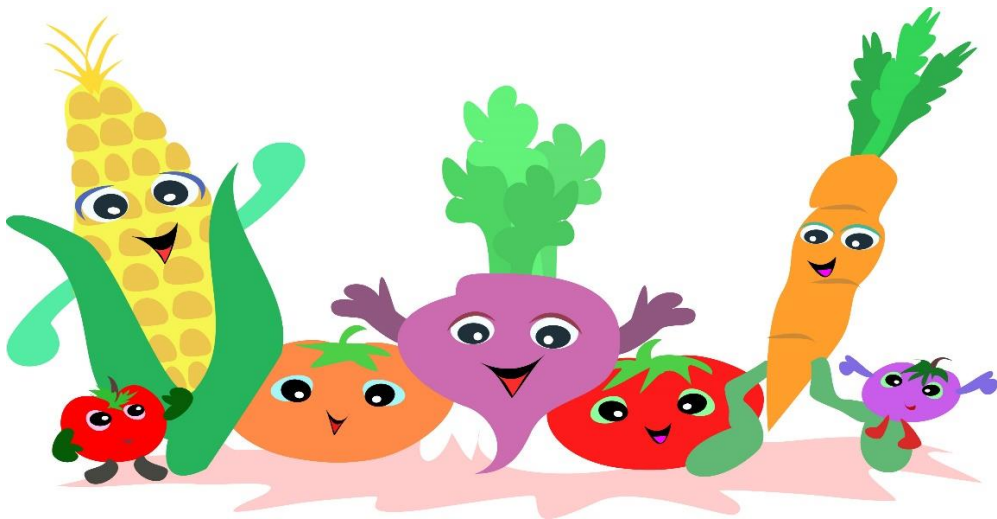


# Causeway Green Primary School



Healthy Eating Recipes

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## *Baked Apples*

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### Ingredients

- 4 Bramley cooking apples
- 8 tsp soft brown sugar
- 4 tsp dried mixed fruit or sultanas
- 4 small knobs of unsalted butter
- 1 tsp ground cinnamon

### Method

1. Preheat the oven to 180c
2. Scoop out the core from the top of each apple, leaving a well.
3. To avoid the apples bursting when cooking, score the skin horizontally around the centre of the apples
4. Stuff each apple with a couple of teaspoons of brown sugar and dried fruit
5. Place in a shallow baking tray and top each apple with a knob of butter.
6. Put a couple of tablespoons of water in the baking tray and sprinkle the apples with cinnamon.
7. Bake for 45 minutes or until the apples are tender.
8. Add extra water to the baking tray if they apples start to dry out.
9. Use the juices at the bottom to spoon over the top of the apples.
10. Enjoy!



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## *Fruit Kebabs*

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### Ingredients

- A skewer
- A strawberry
- 3 green grapes
- 3 red grapes
- Icing pen

### Method

1. Cut the strawberry in half, lengthways – leave the green top as it looks good for his antennae!
2. Push along the skewer, right to the end.
3. Add the grapes – be inventive and make him look like he is crawling if you want to
4. Use the icing pen to add eyes and a mouth to the strawberry
5. Wrap him in a “cocoon serviette” to take home
6. Enjoy!



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## Healthy Toasties

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### Ingredients

- Tomato spread
- Onions
- Peppers
- Sweetcorn
- 2 pieces of bread
- Cheese

### Method

1. Chop your vegetables and lay your bread flat on a chopping board.
2. Spread your tomato paste onto your bread.
3. Place your onions, peppers and sweetcorn onto the bread.
4. Sprinkle your cheese onto the toppings.
5. Place your second piece of bread on top to make a sandwich.
6. Place onto the grill for 2 minutes either side to toast.
7. Enjoy!



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## *Healthy Sundaes*

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### Ingredients

- Natural or low fat yoghurt
- Half fresh apple
- 1 punnet of strawberries
- Handful of blueberries
- Handful of red grapes
- Half a banana

### Method

1. Wash all of the fruit
2. Peel and chop the fruit into bite-sized chunks
3. Drop spoonful's of the natural or low fat yoghurt into the bottom of a sundae glass.
4. Layer the fruit in the glass one colour at a time.
5. You can swap fruits to suit your taste – just use at least three or four different colours to get the rainbow effect.
6. Enjoy!



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## Flapjacks

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### Ingredients

- ½ cup of maple syrup
- ½ cup of nut or seed butter
- ¼ cup of oat flour
- 2 ½ cups of rolled oats
- 1/3 cup of sunflower seeds
- 1/3 cup of pumpkin seeds
- ½ cup of cranberries
- 2 tbsp of Cocoa Nibs or chocolate chips
- Pinch of salt

### Method

1. Preheat the oven to 180°C(fan)/200°C/gas mark 6. Grease a 20cm square cake tin and line with baking paper.
2. Place the oats and seeds into a food processor or high powered blender. Pulse until slightly broken down and well combined yet with some of the oats and raisins still whole. Set aside.
3. Place the maple syrup and seed butter into a medium saucepan and heat gently until melted.
4. Scrape the oat mixture into the saucepan and stir well.
5. Pour into the prepared tin and use a spatula to flatten down the top. Bake for 20 minutes until starting to turn brown.
6. Remove from the oven and cut into slices in the tin using a sharp knife. Leave to cool completely then cut again before removing from the tin.
7. Enjoy!



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## *Halloumi and Vegetable Kebabs*

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### Ingredients

- A red onion
- A pepper
- A courgette
- Cherry Tomatoes
- Halloumi
- Skewers

### Method

1. Preheat the oven to 180c
2. Cut the halloumi, pepper, cherry tomatoes, courgette and onion.
3. Thread the cheese and vegetables onto skewers.
4. Cook the kebabs for 15-20 minutes until the vegetables are cooked and the cheese starts to char.
5. Enjoy!





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## *Rainbow Vegetable Sushi*

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### Ingredients

- 250g sushi rice
- 3 tbs sushi vinegar
- 1/2 medium carrot
- 1/4 yellow pepper
- 5cm piece cucumber
- 1/2 raw beetroot
- 3 sheets nori (dried seaweed)
- Soy sauce to serve (optional)

### Method

1. Start by cooking the sushi rice. Pop the rice into a sieve and clean thoroughly by running cold water through it until the water runs clear.
2. Place the rice in a saucepan with 330ml water. Cover with a tight fitting lid and bring to the boil, then simmer for 10 minutes. After 10 minutes turn the heat off and leave the pan to stand (DO NOT remove the lid!) for 25-30 minutes.
3. Meanwhile, prepare the vegetables. With a sharp knife, slice each vegetable into the smallest strips you can manage. Be sure to prepare the beetroot last so that it doesn't colour all the other vegetables.
4. Once the rice is cooked through, fluff it up with a fork, then pour over the sushi vinegar and stir to combine well.
5. Pop the rice into a bowl to cool down.
6. Once cool, lay a sheet of nori on top of a bamboo sushi mat, shiny side down. Fill a clean bowl with cold water to wet your fingers before handling the rice.
7. With wet fingers, scoop up a 1/3 of the rice and spread over about 3/4 of the nori sheet, leaving a strip of clear nori on the end furthest away from you. Pat the rice down in an even layer, being sure to take it right to the edges.
8. Pile up each of the fillings in a line across the rice.
9. Using the bamboo mat to help you, roll the sushi up tightly, rolling it away from yourself towards the strip of clear nori.
10. Once the all of the rice is in the roll, brush some water along the nori strip and finish rolling it up, gently pressing down as you do so to seal the edges.
11. Repeat with the rest of the rice, nori and seaweed until you have three rolls of sushi.
12. Take the sharpest knife you own, dip it in the water and use it to cut the sushi into pieces.
13. Enjoy!

