



## CEREAL BARS

- 2 cups Rolled oats
- 1/4 cup raw sunflower seeds
- 1/2 cup dried cranberries
- 1/4 cup wheat germ
- 1/2 cup sliced almonds
- 1/4 tsp. salt
- 1/2 cup natural peanut butter
- 3/4 cup honey
- 1 tablespoon flax oil
- 60ml brown sugar
- 1/2 cup mini chocolate chips (optional - white or milk)

- Preheat oven to 350 degrees F. Grease a ceramic or glass 9X13 inch baking dish.
- Mix oats, sunflower seeds, cranberries, wheat germ, and almonds altogether in a bowl. Spread mixture on a sheet pan and toast in preheated oven for 8 minutes. Return mixture to a large bowl.
- In a medium saucepan, combine salt, peanut butter, honey, flax oil, and brown sugar.
- Bring to a boil over medium heat and immediately remove from heat. Pour over oats mixture and combine until dry ingredients are evenly coated. Stir in chocolate if you are using it.
- Pour into baking dish. Press mixture down into pan.
- Bake for 20 minutes.
- Let cool for up to 2 hours and then cut and serve.



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## POWER MUFFIN

**You might think this won't be great – but try it.**

First decide which fruits and vegetables you will use to add to your muffins.

I used steamed broccoli (about 1/2 cup), 1 medium zucchini, 1 1/2 carrots, 3/4 of an apple, 1 medium banana, and homemade applesauce. I also used a bit of apple juice as my liquid to combine everything. (You could also use prune juice.)

Puree the above and this can be frozen for later.

### Dry Ingredients

1 cup Whole Wheat Flour

1 cup Flour, All-Purpose

3/4 tsp. Baking Soda

1/2 tsp. Salt

1/4 tsp. Nutmeg

1/4 tsp. Cinnamon

### Wet Ingredients

3/4 cup Sugar

4 tbsp. Butter, without salt

2 large Egg

5ml Vanilla extract

1/4 cup Apple Juice

1/4 cup Applesauce, unsweetened

1 medium Carrots, raw - grated

1/2 cup Plain Yogurt

2 1/2 cups Fruit and Veggie Puree (above mix)

We used steamed broccoli, zucchini, banana, and apple



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## POWER MUFFIN (CONTINUED)

- Preheat oven to 375 degrees F.
- Mix together dry ingredients in a bowl. Set aside.
- Mix the sugar, butter, eggs and vanilla in a mixer. Beat well
- Combine produce, apple juice, and apple sauce in a food processor and pulse until thoroughly mixed.
- Combine the puree, carrots, and yogurt, into the butter mixture and beat until mixed.
- Finally, add the dry ingredients and mix just until combined and wet.
- Scoop the mixture into a prepared muffin pan
- Bake them in a 200 degree oven for about 20 minutes. Bake until the tops are slightly brown and a toothpick comes out clean or they bounce back when you touch them with your finger.



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## REAL MUESLI BARS (taken from Bill Granger)

3 ½ cups oats  
½ coconut  
½ cup flaked almonds  
½ cup wheat germ  
¼ cup sesame seeds  
¼ cup sunflower seeds  
1/3 cup chopped dried apricots  
¾ cup honey  
¼ cup brown sugar  
½ cup vegetable oil

- Preheat the oven to 130 degrees and grease a baking tray.
- Put the oats, coconut, almonds, wheat germ, sesame seeds, sunflower seeds and apricots into a bowl.
- Put the honey, sugar and oil in a small saucepan and stir over medium heat until the sugar dissolves.
- Pour over the dry ingredients and combine.
- Press into a baking tray and bake for 50 minutes.
- Cut bars while warm.



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## QUINOA & BROWN RICE SALAD

**Woolies have an amazing product which you can just microwave to make life easier - try it and it's so delicious and healthy for the whole family.**

**Quinoa is healthier than couscous or bulghur wheat and its gluten free, high in protein, calcium and zinc. Great for lunch boxes (use your food flask).**

Prepare the Quinoa as per instructions – 300g. (Keep the rest for dinner.)

Add some olive oil and freshly squeezed lemon juice, salt & pepper.

- 8 Spring onions, chopped
- ½ cup freshly chopped mint
- 1/3 cup chopped coriander
- ½ cucumber, chopped (take out the seeds)
- 200g cherry tomatoes cut in half
- ½ cup feta cheese
- 45ml pumpkin seeds
- 45ml Pistachio's or roasted pine nuts
- 2 avo's (optional)



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