

HIDE-AND-SEEK BROWNIES

Ingredients:

350g raw beetroot (2 large)*
50g butter
100g dark chocolate
2 eggs
50g caster sugar
100g self-raising flour
50g ground almonds
1 tbsP cocoa Powder
1 tsP baking Powder
Pinch of salt

Preparation time: 15 minutes

Cooking time: 18-20 minutes

Serves: 8-10 portions

Preheat oven to 190C (fan 170C/375F/gas mark 5)

Grease a 20 x 30cm cake tin or line with baking paper.

Recipe rewards



1. Peel the beetroot. Cut into chunks and put in a bowl with a dash of water. Microwave for about 10 mins (or use a steamer). The beetroot needs to be soft and well cooked. Drain off any excess water.
2. While the beetroot is cooking, chop up the dark chocolate (or use chocolate drops). Put the chocolate and butter into a food processor, add the beetroot on top to melt it. Blitz well into a smooth paste.
3. Beat the eggs and slowly add to the beetroot paste. Mix straightaway to prevent the eggs scrambling!
4. In a separate bowl, mix together the sugar, flour, ground almonds, cocoa powder and salt. Pour the beetroot and egg mix into the dry ingredients and mix gently.
5. Put the mixture into the prepared tin, smooth the top and bake in the oven for 18-20 mins. The middle should be a little bit gooey but risen.
6. Remove from the oven, allow to cool and slice into square brownies.



* You can now get ready-cooked beetroot in the fresh-veggie aisle of a supermarket. -Not in vinegar!

Breakfast Banana Muffins – by BBC Good Food

Ingredients:

- 2 large eggs
- 150ml pot plain natural yoghurt
- 50ml olive oil
- 100g apple sauce or pureed apple (for speed, use an infant apple puree sachet)
- 1 ripe banana, mashed
- 4 tbspn honey or maple syrup
- 1 tspn vanilla extract
- 200g wholemeal flour
- 50g rolled oats
- 1.5 tspn baking powder
- 1.5 tspn bicarb of soda
- 1/5 tspn ground cinnamon
- 100g blueberry (can be frozen or fresh)
- 2 tbspn mixed seeds – eg pumpkin, sunflower, flax



Method:

- Heat oven to 180C, 160C fan, gas 4. Line a 12 hole muffin tray with 12 large muffin cases.
- In a jug, mix eggs, yoghurt, oil, apple sauce, banana, honey, vanilla.
- Tip remaining ingredients, except the seeds, into a large bowl.
- Add a pinch of salt and mix to combine.
- Pour in the wet ingredients. Mix briefly until you have a smooth batter, but don't over mix or it will become heavy.
- Spoon the batter between the cases. Sprinkle with some extra oats and the seeds.
- Bake for 25 to 30 minutes until golden and well risen, and a skewer inserted into the centre comes out clean.
- Remove from the oven, allow to cool on a wire rack.
- Store in a sealed container up to 3 days.

Gluten Free: to make gluten free, use same amount of gluten free wholemeal flour, plus gluten free oats. Make sure baking powder/bicarb is gluten free.

Dairy Free: use dairy free yoghurt instead.

HOME-MADE SEEDY APRICOT FLAPJACK BARS

Another of my favourite flapjack recipe; it's low in processed sugar, packed with vitamins and minerals, rich in essential fats and iron from the seeds, with pumpkin seeds also being a great source of zinc. Also it's a great source of protein too, with the use of seeds as well as the addition of quinoa flakes. Perfect for filling you up and keeping your blood sugar levels balanced throughout the day. And because these are nut free they can go in lunchboxes too!

Ingredients

Makes 14

- 2 tablespoons sunflower seeds
- 2 tablespoons pumpkin seeds
- 2 tablespoons sesame seeds
- 2 bananas
- 50g coconut oil or butter
- 2 ½ tablespoons olive oil
- 1 tablespoon blackstrap molasses (optional)
- 2 tablespoons honey or maple syrup
- 50g wholemeal flour/spelt flour/gluten free flour
- 100g oats (or 75g oats, 25g quinoa flakes)
- 100g dried apricots (unsulphured variety is best)



Method

Preheat your oven to 160C/gas mark 4. Grease a 28 x 18cm baking tin and line the base with greaseproof paper. Blitz the seeds in a blender, or chop using a knife. Snip or chop the apricots into small pieces. Peel and mash the bananas.

Melt the butter and oil in a large saucepan then add the honey or maple syrup, molasses and mix well. Take the saucepan off the heat and add the rest of the ingredients. Mix everything together well then spoon into the prepared tin and level the surface.

Bake in the oven for about 40 minutes or until golden brown. Leave to cool in the tin for 5 minutes, before marking into about 12 or 14 bars. Once completely cool, cut into bars. These will keep in a sealed container for up to four days, or can be frozen as well.



Strawberry and Quinoa Breakfast Bars

Ingredients

- 2 ripe bananas
- 2 medium eggs
- $\frac{1}{2}$ tsp vanilla extract
- 100g cooked quinoa
- 150g rolled oats
- 30g raisins
- 100g (1 cup) chopped fresh strawberries

Equipment

- baking paper
- oven-proof dish
- large bowl
- wooden spoon

Method

1. Preheat the oven to 180°C and line a dish with baking paper.
2. Mash the bananas and add them to a bowl with the eggs and vanilla extract. Mix well.
3. Add the in the quinoa, oats and raisins and mix again.
4. Finally, stir in the chopped strawberries.
5. Transfer the mixture to the dish and bake in the oven for 20 - 25 minutes until firm to touch.
6. Allow to cool before cutting into 9 squares.

Notes

These bars can be kept in an airtight container in the fridge for up to 3 days or frozen in a suitable bag or container for up to 6 weeks.



WATERMELON PIZZA

Ingredients:

1 Watermelon
Thick Plain yogurt or Greek yogurt
Sliced fruits ~ e.g. Passion fruit,
blueberries, figs and strawberries
Sprinkling of chia seeds (also try
with sunflower seeds or dried fruit)

Preparation time: 15 minutes

Cooking time: 0

Serves: 4 or more

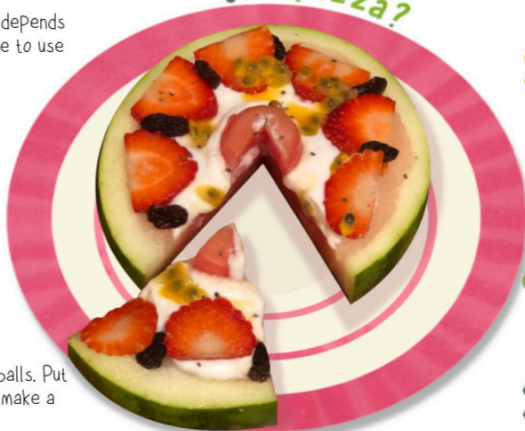
Recipe rewards



How many colours of
the rainbow can
you place on
the pizza?

1. Cut a thick slice horizontally through the middle of the watermelon, but ask a grown-up for help!
2. You should get at least 3 slices but it depends on the size of your watermelon. We like to use a baby watermelon because there are NO seeds.
3. Spread each slice with yogurt (or use coconut yogurt as a dairy-free option).
4. Layer the fruit on top to make a creative pattern.
5. Sprinkle with seeds and slice like a PIZZA.

You can use the remainder to make melon balls. Put them on top of your Pizza, or freeze and make a yummy smoothie later.



PACKED WITH PROTEIN HOME-MADE ICE CREAM

Let's face it, you've got more chance of winning the lottery than convincing your child to give up ice cream. And thanks to this tasty recipe, they don't have to!

Ingredients

A handful of frozen fruit - berries or frozen banana work well.

½ teaspoon vanilla extract

A dash of almond milk or coconut milk, or some plain yoghurt or silken tofu for extra creaminess.

Method

Put the ingredients in a food processor. Blend until you get ice cream consistency - it may jump around a bit initially, but keep going - eventually it will go creamy. It may help to add a little more liquid, and give it a scrape down the sides.

Serve!

If you're using frozen banana, you can also use some raw cocoa to make chocolate ice cream.

I use this as a base to add all kinds of superfoods – such as baobab, Acai, even green barley grass! Sometimes I add silken tofu or whey protein powder for more protein – then it's ideal for breakfast!



Frozen Yogurt Bites with Berries

4 SERVINGS 3 HOURS



INGREDIENTS

120 grams Plain Organic Yoghurt
50 grams Frozen Blueberries (chopped)
50 grams Frozen Strawberries (chopped)
2 tbsps Honey

DIRECTIONS

- 01 Combine all ingredients in a bowl until well incorporated. Scoop into an ice cube tray or mini muffin pan.
- 02 Tap the tray on the counter to help remove any air pockets. Freeze for 2 to 3 hours or until frozen. Enjoy!

NOTES

LEFTOVERS

Transfer to a freezer-safe bag and store in the freezer for up to two months.

SERVING SIZE

One serving is approximately three cubes.

WANT IT SWEETER?

Add more honey or maple syrup as needed.



Magic Wand Fruit Kabob

Ingredients

Pineapple

Apples

Strawberries

Bananas

Watermelon

Equipment

Chopping boards

Sharp knife (adult use only)

Child-safe knives

Star-shaped cookie cutters

Wooden kabob skewers
(blunt-ended if possible)

Method

1. Before the activity, prepare the wooden skewers by boiling them in hot water. This will stop them from splintering.
2. Wash your hands and put on an apron.
3. Next, wash the fruit.
4. Then, an adult should remove the skin from the pineapple, watermelon, and apple (optional).
5. Cut the apple, pineapple, and banana into chunks, and the strawberries into halves. Children can use child-safe knives to cut the soft fruit like the bananas, pineapple, and strawberries.
6. Cut the watermelon into slices.
7. Use the cookie cutters to cut star shapes out of the slices of watermelon.
8. Lay out the fruit pieces and carefully place onto the skewers. Children should be closely supervised for this activity, as the skewers can be very sharp. Model how to push the fruit onto the skewers without putting their hands behind the fruit where the skewer will come through it.
9. A star-shaped piece of watermelon can be the final piece of fruit placed onto the top of the skewer to finish the magic wand fruit kabob.

Super Seed Chocolate Bark

8 SERVINGS 40 MINUTES



INGREDIENTS

- 80 grams Dark Chocolate
- 1 tsp Coconut Oil
- 2 tbsps Pumpkin Seeds
- 2 tbsps Sunflower Seeds
- 2 tbsps Hemp Seeds

DIRECTIONS

- 01 Line a plate or baking sheet with parchment paper.
- 02 Fill a medium saucepan with an inch of water and place a small heat-safe bowl inside, resting on the top of the saucepan (to create a bain marie). The smaller pot bowl should rest tightly on top of the pan and any water or steam should not be able to escape. Bring water to a boil then reduce heat to low.
- 03 Add the chocolate and coconut oil into the top bowl and stir occasionally until the chocolate has melted completely. You can also melt very gently in the microwave instead!
- 04 Remove the bowl from the top of the pan and stir in the seeds. Mix well until the seeds are completely covered in the chocolate.
- 05 Transfer the chocolate and seeds to the prepared parchment paper and spread into an even layer. Place the bark in the freezer for about 30 minutes or until solid.
- 06 When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two weeks or in the freezer for up to three months.

MORE FLAVOR

Add sea salt or vanilla extract. Goji berries or some raisins also work really well.

NO SEEDS

Use chopped nuts instead.

Smoothie Recipe Ideas:

The key thing when making a healthy smoothie is not to use too much fruit or fruit juice. Try to add in some veggies too!

Plus some protein for all day energy – seeds, nuts, yoghurt.

You can also blend these up and make into ice lollies.

- **The Green One:**
 - 1/3 cucumber, handful of pineapple or mango, (fresh or frozen), half avocado, 6 mint leaves, 1 inch ginger, handful of organic kale or spinach, 1 medjool date, 1 tablespoon pumpkin seeds, water, ice. Blend.
- **The Red One:**
 - 1 carrot, 1 ripe apple or pear, 1 inch ginger, 1 cooked beetroot, 1 medjool date, 1 tablespoon seeds, water, ice.
- **Creamy Green One:**
 - 1 frozen banana, half avocado, handful of organic spinach, unsweetened almond/oat milk, pumpkin seeds.
- **The Purple One:**
 - 1 cup of unsweetened almond/coconut/oat or cows milk, 1 handful of frozen or fresh berries (eg strawberries or blueberries), 1/4 cup of pomegranate juice (optional), 1 to 2 tablespoon of Greek yoghurt or kefir. Add a dash of honey if needed.
- **The chocolate one:**
 - 1 frozen banana, 1 teaspoon dark cocoa powder, 1 heaped teaspoon almond butter, 1 cup of milk/unsweetened almond/soya/oatmilk, 1 pinch of cinnamon, optional - 1 handful of spinach or kale

Also have a go at the layered Rainbow Smoothie in the Sweet recipe pack!



SUPER-GREENS SMOOTHIE

Ingredients:

1/2 cucumber
1 handful of spinach leaves
1 small banana
1/2 avocado
1cm fresh ginger
3 pineapple rings
1 tsp Pumpkin seeds
6 mint leaves
Cup of water
1 tsp honey or maple syrup (optional)

Preparation time: 10 minutes

Cooking time: 0

Serves: 2

Recipe rewards



1. Put all the ingredients in to a blender.
2. Blitz and serve.

Also nice with ice cubes or with frozen banana or pineapple.

If your blender isn't very Powerful, use ground seeds or skip the cucumber.



A vibrant recipe card for a Rainbow Smoothie. At the top, a colorful rainbow arches over a blue sky with white clouds. To the right, a tall glass is filled with a smoothie, showing distinct layers of red, orange, yellow, and green. The glass is topped with fresh fruit: a strawberry, slices of peach, banana, kiwi, and a blueberry. A circular callout bubble on the right contains a tip. The title 'Rainbow Smoothie' is written in large white letters on a purple background.

Rainbow Smoothie

Tip: spooning the mixture into your glass helps give clear layers. Pouring the mixture may cause the colours to mix together.

Ingredients

- 16 tbsp of frozen Greek yogurt
- 60ml of milk
- 2 tbsp of honey
- 4 strawberries
- 1 medium ripe banana
- 1 kiwi
- 25g blueberries
- 1 peach or 25g cantaloupe melon

Equipment

- ice cube tray
- blender/smoothie maker
- jug
- large glass

Preparation:

- 1 Spoon the Greek yoghurt into a clean ice cube tray and freeze overnight.

Method:

- 2 In a blender or smoothie maker, combine 8 cubes of frozen Greek yogurt, honey and milk until smooth.
- 3 Remove from the blender and pour into a jug.
- 4 Return a little (2-3 tablespoons) of the mixture to the blender and mix with the blueberries until smooth.
- 5 After the fruit has been blended, spoon it into your glass to form layers.
- 6 Rinse the blender.
- 7 Repeat steps 4, 5 and 6 with the remaining fruit in this order: kiwi, banana, peach, strawberries.

Alternatives to try:

- Use raspberries instead of strawberries.
- Add some frozen fruit to the top as decoration.
- Include six spinach leaves when blending the kiwi.
- Use different milks for different tastes (e.g., almond, coconut or oat).

These recipes may involve the use of knives, hot water and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products. Children should be carefully supervised by a responsible adult at all times, especially when using any sharp items such as knives or graters or when near a heat source. It is the responsibility of supervising adults to ensure the safety of children in their care.