

# COOKING WITH CHILDREN

COOKING WITH CHILDREN IS A GREAT WAY TO INTRODUCE THEM TO FOOD AND FOOD PREPARATION EARLY. TRY SOME OF THE SIMPLE TIPS BELOW FOR EASY WAYS TO GET CHILDREN INVOLVED. TAG **#TOGETHERBELL** TO SHOW US YOUR CREATIONS.

**Teach knife safety early. Let your children explore cutting by using a children's safety knife, or butter knife, and chopping soft fruits & vegetables e.g. strawberries and mushrooms.**

## RECIPE- FLAPJACKS

250G PITTED DATES  
150ML HOT WATER  
80ML OF OIL  
200G OATS  
SELECTION OF SEEDS AND NUTS

- PLACE THE DATES IN A BOWL AND POUR OVER THE HOT WATER. LEAVE TO SOAK FOR A FEW HOURS.
- ONCE THE DATES ARE SOAKED ADD THEM TO A FOOD PROCESSOR AND BLEND INTO A SMOOTH PASTE.
- POUR THE OIL INTO THIS MIXTURE AND BLEND BRIEFLY, UNTIL MIXED.
- IN A SEPARATE BOWL MIX TOGETHER THE OATS AND NUTS AND SEEDS YOU'VE CHOSEN. THEN POUR IN THE DATE AND OIL MIXTURE AND MIX UNTIL COMBINED.
- POUR THE MIXTURE INTO A LINED, SQUARE BAKING TIN AND COOK FOR 20 MINUTES ON 180C/ GAS 4.
- WHEN COOL CUT INTO 12 SQUARES.

## RECIPE- PIZZA

300G STRONG BREAD FLOUR  
1 TSP INSTANT YEAST  
1 TBSP OIL  
TOMATO PUREE  
FRESH BASIL AND DRIED OREGANO  
CHEESE E.G. MOZZARELLA, CHEDDAR  
VEG E.G. TOMATOES, PEPPERS, MUSHROOMS, SWEETCORN

- TO MAKE THE BASE PUT THE FLOUR AND YEAST INTO A BOWL AND POUR IN 200ML WARM WATER AND THE OIL. IF YOU HAVE A FOOD MIXER MIX TOGETHER FOR 3 MINUTES WITH A DOUGH HOOK. IF YOU'RE DOING IT BY HAND, MIX AND KNEAD FOR 5 MINUTES. FOR THIN CRUST PIZZA THE DOUGH DOESN'T NEED TO RISE SO YOU CAN USE IT STRAIGHT AWAY.
- DIVIDE THE DOUGH AND ROLL OUT ON A LIGHTLY FLOURED SURFACE. MAKE THEM NICE AND THIN. SPREAD ON THE TOMATO PUREE, LEAVING A CRUST ALL THE WAY AROUND. THEN ADD YOUR CHEESE AND VEGETABLE CHOICES.
- COOK AT 240C/GAS 8 FOR 8-10 MINUTES, UNTIL CRISP.

**Get younger children involved with tasks such as:**  
**mashing potatoes & bananas**  
**sprinkling flour on surfaces**  
**using a rolling pin**  
**mixing with their hands**  
**kneading dough**  
**tearing herb leaves**  
**washing fruit and veg**

**Incorporate maths into cooking. Ask children to measure out ingredients using :  
scales, spoons, cups, handful & counting out quantities.**  
**This is also great for hand, eye coordination.**

## RECIPE- SMOOTHIES

2 HANDFUL OF FROZEN MIXED BERRIES  
2 CHUNKS OF FROZEN SPINACH  
1 ORANGE  
3 TBSP YOGHURT  
WATER TO COVER

- PLACE ALL OF THE INGREDIENTS INTO A BLENDER AND BLEND UNTIL SMOOTH!

TRY MAKING YOUR OWN CREATIONS BY CHANGING AROUND THE FRUIT & VEG YOU USE. TRY USING:

BANANA  
MANGO  
KALE  
KIWI  
PINEAPPLE  
CAULIFLOWER

YOU CAN ADD OTHER ITEMS SUCH AS OATS, PEANUT BUTTER, SEEDS AND MILK TO CHANGE THE CONSISTENCY OF YOUR SMOOTHIE. ADDING OATS AND PEANUT BUTTER WILL ALSO MAKE YOUR SMOOTHIE MORE FILLING. ADDING VEG BRINGS DOWN THE SUGAR CONTENT AND ONCE MIXED WITH THE FRUIT YOU WON'T EVEN NOTICE!