

# RECIPES

## DATE FLAPJACKS

store cupboard recipe, easy for children to make, source of fibre

### INGREDIENTS

50g pitted dates  
150ml hot water  
80ml of oil  
200g oats  
Selection of seeds and nuts

### METHOD

Place the dates in a bowl and cover with the boiling water. Leave them 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 -16 squares.

### TOP TIP!

£2.50 for the whole recipe!  
If you want you could add some chocolate chunks or drizzled chocolate for a more indulgent treat

## HOMEMADE PIZZA

good for children to make, store cupboard recipe, source of fibre

### INGREDIENTS

300g strong bread flour  
1tsp instant yeast  
1tbsp oil  
Tomato puree  
Fresh basil and dried oregano  
Cheese e.g. mozzarella, cheddar  
Vegetables of choice e.g. tomatoes, peppers, mushrooms, sweetcorn

### METHOD

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 and the cheese has melted.

### TOP TIP!

If doing with children trying making funny faces with your vegetable shapes. Or try to make a little scene e.g. a boat on the sea or a lions head.