

**Wholegrain:** Describes cereals such as wheat, barley and oats that have not had the outer layer taken off.

**Wholemeal:** Made from wholegrain flour

**Wilt:** Like "droop" – to become limp through heat or loss of water

**Zest:** Tiny bits of lemon peel. It has a strong citrus flavour. To remove the zest from a lemon, use a utensil called "zester" or a fine grater

