

Houmous

Ingredients

400g tin chickpeas, drained

2 tblsp. tahini paste (sesame seed paste)

1 clove of garlic

1 tsp. ground cumin

Juice of ½ lemon (1 tblsp.)

5 tblsp. cold water

1-1½ tsp. salt

Black pepper

1. Place all ingredients in a bowl or tall container/jug.

2. Mix/blitz together using a hand blender.

3. Serve in a bowl sprinkled with paprika. Use as dip/snack/lunch.

Chickpeas are a cheap & filling source of protein.

Houmous is suitable to serve as a dip, snack or part of lunch in salads & wraps.

My nephew & niece love this as a snack, they enjoy dipping raw vegetables & breadsticks into the houmous.



Time to Bake Queen Cakes

Ingredients

- 115g butter
- 2 eggs
- 225g self-raising flour
- 115g caster sugar
- A drop of milk

Method

1. Preheat the oven to 200 °C/ Gas Mark 6
2. Cream the sugar and butter in a large bowl.
3. Add in eggs and beat well.
4. Add in sieved flour and mix.
5. Add a drop of milk if the mix is dry.
6. Fill a bun tin with bun cases.
7. Divide the mix into the bun cases using two tablespoons.
8. Place in the oven and bake for 20 minutes, until golden brown.

You could add
in raisins,
blueberries, or
chocolate chips
at step 5 too!



Blueberry and Coconut Oat Bars

Ingredients:

- 180g oats
- 140g plain flour
- 1 tsp. baking powder
- 40g desiccated coconut
- 120g coconut oil (or sunflower oil)
- 2 bananas mashed
- 3 tbsp. maple/golden syrup
- 1 egg
- 1 tsp vanilla essence
- 280g blueberries (or raspberries)
- 10mls water

The Perfect
Snack for
Children!



Method:

1. Preheat oven to 180°C / Gas mark 4
2. Add the oats, flour, baking powder and 30g coconut to a large bowl. Mix well, and make a well in the middle.
3. Add in the coconut oil, mashed bananas, maple syrup, egg and vanilla essence. Mix well until all the ingredients are fully combined.
4. Line a tin with parchment paper, and pour out $\frac{3}{4}$ of the mix, and press down well.
5. Make the blueberry compote by adding blueberries and a drop of water to a saucepan.
6. Bring to the boil, turn down the heat and mash until the berries have broken apart.
7. Pour the blueberry compote over the oat mixture, and cover with the remaining $\frac{1}{4}$ of the mixture.
8. Sprinkle the remaining coconut on top and bake for 15 minutes.
9. Cool fully before removing from the tin, and slice into mini bars.



Banana bread

Serve with hot, low-fat custard

Ingredients

280 g of self-raising flour, sieved

140 g of brown sugar

3 eggs, beaten

3 bananas, mashed

½ tsp of baking powder

110 g of chopped nuts (walnuts, macadamia, pistachio)

½ tsp of cinnamon

½ tsp of nutmeg

200 g of margarine/butter, melted

½ banana cut lengthways for decoration, optional

Method

- 1 Preheat the oven to 180°C / 350°F / Gas Mark 4.
2. Mix the dry ingredients in one bowl.
3. Mix the wet ingredients in another bowl.
4. Mix the wet mixture and the dry mixture together.
5. Put into a well- greased loaf tin.
6. Decorate with ½ banana cut lengthways.
7. Bake in the preheated oven for 1½ hours.



This mixture can be spilt into smaller cakes/muffins, which will take less time to bake.

