

Recipes

Banana Freezies

Imagine a crunchy banana ice-cream! Banana Freezies are ice creams that you can make yourself. Have them waiting for you in your freezer when you come home from school.

Ingredients

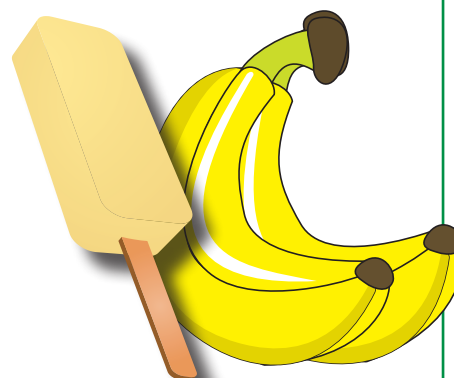
- 3 ripe bananas
- $\frac{1}{4}$ cup 100% orange juice
- $\frac{1}{2}$ cup crushed peanuts

Utensils

- Shallow bowl
- Chopping board or foil
- Popsicle sticks

Method

1. Peel bananas.
2. Pour some orange juice into a bowl. Dip bananas into orange juice.
3. Spread the crushed peanuts on a board or a piece of foil.
4. Roll bananas in crushed peanuts.
5. Put popsticks into the bananas and place into the freezer until frozen.
6. Eat and enjoy!

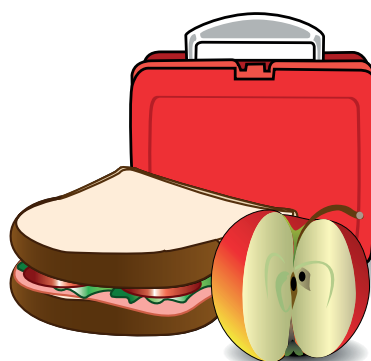


Lunch Box Sandwich

Never let a sandwich into the lunchbox unless it is bursting with greenery. A sandwich is something most children will bring to school so it is a great way to get some of your five a day. Try this sandwich with a little butter or mayonnaise.

Ingredients

- 2 slices of brown bread or 1 pitta
- Lettuce leaves (washed)
- 2 slices of tomato
- 4 slices of cucumber
- 1 scallion chopped
- Chicken, ham, tuna or turkey (optional)





RECIPES

Chunky Chips

Make your own hot chips just the way you like them - cut them into thin strips, fat wedges or round circles. Make them spicy like this recipe or leave out the spices and dip chips into tomato sauce. (Serves 4)

Ingredients

- 4 medium - large Rooster potatoes
- 1 teaspoon vegetable oil
- ¼ teaspoon ground chilli (optional)
- ½ teaspoon paprika (optional)
- ½ teaspoon garlic granules (optional)

Utensils

- Fork
- Chopping board and knife
- Oven tray
- Aluminium foil
- Non-stick cooking spray
- Measuring spoons

Method

1. Turn oven to 200°C. Put a piece of foil on the tray and coat with spray.
2. Wash potatoes and prick them with a fork.
3. Microwave potatoes on HIGH for 8-10 minutes (until tender but not soft).
4. Cut potatoes lengthwise into wedges or chips.
5. Arrange chips on tray and brush with oil.
6. Sprinkle chips with the spices (optional).
7. Bake on TOP oven shelf for 45 minutes or until crispy.



Frittata

This recipe makes a yummy hot breakfast or can be part of a lunch or dinner meal. It is a great way for you to use up leftover vegetables such as potato, onion, tomato, peas, broccoli or peppers. If you don't have leftovers simply chop some of your favourite vegetables into small pieces and steam or microwave them first.

Ingredients

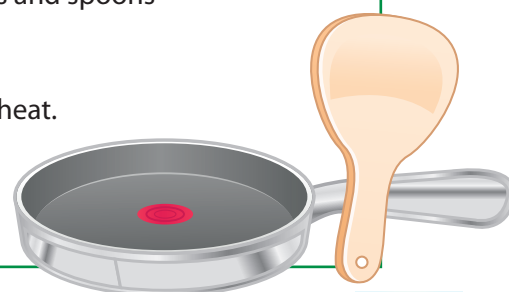
- 4 eggs
- 1 tablespoon margarine
- 2 cups cooked vegetables

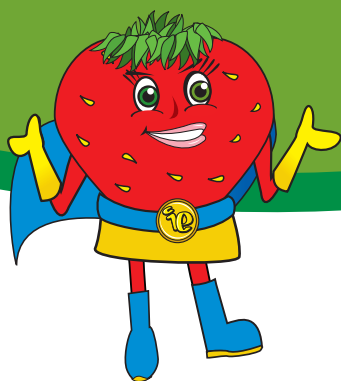
Utensils

- Small mixing bowl
- Fork
- Large frypan
- Spatula
- Measuring cups and spoons

Method

1. Chop vegetables into small pieces.
2. Use a fork to beat the eggs.
3. Turn stove on. Put the margarine in a pan and melt over MEDIUM heat.
4. Stir in vegetables.
5. Add the beaten eggs. Turn down the heat.
6. Cook gently over low heat until the egg mixture is firm.





RECIPES

Potato Pizza

Potato pizza is easy to make for a weekend snack or Sunday night dinner. Make it for your friends or for the family. For added variety, include other vegetables of your choice to the recipe, such as grated carrot, broccoli or sweet corn. (Serves 4 small portions)

Ingredients

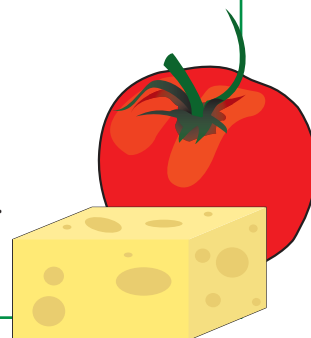
- 2 medium Rooster potatoes
- 3 tablespoons tomato paste
- ½ pepper (green or yellow)
- 1 tablespoon grated cheese
- 100g ricotta cheese (you can use cheddar cheese)
- 1 tablespoon mixed herbs

Utensils

- Chopping board and knife
- Pizza tray or round oven-proof dish
- Measuring spoons
- Non-stick cooking spray

Method

1. Turn oven on to 200°C. Lightly coat tray or dish with spray.
2. Wash and scrub the potatoes lightly, but DO NOT peel them.
3. Cut potatoes lengthwise into 1cm thick slices.
4. Arrange in a single layer on pizza tray or dish.
5. Place in the oven and cook for 30 – 40 minutes.
6. While waiting, chop the peppers into small pieces and measure out the herbs.
7. Remove potato from oven and spread with tomato paste and ricotta cheese.
8. Return to oven and cook for another 10 minutes. Leave to cool and eat.



A Roast with a Twist

When the oven is turned on, make some roasted vegetables to have with dinner, as a side or even in a sandwich. Choose any vegetables you want and remember that root vegetables will take longer to cook than salad vegetables.

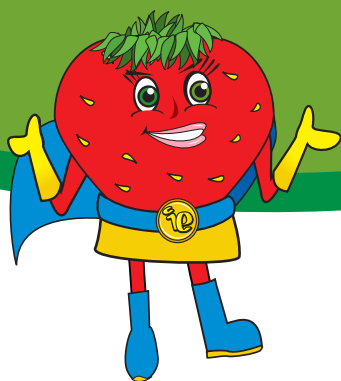
Ingredients

- 2 peppers (any colours)
- 4 mushrooms
- 1 onion
- 1 aubergine or courgette
- 2 rooster potatoes
- 2 teaspoons of Olive Oil
- Herbs, Rosemary and Thyme (optional)

Method

1. Chop the vegetables and potatoes roughly
2. Boil the potatoes for ten minutes
3. Put the chopped vegetables, potatoes and herbs on a chopping board
4. Coat with olive oil
5. Put in an oven dish and cover with tin foil
6. Cook for 20 minutes or until soft





RECIPES

Strawberry Pancakes

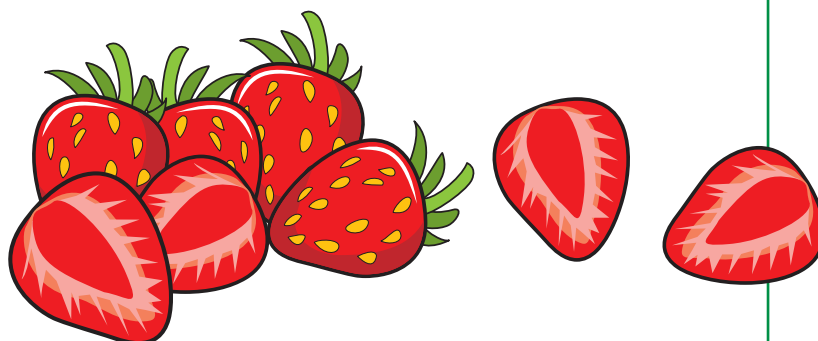
These pancakes are delicious served hot or cold. It is easy to change the flavour of the pancake by using a different fruit - strawberry, apple, pear, blackberry or raspberries. (Makes 2 pancakes)

Ingredients

- 3 tablespoons of plain flour
- 4 tablespoons of plain wholemeal flour
- 1 egg
- 1 tablespoon of honey
- Pinch of ground cinnamon
- ½ cup of non-fat milk
- 5-6 strawberries
- 1 teaspoon of polyunsaturated oil

Utensils

- Measuring cups and spoons
- Small and large mixing bowls
- Sieve
- Egg whisker or fork
- Mixing spoon
- Chopping board and knife
- Non-stick frying pan
- Pastry brush
- Spatula
- Paper towels



Method

1. Sieve both flours into a large mixing bowl.
2. Make a hole in the centre of the flour.
3. In a small bowl, mix egg, honey, cinnamon and milk.
4. Pour into mixture and mix well to make a smooth batter.
5. Wash strawberries/fruit and chop into very small pieces.
6. Add the strawberry pieces to the pancake mixture and stir through.
7. Turn on the stove. Put oil in the frying pan and heat on the stove.
8. When pan is hot, pour in enough mixture to cover the base of the pan.
9. Cook pancake until bottom side is golden brown. Turn pancake over and cook other side.
10. Set cooked pancake aside and repeat with remaining mixture.