



Let's get  
cooking!



I'm Rachel, founder and CEO of Koru Kids. Welcome to the Koru Kids recipe book. There's lots to think about as a childcarer, so it isn't always easy to come up with dinner ideas at the drop of a hat. That's why we decided to compile a list of healthy and quick recipes, to make mealtimes a breeze.

The recipes are designed for school aged children and come directly from the team at Koru Kids and childcarers themselves! It's a mixture of favourites that we remember eating as children; meals that we cooked whilst working as nannies during university; and staples that parents in the office serve to their own kids.

We hope you enjoy trying out these recipes,

Rachel  
(CEO, Koru Kids)



## Some food for thought

"If there's anything you're struggling with, such as dicing onions or folding flour into a mixture, the internet is your friend—find a guide online to help!"

Cooking is an amazing life skill, and by cooking with a child you're teaching them lessons that will stay with them throughout their lives. Get them involved—even if it's just smelling and picking.

There are a few things you need to check before you start cooking with your family on the next page, but most importantly, don't forget to have fun!"

**Allergies:** Make sure that you know about any allergies in the family. Always check ingredients, including sauces and other pre-made foods. If in doubt, don't cook with it!

**Salt:** It is very important that children have a low salt intake, around 3g per day (vs. 6g for adults). Try adding herbs, lemon, or a little garlic for flavour.

**Dietary restrictions:** You should also check if there are any foods that the child does not eat due to religious or lifestyle reasons.

**Talk to your family about meals:** Parents know their kids best! Discuss the meals you're thinking of cooking, and find out what else they'd like.

**Think about safety:** Depending on the children's ages, some parents will be happy for their children to help with cooking and perhaps do some supervised chopping, but make sure you ask the parents first.

**Hygiene and cleanliness:** A clean cooking area is a good cooking area. Try to clean up as you go along, and be sure to wash everything up.

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3. Rice

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30. Homemade hummus
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### Meal planner pages

- 35–40. Six meal planner pages





Photo Credit: @sweetpaulmagazine

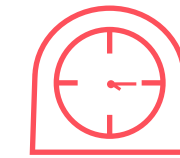


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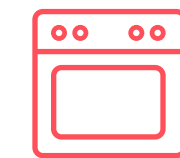
## Perfect pasta

Keep it simple with a little grated parmesan and butter or serve with our bolognese recipe on page 4!

### Timings



Prep 10 Mins



Cook 10 Mins

### You'll need

A large  
saucepan with  
a lid

### Ingredients

300g pasta

### Seasoning

A generous pinch of salt

### Method

1. Boil the kettle. Put the pasta into a large saucepan and pour over the water. Turn the heat high enough so the water continues to boil (if water is spilling over the pan the heat is too high)
2. Add a few pinches of salt to the water
3. Cook for the time recommended on the pasta packaging (this is usually between 8-12 minutes) over a medium heat. Stir occasionally to prevent the pasta from clumping together.
4. To check if the pasta is cooked through, take a piece out of the pan a minute before the end of the cooking time to taste. It's ready to serve when the pasta is soft but still has a bit of a bite- also known as 'al dente'.
5. Drain the pasta water with a colander over a sink. If you're serving the pasta with a sauce, put the pasta and sauce back in the pan and stir together on a low heat. Once the sauces is warm it's ready to serve.

#### Tip

Always add salt to the pasta water! This will add to the taste of the pasta, and the sauce you serve it with.

#### Tip

If you're using gluten-free pasta, be sure to stir it more frequently whilst cooking. It's more prone to sticking together.





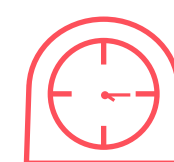
Photo Credit: @angelina\_akaang



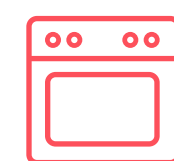
## Healthy roasted veg

Roast veg goes with everything. Serve it with chicken or fish, or cous-cous for a veggie friendly twist.

### Timings



Prep 15 Mins



Cook 40 Mins

### You'll need

A large  
roasting tray

### Ingredients

1 large sweet potato  
4 carrots  
2 red onions  
2 peppers  
2 courgettes

### Seasoning

2 cloves of garlic  
3 tbsp of olive oil  
Dried oregano  
Dried thyme  
A pinch of salt  
A pinch of pepper

### Method

1. Preheat the oven to 200°C, or 180°C for a fan oven.
- 2 Prepare the veg for roasting: halve and deseed the peppers, then cut each half into 4 pieces. Peel the carrots and chop into slices. Cut the courgette into slices around 2cm thick. Peel and cut the sweet potato into small cubes, and peel the onion and cut into quarters.
3. Leave the cloves of garlic in their skins, squash them by turning a knife on it's side and pressing down with the heel of your hand and add to the roasting pan with the rest of the veg. Drizzle with the olive oil, add the dried herbs and a generous pinch of salt and pepper.
4. Mix the veg in the pan so everything is coated evenly in olive oil and herbs.
5. Roast the veg in the oven for around 20 minutes. Take the tray out and mix up the veg and give it a good shake over to ensure they cook evenly. Return the tray to the oven for a further 20 minutes or until the veg appears golden and cooked through.

#### Tip

Aubergine, potato and parsnip also work well in this recipe, so get creative with any extra veg you have in the fridge!





Photo Credit: @wildspiritwellness

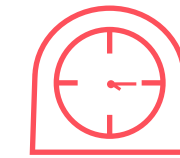


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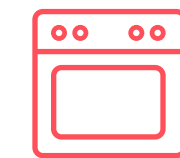
## Rice

Serve with your favourite curry!

### Timings



Prep 5 Mins



Cook 20 Mins

### You'll need

A medium pan

### Ingredients

250g basmati rice  
500ml water

### Seasoning

A pinch of salt

### Method

1. Put the rice into a fine mesh sieve and pour cold water over it to rinse thoroughly until the water runs clear.
2. Pour the rice into a pan with the water, add a pinch of salt, boil the kettle and pour boiling water into the pan until the rice is well covered. Turn the heat on enough so the water starts to boil.
3. As the water begins to boil, turn the heat down to low and put the lid on the pan. Simmer for 10 minutes; don't remove the lid or stir the rice during this time!
4. After 10 minutes, remove the lid and taste a grain of rice to check if it's cooked. If it's slightly crunchy, cook for another minute or so and taste again. The rice should be tender with a very slight bite.
5. Fluff the rice with a fork and serve straightaway, or cover with a tea towel for 10 minutes for any residual water to be absorbed.

#### Tip

Rinsing the rice before cooking is a crucial step —this removes the surface starch that could make the rice clump together.

#### Safety

Leftover rice can cause food poisoning if not stored correctly. Put the cooled rice in a sealed container in the fridge ideally no more than an hour after cooking.

#### Safety

Be careful not to reheat cooked rice more than once!





Photo Credit: @plantd.co

# Spaghetti bolognese

Get fancy by adding a little grated parmesan cheese!

## Timings



Prep 20 Mins



Cook 30 Mins

## You'll need

A large frying pan or cooking pot

A cheese grater

A sharp knife

## Ingredients

250g beef or Quorn mince  
2 tins chopped tomatoes  
1 large onion (diced)  
1 aubergine  
1 medium carrot  
400g dried spaghetti

## Seasoning

400ml beef stock  
2 cloves of garlic

## Method

1. Start by dicing the onion, cubing the aubergine, grating the carrot, and crushing the garlic cloves. You can also use minced garlic.
2. Add 1 tbsp of olive oil to a large pan or cooking pot, and heat on medium until the oil is hot.
3. Once hot, add the beef mince, garlic, aubergine, and onion, and cook until the beef is well browned. Once the beef is cooked, add the grated carrot.
4. Cook for 2 more minutes, then add the tomatoes and stock. Mix together well.
5. Reduce the temperature to a simmer and cook gently for a further 30+ minutes, or until the sauce is rich and thick.
6. Once the sauce is almost ready to go, boil some water, and add the spaghetti. Cook to preferred texture and serve.

### Tip

The key to any amazing-tasting sauce is to gently simmer for as long as possible, until the meat is tender and the flavour is super rich.

### Tip

For younger children, smaller pastas such as macaroni, or halved penne, may be less messy alternatives.

### GF and Veggie

Lose the beef and make this veggie, and use gluten-free pasta or rice to make GF.





Photo Credit: @fanatic\_foodaphilia

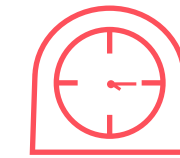


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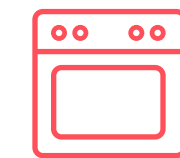
## Homemade pizza

Serve pizza with salad or roasted veggies to help get that 5-a-day

### Timings



Prep 10 Mins



Cook 8 Mins

### You'll need

Oven trays

A sharp knife

### Ingredients

Premade pizza bases  
100g tomato puree  
50ml water  
2 tbsp olive oil  
Mozzarella/grated cheddar

### Seasoning

1 tsp dried oregano  
1 garlic clove  
Toppings as desired

### Method

1. To start, you'll need to make the tomato sauce. Combine the tomato puree, olive oil, garlic, oregano, and water. Mix thoroughly.
2. Preheat the oven to 190°C, or 170 for a fan oven.
3. Spread the prepared sauce generously over the pizza base, ensuring an even covering.
4. Add some grated cheddar or sliced mozzarella.
5. Now it's time for the creative part. Go wild with the toppings. Try sweet peppers, pepperoni, salami, ham, cooked chicken, mushrooms, an egg, rocket leaf, or anything you like.
6. Place in the centre of the preheated oven for 8–12 minutes, or until the crust and cheese are just starting to brown. Check carefully that the pizza is cool enough before serving.

#### Tip

Try making pizza self portraits, or create pizza emojis! It's fun to watch the colours changing of the toppings as they cook.

#### Tip

Pizza is a great way to try new vegetables. Add small bits of mystery veg into the toppings.



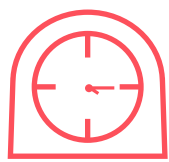


Photo Credit: @alicooksfood

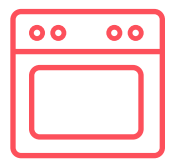
## Simple stir-fry

Add a favourite sauce such as sweet chilli or ketchup if desired

### Timings



Prep 10 Mins



Cook 15 Mins

### You'll need

A wok or frying pan

A wooden spoon

A sharp knife

### Ingredients

2 chicken breasts  
Mixed stir fry veg pack  
1 nest of egg noodles

### Seasoning

1 tbsp soy sauce  
About 100ml chicken stock  
Heaped tsp minced garlic

### Method

1. Check the instructions on the noodles. These are added and cooked towards the end of the recipe, so make sure you have them ready to go when the time comes.
2. Slice the chicken into thin strips. Remember to wash your hands thoroughly after handling raw meat.
3. Heat the olive oil in the wok, then add the sliced chicken and garlic.
4. Once the chicken is starting to lightly brown, add the vegetables and cook for a further 2-3 minutes.
5. Now add the soy sauce and chicken stock, or a pre-made stir fry sauce, and continue to cook on medium-high heat until the chicken is cooked through.
6. Add in the cooked noodles, and stir to combine.

#### Tip

Trade soy sauce and chicken stock for a pre-made stirfry sauce to make things even easier.

#### Veggie

Use a can of chick-peas or tofu, instead of chicken, to make this stir fry veggie friendly.

#### Safety

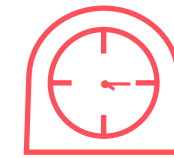
Chicken must be cooked all the way through when served. Check when you think it's done by taking the largest piece and cutting into it.



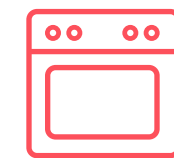
## Couscous and roasted veg

Tastes great with most sauces—sweet chilli, ketchup, balsamic vinegar or any other favourite will probably match

### Timings



Prep 10 Mins



Cook 40–45  
Mins

### You'll need

A roasting tray

A large bowl

A sharp knife

A kettle

Aluminium foil  
(optional)

### Ingredients

Medium mug of couscous  
Broccoli  
Mushrooms  
Onion  
Bell pepper  
Sweet potato

Cherry tomatoes  
2 tsp olive oil  
Cooked chicken or fish fingers (optional)  
Feta cheese (optional)

### Method

1. Preheat the oven to 200°C, or 180°C for a fan oven. Line the roasting pan with some foil.
2. Roughly chop the vegetables into cherry tomato-sized pieces, then spread evenly in the roasting pan, and drizzle with olive oil.
3. Roast for 40-45 minutes, turning after half an hour to prevent burning. The smaller the veg, the less time this will take.
4. About 10 minutes before the vegetables are ready, boil the kettle and add a mug sized amount of couscous to the large bowl.
5. Add a mug and a half of water to the couscous, cover and leave to steam for 5–8 minutes.
6. Spoon the cooked couscous into the roasting pan and combine. Now you can add the cooked chicken or fish, if you like.

#### Tip

Veg taking too long to cook? Lots of veg will taste great raw, with some easy dip or on its own. Try chopping extra sweet peppers or carrots.

#### Tip

If there's no couscous around, feel free to use rice instead.





Photo Credit: @ohmyfoodnessnl

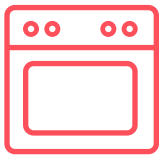
## Build your own burger

Add gherkins, tomato, lettuce, cheese or even bacon to make these even better

### Timings



Prep 10 Mins



Grill 10–12 Mins

### You'll need

An oven that has a grill

Mixing bowl

Aluminium foil

Frying pan

### Ingredients

- |                          |                           |
|--------------------------|---------------------------|
| 500g 15% fat minced beef | 1 tsp of mixed herbs      |
| 1 tsp of olive oil       | Cheddar cheese (optional) |
| 1 onion                  | Any other toppings        |
| 1 egg                    |                           |
| 1 beef tomato            |                           |
| 4 white rolls            |                           |

### Method

1. Fry the onion in the oil until soft and golden, and beat the egg.
2. In a mixing bowl, add the beef, beaten egg, cooked onions, and the mixed herbs. Combine with your hands until the mixture is uniform. Shape into 4 evenly sized patties.
3. Line a grill pan with aluminium foil. If you don't have a grill pan, cover a baking tray with foil and place it below the rack where the burgers are cooking, to catch any fat.
4. Grill the burgers for 10–12 minutes, turning halfway through. Cut into a burger to check it is sufficiently cooked before serving.
5. Let the kids choose how to plate their burgers—if you can, influence them to add as many vegetables as possible!

#### Tip

Add hidden veg by mixing grated carrot with the beef burgers.

#### Tip

Serve on its own, or alongside oven or sweet potato chips.

#### Safety

Ground beef must be cooked through when served. It can still be juicy, but make sure the patties are thoroughly cooked before serving.





Photo Credit: @cookscountry



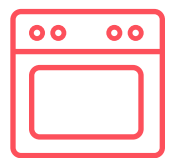
## Stuffed peppers

Plate with some salad, extra vegetables, or any of the leftovers that didn't fit in the peppers

### Timings



Prep 10 Mins



Roast 40 Mins

### Ingredients

Cooked rice  
Some leftover bolognese, chili or  
curry  
Sweet bell peppers

### Optional

Cheddar or mozzarella cheese

### Method

1. Preheat the oven to 180°C, or 170°C for a fan oven.
2. Warm the leftover sauce in a microwave or saucepan, and try to reduce it if it's quite a thin sauce
3. Mix the cooked rice into the sauce and heat through.
4. Cut the tops off the peppers and remove any seeds inside. Put them onto a roasting pan.
5. Spoon the sauce mixture into the peppers and replace the tops. Place on a baking tray, cover with foil and cook for around 30 minutes in the preheated oven. After 30 minutes, remove the foil and top with cheese as desired.
6. Cook for a further 10 minutes. Allow them to cool a little before serving.

### You'll need

Microwave or  
saucepan  
  
Roasting pan

#### Tip

Try adding extra veggies to the roasting pan to cook with the peppers.

#### Tip

Leftover meals are a great way to save time. Cook these in bulk, and keep them chilled for a day or two in the fridge, or frozen for quick meals.





Photo Credit: @deli.cious.cooked



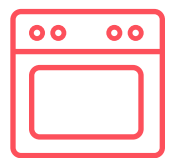
# Eggcellent omelette

Serve with some rocket, or try putting the omelette on toast

## Timings



Prep 10 Mins



Cook 15 Mins

## Ingredients

3 eggs  
Splash of milk  
A little olive oil  
Handful cheddar cheese  
Ham or chorizo  
Diced or thinly sliced onion

## Any veggies:

Mushrooms  
Tomatoes  
Spinach  
Courgette  
Peppers

## Method

1. Finely chop any vegetables you're using.
2. Heat the oil in a pan and fry the vegetables together, until almost cooked. Whilst the vegetables are frying, beat the eggs with a splash of milk.
3. When the vegetables are almost ready, try adding a large handful of spinach. Use plenty, as it will reduce a lot.
4. Once the spinach wilts, switch the heat to low and pour the egg mixture into the pan. Try to evenly cover the vegetables.
5. As the egg is cooking, you can grate some cheese onto the omelette or add some cooked meat, like ham or chorizo.
6. Continue to cook on low heat until the egg is cooked through.

### Tip

Another recipe where you can add anything you like. Omelettes are a great way to hide vegetables, or sneak in something new to try.

### Tip

Cooking on low heat ensures that the egg is fully cooked without burning the bottom of the omelette. You can't rush art.





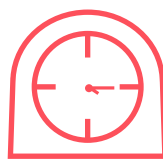
Photo Credit: @gemswholesomekitchen

# Veggie soup

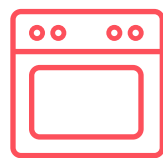
Serve with some crusty bread, or just on its own



## Timings



Prep 10 Mins



Cook 30 Mins

## Ingredients

- 1 butternut squash

4 large carrots

1 courgette

A few handfuls of spinach

1 leek

1 large onion (or 2 small ones)
- 1 tbsp olive oil

3 gloves of garlic (or a heaped teaspoon of minced garlic)

## Method

1. Peel and coarsely chop all vegetables but the spinach.

2. Put the chopped vegetables in a pot.

3. Cover with 3cm of water, and bring to a boil.

4. Simmer for around 10 minutes until the carrots are soft.

5. Add 1 tbsp of olive oil and a small pinch of salt, then blend until smooth.

6. Add spinach, then simmer again for 10–15 minutes.

7. Enjoy! Freeze any leftovers and enjoy at a later time.

## You'll need

- A large, heavy bottomed pot

A blender

### Tip

Try adding any other favourite vegetables to the mix!

### Tip

Reheating soup is a great afterschool snack.





Photo Credit: @reducetarian



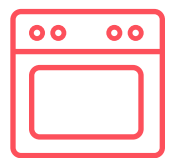
## Kids' curry bowl

A great way to introduce variety and spice to kids, plus it's packed with vegetables

### Timings



Prep 15 Mins



Cook 40 Mins

### You'll need

A large pan with a snug-fitting lid

A wooden spoon

A sharp knife

### Ingredients

200g cubed sweet potatoes  
250g red split lentils  
1 red onion, diced  
80g bag of spinach (or frozen)  
600ml vegetable stock

### Seasoning

1 tbsp sesame oil  
1.5 tsp ground turmeric  
1.5 tsp ground cumin  
Ginger and garlic (paste)

### Method

1. Heat the oil in the pan. Once the oil is hot, lower the temperature and cook the onion until softened.
2. Now add the garlic, ginger, and ground spices, and cook for a couple of minutes. You can use fresh garlic and ginger, or garlic and ginger pastes.
3. Turn the heat up to medium, and add sweet potatoes. Mix together well to ensure everything is coated with the spices.
4. Once mixed, add the lentils, vegetable stock, and some salt and pepper. Bring to a boil, then cover and cook for 20 minutes, or until the lentils are tender.
5. Give it a taste and adjust the seasoning if required, then add the spinach.
6. Once the spinach is wilted, allow to cool and serve.

#### Tip

If you cook extra, allow to fully cool, and box up for lunches the next day. A healthy and interesting alternative.

#### Tip

This is another recipe where you can chop and change the ingredients. Try adding carrots or other veg if there are any favourites.





Photo Credit: @vics\_prestwick

## Breaded fish goujons

Serve with mushy peas for the true chip shop experience!

### Timings



Prep 10 Mins



Cook 10 Mins

### Ingredients

- 2 fish fillets (cod or plaice)
- 1 egg
- 1 tbsp sunflower oil
- Breadcrumbs

### Method

1. Slice the fish into strips.
2. Beat the egg in a bowl. On a large plate, spread the breadcrumbs evenly.
3. Dip the fish strips into the egg, and then roughly cover with the breadcrumbs.
4. Warm the sunflower oil in a pan, and shallow fry the goujons.
5. Cook for around 10 minutes, turning halfway through. Check that the goujons are piping hot in the centre before serving.

### You'll need

- A frying pan
- A bowl
- A large plate

#### Tip

This one can also be oven baked as a healthier alternative. Try it both ways, and see which you prefer.

#### Gluten free option

Try blending gluten-free oats, using polenta, or crushing a gluten-free cereal to replace breadcrumbs.



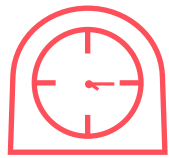


Photo Credit: @keto.connect

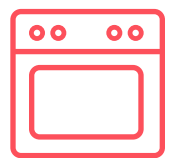
## Herb-crusted salmon

Serve with some oven chips or couscous, and salad or boiled/roasted vegetables

### Timings



Prep 10 Mins



Cook 15 Mins

### You'll need

A baking tray

Aluminium foil

A small bowl

### Ingredients

2 salmon fillets  
1 tsp olive oil  
1/2 tbsp mixed herb blend or  
herbs de Provence

### Seasoning

Salt and pepper  
1/2 tbsp lemon juice  
1/2 tbsp breadcrumbs

### Method

1. Preheat the oven to 200°C, or 180°C for a fan oven.
2. Mix the lemon juice, oil, breadcrumbs, and diced herbs together in a small bowl.
3. Line a baking tray with foil and place the fillets skin-side down on the tray (if there's skin on the fillet).
4. Using a teaspoon, apply the herb mix to the top and sides of the salmon fillets.
5. Bake for 10–15 minutes, or until the salmon is cooked through.
6. Allow to cool a little and serve.

#### Tip

Salmon is packed full of omega-3, which is great for the early development of the brain.

#### Gluten free

Trade breadcrumbs with crushed gluten-free cereal for a similarly satisfying crumbly topping!





Photo Credit: @gemtakesfoodpics

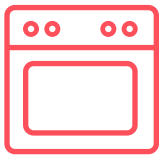
# Cornflake chicken nuggets

Serve with some oven chips or couscous and salad, or some boiled or roasted vegetables

## Timings



Prep 15 Mins



Cook 20 Mins

## You'll need

A large baking tray

Baking parchment

3 small bowls

## Ingredients

- 2 chicken breasts
- 60g cornflakes
- 1 egg
- 1 heaped tbsp plain flour

## Seasoning

- 1/2 tsp salt
- A little pepper

## Method

1. Preheat the oven to 200°C, or 180°C for a fan oven, and line a baking tray with baking paper.
2. Put the cornflakes into a freezer bag, wrap in a tea towel, and crush with a rolling pin.
3. Cut the chicken breast into nugget-sized slices.
4. Take 3 small bowls. Put the cornflakes into one, the flour into the second, and beat an egg in the third. Add the salt and pepper to the egg.
5. Coat each chicken piece in flour, then egg, and then cornflakes, making sure to get a good coverage of cornflake crumbs.
6. Cook for 20 minutes, turning halfway through. Check the chicken is thoroughly cooked by cutting into the thickest piece before serving.

### Tip

Can be enjoyed cold as an afterschool snack if you cook extra!

### Safety

As always, when handling raw chicken, be sure to wash hands thoroughly, and clean any surfaces the meat has contacted.





Photo Credit: @alyssa\_therecipecritic

## Perfect baked potato

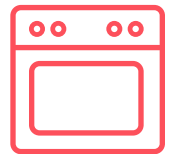
Serve with some salad, or just on its own



### Timings



Prep 2 Mins



Cook 1 Hr 20 Mins

### Ingredients

- 1 medium baking potato
- 1 tsp olive oil
- A pinch of salt
- 2 tsp butter
- Freshly ground black pepper

### Any toppings:

- Grated cheddar cheese
- Tuna
- Baked beans
- A poached egg
- Some leftover bolognese sauce

### Method

1. Preheat the oven to 170°C, or 150°C for a fan oven—or use a microwave to save time, but it won't taste quite so good.
2. Scrub the potato and pierce several times with a fork. Rub the skin, first with oil, then salt.
3. Once the oven is hot, place the potato on a baking tray, and cook for 1 hour and 20 minutes, or until the potato is slightly soft and golden brown. Be sure to set a timer. If using a microwave, cook for 5 minutes, then flip the potato before cooking for another 5.
4. Slice the potato down the centre and add any toppings you like. Add cheese whilst the potato is still hot to make sure it melts. Once cooled, serve with butter, black pepper, and anything else you like!

### You'll need

A baking tray

#### Tip

A great way to use up leftover bolognese from the day before.

#### Safety

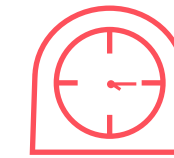
Baked potatoes stay hot for ages! Avoid burnt mouths by cutting into the potatoes and allowing them to cool first.



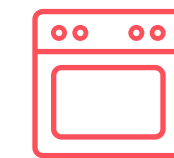
## Mac 'n' cheese with a twist

Amazing on its own, or with a little salad

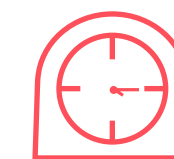
### Timings



Prep 10 Mins



Cook 30 Mins



Prep 10 More  
Mins

### You'll need

A food  
processor

A saucepan

A sharp knife

### Ingredients

1 medium butternut squash  
200g macaroni pasta  
200ml whole milk  
1 tbsp butter  
100g grated cheddar cheese

### Seasoning

Ground black pepper to taste

### Method

1. Preheat the oven to 200°C, or 180°C for a fan oven.
2. Cut the butternut squash in half lengthways, and scoop out the seeds. Place face up on a baking tray, and roast for 30 minutes, or until soft.
3. As the squash cooks, cook the macaroni according to the instructions on the packet.
4. Once the squash is cooked, spoon the flesh into a food processor or blender, along with the milk, cheese, and butter, and blend until the consistency is even. If it seems a bit thick, add an extra drop of milk.
5. Drain the pasta once cooked, and mix with the butternut squash mixture. Serve!

#### Tip

Another recipe where you can cook extra, and use as a future snack for after school. Great alongside some cornflake nuggets or fish fingers.

#### Safety

As always, be extra cautious with the food processor/blender.





Photo Credit: @eatsamazing



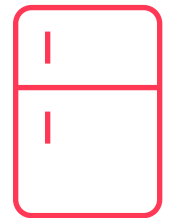
# Healthy ice lollies

Serve on any summer's day to provide a much needed cold treat

## Timings



Prep 2 Mins



Freeze 3+ Hours

## You'll need

Lolly Moulds

OR

Cocktail sticks

An ice cube tray

Clingfilm

## Ingredients

Fruit juice  
OR  
Flavoured yoghurt  
A little milk

## Method

1. Take ice-lolly moulds and fill with any fruit juice you like. Cloudy apple or tropical both taste great!
2. Or make a layered lolly by part filling with one juice then adding a second once the first is frozen. This won't work with all lolly moulds.
3. Or add yoghurt with a dash of milk and thoroughly mix. Then add to the mould and leave to freeze.
4. If you don't have moulds, fill an ice cube tray 2/3 full with fruit juice. Stretch clingfilm tightly over the tray, and put cocktail sticks upright into each cube.

### Tip

A great, easy and healthy treat. Just remember, these will take around 3 hours to freeze.

### Tip

You can also try adding whole blueberries or pomegranate seeds to the moulds.





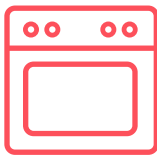
Photo Credit: @l3oni390



# Chocolate rice krispie cakes

Great for lunchboxes!

## Timings



Cook 20 Mins



Set 30 Mins

## Ingredients

- 150g rice krispies/snaps
- 100g unsalted butter
- 80g mini marshmallows
- 200g milk chocolate

## Method

1. Grease the square tin with a little butter and line with non-stick baking paper.
2. In a large pan, melt the butter, marshmallows and half of the chocolate over low heat, until fully combined.
3. Stir in the rice snaps until they're completely coated.
4. Spread the mixture into the lined tin, and use the back of a spoon to make it flat.
5. Melt the remaining chocolate in a heat-proof bowl over a pan of gently simmering water. (Don't let any water get into the chocolate.)
6. Once melted, carefully spread over the rice snaps.
7. Once set, cut into small squares.

## You'll need

- A heatproof bowl
- A 21 cm (approx.) square tin
- Weighing scales
- A wooden spoon
- A medium-sized saucepan
- Baking parchment

### Tip

This treat is delicious, but should be enjoyed in small quantities. Cut into 25 small squares for bite-sized portions.

### Gluten free

There are also gluten-free rice snaps, and they work just as well.





Photo Credit: @swedishfoodgirl



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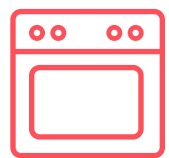
## Crêpe pancakes

For a savoury twist, try some fried veggies with cooked chicken or cheese as filling

### Timings



Prep 10 Mins



Cook 20 Mins

### You'll need

A large bowl

A whisk

A measuring jug

A frying pan

### Ingredients

- |                  |                |
|------------------|----------------|
| 125g plain flour | 100ml water    |
| 2 eggs           | 1/4 tsp salt   |
| 120ml milk       | 2 tbsps butter |

### Method

1. Melt the butter in the microwave. It should be soft enough after 15–20 seconds.
2. In a large bowl whisk together the flour and the eggs.
3. Gradually add the milk and the water, stirring to thoroughly combine. Then add the salt and melted butter until smooth.
4. Heat a little butter in a frying pan over medium heat. Once the butter starts to bubble, scoop around 50ml of batter into the middle of the pan. Tilt the pan in a circular motion, so that the batter coats the surface evenly.
5. Cook the pancake for 2–3 minutes. When the bottom is starting to brown a little, flip with a spatula and cook the other side for about a minute.
6. Allow to cool and top with whatever sweet or savoury combination you like.

#### Tip

This batter will make around 6–8 pancakes. You can easily halve quantities to make fewer.

#### Tip

There are so many pancake possibilities. Classics include: lemon and sugar, Nutella, ham and cheese, cheese and mushroom, peanut butter and banana.

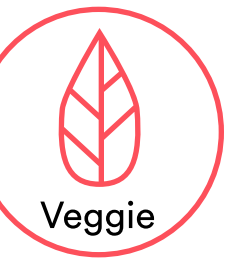
#### Tip

If you're using cheese, try grating it into the pan after you flip the pancake. The only thing better than normal cheese is melted cheese!





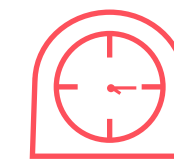
Photo Credit: @marissamakes\_\_



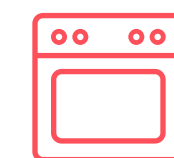
## Simple banana bread

Cut into thick slices or fingers, and enjoy with some warm milk or tea

### Timings



Prep 10 Mins



Cook 50 Mins

### You'll need

A large bowl

A 13×23 cm (approx.) loaf tin

Weighing scales

A wooden spoon

### Ingredients

200g plain flour  
200g caster sugar  
50g butter  
3 very ripe bananas

1 egg  
1 tsp vanilla extract  
1 tsp bicarbonate of soda  
1/2 tsp baking powder

### Method

1. Preheat oven to 180°C (fan 160°C).
2. Grease the loaf tin with a little butter.
3. Soften the butter a little in the microwave. This should take around 15 seconds.
4. Mash together the bananas, flour, sugar, soft butter, vanilla extract, baking powder, bicarbonate of soda, and egg. Mix until roughly uniform.
5. Pour the mixture into the greased loaf tin.
6. Bake for 50-60 minutes or until a skewer comes out of the centre of the bread clean.

#### Tip

Cut into fingers rather than slices to portion control.

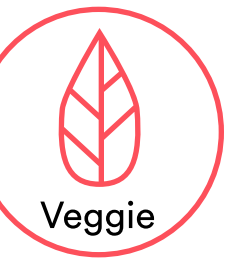
#### Tip

If your banana bread lasts more than a couple of days, you can toast it to bring the taste back to life.





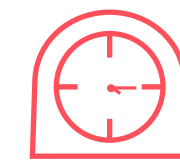
Photo Credit: @mg.maiya



## Lemon drizzle cake

Cut into thick fingers and enjoy!

### Timings



Prep 15 Mins



Bake 40–50  
Mins

### You'll need

A lemon juicer

A 23x17 cm  
loaf tin—2lb  
loaf size

A mixing bowl

A sieve

An electric  
mixer  
(optional)

### Ingredients

120g butter (soft)  
180g self-raising flour  
180g caster sugar  
2 eggs

A splash of milk  
3 tbsp icing sugar  
1 lemon—zest and juice

### Method

1. Use a little butter to grease the loaf tin, and preheat the oven to 180°C, or 160°C for a fan oven.
2. Soften the butter quickly in the microwave if it's still hard. Then add to the mixing bowl along with the eggs, sugar, lemon zest, and milk. Sift the flour into the same bowl.
3. Mix thoroughly - either by hand or by using an electric mixer if one is available.
4. Once the mixture has a smooth, uniform texture, pour into the greased tin and bake for 40–50 minutes.
5. Once the cake has finished cooking, allow to cool out of the oven, and prepare the icing. Mix lemon juice with icing sugar for an easy, tangy icing. Once the cake has cooled, use a fork to poke holes in the top of the cake, and drizzle the icing mix onto the cake.

#### Tip

Hand mixing batter is hard work—why not ask for some assistance from your little ones?

#### Safety

Be super careful with the electric mixer. Be sure to unplug when you're not using, and exercise caution to avoid redecorating the kitchen walls with cake batter.





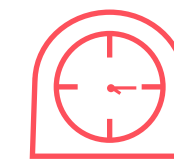
Photo Credit: @mimosa\_brunch



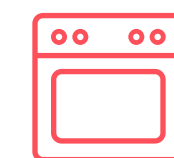
## Banana pancakes

Try some whole-nut peanut butter or Nutella, and serve along with fresh fruit

### Timings



Prep 10 Mins



Cook 20 Mins

### You'll need

2 large bowls

A wooden spoon

A measuring jug

A frying pan

### Ingredients

125g plain flour  
1 tbsp caster sugar  
220ml milk  
2 ripe bananas

2 tbsp vegetable oil  
1/4 tsp salt  
2 tsp baking powder

### Method

1. Combine the flour, sugar, baking powder, and salt. In another bowl, mash the bananas and add milk, vegetable oil, and egg.
2. Stir the dry mixture into the banana mix. Try to get an even consistency, but don't worry about a few lumps.
3. Heat a lightly oiled frying pan over medium heat. Spoon about 50ml of mixture per pancake.
4. Fry around 3 minutes, or until the bottom is golden brown. Flip, and cook the other side for another 2 minutes.
5. Allow to cool, and serve with fresh, chopped bananas and a little icing sugar, or anything you like.

#### Tip

This batter will make around 6–8 pancakes. You can easily halve quantities to make fewer.

#### Tip

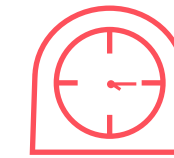
These pancakes are best cooked quite thick. Think 'scotch pancakes' thickness.



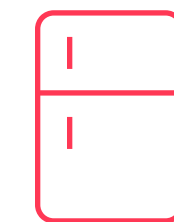
## Gingerbread cookies

Keep the finished cookies in an air-tight container so they stay nice and crispy

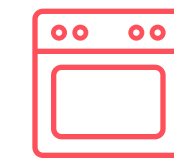
### Timings



Prep 15 Mins



Chill 20 Mins



Cook 10–12  
Mins

### You'll need

A non-stick  
saucepan

A baking tray

Cookie cutters

A rolling pin

Clingfilm

Baking  
parchment

### Ingredients

100g butter  
200g plain flour  
80g brown sugar  
4 tbsp golden syrup  
1/4 tsp bicarbonate of soda  
2 tsp ground ginger

### Optional

A little allspice  
Cinnamon  
Ground cloves  
OR  
Ground cardamom

### Method

1. Melt the butter in the non-stick pan on low heat, and add the syrup and brown sugar. Stir constantly until the sugar is dissolved.
2. In a mixing bowl, add the flour, ginger—and other spices if you like—and baking soda, then mix. Make a well in the middle, and pour in the molten sugar mixture once cool enough.
3. Stir together to form a dough, using a sturdy spoon or your hands. Once fully combined, wrap in clingfilm and refrigerate for 20 minutes.
4. Take 2 sheets of baking parchment and place the dough between. Lightly press the dough flat, and then roll out slowly to the thickness of a pound coin.
5. Use a biscuit cutter to shape the dough, then place the sheet of baking parchment with the cut cookies into an oven at 190°C, (170°C for a fan oven), for 10–12 minutes.
6. Once the gingerbread is a light golden brown, remove from the oven and allow to cool. The cookies will be soft at first, so wait for them to cool and harden before you lift them off the tray.

#### Tip

The dough lasts for about a month in the fridge! Try making a big batch to store so you can take a piece to roll out with the kids whenever you want.

#### Safety

When the cookies come out the oven they should still be quite soft! Don't worry, they'll harden as they cool.

#### Tip

For decorating, mix icing sugar, a splash of water, and food-colouring in a ziploc bag. Cut a tiny corner off the bottom to pipe, and throw out the messy bag when done!

Photo Credit: @swedishfoodgirl





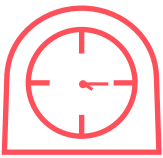
Photo Credit: @sunwarrior



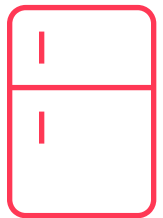
# Choc chip “nice” cream

Add some fresh fruit and a wafer to give it a little extra jazz

## Timings



Prep 5 Mins



Freeze 2 Hours



Blend 2 Mins

## You’ll need

A food processor or blender

A freezable container

Any knife

## Ingredients

4 ripe bananas  
100ml milk  
Handful of chocolate chips

## Optional

Peanut butter  
Cinnamon

## Method

1. Peel the bananas and chop them into discs around 2 cm thick.
2. Put the discs into the freezable container, cover and then freeze for at least 2 hours.
3. Just before you want to serve the ice cream, remove the frozen banana, and add to a food processor with the milk and chocolate chips.
4. Blend until the texture is uniformly soft, and the mixture has few or no lumps. Don't worry about getting it perfect, it'll still taste amazing!
5. Serve on its own, or with strawberries and a wafer. The ice cream is best enjoyed immediately after being prepared. It can be refrozen, but the texture is best straight from the blender.

### Tip

You can chop the banana with a blunt knife, so feel free to let the kids have a go.

### Tip

Be careful with the food processor, and never leave a child with one unattended.

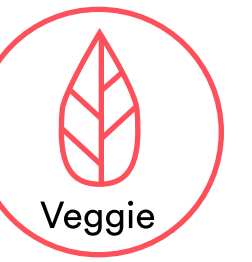
### Tip

Don't forget to put the lid on before you blend to avoid repainting the kitchen ceiling with banana.





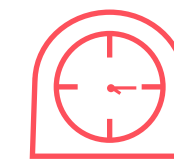
Photo Credit: @julie\_jonesuk



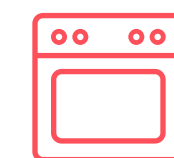
## Apple crumble

Serve warm with vanilla ice-cream or yoghurt

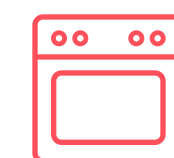
### Timings



Prep 10 Mins



Cook 15 Mins



Cook 10 more  
Mins

### You'll need

A baking tray

Aluminium foil

A saucepan

A large bowl

A deep oven  
dish

### Ingredients

120g plain flour  
70g caster sugar  
60g unsalted butter  
300g Braeburn apples

30g more unsalted butter  
115g blackberries  
1/4 tsp cinnamon (optional)

### Method

1. Preheat the oven to 190°C, or 170°C for a fan oven. Tip the flour, and 40g of the caster sugar, into a large bowl. Line a baking tray with foil.
2. Cut the 60g portion of butter into small pieces, and soften in the microwave if necessary. Add to the same large bowl.
3. Rub together using your fingertips until the texture is light and crumbly. Sprinkle the crumbs over the lined tray and bake for 15 minutes.
4. Meanwhile, peel, core, and cut the apples into 2 cm cubes. Add the 30g portion of butter to a saucepan, along with the remaining 30g of caster sugar.
5. Melt together on medium heat and cook for about 3 minutes. Add the cubed apple to the saucepan and cook for 3 more minutes.
6. Reduce the heat to low, add the blackberries and cinnamon and cook for 5 more minutes.
7. Pour the fruit into a deep dish and allow to cool. Top with the crumble. To serve, reheat for a few minutes in the oven or microwave.

#### Tip

This is a great recipe for the summer. If you live near any green spaces, you might be able to pick your own blackberries!

#### Tip

This is great warmed with ice cream, custard, or yoghurt, or just on its own.





Photo Credit: @swedishfoodgirl



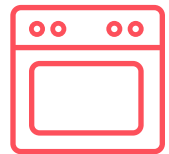
## Cupcakes

Top with simple icing, or get adventurous and add anything you like

### Timings



Prep 15 Mins



Cook 15 Mins

### You'll need

14 cupcake cases

Baking tray

A large bowl

### Ingredients

- |                         |  |
|-------------------------|--|
| 80ml sunflower oil      | 1/2 tsp vanilla extract                    |
| 50ml milk               | Some icing sugar and butter for easy icing |
| 150g caster sugar       | Cocoa powder (optional)                    |
| 2 eggs                  |  |
| 100g self-raising flour |  |

### Method

1. Preheat the oven to 200°C, or 180°C for a fan oven.
2. In a large bowl, combine eggs and sugar until fluffy.
3. Add the oil, milk, and vanilla extract, and mix again. Add a spoonful or two of cocoa powder if you want them to be chocolatey.
4. Fold in the flour with a spatula until it's just combined, with no lumps left.
5. Divide the batter between cases and bake for 12–15 minutes. The cases should only be half-full, so use extra cases if you need to.
6. Allow to cool and decorate as desired. For airy butter-cream, beat 150g soft butter until fluffy, and slowly add spoonfuls of icing sugar until it's as stiff as you like (about 300g). Flavour with vanilla extract, cocoa powder, and a tiny pinch of salt. Spoon onto the cupcakes, or go fancy with a piping-bag.

#### Tip

If this is your first cupcake attempt, it's worth looking at a video guide for folding in flour.

#### Safety

As tempting as it may be, don't eat the cake batter raw. It poses a significant health risk.

#### Tip

For some easy icing, mix melted butter and icing sugar until you reach the desired consistency.





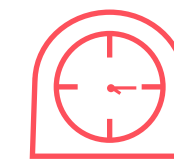
Photo Credit: @cookingwithawallflower



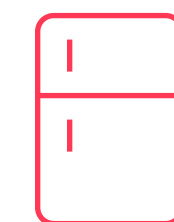
## Blueberry cheesecake ice cream

Leave out of the fridge for 10 minutes before serving, for perfect texture

### Timings



Prep 25 Mins



Freeze 6+ Hours

### You'll need

A small sauce pan

A large mixing bowl

A plastic container

Freezer space

### Ingredients

150g blueberries  
60g caster sugar  
150g cream cheese  
450ml double cream

1 tsp cornflour  
115g demerara sugar  
2 tsp vanilla extract

### Method

1. Place the blueberries into a small saucepan on medium heat. Cook until the blueberries burst completely, then add the caster sugar and cornflour.
2. Cook for a further 5 minutes, stirring constantly.
3. Remove from the heat and pour into a heat-proof bowl. Place in the freezer to cool.
4. Beat the cream cheese and demerara sugar in a large mixing bowl until smooth.
5. Add about 100ml of the cream and beat again until uniform in texture. Now add the rest of the cream and the vanilla extract and beat until stiff peaks form.
6. Transfer the mix into a plastic container, and add the blueberry mix on top.
7. Using a spoon, mix the blueberries into the cream mix. Freeze overnight and enjoy!

#### Tip

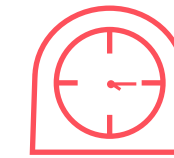
This is a seriously indulgent ice cream. Only for treats and special occasions.



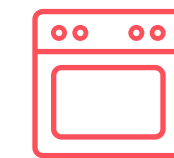
## 30-minute scones

Pick any filling you like, but clotted cream and thick jam can't be topped!

### Timings



Prep 15 Mins



Bake 12–15 Mins

### You'll need

Baking tray

Mixing bowl

Rolling pin

Biscuit cutter

### Ingredients

250g self-raising flour  
50g cold butter  
30g caster sugar  
125ml milk  
50g sultanas (optional)

### Any toppings:

Any toppings:  
Dates  
Fresh fruit  
Jam  
Chocolate spread

### Method

1. Preheat the oven to 220°C, or 200 for a fan oven. Take a little extra butter and grease a baking tray.
2. Measure the flour into a mixing bowl and add the cold butter in small cubes. Rub together with your fingers until it looks like large breadcrumbs.
3. Stir in the sugar and sultanas.
4. Add the milk and stir until well mixed. Knead lightly until the dough holds by folding it.
5. Gently roll into a 2 cm thick sheet, and cut rounds with a biscuit cutter. You can use a glass if you don't have a cutter.
6. Brush with milk and bake in the oven for 12–15 minutes, until golden on top.
7. Leave to cool for a few minutes. Serve with jam and cream, or whatever you like.

#### Tip

Scones are best when freshly baked, so we recommend you don't wait too long to enjoy these.

#### Tip

Cooking these scones is easy, and great fun, but having ready-made is also fine. Let the child choose how to top their scone.





Photo Credit: @homemademart



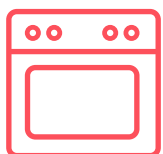
# Homemade hummus

Try with chopped veg, such as cucumber or bell peppers, or toast

## Timings



Prep 10 Mins



Grill 10–12 Mins

## You'll need

Food processor

## Ingredients

- 1 tin of chickpeas
- 1 tbsp tahini
- 1 garlic clove (or teaspoon of minced garlic)
- 1 tbsp lemon juice

## Seasoning

- 1 tbsp olive oil
- 2 tbsp water
- Salt to taste

## Method

1. Open and drain the tin of chickpeas.
2. Add the chickpeas to the blender, along with all the other ingredients.
3. Blend until smooth. For a chunkier texture, just stop blending a little earlier.
4. Once thoroughly blended, unplug the blender and taste the hummus. Add extra lemon juice, salt, garlic or water to improve the taste or consistency.
5. If you need to add anything, quickly add, and then blend again. Once you're happy, remove from the blender and serve in a bowl, with some flatbread or vegetable sticks to dip.

### Tip

If you don't have time to make your own, off-the-shelf hummus with carrot or pepper sticks makes a great afterschool snack.

### Safety

Safety: As always, be careful when using the food processor.





Photo Credit: @thegingerline

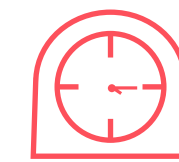


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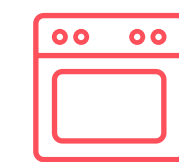
## Eggy bread

Make sure it's cooled a little before biting into the bread, but don't let it get cold

### Timings



Prep 5 Mins



Fry 5 Mins

### You'll need

A frying pan

### Ingredients

1 thick slice of bread  
1 egg  
1 tbsp milk

A little butter for frying  
1/2 tsp cinnamon (optional)

### Method

1. Beat together the egg and milk, and pour onto a lipped plate.
2. Soak the egg mixture into the bread—try to get as much as possible off the plate.
3. Melt the butter in a pan and fry the eggy bread on medium-high heat for 2 minutes on each side.
4. Cut into the bread to make sure there's no uncooked egg inside and serve. You can sprinkle a little cinnamon on for amazing flavour.

#### Tip

Don't forget to season. It makes all the difference with simple dishes.

#### Safety

Safety: Make sure the egg is cooked by cutting into the bread before serving. Cook longer to avoid too much sogginess.





Photo Credit: @hyggehomelife



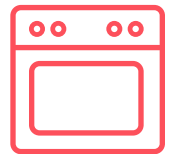
# Apple crisps

Try with a little salt, clear honey, icing sugar, or just on its own

## Timings



Prep 12 Mins



Cook 45 Mins

## Ingredients

- 2 Golden delicious apples
- 1.5 tsp caster sugar
- 1/2 tsp cinnamon (optional)

## Method

1. Preheat the oven to 140°C, or 120°C for a fan oven.
2. Thinly slice the apples across the core, rather than vertically—this will mean your crisps have a cool star pattern in the centre!
3. Arrange the thin slices on a baking tray.
4. Mix the sugar and cinnamon and sprinkle lightly over the apple slices.
5. Bake in the preheated oven for about 45 minutes, until the apple is dried and the edges are just starting to curl.
6. Transfer to a cooling rack and leave until cool and crispy.

### Tip

This snack takes quite a while to cook, but lasts for a few days in a sealed container.





Photo Credit: @australianavocados

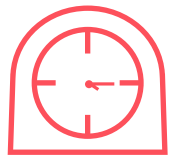
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# Guacamole

Try with tortilla chips, chopped carrots, chopped sweet peppers, or simply on toast



## Timings



Prep 10 Mins

## Ingredients

- 1 ripe avocado, medium
- 1/4 onion
- 1 plum tomato

## Seasoning

- A squirt of lime juice
- Salt and pepper
- 1 tsp cayenne
- 1 tsp ground cumin

## Method

1. Start by dicing the onion very finely, or grating it.
2. Cut around the stone of avocado carefully—never cut towards your hand. Twist the two halves and separate. Use a spoon to remove the stone from the avocado.
3. Now peel the skin off each half, or use a spoon to scoop out the flesh of the fruit.
4. Finely dice the tomato. Add the tomato and onion to the avocado.
5. Take a fork and mash together until roughly uniform in texture.
6. Seasons using lime juice, cayenne, cumin, salt and pepper to taste.

## You'll need

- A knife
- A large bowl
- A fork

### Safety

Never cut towards your hand! Even if you're confident, you have the potential to severely injure yourself. This also puts the child at risk.

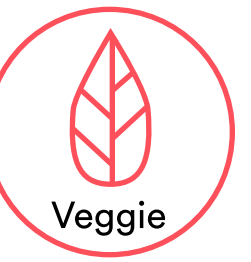
### Tip

Guacamole is an art. It's worth continuously tasting as you make the guac, so your seasoning is spot on.





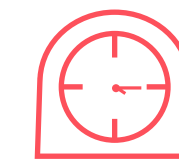
Photo Credit: @juliedaniluk



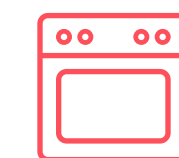
## Kale chips

Try with a little salt, just on its own or with small amounts of sauce

### Timings



Prep 3 Mins



Cook 10 Mins

### You'll need

A large baking tray

Aluminium foil

### Ingredients

Large handful of curly kale  
1 tbsp sesame or olive oil  
A pinch of salt  
A little black pepper

### Method

1. Preheat the oven to 190°C, or 170°C for a fan oven.
2. Line the baking tray with some aluminium foil.
3. Take a large handful of kale and place it on the tray. Remove any thick bits of stem as you go.
4. Spread the oil evenly over the kale, then turn the veg for a good coverage of oil.
5. Cook for 8 minutes, then turn and cook for a further 2, or until the kale starts to crisp.
6. Allow to cool a little, and enjoy!

#### Safety

Although the kale will cool quickly, there may be hot oil on parts of the leaf, so make sure you check before digging in.

#### Tip

Don't worry if it looks a little burnt. It will still taste great!



Meal Planner

Day	Meals	Shopping list



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