



Little COOKS
Club



HEALTHY BANANA CAKES WITH CREAM CHEESE TOPPING

Very easy to make and very low in sugar - makes 24 mini or 12 large.
Makes small muffins so you could double the recipe.

3 ripe bananas
1 tablespoons brown sugar
1 tablespoon honey
90g butter
1 egg
(Cream with a beater or by hand)

Then add the
90ml milk

100g self-raising flour
100g Whole wheat flour
 $\frac{1}{4}$ tsp baking powder
(Sift together)

Add the dry and wet ingredients together with
75g raisins

Bake for about 15/20 minutes at 180 degrees.

ICING

125g cream cheese
1 tablespoon of icing sugar
 $\frac{1}{2}$ teaspoon of lemon juice

ICING

Mix all the ingredients together until smooth, spread over the little cakes and serve.
Sprinkle with "edible glitter".

HEALTHY WRAPS

Wraps provide the nutrition for an entire meal. They can be served as a snack, or a meal, and adults can enjoy them too. Excellent for "lunch on the go" for older children.

Ham and Carrot Wrap

4 slices of thinly sliced cold meat (whatever your child prefers)
3 tablespoons of low fat cream cheese
4 x flour or whole wheat tortillas
1/3 head of lettuce - ice berg or butter lettuce
1/2 cup grated carrots
1 cup of grated cheddar cheese

Divide all the ingredients up between the 4 tortillas. Spread the cream cheese evenly over one side of each tortilla and place the cold meat over that.

Line the tortillas with lettuce, then carrots and grated cheese. Fold up the bottom and then the two sides.

Peanut Butter & Banana Wrap

2 tablespoons of low fat cream cheese
4 tablespoons of peanut butter
2 flour tortillas
1 large banana

Spread the cream cheese and peanut butter over the tortilla. Then slice the banana and place on top of the tortilla. Roll up and serve.

Things to add to your wraps:

- Left over sliced chicken or mince
- Grated beetroot
- Diced tomato and cucumber
- Fresh herbs e.g. coriander, mint or basil
- Grated carrots with raisins
- Gherkins / pickled onions
- Goat's cheese
- Thinly sliced roasted veggies e.g. baby marrows, cooked carrots, roasted peppers & eggplant
- Sour cream or mashed avocado can be used instead of cream cheese.

FRUITY PASTA SUMMER SALAD

Ask your mom to first prepare the pasta for you; if you are old enough, I have given instruction on how to do that. Please be very careful with hot water.

250g pasta shells (normally half the packet) cooked.
2 x large spoons of mayonnaise
Mix together and add little salt/pepper.

1 punnet fresh strawberries, cut into half or quarters
Grapes cut in half - as many as you want
1 handful gooseberries (optional)
1 handful blueberries (optional)
1 x apple - cut into squares
Mix all together

Serve in lunch box with a little fork

Cooking Pasta

Bring a large pot of slightly salted water to the boil. Add your pasta of choice and cook for about 7/8 minutes or until al dente (do a taste check with your mom); drain and rinse your pasta under cold water. (Cold water stops the cooking process.)

RICE SALAD WITH PISTACHIO NUTS AND POMEGRANTE SEEDS

Taken from the *How to Cook for Allergies* cookbook.

1 x cup Cook your basmati rice as per instructions

Then whisk the following up:

1 x fresh lemon juice

1 tsp. caster sugar

Pinch of salt

Pinch of black pepper

5 tbsp. extra virgin olive oil

$\frac{1}{2}$ red onion, thinly sliced

1 ripe pomegranate (seeded)

1 x handful pistachio nuts (taken out of shells and lightly roasted for 2 minutes)

1 x handful parsley, chopped.

Mix all ingredients over the rice, salt & pepper to taste. Serve cold. Great for a lunch boxes.