

PRE-PREP

BLUE

RECIPE BOOK

TERM 1 2017



*Today as part of
our cooking program,
we will be making
Apple Sinkys!
We will enjoy eating
our apple creations
together.*







Fruit Animals

This week during cooking time we will be making Fruit Animals!



After making our wonderful creations we will then get to enjoy eating them together.

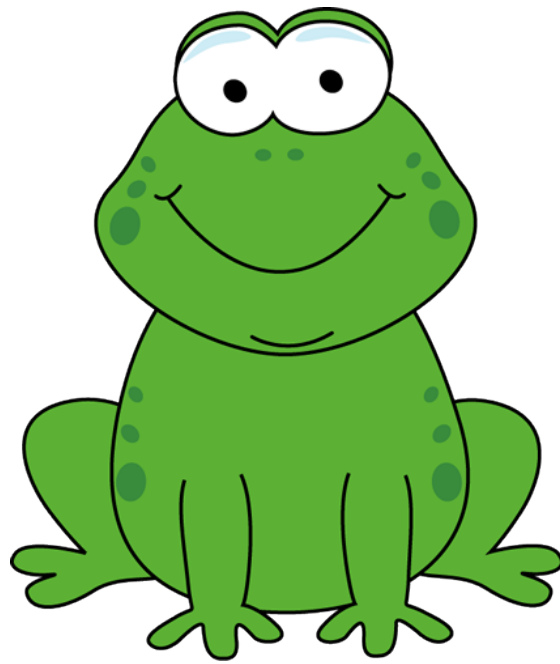




Leap Frog Apple Snacks

You will need:

Green apples, green grapes,
blueberry eyes and toothpicks



After making our wonderful
creations we will all sit down
and enjoy them together.







Puzzle Sandwiches

You will need:

White Bread

Wholemeal Bread

Butter

Vegemite

Knife

Plate

Jigsaw puzzle cutter

Spread bread with butter and vegemite.

Sandwich together on white bread slice and one wholemeal bread slice. Cut out jigsaw shapes and arrange on the plate.

Eat and enjoy!





Green Smoothie

- 1 cup of baby spinach
- 1 cup of diced watermelon
- $\frac{1}{2}$ a lemon or orange, juiced
- $\frac{1}{3}$ cup of coconut milk
- 1 cup of frozen mango pieces

Place all ingredients into a blender and
blend until smooth.

Pour into glasses and enjoy!





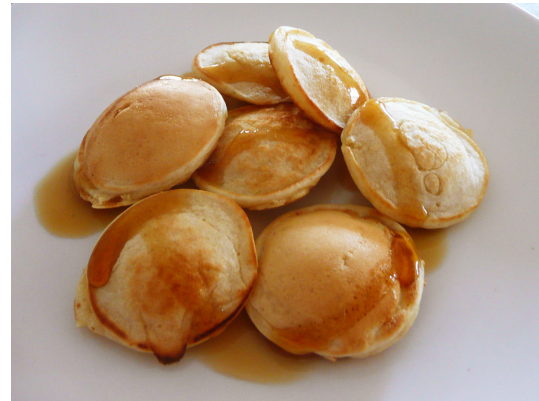


Poffertjes

Dutch Pancakes

Ingredients

- 2 cups of self-raising flour
- 2 tablespoons of caster sugar
- 1 cup of milk
- $\frac{1}{2}$ cup of water
- 3 eggs
- Golden Syrup and icing sugar to serve



Method

- Combine the flour and sugar into a large mixing bowl
- Pour the milk and water into the dry mix and add the eggs
- Whisk until smooth
- Heat the pancake maker and lightly grease
- Add mixture until all the holes are full
- Cook for a few minutes and turn them over
- The Dutch pancakes are cooked when golden brown
- Remove from the pancake maker onto a plate
- Drizzle with Golden Syrup and dust with icing sugar





Easter Biscuits

Easter Bunny Faces

You will need:

Milk Arrowroot Biscuits

Marshmallows – cut in half

Sugar sand – pink

Mini Marshmallows

Sultanas or Currants

Licorice or Friut Straps

Glace Icing – Icing Sugar and water mixed to a spreadable paste

Method

Spread biscuit with icing. Press cut side of the marshmallow into sugar sand to coat and place at the top of the biscuit for ears. Add sultanas or currants for the eyes, mini marshmallows for the nose and or teeth and fruit straps or licorice for the whiskers.







