

## **Week 1 – Vegetables sticks with dips**

### **Salad**

#### **Ingredients**



Cucumber



Peas



Celery

Carrot



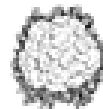
Pepper

Courgette



Mushroom

Cauliflower



#### **Instructions**

- 1) Wash your hands.
- 2) Wash and dry the vegetables.
- 3) Cut them into sticks.
- 4) Put the salad into a cup.
- 5) Eat with dips!

## Week 2 – Cheese straws with dips

### Cheese Straws

#### Ingredients



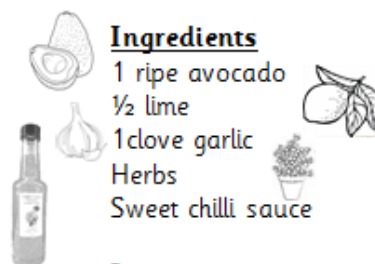
Oil  
1½ cups plain flour  
3 tbsp butter  
1 cup grated cheese  
Milk

#### Instructions

- 1) Heat oven to 200°C.
- 2) Rub oil onto baking trays.
- 3) Put the flour into a bowl.
- 4) Add the butter in cubes.
- 5) Rub them together.
- 6) Add a little milk.
- 7) Mix to make dough.
- 8) Roll into a rectangle.
- 9) Brush with milk and add cheese.
- 10) Bake for 10 minutes.

### Guacomole

#### Ingredients



1 ripe avocado  
½ lime  
1 clove garlic  
Herbs  
Sweet chilli sauce

#### Instructions

- 1) Take stone out of avocado.
- 2) Peel and chop it.
- 3) Squeeze lime.
- 4) Mix with avocado.
- 5) Crush garlic.
- 6) Chop herbs.
- 7) Add a few drops of chilli sauce to the avocado, with the garlic and herbs.

### Salsa

#### Ingredients



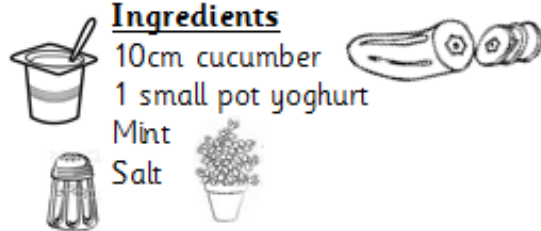
3 ripe tomatoes  
½ lemon  
2 spring onions  
Herbs  
Sweet chilli sauce

#### Instructions

- 1) Finely chop tomatoes.
- 2) Cut onions with scissors.
- 3) Squeeze lemon.
- 4) Mix with tomato and onion.
- 5) Chop herbs.
- 6) Add a few drops of chilli sauce to the tomato and some herbs.

### Cucumber dip

#### Ingredients



10cm cucumber  
1 small pot yoghurt  
Mint  
Salt

#### Instructions

- 1) Grate cucumber into sieve.
- 2) Sprinkle with a pinch of salt.
- 3) Squeeze over a bowl.
- 4) Chop mint.
- 5) Mix with cucumber and yoghurt.

## Week 3 – Fruit Salad

### **Fruit Salad**

#### **Ingredients**



Royal gala apples

Granny smith apples

Galia melon

Oranges



Bananas

Strawberries



Red grapes



Kiwi

Apple juice



#### **Instructions**

- 1) Wash your hands.
- 2) Wash&dry and/or peel the fruit.
- 3) Cut it into cubes.
- 4) Sprinkle apple juice over fruit.
- 5) Put the fruit into a cup.
- 6) Enjoy!

## Week 4 – Smoothies

### Tropical Smoothie

#### Ingredients

Kiwi fruit



Mango



Pineapple

Bananas

Tinned peaches



#### Instructions

- 1) Peel, stone and chop fruit
- 2) Put all fruit into bender
- 3) Add tinned peaches with juice
- 4) Blend
- 5) Pour smoothie into jug

### Berry Smoothie

#### Ingredients

Blueberries

Strawberries

Blackberries

Tinned strawberries



#### Instructions

- 1) Wash fruit.
- 2) Cut off strawberries' stalks.
- 3) Peel and chop strawberries.
- 4) Put all fruit into bender
- 5) Add tinned strawberries with juice
- 6) Blend
- 7) Pour smoothie into jug.

### Chocolate Smoothie

#### Ingredients

Chocolate spread

Milk

Bananas



#### Instructions

- 1) Peel and chop bananas.
- 2) Put into blender
- 3) Add chocolate spread and milk.
- 4) Blend
- 5) Pour smoothie into jug.

### Yoghurt Smoothie

#### Ingredients

Strawberries

Bananas

1 small pot yoghurt

2 cups milk



#### Instructions

- 1) Wash and dry strawberries.
- 2) Cut off the stalks.
- 3) Peel and chop bananas.
- 4) Put all fruit into bender
- 5) Add the yoghurt and milk.
- 6) Blend
- 7) Pour smoothie into jug.

## Week 5 – Cakes

### Cakes

#### Ingredients

100g softened butter



100g self raising flour



100g caster sugar



2 eggs



Milk



A few drops of vanilla

#### Instructions

- 1) Heat oven to 180°C.
- 2) Put all dry ingredients into a bowl.
- 3) Carefully add eggs and butter.
- 4) Mix together carefully with a spoon.
- 5) Add vanilla. Add a little milk.
- 6) Put cake cases into baking tins.
- 7) Put a large spoonful of mix into each cake case.
- 8) Bake for 15 minutes until light brown.
- 9) Allow to cool before decorating.

### Decorating Cakes

#### Ingredients

Icing sugar

Water

Decoration of your choice

#### Instructions

- 1) Put icing sugar into a bowl.
- 2) Add water a few drops at a time.
- 3) Mix to make a thick paste.
- 4) Carefully spoon a small amount on top of a cake.
- 5) Gently add your decoration to the icing.
- 6) Enjoy!

## Week 6 – Salad Sandwiches

# Salad Sandwiches

### Butter

1. Pour double cream into a jar.
2. Give it more than 1000 shakes.
3. Keep shaking until it turns to butter.

### Sandwiches

For the tastiest results, use home grown or locally sourced ingredients and start making the bread the day before making sandwiches.

### Ingredients

bread  
butter  
lettuce  
spinach  
radishes  
chives  
cress  
egg mayonnaise  
cheese

### Instructions

1. Butter one slice of bread.
2. Harvest the salad ingredients
3. Add your favourite fillings.
4. Put the filling on to half of the bread.
5. Fold the bread in half to make a sandwich