



FUTURE LIFE COOKIES

The new big favourite nibble in my house is this recipe using new Smart Food Future Life.

A part from the fact they make these biscuits themselves now — they are healthy and perfect for the lunch box or ride to school.

2 cups chocolate Future Life

1 cup oats

½ cup sugar

Mix all together

Melt the following:

80g unsalted butter

30ml honey

Then add in 5 ml bicarbonate of soda and mix into the butter mixture.

Add in ½ cup milk

Mix all together, roll into balls and bake for 12 minutes at 180 degrees.

Makes about 20.



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HOME-MADE BURGERS or MEATBALLS

A favourite in most families — children will love to make and eat them.

In a large mixing bowl add the following:

- 1 onion, grated
- 2 cloves garlic, crushed
- 1 medium carrot, grated
- 500g extra lean minced beef
- 1 Tbsp Worcestershire sauce
- 1 tsp dried oregano
- 1 tsp dried thyme or fresh if you have
- 1 tsp fresh or dried parsley
- ½ cup breadcrumbs
- 1 extra large egg
- Salt & pepper
- Oil for frying

Mix together with your hands — allow kids to get their hands dirty and mix with you.

Roll into balls. Fry the burgers in oil for about 5 minutes a side.

Now design your own burger — give it a special name.

Topping options: Burger rolls or health rolls, sliced tomatoes, sliced cucumber, sliced onions/ roasted or caramelized, pickles / gherkins, lettuce, cheese, tomato sauce / chutney / mayo, brie cheese.



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MINI VEGGIE BURGERS

3 1 tin lentils (cooked & drained)

Olive oil

2 onions

Veggie seasoning

1 egg

1 tin Chickpeas

2 grated carrots

2 grated baby marrows

2 teaspoons crushed garlic

2 tablespoons lemon juice

2 tablespoons chopped coriander

1 teaspoon salt

1 cup stale breadcrumbs

1 cup oats

Flour for dusting & egg for coating

Prepare your lentils & drain.

Fry the onions with the veggie seasoning and garlic until golden brown.

In a large bowl add your chickpeas, $\frac{1}{2}$ lentils, egg, coriander, grated carrots, grated marrow and cooked onions and blend with a food processor – until chickpeas are broken down.



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MINI VEGGIE BURGERS [continued]

Then add the remaining lentils, oats & breadcrumbs. If your mixture is too wet add more oats. Mix all together well.

Shape portions into small rounds. Toss in egg & then breadcrumbs.

Place on a tray.

Fry for about 4 minutes until golden brown.

Serve in a roll or in mini pitas with tomato sauce or plain yoghurt with mint.

Chickpeas – a rich source of iron, calcium, magnesium, fibre & protein.

Lentils – a good source of vitamin B, fibre and protein. Also high in iron, calcium, zinc and other minerals (eat with vegetables rich in vitamin C to absorb the iron).



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