

K i D S

FREE!



in the  
K i T C H e N

BRIDGING *the* GAP

COMMUNICARE



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# HI THERE



Welcome to our Kids in the Kitchen Cookbook.

We've put together some fun recipes for you to cook and share with your family and friends.

**Please be careful in the kitchen and ALWAYS make sure there is an adult with you at all times for your own safety!!**

With each recipe, we've got a list of what stuff you need (ingredients), what you use for your cooking (utensils) and how to cook everything.



These Gingerbread men symbols are to show you how easy or hard the recipe is to make. One gingerbread man means it's easy and five means its pretty hard.

Some of the Meanings:

**Tbsp** is short for Tablespoon

**tsp** is short for teaspoon

**gm** is short for grams

**ml** is short for millilitres

**GF** means the recipe is Gluten Free

**Veg** means the recipe is Vegetarian

**DF** means the recipe is Dairy Free

**Diced** means to cut up really small



This food pyramid is to help you choose what foods you should eat lots of and what foods you should only have a little of.

## Staying Safe In The Kitchen

- ☞ Wash your hands with soap and water before you start.
- ☞ Ask permission to use the kitchen.
- ☞ Get an adult to show you how to operate the oven and cooktop.
- ☞ Use a clean chopping board for cutting.
- ☞ Use a heatproof stand for putting hot pans and pots on.
- ☞ Read the whole recipe before you start cooking.
- ☞ Get everything together first.
- ☞ Use small, sharp knives [they're easier to manage.]
- ☞ Point all pan handles away from the front of the stove.
- ☞ Ask an adult to pour boiling water into or out of a saucepan.
- ☞ Use a dry pot holder to handle hot containers.
- ☞ Drain vegetables into a colander in the sink.
- ☞ Use a timer so that you don't cook things too long [or forget them!]
- ☞ Remember to switch everything off when you've finished cooking.
- ☞ Clean up as you go along [even if you've got a dishwasher].
- ☞ Ask an adult to watch you until he or she thinks you can manage on your own.

## BASIC FIRST AID



### Cuts



Serious cuts can occur from lots of sharp objects in the kitchen. If you cut yourself, get an adult immediately. Protect the wound by covering it with a clean cloth, use a bandage or cloth to apply pressure to the cut and elevate it.

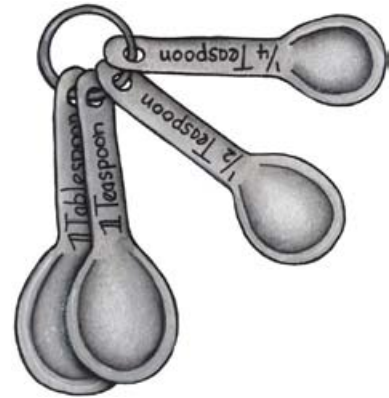
### Burns

If you burn yourself, get an adult immediately. Run the burned area under cold water for 20 minutes and remove any clothing before swelling occurs.



# Cooking Conversion Charts

Cup	Metric
60 ml	1/4 cup
80 ml	1/3 cup
125 ml	1/2 cup
250 ml	1 cup
375ml	1½ cups
500ml	2 cups
625ml	2½ cups
750ml	3 cups
1L	4 cups
1.25L	5 cups
1.5L	6 cups
2L	8 cups
2.5L	10 cups



## Oven temperatures

Celsius (electric)	Celsius (fan forced)	Fahrenheit	Gas	
120°	100°	250°	1	very low
150°	130°	300°	2	low
160°	140°	325°	3	moderately low
180°	160°	350°	4	moderate
190°	170°	375°	5	moderately hot
200°	180°	400°	6	hot
230°	210°	450°	7	very hot
250°	230°	500°	8	extremely hot



# Breakfast



# EASY PANCAKES



Prep Time: 5 mins

Cooking Time: 30 mins

Makes: 16



## What you use:

Spoon

Bowl

Whisk

Jug

Frying Pan

Egg Flip

## What you need:

1 3/4 cups Milk

2 Eggs

1 tsp Vanilla Essence

2 cups Self Raising Flour

1/3 cup Caster Sugar

20g Butter, melted

## This is what you do:

1. Whisk milk, eggs and vanilla together in a jug. Sift flour into a large bowl. Stir in sugar. Make a well in the centre and add milk mixture. Whisk until just combined.
2. Heat a large frying pan over medium heat. Spread butter as it melts over base of pan. Pour a small amount of mix into the pan and cook until bubbles appear. Turn and cook for a further 1-2 minutes or until cooked through. Repeat until mixture is gone.

## TOPPINGS:

Blueberries; bananas; mixed berries; cinnamon; maple syrup.

**2 Ingredient Pancakes:** 2 bananas and 2 eggs. Mash bananas, add eggs and mix well. Cook as above.



# FRENCH TOAST WITH BERRIES



Prep Time: 5 mins

Cooking Time: 6 mins

Makes: 1 serve



## What you use:

Whisk

Egg Flip

Small Bowl

Frying Pan

## What you need:

2 slices Bread

1 Egg

2 Tbsp Milk

1/2 cup Mixed Berries

1 Tbsp Maple Syrup

2 Tbsp Cottage Cheese

Butter for pan

## This is what you do:

1. Whisk together the egg and milk in a small bowl and set aside.
2. Heat frying pan on medium heat, then add butter.
3. When the butter has melted, dip both slices of bread in the egg/milk mixture and place in pan.
4. Cook for about 3 minutes until golden brown, turn over and cook the other sides.
5. Remove from the pan and spoon cottage cheese on one slice of French toast and top with berries.
6. Place second slice of French toast on top and drizzle with Maple Syrup.

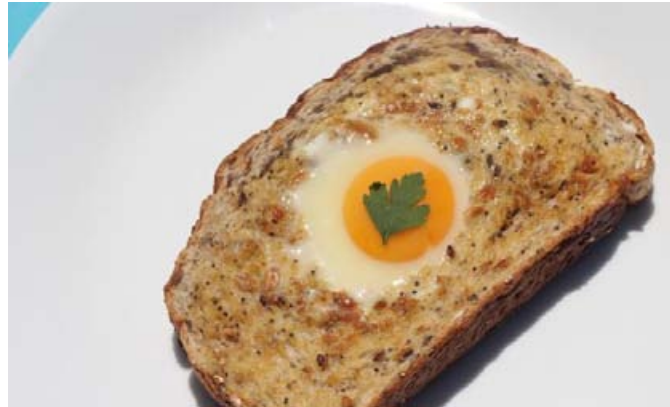
# BULL'S EYE EGG



Prep Time: 10 mins

Cooking Time: 4 mins

Makes: 1



## What you use:

Knife

Frying Pan

Egg Flip

## What you need:

Bread

1 Egg

1 tsp Butter

## This is what you do:

1. Butter the bread on both sides. Using a small round cutter or the edge of a drinking glass, cut a hole in the centre.
2. Place frying pan on low heat. Cook the bread on one side until browned.
3. Flip the bread over and gently break the egg into the hole. Cook on low heat until the egg is set to your liking.



## Option:

1. Slice capsicum as shown.
2. Crack in an egg (the capsicum holds in the egg).
3. Add in extra spices or herbs, tomatoes, ham, cheese.
4. Cook to desired time.

# 'SIZZLERS' CHEESE TOAST



Prep Time: 5 mins  
Cooking Time: 2 mins  
Makes: 12 slices



## What you use:

Bowl  
Grater  
Mixer  
Frying Pan  
Egg Flip  
Knife

## What you need:

200 g Soft Butter  
100 g Parmesan Cheese  
12 Slices Bread



## This is what you do:

1. In a bowl, mix softened butter and parmesan together with a mixer until smooth.
2. Spread a thick coating of the butter mixture on the bread (one side only).
3. Heat the frying pan to medium, put the bread butter side down and cook until the bread is golden. Turn over and lightly cook the other side until golden.



# SCRAMBLED EGGS



Prep Time: 5 mins

Cooking Time: 2 mins

Makes: 1 serve



## What you use:

Whisk

Frying Pan

Wooden Spoon

## What you need:

2 Eggs

1/4 cup Milk or Cream

Pinch of Salt

1 tsp Butter

1 slice Bread

## This is what you do:

1. Whisk the eggs, milk (or cream) and salt until light and fluffy.
2. Heat a non-stick frying pan over a medium heat and melt the butter.
3. Pour in egg mixture and allow to cook for about 20 seconds until the edges are starting to set.
4. Use a wooden spoon to push the egg on the outside into the middle all the way around the pan.
5. Cook for another 20 seconds, then repeat the 'pushing' motion.
6. The eggs will be almost set, remove from the heat. The eggs will continue to cook as you make your toast.
7. Serve eggs with hot buttered toast and baked beans if you like.

# UNICORN TOAST



Prep Time: 5 mins

Cooking Time: 2 mins

Makes: 12 slices



## What you use:

Bowl

Knife

## What you need:

Cream Cheese

Bread

Turmeric Root Juice (yellow)

Spirulina Powder (light blue)

Berry Powders (pink and purple)

Beetroot (hot pink)



## This is what you do:

1. In separate bowls, place cream cheese and above ingredients to make the colours.
2. Toast your bread and spread each colour on your toast, to create a colourful creation.



# POTATO & CHEESE PATTIES



Prep Time: 15 mins

Cooking Time: 15 mins

Makes: 20



## What you need:

4 peeled Potatoes (or 1 Sweet Potato)

1/2 cup Cheddar Cheese, grated

1/2 cup Parmesan Cheese, grated

3 Spring Onions, chopped

1 clove Garlic, finely chopped

1/4 cup Flour (or GF flour)

2 Eggs, beaten (4 eggs if using GF flour)

Salt & Pepper

Oil for frying

Sour Cream and Chilli Sauce for dipping

## What you use:

Bowl

Potato Peeler

Grater

Egg Flip

Frying Pan

## This is what you do:

1. Grate the potatoes then place in a clean tea towel and squeeze as much liquid out as possible. Place the potatoes into a large mixing bowl, then add the remaining ingredients and stir to combine.
  2. Heat oil in a frying pan and place spoonfuls of mixture into the pan. Use the back of the spoon to flatten.
  3. Cook until browned about 4 minutes per side, then transfer to a plate lined with a paper towel to remove excess oil.
  4. Prepare the dipping sauce by mixing sour cream with chilli sauce. Serve while warm.
- OPTION: Use a large sweet potato as a healthy option.



# LUNCH





# CHICKEN NUGGETS



Prep Time: 15 mins

Cooking Time: 20-25 mins

Makes: 20



## What you use:

Sharp Knife

3 Mixing Bowls

Whisk or Fork

Oven

Serving Plate

## What you need:

500g Chicken Tenderloins

1/2 cup Flour

2 Eggs, lightly whisked

1 cup Breadcrumbs

Salt and Pepper

Olive Oil spray

## This is what you do:

1. Preheat oven to 200°C. Line an oven tray with baking paper.
2. In one bowl, place the flour, salt and pepper. In another bowl, whisk the 2 eggs and put the breadcrumbs in the last bowl.
3. Cut chicken into bite size pieces, then toss gently in the flour mixture, dip into the egg mixture, then roll in the breadcrumbs to coat.
4. Place on the lined baking tray and repeat until all the chicken pieces are coated. Lightly spray with Olive Oil.
5. Bake in oven, turning occasionally for 20-25 minutes until golden brown and cooked through. Cut a chicken nugget in half to ensure it is cooked.
6. Serve with dipping sauces : sweet chilli sauce, tomato sauce, barbecue sauce.

# BEEF BURRITOS



Prep Time: 15 mins

Cooking Time: 10 mins

Makes: 4



## What you use:

Knife

Grater

Spoon

Large Frying Pan

## What you need:

200g Beef strips

4 Wholemeal Flat Bread

2 cups Lettuce, cut up

2 Tomatoes, sliced

1 Red Capsicum, seeded and thinly sliced

1 Carrot, peeled and grated

1 Tbsp Sweet Chilli Sauce or Tomato Sauce

2 Tbsp Olive oil to cook in

## This is what you do:

1. Place a small amount of olive oil in a frying pan and place on high heat.
2. Cook beef strips, stirring and turning until they are browned and cooked through. Put them on a serving plate.
3. Place the wraps on a clean surface.
4. Top the wraps with beef, lettuce, tomato, capsicum, carrot and any other ingredients you like.
5. Drizzle with chilli sauce or tomato sauce and wrap up to enclose your filling.



# SALMON PATTIES



Prep Time: 15 mins

Cooking Time: 10-20 mins

Makes: 12-14



## What you use:

Pot

Potato Masher

Knife

Bowl

Frying Pan

Serving Plate

## What you need:

1 cup mashed Potato, cold (3-4 potatoes)

415g can Salmon, drained

2 Tbsp Gherkins, finely chopped

2 Spring Onions, finely sliced

1 Egg, lightly beaten

1/2 cup Breadcrumbs

Olive oil to cook in

Breadcrumbs to roll patties in

## This is what you do:

1. Peel potatoes, cook until soft and then mash.
2. Combine cold mashed potato, canned salmon, finely chopped gherkins, thinly sliced green onions, lightly beaten egg and breadcrumbs in a bowl (or use the pot you cooked the potatoes in).
3. Shape into patties and roll in breadcrumbs.
4. Heat oil in a frying pan over medium-high heat and cook patties for 4-5 minutes each side, or until golden brown. Drain on a paper towel.
5. Serve with your favourite sauce : chilli, tomato, or barbecue.

# SANDWICHES



Sandwiches are filling, fun to make and these days, pretty much anything goes. Here are some suggestions of different breads , fillings and toppings to mix and match to make your own creations. You could also try different combinations and toast them. Enjoy.



Step 1	Step 2	Step 3	Step 4
BREAD	PROTEIN	SALAD	TOPPING
White	Chicken	Lettuce	Mayonnaise
Wholemeal	Beef	Grated Carrot	Tomato Sauce
Sour Dough	Tuna	Tomato	Chutney
Multigrain	Ham	Alfalfa Sprouts	Nutella
Wraps	Fish	Pineapple	Peanut Butter
Turkish	Eggs	Cucumber	Honey
Flat Bread	Cheese	Beetroot	Jam
Bread Roll	Turkey	Capsicum	Vegemite
Rye Bread	Bacon	Avocado	100's & 1000's

# CORN & NOODLE FRITTERS (Veg)



Prep Time: 15 mins

Cooking Time: 20-25 mins

Makes: 24 fritters



## What you use:

Chopping Board

Knife

2 Mixing Bowls

Mixing Spoon

Large Frying Pan

## What you need:

85g Vermicelli Noodles

1 tin Corn Kernels

2 Spring Onions, thinly sliced

1 Chilli, thinly sliced (if desired)

2 Tbsp Soy Sauce

1 Tbsp Oyster Sauce

1 tsp Sesame Oil

1/2 cup Self Raising Flour

3 Eggs, lightly beaten

2 Tbsp Olive Oil to cook in

## This is what you do:

1. Place noodles in a heatproof bowl and cover with boiling water. Let them stand for 3 minutes or until softened. Drain and cut into 2cm lengths.
2. Combine spring onion, corn, chilli (if desired), soy sauce, oyster sauce, sesame oil and flour in a bowl. Add eggs, stir to combine. Stir in noodles.
3. Heat oil in a large frying pan over medium-high heat. Using a tablespoon, spoon the mixture carefully onto the pan and cook in batches for 2-4 minutes each side until golden brown.
4. Transfer to a plate lined with a paper towel. Cover with foil to keep warm.
5. Serve with chilli sauce, or tomato sauce or sour cream.



# CLASSIC SALAD



Prep Time: 15 mins

Serves: 4



## What you need:

### What you use:

Chopping Board

Knife

Pot

Salad Bowl

6 small Potatoes, cooked and halved

4 Eggs, hard boiled

8 Cherry Tomatoes, halved

400g Green Beans, blanched (boil in water, remove and plunge in cold water)

2 baby Cos Lettuce

1 tin Tuna

Dressing:

1/4 cup Olive Oil

1/2 cup White Vinegar

2 tsp Dijon Mustard

## This is what you do:

1. In a bowl, toss the potatoes, beans, tomatoes and lettuce.
2. Arrange flaked tuna and boiled eggs on top when ready to serve.
3. In a small bowl, whisk together the dressing and drizzle over the top of the salad just before serving.

If you are serving in individual bowls, you can line them with lettuce leaves for presentation and fill them with ingredients just before serving.

You can use many other ingredients in a salad—cucumber, red onion, cheese, radish, broccoli, carrot, beetroot, grapes, capsicum.

# PUMPKIN SOUP



Prep Time: 15 mins

Cooking Time: 30 mins

Serves: 8



## What you use:

Chopping Board

Knife

Peeler

Large Pot

Stick Mixer

or Food Processor

## What you need:

1 Butternut Pumpkin, peeled and chopped

1 Potato, peeled and chopped

1 Carrot, peeled and roughly chopped

1 Onion, peeled and chopped

4 Tbsp Chicken Stock Powder

2 Tbsp Olive Oil

Salt & Pepper

## This is what you do:

1. Heat oil in a pan and fry all vegetables until golden.
2. Add 2 Litres of boiling water to the pan and stir in chicken stock powder.
3. Bring to the boil then simmer for 20 minutes until all the vegetables are soft.
4. Using a stick mixer or food processor, liquefy all the soup mixture until it is all nice and smooth.
5. Season with salt and pepper and serve with sour cream and crusty bread or toast.

**\*\*For different flavours, you could add red curry paste for a Thai flavour;**

Peel and cut up an apple for a sweeter flavour and add cinnamon;

Add nutmeg and chives



# Dinner





# MACARONI CHEESE



Prep Time: 10 mins

Cooking Time: 5 mins

Makes: 4 servings



## What you use:

Pot

Microwave Proof Bowl

Spoon

Microwave

## What you need:

1 1/2 cups Macaroni

2 cups Water

2 cups Grated Cheese

1 cup Milk

3/4 tsp Salt

1/2 tsp Ground Black Pepper



## This is what you do:

1. Place pasta and water in a pot. Boil and cook pasta until soft. Strain pasta.
2. Place cooked pasta, cheese, milk, salt and pepper into a bowl. Stir to mix.
3. Cover lightly with plastic wrap and microwave for 3 minutes.
4. Remove from microwave, stir and then cook for another 2 minutes.
5. Remove from microwave and stir until creamy and smooth.

# CHEESY MEATBALLS



Prep Time: 30 mins

Cooking Time: 15 mins

Makes: 35-40



## What you use:

Grater

Bowl

Knife

Teaspoon

Non-Stick Frying Pan

Plate

## What you need:

500g Lean Beef Mince

1 Onion, coarsely grated

1 Carrot, coarsely grated

1 Zucchini, coarsely grated

1/4 cup Tomato Sauce

1 Tbsp Barbecue Sauce

1 cup Cheddar Cheese, coarsely grated

1/4 cup Flour

3/4 cup Breadcrumbs

Canola Oil, Salt & Pepper

## This is what you do:

1. Mix the mince, onion, carrot, zucchini, tomato sauce, barbecue sauce, cheese, flour, salt and pepper in a bowl and use your hands to mix it together.
2. Using a teaspoon, roll the mixture into balls and then roll each meatball in the breadcrumbs.
3. Cover with plastic wrap and place in the fridge for 30 minutes.
4. Heat the oil in a non-stick frying pan, add meatballs and cook for 10-15 minutes until golden brown. Place on a paper towel. Serve immediately.

# HAMBURGERS



Prep Time: 20 mins

Cooking Time: 15 mins

Makes: 6



## What you use:

Grater

Bowl

Knife

Oven grill

## What you need:

750g Lean Beef Mince

1 Onion, coarsely grated

3 cloves Garlic, crushed

1 Tbsp Worcestershire Sauce

1 cup Breadcrumbs

1 Egg, lightly beaten

## This is what you do:

1. Turn on the grill.
2. In a bowl, mix all the ingredients for the hamburger patties. Form into patties and place into the fridge while you prepare the rest of your ingredients.
3. Place the patties under the grill until cooked through. (You could use the cheesy meatballs recipe and flatten to make patties)
4. Toast the buns under the grill and assemble your burgers.

## FILLING SUGGESTIONS:

Cheese Slices

Tomato

Red Onion

Beetroot

Relish

Lettuce

Avocado

Pineapple Rings

Egg

Mayonnaise



# FISH & CHIPS



Prep Time: 15 mins

Cooking Time: 20-25 mins

Makes: 4 servings



## What you use:

Chopping Board

Knife

Mixing Bowl

Whisk

Baking Trays

Oven

## What you need:

2 Large Sweet Potatoes, cut into wedges

2 large White Potatoes, cut into wedges

Olive Oil spray

1 Egg

2 Tbsp Milk

2 Tbsp Plain Flour

3/4 cup Breadcrumbs

Boneless Fish Fillets, cut into slices

## This is what you do:

1. Preheat oven to 200°C and spray two baking trays with olive oil spray.
2. Spread wedges in a single layer on one tray and spray lightly with oil.
3. Bake for 10-15 minutes until lightly browned, then turn wedges over.
4. Meanwhile, whisk egg and milk together. Place flour and breadcrumbs in two separate bowls.
5. Coat the fish in flour, then dip into egg and milk mixture and then coat in breadcrumbs. Place on baking tray and spray lightly with oil.
6. Bake for 10-15 minutes until tender and golden, turning after 7-8 minutes.

## HINT:

Precook potatoes in the microwave so they don't take so long to cook.

# SPAGHETTI BOLOGNESE



Prep Time: 20 mins

Cooking Time: 40 mins

Makes: 6 servings



## What you use:

Chopping Board

Knife

Grater

2 Saucepans

## What you need:

1 Tbsp Olive Oil

500g Minced Beef

1 Onion, finely chopped

1 Carrot, grated

1 Zucchini, grated

1 Clove Garlic, crushed

Salt and Pepper

700g Tomato Pasta Sauce

375g Spaghetti

1/2 cup Cheese, grated to serve

## This is what you do:

1. Heat oil in a large saucepan on high and cook mince and onion for 5 minutes until browned.
2. Stir in vegetables and cook for 3 minutes.
3. Add pasta sauce, salt and pepper and bring to the boil stirring all the time. Cover and simmer for 30 minutes.
4. Meanwhile cook the spaghetti in another large saucepan of boiling, salted water and cook until just firm.
5. Serve spaghetti topped with mince sauce and grated cheese.

# SHEPHERDS PIE



Prep Time: 10 mins

Cooking Time: 50 mins

Makes: 8 servings

## What you use:

Chopping Board

Knife

Grater

2 Saucepans

Pie Dish

Oven

## What you need:

500g Minced Beef

1 Onion, finely chopped

1 packet Frozen Veges

2 Tbsp Beef Stock Powder

2 Tbsp Gravy Powder—2 cups water

2 Tbsp each of Worcestershire, Tomato, Barbecue Sauce

Salt & Pepper

4 Medium Potatoes

2 Tbsp Butter, 1 Tbsp Milk

1/2 cup Cheese, Grated

## This is what you do:

1. Peel the potatoes, cut into quarters, cover with cold water and salt and bring to the boil. Cook until tender.
2. Preheat the oven to 180°.
3. In a frying pan, brown the mince and onion. Then add the frozen veges, Worcestershire, tomato and barbecue sauces, beef stock powder, salt and pepper and one cup of water. Stir well and leave to simmer for 15-20 minutes.
4. Stir the gravy powder into one cup of water and stir into the meat and vegetables. Cook until it thickens.
5. Mash the potatoes with the butter and milk. Pour the meat and vegetable mix into a casserole dish and top with mashed potatoes.
6. Sprinkle with grated cheese and bake in the oven for 25 minutes.



# PIZZA



Prep Time: 40 mins

Cooking Time: 15 mins

Makes: 4 pizzas



## What you use:

2 Mixing Bowls

Knife

Chopping Board

Baking Tray

Oven

## What you need:

1 1/2 cups Warm Water

Pinch of Caster Sugar

2 tsp Dried Yeast

4 cups Plain Flour

1 tsp Salt

1/4 cup Olive Oil

Or: Pre-made bases, Pita Bread, or Flat Bread

## This is what you do:

1. Combine the water, yeast and sugar in a small bowl. Set aside for 5 minutes or until foamy. Combine the flour and salt in a large bowl, make a well in the centre then add the yeast mixture and oil. Use a round bladed knife in a cutting motion to mix until the mixture is combined. Use your hands to bring the dough together.
2. Brush a bowl lightly with oil. Turn the dough onto a lightly floured surface and knead for 10 minutes or until smooth. Place in the prepared bowl and cover with plastic wrap. Set aside in a warm, draught free place to rise for 30 minutes.
3. Dust work surface with flour. Knead dough and divide into four. Use a rolling pin to roll out each quarter. Add your favourite toppings.
4. Preheat oven to 220°C and cook for 12-15 minutes.

## IDEAS FOR TOPPINGS:

Pizza Sauce

Barbecue Sauce

Tomato Paste

Cheese

Tomato

Mushroom

Onion

Capsicum

Baby Spinach

Avocado

Pineapple

Olives

Ham

Salami

Chicken

Bacon

# CHEESY NACHOS (Veg)



Prep Time: 15 mins

Cooking Time: 5 mins

Makes: 4 servings



## What you use:

Chopping Board

Sharp Knife

Grater

Mixing Bowl

Mixing Spoon

4-6 Oven Proof Dishes

Oven

## What you need:

1 Red Onion, finely chopped

1 Red Capsicum, finely chopped

200g Cherry Tomatoes, finely chopped

1 can Corn, drained

1 can Kidney Beans, drained (or chilli beans)

Salt and Pepper

1 cup Cheese, grated

1 packet Corn Chips

Sour Cream

## This is what you do:

1. Preheat grill to high.
2. To make the salsa, place the chopped onion, capsicum, cherry tomatoes, corn and beans in a bowl and mix well. Season with salt and pepper.
3. Place the corn chips into the base of 4-6 oven proof dishes, top with the fresh salsa then sprinkle with cheese.
4. Place under the grill for 5 minutes or until the cheese has melted.
5. Carefully remove the nachos from the grill, then add a dollop of sour cream.  
\*\* You could also cut up an avocado and place on top of the mixture

# RAINBOW FRIED RICE



Prep Time: 20 mins

Cooking Time: 25 mins

Makes: 6 servings

## What you use:

Chopping Board

Sharp Knife

Grater

Saucepan

Wok

Wooden Spoon



## What you need:

1 Red Capsicum, diced

1 Carrot, peeled and diced

1 Yellow Capsicum, diced

1/2 cup Frozen Corn and Peas

1 Red Onion, diced

6 Bacon Rashers, finely cut

1 cup Rice

2 tsp Oil

2 Eggs, lightly beaten

2 cups Cooked Chicken, diced

2 Tbsp Soy Sauce

## This is what you do:

1. Cook the rice in a large saucepan of boiling water until tender. Drain, run under cold water and drain again.
2. Heat 1 tsp of the oil in a wok over a high heat. Pour in the eggs and cook as an omelette, turn and cook until firm. Transfer to a plate and cut into thin strips.
3. Heat remaining oil in the wok, add onion and bacon, stir fry for 5 minutes until golden and starting to crisp. Add capsicums and carrot and cook for 2 minutes, then add frozen peas and corn and stir fry for another 3 minutes.
4. Add soy sauce, mix through, then add cooked rice, egg strips and chicken and cook until heated through. Stir well and serve.



# Dessert



# NUTELLA MUG CAKE (GF)



Prep Time: 10 mins

Cooking Time: 90 seconds

Makes: 1



## What you Use:

Bowl

Electric Beater

Spoon

Mug



## What you Need:

2 Tbsp GF Self Raising Flour

2 Tbsp Brown Sugar

2 Tbsp Cocoa Powder

1/4 tsp GF Baking Powder

1 Egg

2 Tbsp Milk

1 Tbsp Oil

2 Tbsp Nutella

## What You Do:

1. Combine the flour, sugar, cocoa and baking powder in a bowl.
2. Make a well in the centre and add the egg, milk and oil.
3. Using an electric beater, beat until all mixed together.
4. Spoon into a large mug.
5. Spoon the Nutella into the centre.
6. Microwave on High for 90 seconds or until risen.
7. Top with ice-cream and drizzle with chocolate sauce.



# APPLE CRUMBLE



Prep Time: 20 mins

Cooking Time: 40 minutes

Makes: 6-8 servings



## What you Use:

Mixing Bowl

Pot

Knife

Potato Peeler

Baking Dish

## What you Need:

6-8 Green and/or Red Apples, peeled and sliced

3/4 cup Raw Sugar

3 Tbsp Almond Meal

4 Tbsp Rice Flour

2 Tbsp Desiccated Coconut

2 Tbsp Sugar

1 1/2 Tbsp butter, softened

## What You Do:

1. Preheat the oven to 180°C.
2. Place the apples in a saucepan with some water, turn heat onto medium and cook until the apples are tender, approximately 10 minutes.
3. While the apples are cooking, combine topping ingredients and rub together with your fingers.
4. Layer the apples and their juices in a baking dish.
5. Cover the apples with crumble mixture and bake for 30-35 minutes until golden.
6. Serve with your favourite yoghurt, custard, cream or ice-cream.

\* Instead of apples—you could use apricots, peaches, nectarines, plums



# CHOCOLATE AVOCADO MOUSSE (DF)



Prep Time: 15 mins  
Fridge Time: 30 minutes  
Makes: 4 servings



## What you Use:

Blender

Knife

Chopping Board

Serving Bowls

## What you Need:

1 Avocado

3 Tbsp Cocoa Powder

1/3 cup Honey

1/2 tsp Sea Salt

2 tsp Vanilla

1/2 tsp Mint flavouring

1/2 cup Water

Fresh strawberries

## What You Do:

1. Place all of the ingredients into a blender, mix well until the mixture is creamy and has no chunks. If you need to add a bit more water, just add a little bit at a time.
2. Scoop into four serving bowls and put in the fridge for 30 minutes.
3. Serve with strawberries and cream.

# RAINBOW POPSICLES



Prep Time: 30 mins

Freezer Time: Overnight

Makes: 10



## What you Use:

Blender

Knife

Chopping Board

Popsicle Moulds

Ice Block Sticks

## What you Need:

2 Kiwifruit

1 cup Strawberries

1 cup Mango

1 cup Blueberries

1 cup Watermelon

1 cup Pineapple

## What You Do:

1. Working with one fruit at a time, cut up pieces of fruit and puree in a small food processor. Rinse the machine out between fruits.
2. Carefully spoon a layer of fruit at the bottom of each popsicle mould and gently tap the mould to level the puree. Freeze until solid.
3. Spoon another layer of fruit into each mould and stand a stick upright in each. Force it down gently into the frozen bottom layer so it will stand up straight.
4. Continue until you have filled the moulds. Clean up any spilled puree from the insides of the moulds as you go so they keep your layers level.
5. For best results, leave to freeze overnight.
6. To remove from the mould, run under warm water and they will slide out.

# YOGHURT PARFAIT



Prep Time: 10 mins

Makes: 2



## What you Use:

2 Glasses

Knife

Spoon

## What you Need:

Low Fat Vanilla Yoghurt

1/2 cup Grapes

1/2 cup Berries, sliced

1 Banana, sliced

1/2 cup Watermelon, sliced

## What You Do:

1. Choose two tall glasses.
2. In each glass, place one tablespoon of yoghurt.
3. Then place a tablespoon of fruit over the yoghurt and alternate with the yoghurt until you have used up all your fruit.
4. Finish with a layer of yoghurt, then top with some berries to decorate.

TIP: You can use whatever yoghurt you like and cut up your favourite fruit.



# Baking



# ANZAC BISCUITS



Prep Time: 10 mins

Cooking Time: 10-15 mins

Makes: 18



## What you Use:

2 Mixing Bowls

Whisk

Mixing Spoon

Baking Tray

Microwave

Oven

## What you Need:

1 cup Rolled Oats

1/2 cup Plain Flour

1/4 cup Wholemeal Flour

1/2 cup Desiccated Coconut

1/2 cup Brown Sugar

2 Tbsp Honey

1/4 cup Rice Bran Oil

1 tsp Baking Soda

2 Tbsp Water

## What You Do:

1. Preheat oven to 180°C and line a baking tray with baking paper. Combine oats, flours, coconut and sugar in a bowl.
2. Combine golden syrup, oil and water in a microwave-proof bowl and stir to combine. Microwave on high for 25-30 seconds. Whisk in baking soda until mixed.
3. Add syrup mixture to dry ingredients and mix well. Drop teaspoonfuls of mixture onto baking tray, leaving space between them. Flatten with a fork.
4. Bake for 10-15 minutes until golden brown. Remove to a wire rack to cool.

THESE BISCUITS ARE DAIRY FREE

- Add an extra 1/4 cup of flour and 2 tablespoons of apple sauce for a softer, chewier texture.

# BANANA BREAD



Prep Time: 15 mins

Cooking Time: 50-60 mins

Makes: 10



## What you Use:

2 Mixing Bowls

Fork

Mixing Spoon

Loaf Tin

Oven

## What you Need:

2 cups Self Raising Flour

1 tsp Baking Soda

2/3 cup Caster Sugar

2-3 Bananas, mashed

1 tsp Vanilla Essence

2 Eggs

1 cup Milk

1 Tbsp Olive Oil

## What You Do:

1. Preheat oven to 180°C and line a loaf tin with baking paper.
2. Mix flour, baking soda and sugar in a bowl. In a separate bowl mash the banana with a fork, then add vanilla, eggs, milk and oil.
3. Combine all ingredients and stir well until all ingredients are well mixed in.
4. Pour mixture into a loaf tin and bake for 50-60 minutes, or until a skewer inserted in the centre comes out clean.
5. Cut into slices and enjoy.



# SULTANA BRAN BARS



Prep Time: 20 mins

Cooking Time: 35 mins

Makes: 16



## What you Use:

Mixing Spoon

Saucepan

Baking Tray

Oven

## What you Need:

1/2 cup Brown Sugar

125g Butter

1/3 cup Golden Syrup (or Corn Syrup)

3 1/2 cups Sultana Bran

2/3 cup Flour

1/2 cup Dried Apricots, chopped up

2 Eggs, lightly beaten



## What You Do:

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. Mix sugar, butter and syrup in a saucepan, stirring over a low heat until the butter has melted.
3. Stir in the rest of the ingredients and mix until well combined.
4. Pour mixture into baking tray.
5. Bake uncovered in a moderate oven for 30-35 minutes or until brown and firm to touch.

# BANANA MUFFINS (GF & DF)



Prep Time: 20 mins

Cooking Time: 15-20 mins

Makes: 12



## What you Use:

Mixing Spoon

Mixing Bowl

Muffin Tray

Oven

## What you Need:

225g Gram Flour (or Besan) GF

1 tsp Baking Soda

100g dairy free Butter (Nuttelelex) DF

3 large ripe Bananas

2 Eggs

## What You Do:

1. Preheat oven to 180°C and lightly grease a muffin tray or use muffin tin liners,
2. In a mixing bowl, whisk eggs and softened butter together.
3. Sieve flour and baking soda and add to mixture. Mix well.
4. Mash bananas and add to mixture.
5. Pour into greased muffin tray and bake for 15-20 minutes.

You could also add 30g Cocoa to the flour mixture and make it chocolate banana muffins.

OR

You could add 50g sultanas, apples or blueberries to the mixture.

# RAINBOW COOKIES (GF)



Prep Time: 25 mins

Cooking Time: 15 mins

Makes: 40



## What you Need:

### What you Use:

Mixing Bowl

Electric Mixer

Mixing Spoon

Lined Baking Trays

Oven

250g Butter

1 cup Brown Sugar

1/2 cup Caster Sugar

3 tsp Vanilla Essence

3 Eggs

2 cups Coconut Flour

1 tsp Baking Powder

200g Packet Chocolate Freckles

## What You Do:

1. Preheat oven to 180°C and line 2 baking trays with baking paper.
2. Using an electric mixer, beat softened butter, sugars and vanilla until light and fluffy,
3. Add eggs one at a time and beat until well combined.
4. Sift flour and baking powder over butter mixture and using a wooden spoon, stir until it is all combined.
5. Roll level tablespoons of mixture into balls and place on lined baking trays.
6. Press down and add 1 chocolate freckle on top of each cookie.
7. Bake for 12-15 minutes until golden.

NOTE: If you want to use normal flour - use 2 3/4 cups of plain flour and 2 eggs.



# LEMONADE SCONES



Prep Time: 10 mins

Cooking Time: 12 mins

Makes: 20



## What you Use:

Mixing Bowl

Sifter

Butter Knife

Lined Baking Tray

Oven

## What you Need:

3 cups Self Raising Flour

1 cup Lemonade (No Sugar Added)

250mls Thickened Cream

## What You Do:

1. Preheat oven to 240°C and line a baking tray with baking paper.
2. Sift the self raising flour into a large bowl and add the lemonade and cream.
3. Use a butter knife to bring the mixture together until it just combines.
4. Tip the scone mixture onto a floured surface and knead it gently (if the mixture is sticky, add a bit more flour).
5. Gently shape the mixture into a rectangle and cut into squares (approx. 20).
6. Place scones onto lined baking tray and place into oven.
7. Bake for 12 minutes or until golden and cooked through.
8. Carefully remove the scones from the oven and serve with jam and whipped cream or butter.

# CHOCOLATE CAKE (DF)



Prep Time: 10 mins  
Cooking Time: 40 mins  
Makes: 18



## What you Use:

Cake Tin (20 x 30cm)

Fork

Oven

## What you Need:

3 cups Flour

2 cups Sugar

1 tsp Salt

2 tsp Baking Soda

1/2 cup Cocoa Powder

3/4 cup Vegetable Oil

2 Tbsp White Vinegar

2 tsp Vanilla Essence

2 cups Cold Water

## What You Do:

1. Preheat oven to 180°C.
2. Place flour, sugar, salt, baking soda and cocoa into an ungreased cake tin.
3. Make three wells. Pour oil into one well, vinegar into second and vanilla into third well. Pour cold water over all and stir well with a fork.
4. Place in the oven and cook for 30-40 minutes, or until cooked (Place a knife into the cake and if it comes out clean it's cooked).
5. Ice with your favourite icing.





SCHOOL  
LUNCHes  
and  
SNACKS



# CHEESY-MITE SCROLLS



Prep Time: 15 mins

Cooking Time: 20 mins

Makes: 12



## What you Use:

Mixing Bowl

Butter Knife

Brush

Baking Tray

Oven

## What you Need:

30 g Butter

2 cups Self Raising Flour

3/4 cup Milk

1 Tbsp Vegemite

3/4 cup Tasty Cheese

Extra milk, to brush

1/4 cup Cheese to sprinkle

## What You Do:

1. Preheat oven to 220°C
2. Put flour into a bowl. Using your fingers, rub butter into self raising flour until the mixture looks like breadcrumbs. Make a well in the centre. Add 3/4 cup milk, stir with a butter knife until mixture forms a soft dough. Turn onto a lightly floured tray.
3. Roll out dough to form a large rectangle, spread Vegemite over dough then sprinkle over 3/4 cup of cheese. Roll up firmly from the long side. Using a sharp knife, cut into 2.5cm thick slices. Place on baking tray.
4. Brush with extra milk and sprinkle with 1/4 cup grated cheese.
5. Bake for 20 minutes or until golden.

\* OPTION: Instead of Vegemite, use Pasta sauce for a pizza flavour

# APPLE PIKELETS



Prep Time: 10 mins

Cooking Time: 25 mins

Makes: 24



## What you use:

Spoon

Bowl

Whisk

Jug

Frying Pan

Egg Flip

## What you need:

2 cups Self Raising Flour

2 Tablespoons Caster Sugar

1 Egg, lightly whisked

250 ml Milk

1 cup Apple Puree

20g Butter, melted

## This is what you do:

1. Combine flour and sugar in a bowl. Make a well in the centre. Whisk egg and milk together in a jug. Add egg mixture to the flour mixture. Whisk until smooth. Stir in the apple puree.
2. Heat a large frying pan over medium heat. Brush base with butter.
3. Using a tablespoon, place mixture into the frying pan and cook in batches for 2-3 minutes or until small bubbles start to form on the surface of the pikelets. Carefully turn over. Cook for 1-2 minutes, or until cooked through.
4. Transfer to a wire rack to cool. Store in an airtight container.

# CHEESE TWISTS



Prep Time: 5 mins

Cooking Time: 20 mins

Makes: 12



## What you Use:

Rolling Pin

Knife

Baking Tray

Oven

## What you Need:

2 slices Puff Pastry

1 cup grated Parmesan Cheese

Pasta Sauce—if desired



## What You Do:

1. Preheat oven to 180°C
2. Cover a baking tray with baking paper and set aside.
3. Place one sheet of puff pastry on the bench and sprinkle with parmesan cheese.
4. Place second sheet over the first and roll over the top with a rolling pin.
5. Cut the pastry into 2cm wide ribbons.
6. Place on baking tray and twist. Sprinkle with extra cheese if desired.
7. Bake for 10-15 minutes or until golden.

OPTION: Spread pasta sauce or chilli sauce on the pastry then sprinkle with cheese for added flavour.



# RAINBOW FRUIT SKEWERS



Prep Time: 30 mins  
Makes: 12 skewers



## What you Use:

Sharp Knife  
Cutting Board  
12 Skewers

## What you Need:

12 Raspberries  
1 Orange  
12 Pineapple chunks  
1 Kiwifruit  
24 Blueberries  
12 Red Seedless Grapes

## What You Do:

1. Lay out 12 skewers.
2. Prepare your fruit - peel and cut the orange and kiwifruit into 12 pieces.
3. Carefully slide a raspberry onto the skewer, then add the orange, pineapple, kiwifruit, blueberries and lastly the grapes. These colours give you a 'rainbow' effect.
4. Repeat for each skewer, or alternate if you want each skewer to look different.

NOTE: Be careful when sliding your fruit onto the skewer, as the pointy end is very sharp.

Other fruit ideas : bananas, strawberries, apples, peaches, apricots, plums, melon

# CHICKEN SAUSAGE ROLLS



Prep Time: 20 mins

Cooking Time: 45 mins

Makes: 24



## What you Use:

Grater

Sharp Knife

Food Processor

Large Bowl

Spoon

Baking Trays

Oven

## What you Need:

500g Chicken Mince

1 Onion, finely chopped

1 Carrot, finely grated

1 clove Garlic, crushed

2 Zucchini, finely grated

2 cups Breadcrumbs

Salt and Pepper

3 sheets Frozen Puff Pastry

1 Egg, lightly beaten

1/3 cup Milk

1/3 cup Sesame Seeds

## What You Do:

1. Preheat oven to 190°. Line 2 baking trays with baking paper and set aside. Lay pastry sheets out to defrost.
2. Place the chicken mince, onion, carrot, zucchini, breadcrumbs, garlic, salt and pepper into a food processor and process until fully combined.
3. Cut pastry sheets in half and evenly distribute the chicken mixture between the 6 pieces.
4. Mix the egg with the milk then roll the chicken mix in the pastry and use the egg/milk wash to seal.
5. Cut each log into 6, lay onto baking trays and brush egg wash over the top and sprinkle with sesame seeds. Bake for 40-45 minutes until golden.

# MUESLI BARS



Prep Time: 15 mins

Cooking Time: 20 mins

Makes: 24



## What you Use:

Saucepan

Mixing Spoon

Large Mixing Bowl

Square Baking Tray

## What you Need:

1/2 cup Honey (or Rice Malt Syrup)

1/4 cup Caster Sugar

125g Butter

3 cups Rolled Oats

1 cup Rice Bubbles

1 cup Sultanas

1/2 cup Dried Apricots, chopped

1/2 cup Desiccated Coconut

1/4 cup Sesame Seeds (or Sunflower seeds)

## What You Do:

1. Preheat oven to 180° and grease and line a baking tray with baking paper.
2. Combine honey, sugar and butter in a saucepan over a medium heat. Cook, stirring for 2-3 minutes until butter melts and sugar dissolves. Bring to the boil and cook for 2 minutes or until syrup thickens slightly. Remove from heat.
3. Combine remaining ingredients in a large mixing bowl. Pour over hot syrup and stir.
4. Spoon into prepared tray and press firmly with wet fingers to make sure all the mixture will stick together.
5. Bake for 15-20 minutes or until golden.
6. Cool and then refrigerate until chilled, then cut into slices (about 24).

TIP: Use 1 1/2 cups of any dried fruit chopped up, add chocolate chips if desired.

Use 2 cups of crushed cornflakes and 2 cups of rice bubbles for a Gluten Free option.



# SPECIAL TREATS



# MARSHMALLOW TEACUPS



Prep Time: 5 mins  
Decorating Time: 5 mins each  
Makes: 20



## What you Use:

Mixing Bowl  
Mixing Spoon  
Large Plate  
Knife

## What you Need:

1 cup Icing Sugar  
10g Softened Butter  
1 Tbsp Boiling Water  
1 Packet Tic Toc Biscuits  
250g Pink & White Marshmallows  
1 Packet Musk Lifesavers  
200g Freckles

## What You Do:

1. Line a plate with baking paper and place the Tic Toc biscuits down ,icing side up.
2. In a small bowl, mix together the icing sugar, butter and boiling water to make icing, but not too runny.
3. Place a small amount of icing on top of the marshmallow and add the freckle.
4. Using a very sharp knife, carefully cut the Lifesavers in half. Place a small amount of icing on the ends of the lifesavers and carefully stick the 'handles' to the teacup.
5. Spread a small amount of icing on the Tic Toc biscuit and add the marshmallow.

# CHOCOLATE FUDGE



Prep Time: 5 mins  
Cooking Time: 3 mins  
Makes: 30 squares



## What you Use:

Mixing Bowl

Mixing Spoon

Large Dish

## What you Need:

1 can Condensed Milk

375 g Cooking Chocolate

1 tsp Butter

## What You Do:

1. In a microwave bowl, break up chocolate, pour condensed milk over chocolate and add the butter.
2. Microwave on high for 3 minutes. Remove from microwave and stir until all mixed together.
3. Pour into a lined tray. Place in fridge to set (overnight is best).

## OPTIONS:

Add 1/2 cup nuts or dried fruit



# TINY TEDDY CARS



Prep Time: 5 mins  
Decorating Time: 5 mins per car  
Makes: 18



## What you Use:

Sharp knife  
Large Plate

## What you Need:

1 bag Milky Way bars  
1 box Tiny Teddy biscuits  
1 bag Smarties  
100g Milk Chocolate, melted (or icing)

## What You Do:

1. Sort Smarties into colours and cut some Smarties in half with a sharp knife to use for steering wheels.
2. Cut Tiny Teddys in half using a sharp knife.
3. Remove the wrappers from Milky Way bars and place on a large plate.
4. Using melted chocolate, place a small amount on Smarties and carefully place on side of the Milky Way bars to form the wheels.
5. Place a drop of chocolate on the top of each 'car' and sit the Teddy on it, then put a little bit of chocolate in front of each Teddy and glue on 'steering wheel'.

# CHRISTMAS TREE CONES



Prep Time: 10 mins

Decorating Time: 30 mins

Makes: 8-10



## What you Use:

Mixing Bowl

Mixing Spoon

Large Plates

Knife

## What you Need:

1 cup Icing Sugar

20g Softened Butter

1 Tbsp Boiling Water

2 Tbsp Cold Water

Ice Cream Cones

## Decorate with:

M & M's, Coconut, 100's & 1000's.

## What You Do:

1. Put all ingredients in a bowl and mix well with a mixing spoon until the mixture is glossy, thick and easy to spread.
2. Ice the cones with a knife.
3. Cover icing with decorations.



# M&M SHORTBREAD COOKIES



Prep Time: 10 mins

Cooking Time: 20 mins

Makes: 12



## What you Use:

Bowl

Cake Mixer

Mixing Spoon

Baking Tray

Oven

## What you Need:

1/2 cup Caster Sugar

250g Butter, softened

2 cups Flour

1-2 Tbsp Water (if needed)

1/2 cup Mini M & M's

## What You Do:

1. Preheat oven to 180°.
2. Beat together the butter and sugar then slowly add the flour. Mix together with a spoon and add water if needed.
3. Gently mix in the M&M's with a spoon, then turn dough mixture onto baking paper. Roll out to  $\frac{1}{2}$  cm thickness. Cut dough into rectangles or use cookie shapes.
4. Bake for 20 minutes until edges begin to turn a light golden brown.
5. Let cookies cool completely on a wire rack.
6. Decorate with chocolate icing and M&M's.



# GINGERBREAD MEN



Prep Time: 20 mins  
Cooking Time: 10-12 mins  
Makes: 15



## What you Use:

Mixing Bowl  
Mixing Spoon  
Cookie Cutter  
Lined Baking Tray  
Oven

## What you Need:

2 Tbsp Golden Syrup  
125g Butter, melted  
1 Egg, beaten  
3/4 cup Raw Sugar  
2 cups Self Raising Flour  
1/4 tsp Salt  
2 tsp Ground Ginger

## To Decorate:

Icing, Smarties

## What You Do:

1. Preheat oven to 170°C and line a baking tray with baking paper.
2. Place all ingredients in a large bowl and mix well to combine to form a dough.
3. Roll out the dough on a lightly floured surface.
4. Using a cookie cutter, cut out gingerbread men (or any other shape).
5. Place carefully on baking tray and bake for 10-12 minutes or until a delicate golden brown.
6. When the cookies have cooled down, decorate as you please.

# FUN PROJECTS

## Slime

1 part water

2 parts corn-starch

Food colouring



Put water in a bowl, add corn-starch a bit at a time. Keep stirring until it has a gooey consistency. When the slime is just right, slowly add a little bit of food colouring.

\* Put some slime on an old speaker and watch it dance.



## Playdough

1 cup Flour

1/2 cup Salt

2 tsp Cream of Tartar

1 cup boiling Water

1-2 tsp oil

Food colouring

Mix all ingredients together in a large bowl. Let the mixture cool and then knead well over a floured board. Divide this blob evenly into as many colours as you want to make. Add food colouring to each blob until it is just the colour you want.

# FUN PROJECTS

## Finger Paints

4 Tbsp Cornflour

Tap Water

Boiling Water

Food Colouring



Put cornflour into a large bowl, use a little bit of water from the tap to mix to a smooth paste. Slowly pour boiling water into the bowl, whisking at the same time. When you have it the texture you want, divide into containers and add food colouring.



## Glitter Glue

1 cup Cornflour

1 Tbsp Salt

6 cups Hot Water

2 Tbsp White Vinegar

2 Heaped Tbsp Glitter

Whisk all ingredients (except the glitter) in a medium pot and place on high heat. Keep whisking until the mixture turns translucent. If it is too thick, add more hot water. Divide the mixture into jars and allow to cool. Mix in different coloured glitter into the glue and you are all set to go. .





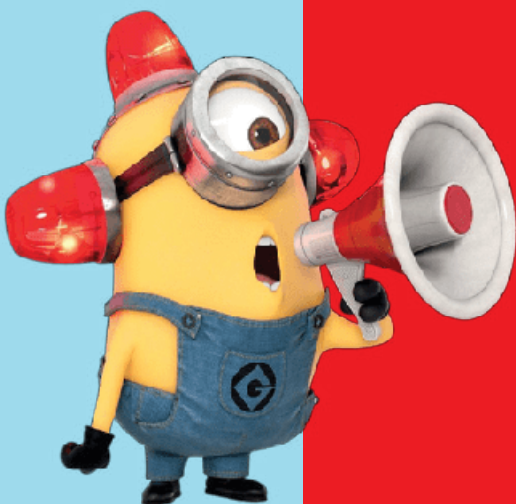


# K i D S in the K i T C H e N

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