

# Simple Recipes

## for Children

The recipes in this pack are intended to introduce children to cooking in a fun and simple way.

Adult supervision is recommended for all of the activities, especially those involving knives, the oven or the hob. Please ensure you choose recipes that are appropriate for your child's/children's skill level.





# 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!



# Super Easy Shortbread

## Ingredients

- 2  $\frac{1}{2}$  cups of flour
- $\frac{1}{2}$  cup of sugar
- 1 cup of cold cubed butter

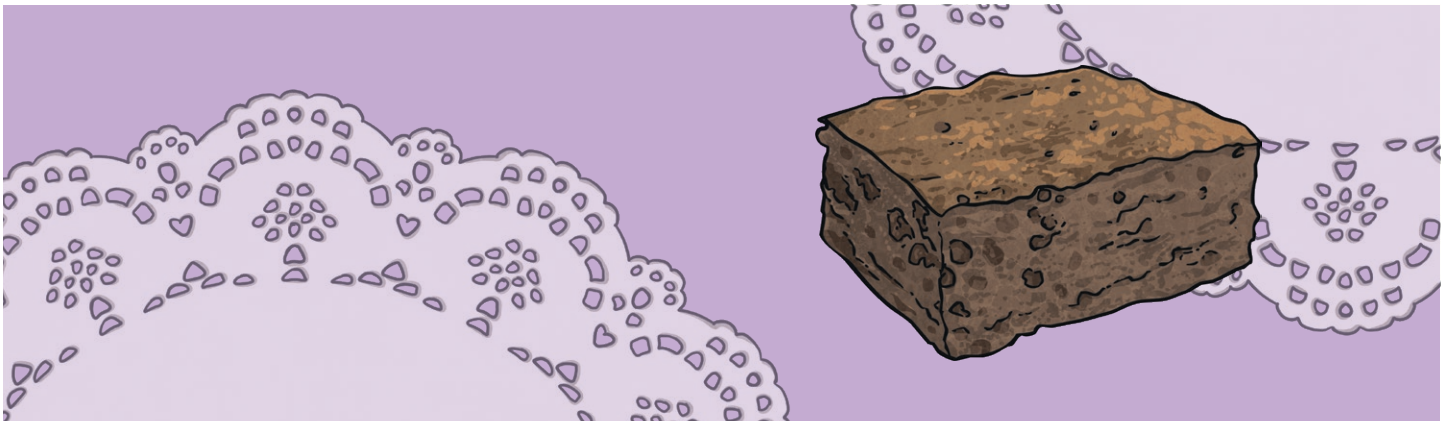
### Tip!

If you have cookie cutters, use them to make different-shaped shortbread biscuits!

## Method

1. Preheat oven to 180°C/160°C Fan.
2. Mix the sugar and flour.
3. Add in the cold cubes of butter.
4. Use a food processor or clean fingers to mix butter in until it is a crumbly mixture.
5. Once crumbled, put into a baking tray and press down with your fingers.
6. Bake for approximately 25-30 minutes, until the dough is lightly brown.
7. Whilst the shortbread is still warm, have an adult cut it into squares and then triangles.
8. Sprinkle the extra sugar on top of the warm shortbread.
9. Wait 10-20 minutes. Eat the scrumptious shortbread.





# 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.





# 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

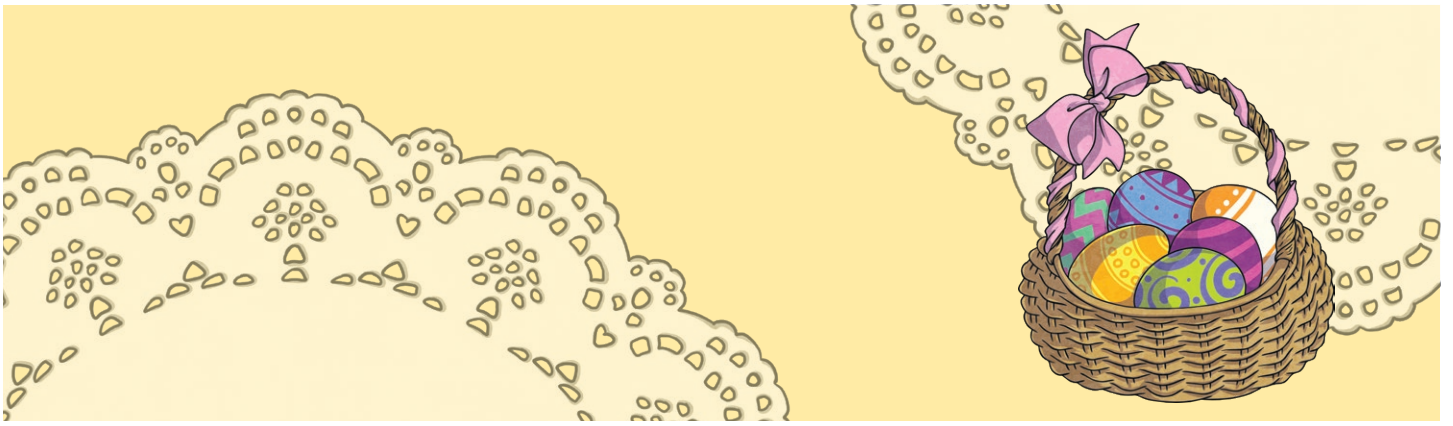
## Method

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.



### How to Knead Dough:

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



# Easter Egg Nests

## Ingredients

200g chocolate (use either chocolate chips or chocolate bars broken into pieces)

85g crushed shredded wheat (or any other cereal you have)

Bag of mini eggs

## Method

1. Melt the chocolate in a microwaveable bowl. Heat the chocolate for 30 seconds at a time, stirring after each time.
2. Stop microwaving when you have a few tiny lumps left – these will melt as you stir the chocolate one last time. Heating it slowly will keep the chocolate from burning.
3. Pour the melted chocolate over the cereal and mix together well.
4. Divide the mixture into 12 cupcake cases and press down.
5. Add some mini eggs on top of each nest.
6. Put in the fridge to set for approximately 2 hours.





# Pink Pancakes

## Ingredients

100ml milk

100g oats

1 banana

1 egg

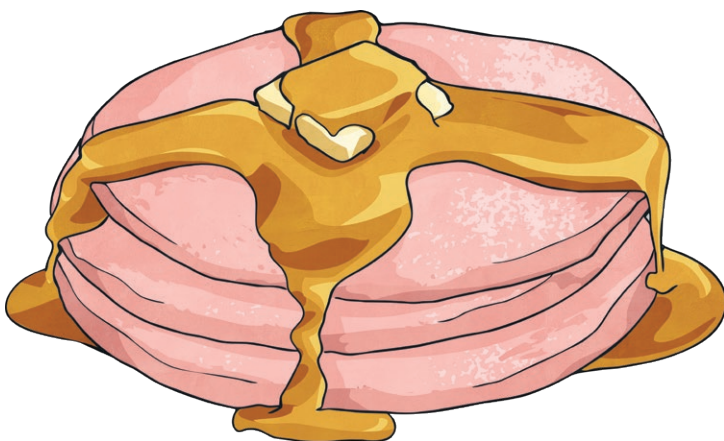
100g strawberries

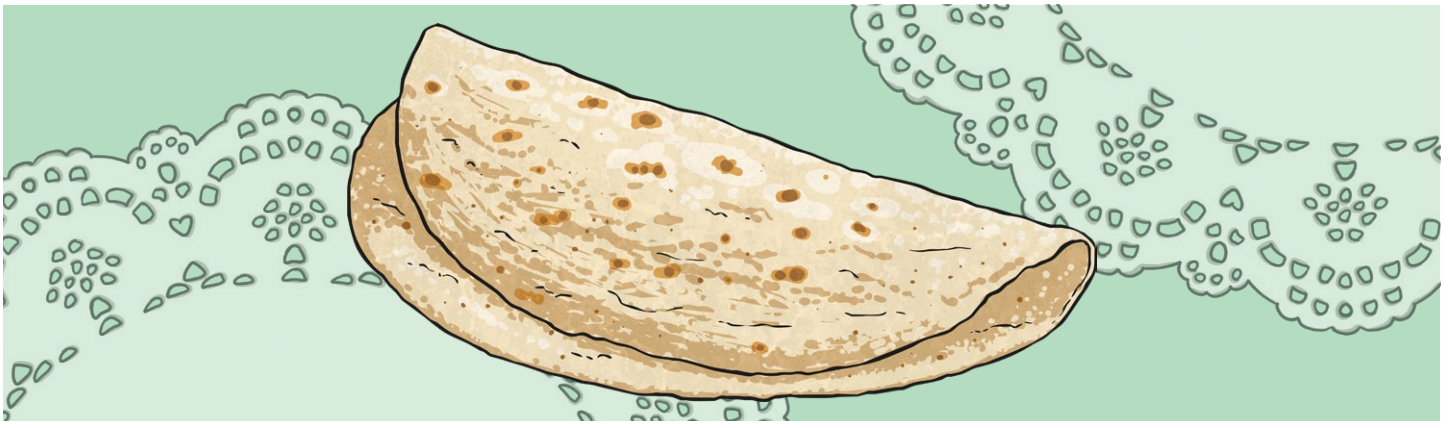
Extra strawberries or other fruit (optional)

Yoghurt (optional)

## Method

1. Add the milk, oats, strawberries, banana and egg to a blender and blend together until smooth.
2. Heat a non-stick frying pan on low-medium heat.
3. Pour a ladle of the batter into the frying pan. You may want to use a spatula to spread out the batter if it is thick.
4. Turn over the pancake after 3-4 minutes and let it cook on the other side.
5. When the pancake is golden brown, it is ready.
6. Continue with the rest of the mixture until all the pancakes are cooked.
7. Decorate with extra strawberries and other fruits. Pour over some yoghurt or anything that you fancy from your fridge or cupboard and enjoy!





# Fancy Flatbread

## Ingredients

200g flour

100ml warm water

$\frac{1}{4}$  tsp salt

2 tbsp oil



## How to Knead Dough:

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

## Tip!

Add cheese into the middle of the cooked flatbread and fold them over to make cheesy quesadillas!

## Method

1. Clean your work surface carefully so that you can knead your dough on it later.
2. Mix the flour and salt in a bowl.
3. Pour in the warm water slowly.
4. Mix it all together using clean fingers.
5. Add the oil and knead the dough until it is soft (if it is sticky, add a little more flour).
6. Divide the dough into 4 balls.
7. Continue to knead each ball on a clean surface for approximately 5 minutes, and then flatten using a rolling pin.

You will need an adult to help you with the next part.

8. Heat a frying pan with a small amount of oil in it.
9. Add the flatbread to the pan and, after two minutes, turn it over to cook on the other side.
10. When it is golden on both sides, it is ready to remove from the pan.
11. Continue to do this for all the flatbreads.
12. Cut into triangles and serve with your dinner!





# 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.





# Fantastic Fudge

## Ingredients

400g chocolate (use chocolate chips or break up your chocolate into small pieces)

395g condensed milk

3tbsp butter or coconut oil

180g smarties

### Tip!

If you don't have smarties, use other things you can find in your cupboards like chocolate chips, sprinkles or coconut flakes.

You can also add a teaspoon of vanilla, almond or peppermint extract before you melt the chocolate for added flavour!

## Method

1. Line a baking tray with baking paper.
2. Place the chocolate into a microwaveable bowl.
3. Add the condensed milk and butter into the bowl.
4. Heat the chocolate, condensed milk and butter in the microwave for 30 seconds at a time, stirring after each time. Use oven gloves to take the bowl out of the microwave if it becomes hot.
5. Stop heating the chocolate when you have a few tiny lumps left - these will melt as you stir the last time. Heating it slowly will keep the chocolate from burning.
6. When the mixture has melted, pour it into the baking tray. It may appear thick and slightly dry – this is fine! Press the fudge into the tray and use the back of a spoon or a spatula to smooth out the top.
7. Sprinkle the smarties over the top, pressing them gently into the fudge.
8. Put the baking tray in the fridge and leave to set overnight, or for at least 6-7 hours.



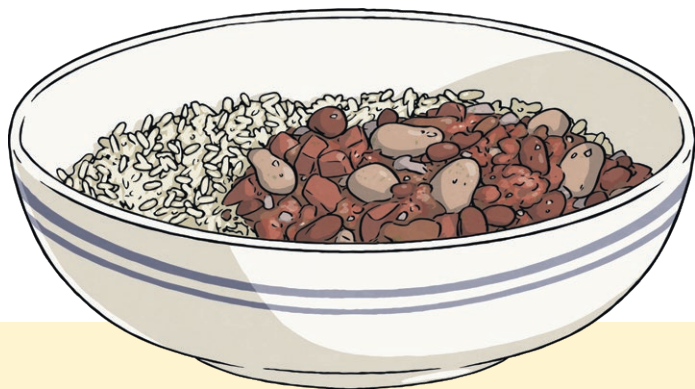
# Slow Cooker Chilli

## Ingredients

- 2 tins of beans of your choice
- 1 tin of chopped tomatoes
- 1 tin of sweetcorn
- 2 peppers (any colour)
- 1 onion
- 2 cloves chopped garlic (optional)
- A pinch of salt and pepper
- Suggested seasonings ( $\frac{1}{2}$  tsp each): smoked paprika, chilli powder, onion powder, garlic powder, cumin, parsley, cayenne pepper

## Method

1. With an adult, carefully chop the onion, peppers and garlic.
2. Add the chopped vegetables to a slow cooker. This is a great recipe to use up your carrot pulp from the Healthy Lollies!
3. Using a colander, rinse the beans and corn with cold water until the water comes out mostly clear. Add the rinsed beans and corn to the slow cooker.
4. Add in the tin of chopped tomatoes and your preferred seasonings.
5. To cook the chilli in 5-6 hours, set the slow cooker on low. To cook it in 2-3 hours, set it on high. The chilli is ready when the vegetables are tender.



## Tip!

Serve the chilli over rice or alongside your Fancy Flatbreads. This chilli goes great with a dollop of soured cream or guacamole and a sprinkle of grated cheese.