



PEA SOUP



INGREDIENTS

1



one onion

2



two cloves of garlic

1



1 potato



300g of frozen peas



700g vegetable stock.

1  +  the ,  +

1 Peel and chop the onion, garlic and


potato.

2  **1**  of  into a

2. Put 1 teaspoon of oil into a

 +  the  + 



saucepan. Add the onion and garlic

+  →  

and fry until cooked.

3  the   + 

3. Add the potato, peas and stock

+  

and cook for 15 minutes.

Courgette and feta muffins

– ingredients:

200g self-raising flour

1 tsp baking powder

½ tsp bicarbonate of soda

½ tsp fennel seeds

1 large egg

150ml milk

5 tbsp sunflower oil

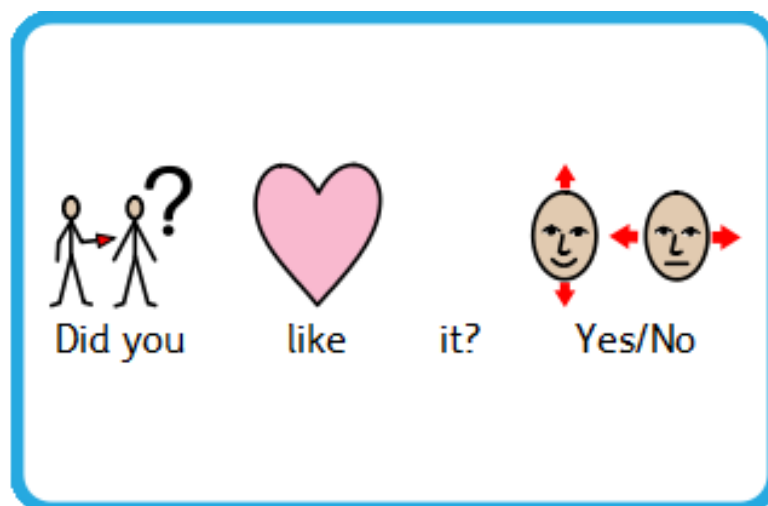
1 carrot and courgette grated and squeezed to remove any liquid

100g feta (crumbled)



Method

- (1) Heat oven to 200C/180C fan/gas 6 and grease holes of a muffin tray with oil. In a bowl, combine the flour, baking powder, bicarbonate of soda and seeds.
- (2) Whisk together the egg, milk and oil. Pour the wet ingredients into the dry, and add the courgette, carrot and half the feta. Stir to just combine, but don't overmix.
- (3) Put in tray and top with the remaining feta. Bake for 18-20 mins until golden brown. A skewer inserted to the centre of a muffin should come out clean and dry when the muffins are cooked. Cool on a wire rack. Will keep for 2 days in an airtight container.



Yummy Oat Flapjacks

Ingredients

250g porridge oats
125g light brown sugar
125g butter
2-3 tbsp golden syrup

Method

1. Preheat oven to 200°C/180°C fan.
2. Put all the ingredients into a food processor and mix together well.
3. Grease a baking tray with butter and spoon on the oatly mixture.
4. Bake for approximately 15 minutes until golden brown.
5. Eat and enjoy!



Tip!

If you don't have golden syrup at home, replace it with honey instead!

Simple Pizza

Ingredients

350g flour

2 $\frac{3}{4}$ tsp baking powder

1 tsp salt

1 tbsp oil

170ml water

Additional toppings from your fridge or cupboard



How to Knead Dough:

Use your hands to spread the dough, fold it over, massage it and squeeze it.

Method

1. Preheat your oven to 200°C/180°C Fan. Clean your work surface carefully so that you can knead your dough on it later.
2. Mix together the flour, baking powder and salt.
3. Add in the oil and water and stir together until it makes a ball.
4. If the dough feels stiff (it should be soft but not sticky), add in more water - a splash at a time.
5. Sprinkle a thin layer of flour on your work surface. Knead the dough on the floured surface for 3-4 minutes.
6. Roll into 2 balls and then flatten them out. You can use a rolling pin or a clean, sturdy bottle for this.
7. Add toppings from your fridge onto the pizza dough.
8. Place on baking paper on a baking tray and cook for 15 minutes.

Healthy Lollipops

Ingredients

5 carrots

Juice of 3 large oranges

Zest of 1 orange

1 satsuma or tangerine,
peeled and chopped
(optional)



Method

1. Grate the carrots very finely and place in a sieve.
2. Push the carrot through the sieve with the back of a spoon, collecting the juice in a measuring jug.
3. Reserve the carrot pulp to use in other recipes like salads or soups.
4. Add the juice from the oranges into the measuring jug.
5. Add some water so there is 360ml of liquid in the measuring jug.
6. Stir in orange zest and the optional satsuma or tangerine pieces.
7. Pour into lolly moulds.
8. Put in the freezer and let them set overnight.

What other flavours can you think of?

Chocolate Brownies

Ingredients

350g melted chocolate or
chocolate spread
2 eggs and 1 extra egg yolk
62g plain flour
Pinch of salt (optional)

Method

1. Preheat your oven to 180°C/160°C Fan.
2. Line a baking tin with baking paper.
3. Heat the chocolate or chocolate spread in a microwaveable bowl for 30 seconds at a time, stirring until it melts. Heating it slowly will keep it from burning.
4. Whisk together the melted chocolate and eggs until the mixture is smooth.
5. Fold the flour and salt into the mixture.
6. Pour the mixture into the baking tray and bake in the oven for 20-25 minutes, or until the mixture is no longer wobbly.
7. Allow the baking tray to cool before cutting the brownies into squares.



Cheese and Vegetable Muffins

Ingredients

250g grated cheese

2 cups self-raising flour
(alternatively, use plain
flour and baking powder - 2
tsp baking powder to 1 cup
plain flour)

2 eggs

1½ cups milk

small tin sweetcorn (125g)

½ red pepper

1 handful baby spinach

Salt and pepper to taste

Fresh basil leaves to add to
the mix and on top (optional)

Method

1. Preheat oven to 180°C (356°F).
2. Sift flour into a large bowl.
3. Whisk the eggs, then chop the red pepper, spinach (and optional basil).
4. Make a well in the flour then add in the rest of the ingredients.
5. Mix until combined.
6. Spoon into a greased muffin tray (pop a basil leaf on top of each, if desired) and bake for 25 minutes or until the tops are golden brown.

This recipe makes about 14 regular
muffins or 12 large ones.