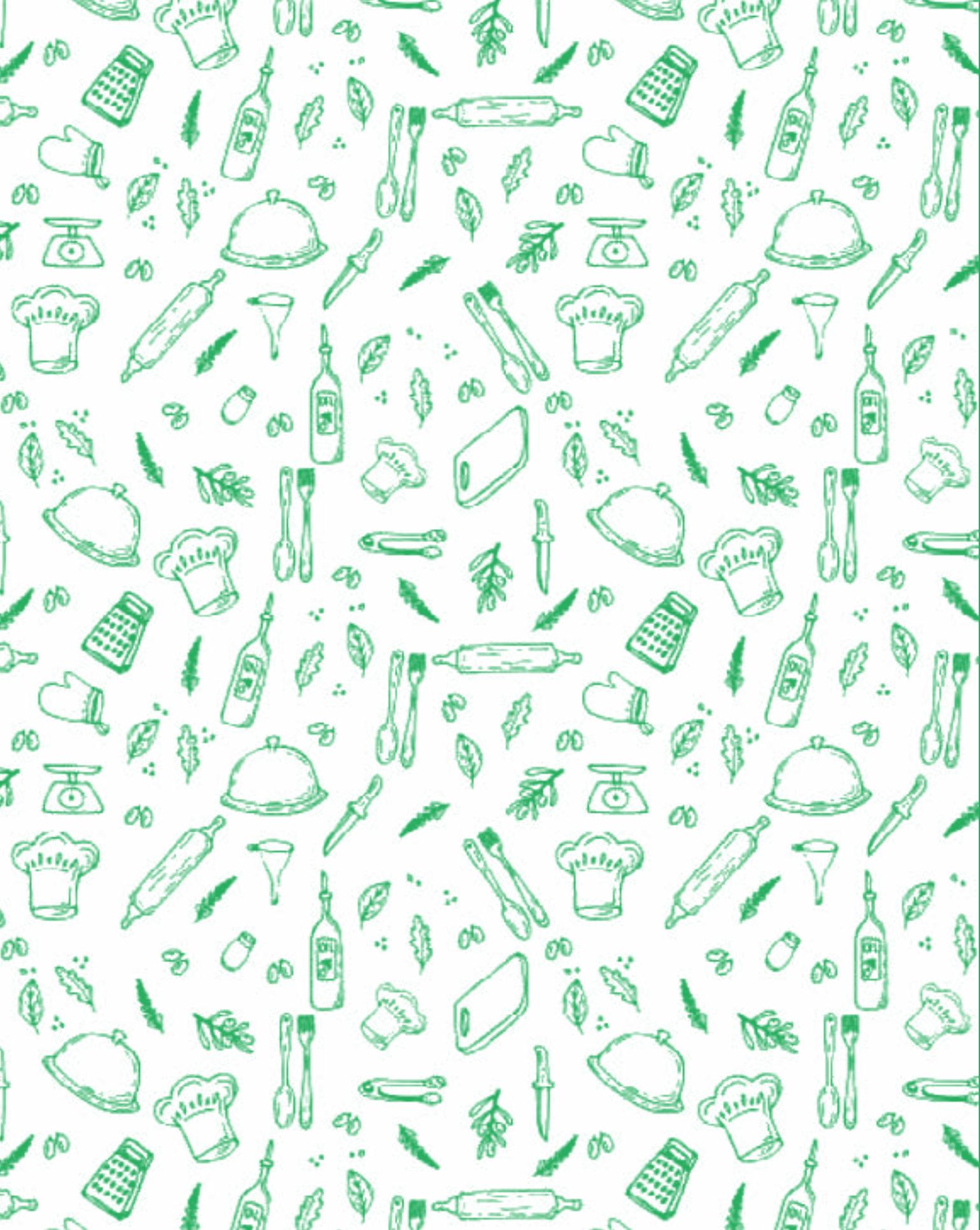


little kitchen
BIG IDEAS

wren
KITCHENS



little kitchen
BIG IDEAS





at Wren, we whole-heartedly believe that the kitchen is the heart of the home. When it comes to family life, your kitchen should be a place which makes you happy and healthy.

Living in a world which is laced with tempting treats and sugary snacks, every parent will know that encouraging your child to adopt healthy eating habits can be a real chore. Through a recent survey of 2,000 parents, we discovered that a lot of them are concerned, confused, and a little embarrassed by their families eating habits.

Our Little Kitchen project aims to challenge the way that children look at healthy alternatives to their favourite go-to meals and snacks. Filled with delicious recipes and ingenious tips from some of the UK's best food and parenting bloggers, our Little Kitchen, Big Ideas book has been created to provide you with recipes and tips to create healthy-eating habits which can last a lifetime.

Round up your mini-troops and make your way to Little Kitchen – it's time to get messy!

Linda X



contents

X GOOD LOOKIN GRUB

- 10 Peach & strawberry parfait breakfast jars
- 12 Fruit skewers
- 14 Eat the story

X SUPERHERO SWAPS

- 18 Banana & chocolate ice cream
- 20 Peanut butter bites
- 22 Sausage & pepper pizza
- 24 Cauliflower pizza
with salmon, cream cheese & tomatoes
- 26 Chocolate-covered banana & peanut butter bites
- 28 Avocado, chocolate & raspberry mousse
- 30 Avocado fritters

X SNEAKY GREENS

- 34 Coconutty chicken strips
- 36 Tortilla pizza
- 38 Courgette & potato tots
with a tofu dip
- 40 Zoats
- 42 Sweet potato pizza
- 44 Colourful egg fried rice
- 48 Little porridge trio

X LITTLE CREATIONS

- 52 Jude's pancakes
- 54 Child-friendly afternoon tea
- 56 Chocolate brownies
- 58 Poppy's 'peetsa' café
- 60 Top tips to spark your kids' interest in food
- 62 Creating a little kitchen





good lookin grub!

Just like adults, children love to eat food that looks as good as it tastes. The following creations are works of art, so visually delicious that kids won't even notice they are packed with goodness!

PEACH & STRAWBERRY PAREAIT BREAKFAST JARS

1. STRAWBERRY PAREAIT



linda

Ingredients

- 170g plain Greek yogurt
- 75g granola
- 250g strawberries
- 2 tablespoons honey
- 2 tablespoons desiccated coconut

Method

Preheat the oven to 350 degrees. Add strawberries into a mixing bowl and pour honey over them, mixing with your hands to fully coat the berries in the honey.

Line a baking sheet with parchment paper and lay strawberries on it in a single layer. Bake for 20 minutes.

Meanwhile, mix the desiccated coconut with the Greek yogurt.

When strawberries are done roasting, begin to assemble your parfait. Add a layer of the coconut yogurt, top with granola and roasted strawberries, and repeat these steps. Top with a spoonful of syrup from the pan of roasted strawberries and a sprinkle of coconut.



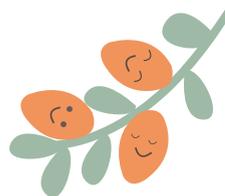
2. BLUEBERRY & PEACH PAREAIT

Ingredients

- 170g plain Greek yogurt
- 75g granola
- 1 peach, diced
- Handful of blueberries
- Honey and chopped walnuts (to garnish)

Method

Layer yogurt onto the bottom of a mason jar. Pour half the granola mixture onto the yogurt and layer half the peach pieces on top of the granola. Add a few blueberries and repeat the steps once more. Top with honey and walnuts.



good lookin grub





FRUIT SKEWERS



Anna is a tea loving blogger who started Heart + Bowl as a way of dealing with a number of food intolerances, which began in her early twenties. Her Fruit Skewers allow children to put their personality into their cooking, cutting out their own favourite shapes with cookie cutters, and then building their own colourful skewers.

anna
HEARTANDBOWL.CO.UK



Ingredients

- 1 large mango
- 1 pineapple
- 1 melon
- Handful each of grapes, raspberries, blueberries and strawberries

Chocolate dip

- 75g bittersweet dark chocolate
- 2 teaspoons honey or maple syrup
- 1 teaspoon coconut oil

Yogurt dip

- 150g natural yogurt (I used coconut yogurt)

Method

Adults will need to start by prepping the fruit. Peel and chop the mango, pineapple and melon, ready for the kids to cut out their favourite shapes! Cut the fruit into large slices, roughly 1 cm thick.

It's now time for the kids to have some fun! Using cookie cutters, cut out small shapes from the fruit slices. Once all the fruit has been cut up into shapes, you're ready to get creative and start layering them onto the skewers. Alternate the mango, pineapple and melon shapes with grapes, raspberries, blueberries and strawberries, to keep them colourful!

Once you've constructed your skewers, move onto making the chocolate dip. Melt the dark chocolate, honey and coconut oil in a heatproof bowl over a saucepan of simmering water. Once completely melted and combined, pour into a small serving bowl and allow to cool slightly. Serve alongside a small bowl of natural yogurt.

The fruit skewers are now ready to eat! Enjoy and get dipping!

Serves



EAT THE STORY

Ingredients

- 2 new potatoes sliced
- 2 meatballs (we used Quorn)
- Half a carrot, thickly sliced
- 3 tablespoons peas
- 2 black olive circles
- 2 tablespoons green pesto sauce
- 1 tablespoon olive oil

Method

Take a large frying pan and pop it on a medium heat with the teaspoon of olive oil. Add the sliced potatoes and two meatballs and gently cook. Stir occasionally and flip with a spatula to ensure colour on all sides.

Meanwhile, place the peas and carrot slices in a steamer or saucepan of boiling water, and cook until soft and tender.

Warm the pesto through, either in a separate saucepan or in the microwave.

Mash the cooked peas to create a textured puree.



katie
MUMMYINATUTU.CO.UK



Katie is a 30-year-old single mummy who lives with her gorgeous daughter, Alyssa, in beautiful Dorset. Katie's dinner story is a great way of getting kids to enjoy healthier food or branching out of their comfort zones and trying new tastes. The "Eat the Story!" concept involves choosing a story that they love or finding a new one and recreating an image from that story on a plate using healthy and nutritious foods.

Plating

Take a white plate and drizzle the pesto along the bottom to look like waves.

Spoon the mashed peas onto the plate above the pesto in a boat shape.

Place one meatball "in" the boat. Cut out a smaller ball from the other meatball and place above the larger one.

From the leftover meatball, cut a strip and put in place as a "tail," and cut two smaller bits in place of "ears."

Take one piece of carrot and cut into small triangles to put in place as "eyes," and the pussy-cat is complete!

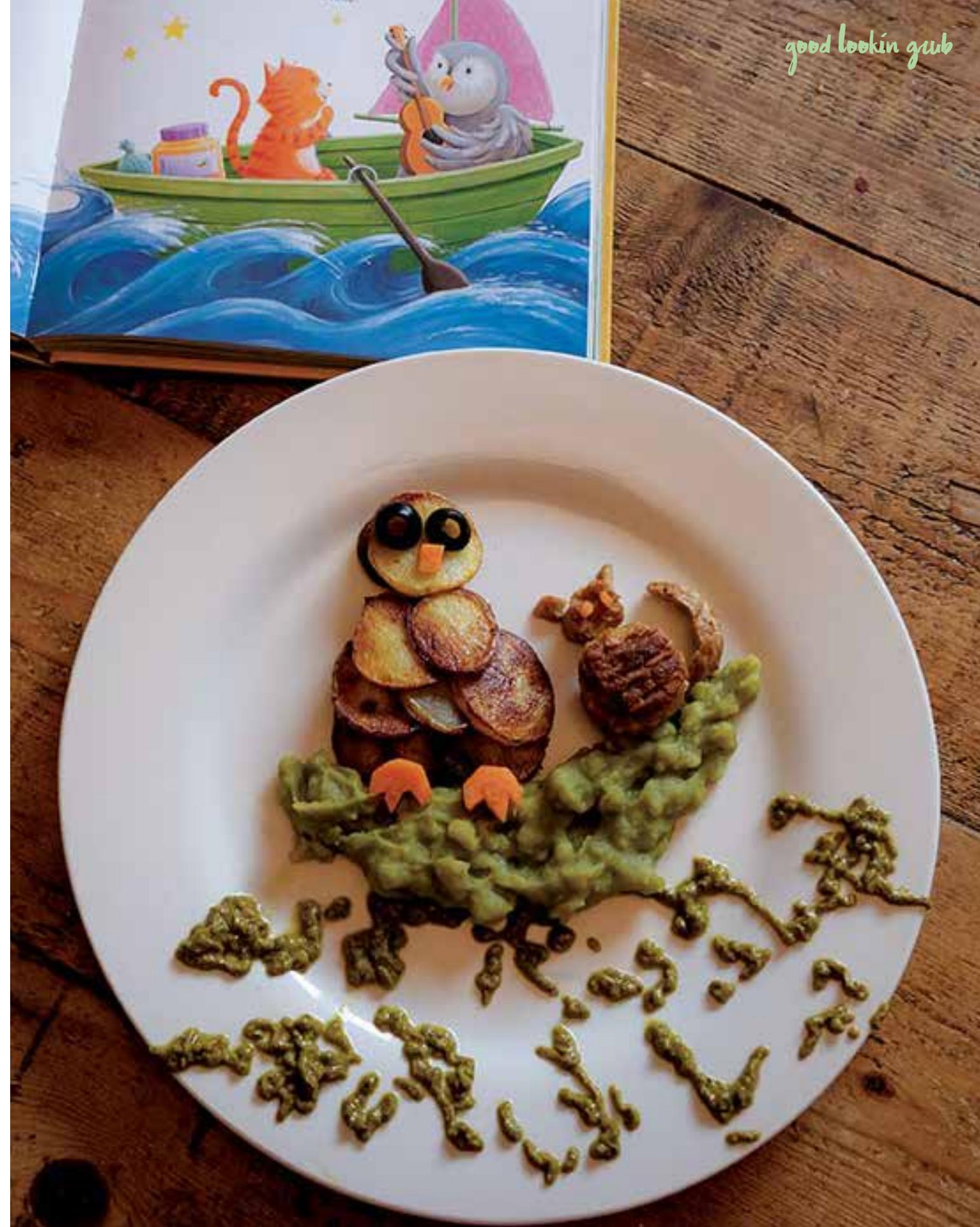
To begin the owl, place two pieces of your carrot aside, and place any others in a tall semi-circle shape next to the pussy-cat.

Pat the sautéed potato slices with kitchen paper to remove any excess oil, then place them on top of the carrots, layering them in a pyramid fashion, resulting in one at the top.

Place two black olive circles on the top piece of potato to create the "eyes".

From the two remaining pieces of carrot, cut out two triangles, place the remains on the boat below the owl as "feet" and use one of the cut-out triangles as a beak.

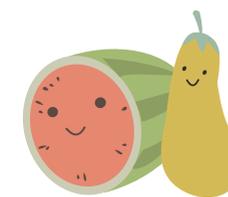
good lookin grub





superhero swaps

Everyone deserves a taste of their favourite treat! These superhero swaps provide delicious and nutritious alternatives to ice cream and pizza without any of the nasties.



BANANA & CHOCOLATE ICE CREAM

Ingredients

- 2 frozen bananas
- 2 teaspoons cacao powder (or 3 teaspoons cocoa powder)
- 1/4 cup unsweetened almond milk
- 2 Medjool dates
- Toppings of your choice – I used chopped hazelnuts and flaked almonds

Serves



Nicole is a Scottish blogger who loves food and creating delicious ways to enjoy healthy meals that make you feel amazing.

"I really wanted to create something that was easy, that tasted yummy and contained a hidden fruit or vegetable, because getting kids to eat their five a day can be difficult."

nicole
GINGERKITCHEN.CO.UK



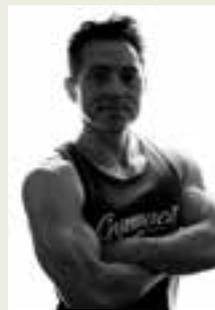
Method

Pit the dates and then soak them in a small bowl of hot water for five minutes.

Pop everything into a blender and blend until nice and smooth – this will take a few minutes, depending on how strong your blender is. Split into two small bowls and put back into the freezer for about an hour. You can leave this step out if you want to eat the ice cream straight away, but it won't be as firm.

Top with your favourite yummy treats! You can use date syrup as a sauce, chopped nuts or granola for a little crunch, or banana slices or berries for some extra goodness.

PEANUT BUTTER BITES



george
BUSYPARENTFITNESS.COM

George is a personal trainer, fitness blogger and dad to two energetic kids. George's Peanut Butter Bites are a winning recipe in his household; containing protein, fibre, and healthy fats with Omega-3, they're a great alternative to pre-packaged cereal bars.

Ingredients

140g smooth organic peanut butter
30g skimmed milk powder
30g milled flaxseed
10g organic cacao powder
75g Medjool dates
1 tablespoon honey

Method

Put all the ingredients into a food processor and blend until smooth.

Divide into 20 evenly sized pieces – make into interesting shapes by hand, or use a chocolate mould (I used a silicone one to make the little men).

Leave the shapes in the mould and pop in the fridge for an hour (the cold makes them easier to press out of the mould).

Enjoy!



superhero swaps



SAUSAGE & PEPPER PIZZA



Nokhuthula is a fitness and food fanatic who shares great recipes that are easy to follow. She has put together a recipe for a firm favourite in any household... pizza! Just that little bit healthier, incorporating vegetables, a home-made sauce and various other nutritious ingredients.

nokhuthula
CRYSTALCOSMICCHIC.COM

Ingredients

For the dough

300g wholemeal bread flour

200ml lukewarm water

½ teaspoon salt

1 tablespoon olive oil

1 tablespoon dried active baking yeast

1 tablespoon sugar

For the topping

454g pork sausages: Choose your favourite and fry in a tablespoon of oil until half done – they will cook some more in the oven

Red, green and yellow peppers, chopped: The amount is up to you – I used about ½ of each colour

Handful of spinach, chopped

Handful of sweetcorn

Home-made tomato sauce (tomatoes, garlic, balsamic vinegar, and a drizzle of olive oil blended together to taste, no cooking needed!)

Handful of grated cheese

Method

How to make the dough:

Pour the flour, salt, yeast, sugar and oil into a large bowl and mix with wooden spoon.

Make a well in the middle, and pour in the warm water gradually. You need quite a thick batter, so you might not need to use all the water. Stir well to combine.

Cover the dough and let rise for 15 minutes, and then turn it out onto a lightly-floured surface and knead.

Roll into a not-too-thin circle and then transfer crust to a lightly greased pizza pan dusted with flour.

Topping your dough before baking:

Pizza number one is a Sausage and Pepper Pizza. Spread home-made sauce all over the top surface of the already circled dough.

Add the sausages, peppers and sprinkle cheese to finish.

The second pizza is a Sausage and Spinach Pizza. Do the same again – spread home-made sauce all over the top surface of the already circled dough.

Add sausages, spinach and sweetcorn.

Bake both pizzas in the oven at 180° C for 15 to 20 minutes.

CAULIFLOWER PIZZA



WITH SALMON, CREAM CHEESE & TOMATOES

Ingredients

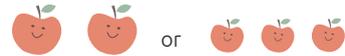
For the base

- 1 cauliflower
- 2 eggs
- 2 tablespoons grated parmesan
- 1 teaspoon coconut oil (not essential, but good flavour boost)
- 30g hard cheese (Jarlsberg/cheddar etc.)
- Salt and pepper

For the topping (the fun thing here is that it's up to you! But my suggestion is:)

- Cream cheese
- Salmon
- Tomatoes
- Dill

Serves



Method

Line a baking sheet with baking paper and preheat oven to 200c. Grate the cauliflower with a grater or food blender.

Microwave in a bowl for 7 minutes until soft.

Remove from microwave and mix in the egg, cheeses, oil and seasoning.

Once combined, pat into a 10-inch circle on the baking paper and bake for 15 minutes, or until golden.

Remove the pizza and allow to cool before adding toppings (don't forget to pre-cook any raw toppings before adding to your pizza!).

Cook for 10 more minutes to re-heat and melt cheeses etc.

Serve and enjoy!



Bonnie's little area of the web is all about trying new things and sharing her adventures. Her child-friendly, nutritious recipe is an easy take on home-made pizza with all the super powers of its key ingredient, cauliflower!

bonnie
SOMETHINGILIKE.COM



CHOCOLATE COVERED BANANA & PEANUT BUTTER BITES



Ingredients

- 2 bananas
- Whole Earth organic peanut butter
- 70% plus organic dark chocolate
- Finish with a sprinkle of coconut or crushed almonds

Method

Slice the banana evenly in pairs (you can also add thinly sliced strawberry if you'd like).

Add a small amount of peanut butter to one slice and top with the other slice to create little sandwiches.

Put them in the freezer for 45 minutes to an hour.

Just before taking them out, melt the dark chocolate using a bowl over a pan of boiled/simmering water. Stir until melted completely.

Take the frozen bites out of the freezer and either dip or drizzle the chocolate over them.

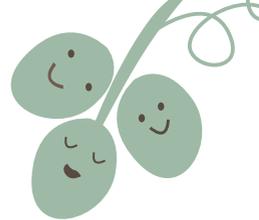
Leave in the fridge for 10 minutes to let the chocolate set.

Eat and enjoy!



kat
KATAPPLETON.COM

Kat is a blogger and personal trainer who has always had a huge passion for health and fitness. Her peanut butter and banana bites are a great sugary snack alternative, packed with essential vitamins and minerals as well as only taking about 15 minutes to prepare.



AVOCADO, CHOCOLATE & RASPBERRY MOUSSE

Ingredients

- 2 ripe avocados
- Generous handful of raspberries
- 2 tablespoons cocoa powder
- 2 teaspoons stevia
- 1 teaspoon honey
- 1/2 teaspoon vanilla essence



Serves



Method

Slice your avocados lengthways around the stone, using your knife.

Once you've sliced the whole way around, you'll be able to neatly separate the avocado into 2 halves.

You can then use your knife to remove the stone, and scoop the flesh out with a tablespoon.

Throw the rest of your ingredients into the food processor. Using the metal blade, pulse for 2-3 minutes, or until everything is completely blended.

Transfer the mixture into two dessert pots / dishes, top with raspberries and enjoy.



stephanie jayne
STEPHANIEJAYNEBLOG.COM

Steph is a lifestyle blogger who enjoys sharing ideas for great food and pretty drinks on her blog. Her heavenly chocolate mousse recipe is easy to make, uses simple ingredients and contains an array of health-boosting benefits.





AVOCADO FRITTERS

Ingredients

- 100g breadcrumbs
- 100g flour
- 2 eggs (whisked)
- 2 avocados



Method

Have a feel of your avocados and see if they are squishy enough, then slice in two, peel the skin away and slice into nice thick pieces.

Coat each slice in flour, dip in the egg and then carefully coat in breadcrumbs. Try to get as many to stick as possible.

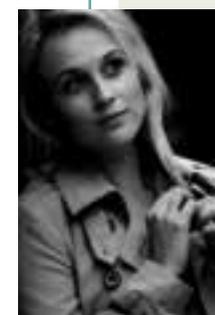
Add a dollop of sunflower oil or coconut oil to a frying pan and add each slice to the pan.

Carefully turn over after approximately 30 seconds.

Once nice and crisp, remove from the pan add a quick sprinkle of Parmesan cheese for some extra flavouring.

“THIS IS GREAT IF YOU HAVE KIDS AS THEY CAN GET STUCK RIGHT IN”

- kelly



Kelly is a self-confessed busybody who has a passion for food and travel. Avocados are one of Kelly's favourite foods and her recent travels have inspired her Superhero Swap of avocado fritters.

kelly
COUNTRYGIRLTOLONDON.COM



sneaky greens

Convincing kids to eat their fruit and veg can be tricky, so why not play a game of hide-and-eat? From tasty pizzas to sweet and scrumptious porridge, your kids will barely notice they've just enjoyed some sneaky greens!

COCONUTTY CHICKEN STRIPS

Ingredients

- 50g cup desiccated coconut
- 55g peanuts
- 28g cup coconut flour
- 1 large egg
- 400g chicken strips



Method

Preheat the oven to around 200 degrees and grease two non-stick trays with olive oil/coconut oil/butter.

Using a blender/nutribullet, crush the peanuts into small chunks (keep the little hands out of the way for this bit!).

Use four bowls to make different stations: put the whisked egg in one, coconut flour in another, peanuts in the third and coconut in the last one.

Cut your chicken into strips and put to one side.

Once you have set up the stations, you can start the coating process. Firstly, dunk the chicken strips into the egg, coat with the flour, and then roll in either the coconut or the peanuts. Put onto the tray.

After all the strips are coated, sprinkle with a little salt and pepper and pop into the oven for 12-15 minutes, until they are golden brown.

Once they are out of the oven, squeeze lemon to moisten the strips and give them a zing.

I like to serve them in cones with a lemon slice, to make them look more exciting!



Molly's blog shares amazing ideas for recipes and fitness, as well as health advice and her personal journey on the road to recovery after being diagnosed with seronegative rheumatoid arthritis at the age of 19. Molly introduces her Coconutty Chicken Strips, a recipe which is both delicious and full of goodness; a modern take on an old 'junk food' classic.

molly MOLLYBHEALTHY.COM

TORTILLA PIZZA

Ingredients

- 1 tortilla wrap
- 2 tins of chopped tomatoes
- Sprig of oregano or herbs
- Basil or mixed herbs
- Healthy toppings of your choice (I chose spinach, Parma ham and mushrooms)
- 1 egg
- Salt and pepper for seasoning



Serves



Lauren is a lifestyle blogger who enjoys sharing her thoughts and passions with her readers on anything from fashion to food. Enlisting the help of her eight-year-old brother, Lauren has put together a fun recipe for tortilla pizza that is easy enough for kids to make and tasty enough to enjoy!

Lauren
WHATLAURENLOVES.CO.UK



Method

Pre heat your oven to 180 degrees.

Place your tortilla onto your non-stick baking tray.

Next, grab your jug and empty your tins of tomatoes into it. These two tins will combine to make several pizza toppings.

Add oregano, herbs or basil into the tomatoes and mix thoroughly.

Place a colander full of spinach over the top of a boiling hot pan of water and let it wilt by itself from the steam of the hot water.

Once wilted, rinse with cold water and set aside.

Next, cut the mushrooms into small segments, and leave the ham in slices ready to place directly onto the pizza.

Spoon the tomato mixture onto the tortilla to your own preference, ensuring that the base of the tortilla is covered thoroughly, leaving space in the centre for the egg.

Place your healthy toppings over the surface of the pizza base, again leaving space for the egg in the middle.

Next, crack your egg directly into the centre of the pizza, and place the tray into the oven for approximately 10 minutes or until the edges of the tortilla have browned and the egg has gone white.

Next, dish this up onto a plate of your choice and there you have a healthy pizza alternative which includes several of your five a day!



COURGETTE & POTATO TOTS

(WITH A TOFU DIP)



Ingredients

The tots

- 1 potato (choose one that is good for baking)
- 2 courgettes
- A pinch of salt
- Rapeseed oil for baking

The dip

- 100g of tofu (or yogurt if you're not vegan)
- 1 tablespoon of olive oil
- A pinch of salt
- 50ml water (you don't need it if you're using yogurt)
- 2 cloves of garlic, crushed

Method

Preheat oven at 190 degrees.

Peel the potato and pre-boil it just until it's done on the outside, but still has some give in the middle.

Grate the courgettes. Add a pinch of salt and let them sit for 10-15 minutes.

Then, with a cheese cloth, get rid of the extra water. My advice: when you think it's done, just squeeze some more.



Once the courgette is ready, grate the potato too. I grate the courgettes on the small grate and the potato on the big one.

Add a pinch of salt and mix them well. Use your hands, kids!

Now, put a bit of oil on your palms and start shaping the tater tots.

Oil your hands (not excessively) whenever you think the mix gets too sticky. In this way, you won't need to add any oil in the tray.

Pop them in the oven turn over every 25 minutes. They have four sides (if you want them square), so they will be ready in an hour.

To make the dip, place all ingredients in a bowl and use either a mixer or a fork to mix them all up. We used a mixer, so the dip is very smooth. If you're not vegan, a natural yogurt will work well instead of the tofu.



Andrea and Alin's wedding in 2015 kick-started their healthier and happier lifestyle, from which they have never looked back. Andrea has even started a fitness instructor course and Alin a nutrition course. Their tater tots are a great way of incorporating super greens into a quick and tasty dish.

andreea & alin PENNYPLAINFIT.CO.UK

ZOATS

(AKA ZUCCHINI OATMEAL!)

Ingredients

- 45g of rolled oats
- 1/2 cup of milk of your choice (I love almond)
- 1/2 a medium zucchini
- Some spices like cinnamon and all spice
- Sweetener of your choice



Debbie's blog is all about inspiring her readers to enjoy an active, healthy and happy lifestyle. Her super easy 'zoats' recipe is a simple breakfast dish that the little ones can help with as well as ensuring they've had some essential greens within the first meal of the day!

debbie
DEBBIEARIELLA.COM

Method

Grate the zucchini on the finest part of the grater to make sure you won't taste it once it's mixed in with all the sweet breakfast goodness.

Then add the grated zucchini, oats, milk & spices to the saucepan and allow to cook for a few minutes on a medium setting.

Add some sweetener to your liking and you're nearly done.

Let the oatmeal cook until it's just the way you like it.

Then serve with some fresh fruit and maybe some extra milk on top too.

This is where you can get creative.

Add whatever your heart desires – maybe even a cheeky spoon of nut butter or Nutella!



SWEET POTATO PIZZA



Ingredients

2 or 3 medium-sized sweet potatoes

100g of almond flour

1 teaspoon of baking powder

1 teaspoon of salt

Jar of pizza sauce

Herbs and spices – personally I used oregano, coriander and paprika

Toppings and cheese

Method

Fill a pan with water and bring it to the boil. While that's heating, peel and chop the sweet potato into chunks.

Pre heat the oven to 210 degrees.

Boil the potato for around 10 minutes or until a knife goes through easily.

Drain the potatoes and mash into a large bowl along with your flour, baking powder, salt and herbs.

Line a baking tray with parchment paper.

Knead the mix (it should look kind of like orange pizza dough) and put the mix on the tray. It should ideally be around 1cm thick.

Bake the pizza base for around 20 minutes or until the edges are slightly browned.

Top with the jar of pizza sauce and your choice of toppings and cheese and put back in the oven for another five to ten minutes (depending on how crispy you like your toppings).



Fran is a London based lifestyle blogger who loves sharing her adventures in anything from travel to food. Her sweet potato pizza is one she has been perfecting for quite a while and finally has the perfect recipe for everyone's favourite comfort food.

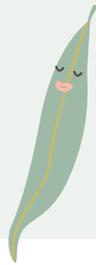
fran FRANNYMAC.COM



COLOUREFUL EGG FRIED RICE

Ingredients

225g dry weight long grain or basmati rice
 2 medium carrots, peeled and diced
 1 medium onion, peeled and chopped finely
 1 pepper, deseeded and chopped
 Approx. 75g frozen peas
 2 medium eggs, beaten
 3 tablespoons rapeseed oil
 2 tablespoons soy sauce



Method

Cook the rice following the instructions on the packet.

After cooking the rice for about 5 minutes, add the diced carrots to the boiling pan.

5 minutes later, add your frozen peas (or, if you fancy, some sweetcorn).

In a frying pan or a wok, heat one tablespoonful of oil, then soften the onions and peppers for 5 minutes or so while the rice is still cooking.

Crack the eggs into a bowl and beat.

Set the softened onions and peppers aside on a small plate and heat up the remaining two tablespoons of rapeseed oil.

Pour the beaten eggs into the heated frying pan or wok. Fry in the oil for a minute.

Flip over the mini omelette and cook for another minute.

Chop the omelette up into tiny, bite-size pieces.

Mix the drained rice mixture with the softened onions, peppers and the chopped egg as well as some soy sauce.

Serve in a large bowl and let everyone help themselves. My family love this fried rice with leftover chicken pieces which is great for a Sunday roast dish!



Sam lives in a very busy household with her husband, two teenage children, a mad Labrador and a scatty cat. Sam's recipe is one she's used for 15 years with her own children and has also been made at an after school cookery club that she used to run.

Sam

THEYORKSHIREBAKERYWORDPRESS.COM





sneaky greens

LITTLE PORRIDGE TRIO...

1. PEANUT BUTTER PORRIDGE

Ingredients

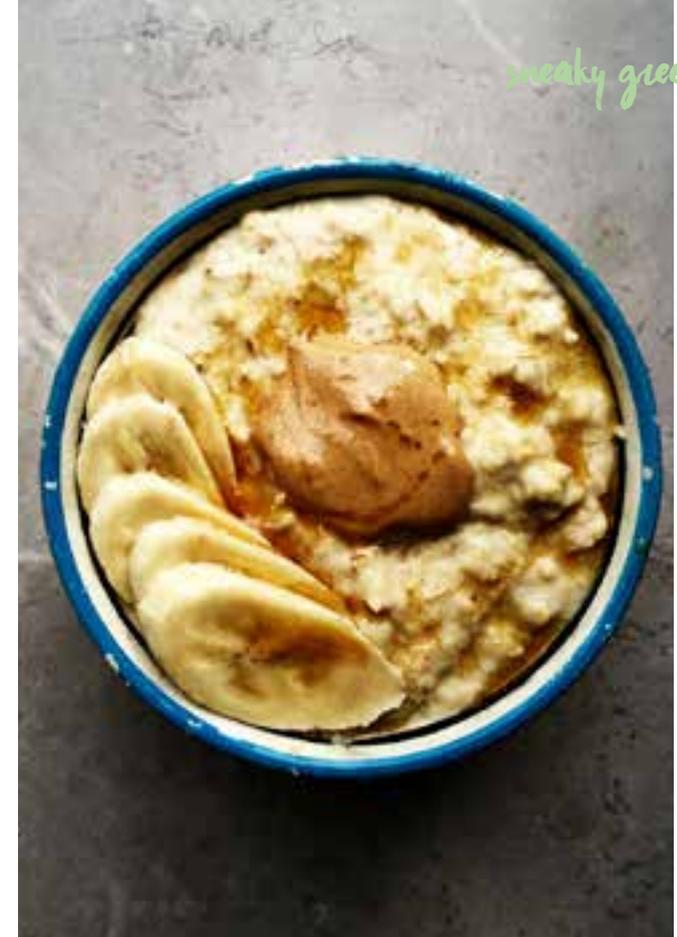
- 75g oats
- 175ml almond milk (or other milk)
- 2 tablespoons peanut butter, almond butter or cashew butter
- 1 banana
- ½ teaspoon cinnamon

Method

Begin by placing the oats, almond milk and cinnamon into a heavy-based saucepan and stir. Once mixed, add the runny honey and gently stir over a medium heat.

After about 5-7 minutes stir 1-2 tablespoons of peanut butter through and also add half of the banana, mashed. After a few more minutes, once you have reached a consistency you like, remove from the heat. You might have to add a splash more milk or water if it becomes too thick.

Serve with the other half of the banana, sliced, and if your kids are nut butter mad, another spoonful on top



Lily is a Nutritional Health Consultant and blogger who helps her clients build a healthy relationship with food. Lily shares three delicious porridge recipes; super easy, quick and versatile. These are Lily's favourite breakfasts, and perfect for fuelling little bodies.



Lily LILYHEALTHY.COM/BLOG



2. PEAR & CHOCOLATE PORRIDGE

Ingredients

- 80g oats
- 300ml almond milk (or other milk)
- 1 large English pear – grated
- 1 teaspoon runny honey
- Cacao nibs to serve
- Cacao powder (optional)
- Flaked almonds (optional)

Method

Add the oats and milk to a heavy-based saucepan and stir. Once mixed, add the grated pear and runny honey and gently stir over a medium heat.

If you would like to make your porridge completely chocolatey, add one tablespoon of the cacao powder and mix together (if you would just like to use the cacao sprinkles, leave that section out).

After about 5-7 minutes, when you have your desired consistency, serve with a drizzle of honey and some cacao nibs.

3. PINK PORRIDGE



Ingredients

- 80g oats
- 300ml almond milk (or other milk)
- ½ teaspoon beetroot powder
- 1 tablespoon runny honey
- Pinch of salt
- 1 punnet of raspberries

Method

Begin by placing the oats, beetroot powder, salt, and almond milk into a heavy-based saucepan and stir. Once mixed, add the runny honey and gently stir over a medium heat.

After about 5-7 minutes add a few handfuls of the raspberries and mix, squishing a few to give the porridge a nice texture.

After a few more minutes, once you have reached a consistency you like, serve with some extra fresh raspberries on top and a drizzle of honey.

“KEEPING FOOD INTERESTING AND COLOURFUL IS A GREAT WAY TO GET KIDS TO TRY NEW THINGS, I LOVE MY PINK PORRIDGE FOR THAT.”

- Lily





little creations

If children do one thing really well, it's making a mess. Let them get their hands dirty in the kitchen and make them see that planning and making meals can be fun!



JUDE'S PANCAKES



As a former professional dancer and personal trainer, Adrienne is a mum with a passion for fitness, health and wellness. Adrienne's son Jude loves helping in the kitchen and making some of his favourite meals. Find his favourite banana and blueberry pancakes below.

adrienne
THATSMYMUM.COM

Ingredients

- 130g self-raising flour
- 250ml soya milk
- ½ teaspoon baking powder
- 1 banana
- 1 large handful of blueberries

Method

Heat a drop of coconut oil in a small frying pan.

Whisk the flour, baking powder, milk and banana together in a bowl and add the blueberries.

Add a large spoonful of the mixture to the centre of the pan. After one minute, flip the pancake over.

Top with more blueberries and honey, and serve.



CHILD-FRIENDLY AFTERNOON TEA



Makes

- Smoked salmon and cream cheese on brown seeded bread
- Cucumber and cream cheese mini bagels
- Egg mayonnaise on white bread
- Tuna and red onion mayonnaise on white bread
- Strawberry and cream mini tartlets

Serves



Ingredients

Mini bagels	Egg
White bread	Salt
Brown seeded bread	Pepper
Smoked salmon	Lightly salted butter
Cream cheese	Mayonnaise
Cucumber	Strawberries
Tinned tuna	Double cream
Red onion	Mini tartlet cases

Method

Smoked salmon and cream cheese sandwich

(Makes 8 fingers)

Butter four slices of seeded brown bread.
Add one smoked salmon slice between each sandwich and spread with cream cheese.
Cut the crust off of each side of the bread.
Cut into four roughly equal fingers.

Cucumber and cream cheese bagels

(Makes 8 mini bagel halves)

Halve and toast four mini white bagels.
Spread the cream cheese onto each side of the toasted bagels.
Slice the cucumber into thin slices and then halve.
Add four portions of cucumber to each half of each bagel.
Sandwich together and then cut each mini bagel into half.

Egg mayonnaise sandwich

(Makes 8 fingers)

Hard boil three eggs. Cool, peel, then roughly slice in a bowl.
Add mayonnaise, season with a pinch of salt and pepper then mix with a spoon, before buttering four slices of white bread.
Spoon the egg mayonnaise onto one side of each slice of bread and sandwich together.
Remove crusts and cut the bread into four roughly equal fingers.

Tuna and red onion sandwich

(Makes 8 fingers)

Finely chop a quarter of a red onion and add to tuna.
Add mayonnaise, season with salt and pepper then mix with a spoon.
Butter four slices of white bread, before spooning the tuna mayonnaise on and sandwiching together.
Remove crusts and cut the bread into four roughly equal fingers.

Strawberry and cream mini tartlets

(Makes 18 tartlets)

Cut the tops off five strawberries and slice into quarters.
Pour the cream into a bowl and whisk until thickened.
Spoon a teaspoon of the cream into the readymade tartlets.
Add a strawberry quarter onto the top of each tartlet.



My Petit Canard shares Emily's experiences in a family of three (soon to be four). Emily and her little lady love being in the kitchen together to encourage an interest in food and cooking. Their afternoon tea is a fun way to get the little ones involved, putting together and creating the menu.



emily MYPETITCANARD.CO.UK



CHOCOLATE BROWNIES

Ingredients

- 200g dark chocolate (I normally use the supermarket's own brand)
- 175g unsalted butter
- 325g caster sugar
- 130g plain flour
- 3 eggs
- 100g milk chocolate, chopped into chunks
- 100g white chocolate, chopped into chunks
- Raspberries



harriet
LIFEWITHMRSLEE.WORDPRESS.COM



Life with Mrs Lee documents the everyday life of Harriet, her husband Josh and their daughter Bella. Harriet and Bella love baking together and one of their all-time favourites is this classic brownie recipe which also works perfectly topped with tasty raspberries.

Method

Preheat your oven to 170 degrees / gas mark 3 and line a 33cm x 23cm baking tray with parchment paper.

Put the dark chocolate and butter into a heatproof glass bowl over a pan of simmering water and stir until melted and smooth.

Remove from the heat and add in the sugar and stir until well combined.

Stir in the flour and mix well.

Add in the eggs one at a time and stir until thick and smooth.

Finally add in your chocolate chunks and stir until they are evenly distributed through the brownie mixture.

Pour your brownie batter into your prepared tin and bake in your preheated oven for around 40-45 minutes. Your brownie should be flaky on the top but still soft in the centre.

Leave the brownie to cool completely in the tin before removing and cutting into chunks.

Dust with icing sugar and raspberries to finish!



TRY PACKING SOME GOODNESS INTO YOUR CHOCOLATEY TREATS BY ADDING RASPBERRIES

POPPY'S 'PEETSA' CAFÉ

To do:

- Create the menu
- Create restaurant sign (with opening times!)
- Create shopping list
- Collect food from shop
- Make pizzas



How to create Poppy's Pizza Café

Our first task of the day was a creation of epic proportions: the menu, and a sign for our 'Peetsa' Restaurant.

Second was the shopping list carefully handwritten... Organic spelt flour, yeast, honey, tinned tomatoes, fresh basil, pepper, onion, sweetcorn and fresh mozzarella.

When we had our shopping list, we trundled round the corner to the high street to collect the stuff we needed. Local and fresh food was the priority. The kids were very serious about choosing exactly the right vegetables and counting out exactly the right money.



Mel is the founder of women's running community and blog This Mum Runs, with a dream of inspiring women of all shapes, sizes and abilities. Mel and her family spent a full day planning and preparing a delicious pizza party (with a little help from nutritionist buddy Claire Stone) which they all enjoyed together as a whole family.

mel
BLOG.THISMUMRUNS.CO.UK



Before we started any actual cooking, we got everything we needed in the right amounts into little bowls and pots. We had a little plastic knife for our two-year-old and he was quite happy stabbing bits of pre-cut pepper.

We then created the spelt flour pizza bases and left the dough to 'get really tall and fat' in the bowl covered with a tea towel for about an hour.

We rolled out the pizza bases (with a bit of pizza flipping from dad), covered them with our pre-prepared toppings and bobbed them in the oven for 15-25 minutes.

We then sat down together and enjoyed our home-made pizzas and freshly made salad.

little creations





TOP TIPS

TO SPARK YOUR KIDS' INTEREST IN FOOD



Both of my girls are very independent and strong -minded. They know what they want and what they like. This can often make meal times tricky. Putting a plate of food in front of them is often met with a refusal to eat, yet there are tips and tricks around this.

1. Involvement

When we go food shopping, the girls have their own lists (which are a part of my main list) of food they have to find and put in the trolley. This keeps them entertained in the supermarket and also involves them in the buying process.

They also help with food preparation, from steps as simple as helping to get the food out of the fridge to chopping up vegetables

2. Have a theme

If it is possible, we have a theme for our meals. This works really well at lunch time, as it can help make a simple sandwich much more fun and appealing. All you really need is a variety of biscuit cutters. We recently had a woodland-theme lunch and the girls used cutters they associated with a woodland.

Choosing the theme and cutters as well as cutting out the shapes gives them a great sense of achievement, and they feel much more involved in the process.

3. Visual

Children are visual eaters. If it looks appealing, they want to eat it. If they have decided they want a rabbit-shaped sandwich and have taken great care in making the rabbit shape, they are much more likely to eat it.

4. Portion size

I have found that if I put a plate of food in front of them they say no, but if I put food into small bowls and make it seem like a picnic or a party, they eat a lot more. They then have a choice as to how much to eat and what to eat, but have much more fun in doing so.



Leyla's blog is all about family life, taking the positive from every day and capturing family life with her husband, two little girls (with bump number three on the way!) and their two dogs.

leyla THISDAYILOVE.CO.UK





CREATING A LITTLE KITCHEN

1. Make your own Little Kitchen – It's OK to pretend you're in Cbeebies' 'I Can Cook'!

You almost have to make a 'Little Kitchen' for them. Mine have their own aprons, and Little Mister (who is 4 years old) has his designated mixing spoon and knife which are slightly smaller for his little hands, and easier to manage. I prepare areas of the kitchen so they're suitable for the children, with extra stools so they can reach without being hindered, and getting out the measuring cups rather than weighing scales. A bit of pre-prep and Little Kitchen equipment can go a long way.

2. Be prepared for more to go into their mouths than into the pot

I don't think children can be around food without popping some of it in their mouths, can they? I encourage my Little Shires to prepare the veggies, which they've either got from the garden or chosen themselves from the fridge, and they love doing it because it's in their DNA to chop and taste!



Tracey
MUMMYSHIRE.COM

Mummy Shire is all about Tracey's journey as an urban mummy relocating to the Oxfordshire countryside with two children. Tracey wants her two Little Shires to be self-sufficient, happy and comfortable in their kitchen and shares some of the fun ways they do this in their house.

I've found that it's great to encourage them to try new foods, but on their terms, without asking or making a fuss about it. In the long run I believe if they understand what their raw ingredients are and taste like they'll know how to put together quick, basic meals, thus ditching the high fat, sugar fast foods.

3. Give them credit – give them a knife*

Little Mister is four years old and *under supervision chops our carrots for dinner. They're not the neatest or the smallest but they are his, and can be easily recognised once they're popped into a bolognaise!

Being proud of the part they've contributed spurs my children on to want to do more. It does mean that we all have to pick out a 'Little Mister carrot' and eulogise about how much better it tastes compared to the others, but that's in my job description isn't it? Pride encourages them to want to do more. Empower them, and they will do more.

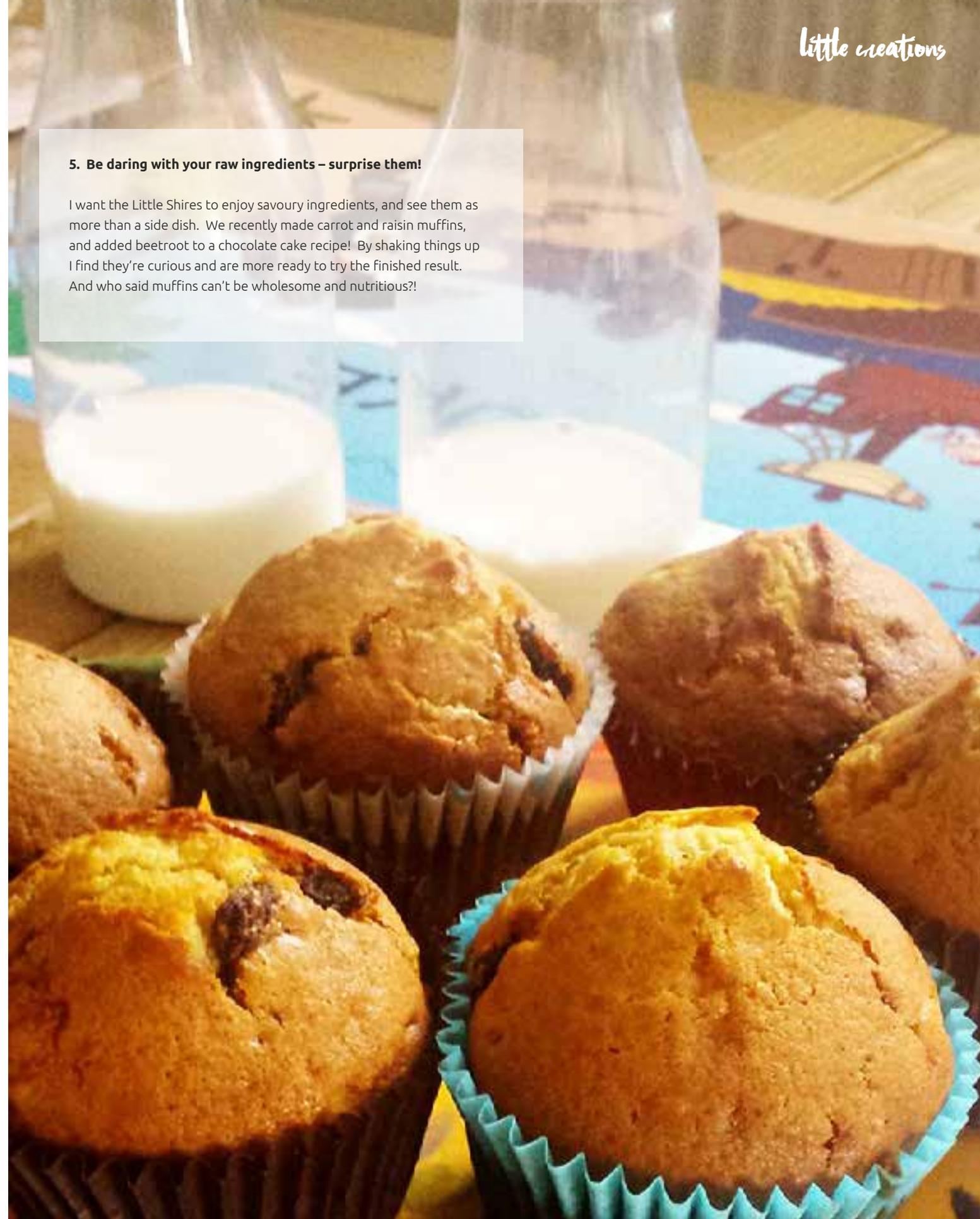
4. Be uber-tolerant about the mess

Our kitchen is the heart of our home and it's often the messiest, in an organised sort of way, but I don't apologise for that.

My children can't be tidy when they're sifting flour or chopping cheese. So I've learnt to suspend my want to clean and wipe as they go along. I think this has allowed them to learn more quickly because they're not worried about dropping things on the floor or making a mess on the table, and so just get stuck in.

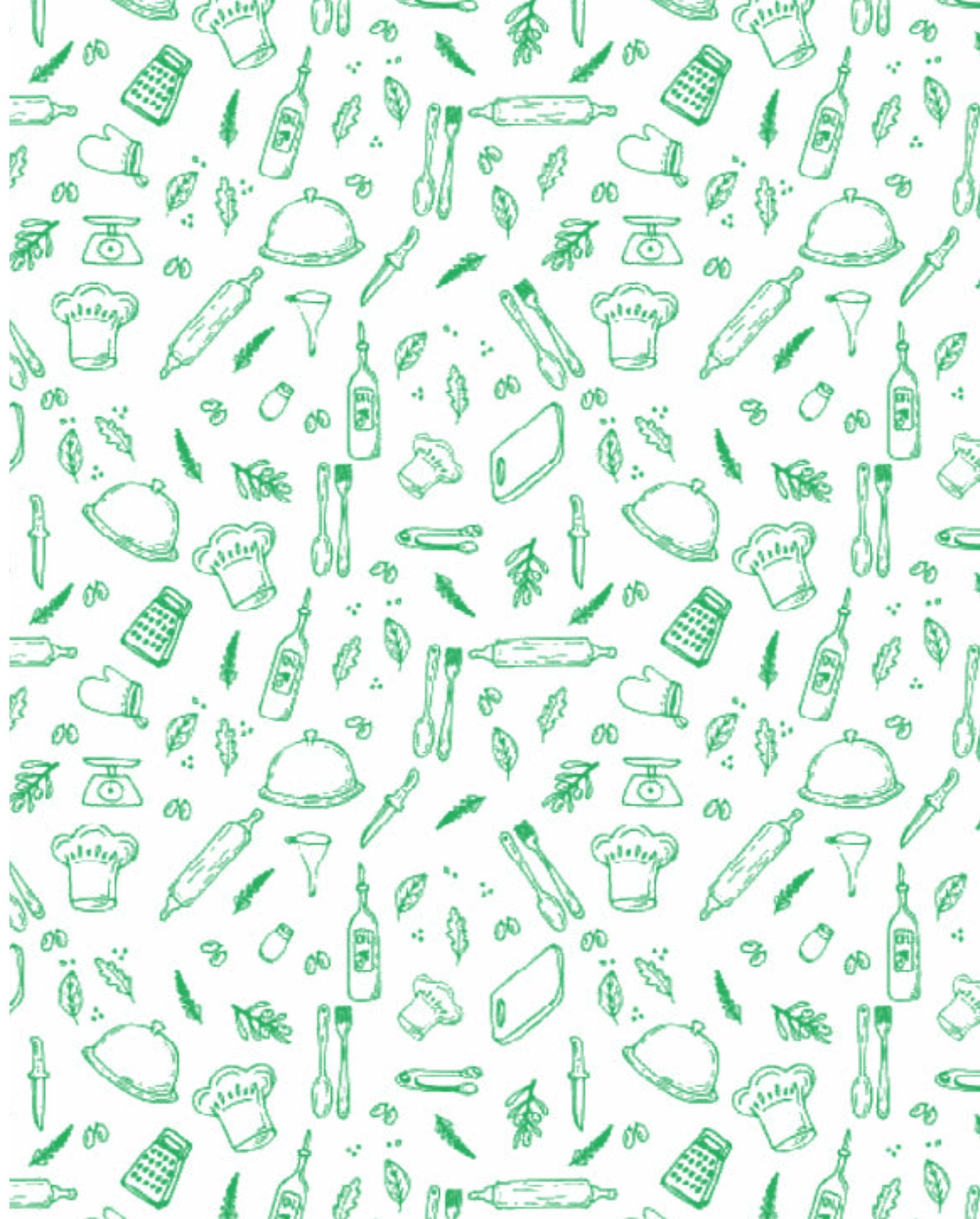
5. Be daring with your raw ingredients – surprise them!

I want the Little Shires to enjoy savoury ingredients, and see them as more than a side dish. We recently made carrot and raisin muffins, and added beetroot to a chocolate cake recipe! By shaking things up I find they're curious and are more ready to try the finished result. And who said muffins can't be wholesome and nutritious?!





wren
KITCHENS





wren
KITCHENS