

Together We Can
Healthy Recipes Made Easy

Desserts, Smoothies and Snacks

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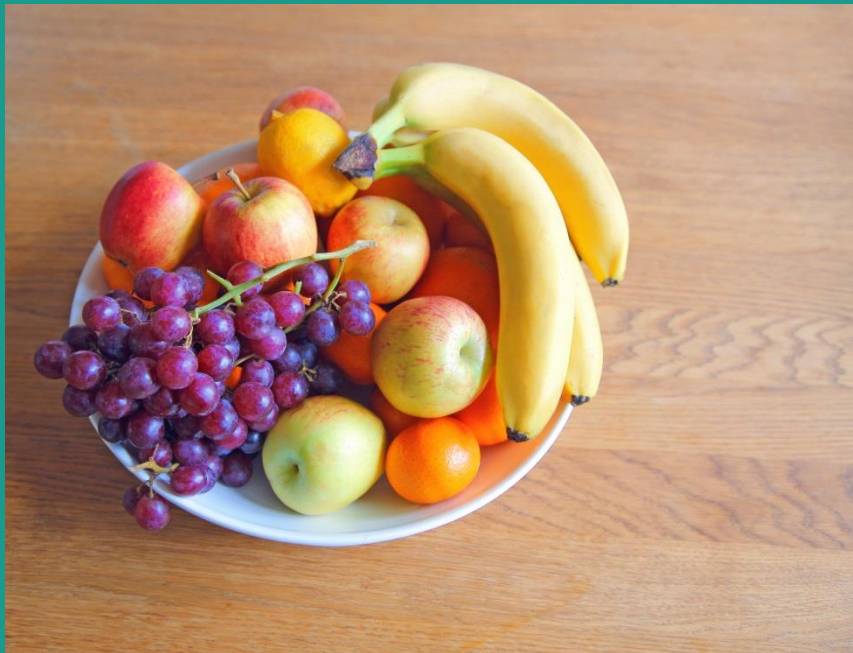
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Baked Bananas

This is one of the easiest desserts. It is high in carbohydrates, low in fat, rich in potassium and magnesium.

Makes 4 Servings

Ingredients

- 4 Bananas
- 4 tbsp water
- 2 tbsp maple syrup
- ½ teaspoon mixed spice
- Small handful of raisins

Method

1. Preheat oven to 200C / 400F/ gas 6.
2. Chop the bananas into 2.5cm (1in) chunks.
3. Place in a baking dish and combine with remaining ingredients.
4. Bake for 15 minutes. Serve with plain yoghurt, greek yoghurt or fromage frais.

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Yogurt and Fruit Pudding

A nutritious everyday pudding that counts towards the 5 servings of fruit or vegetables recommended for children.

Makes 1 serving

Ingredients

- 1 Carton of fruit yogurt
- 4oz fresh or stewed fruit e.g. mango, strawberries, blueberries, raspberries, peaches,bananas.
- 1 tbsp toasted almonds.

Method

1. Spoon half of the fruit into a sundae glass or small dish.
2. Top with half of the fruit yogurt followed by another layer of fruit.
3. Top with the remaining yogurt.Sprinkle over the toasted almonds.

Banana Bread

Ingredients

- 100g (4oz) margarine
- 175g (4oz) Sugar
- 2 eggs, beaten
- 2 well ripened banana's, mashed (200g)
- 250g Wholemeal Flour
- 1 teaspoon (5ml) sodium bicarbonate
- 2 teaspoons (10ml) baking powder

Oven Temperature:

Mark 4 – 350oF/180oC

Method

1. Pre-heat the oven
2. Cream together margarine and sugar until light and creamy.
3. Beat the eggs and stir in banana
4. In separate bowl, mix together the flour, sodium bicarbonate and baking powder.
5. Mix into the margarine mixture
6. DO NOT OVER MIX, it should be quite lumpy.
7. Place in loaf tin and cook for 45 mins.
8. Allow to cool in the tin slightly before removing and leave until cold before slicing.

Makes 1 loaf (6-8 Slices)

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Vegetable based Juice

Ingredients

Apple Basic

4 carrots
1 apple

Method

1. Wash and chop the ingredients
2. Place all ingredients in the juicer
3. Pour into a glass

Nutrients:

Beta-carotene, folic acid, vitamin C;
Calcium, magnesium, phosphorous,
potassium, sodium, sulphur

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Rice cake faces

Ingredients

Rice cakes or crackers

Cream cheese or humus

Variety of topping such as

- Sweetcorn
- Peppers
- Cherry tomatoes
- Pineapple chunks
- Ham
- Cucumber
- Grated cheese (Low fat)
- Carrots
- Grapes
- Spring onions

Method

1. Spread a layer of the cream cheese on the ricecake (you can use any topping that is spreadable)
2. Arrange topping on each rice cake as preferred design or smiley face

Try to encourage the children to try something new

Can be served as a snack or with a salad



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Rice Pudding

Ingredients

1 pt semi-skimmed milk
1 oz sugar
2-3 drops vanilla essence
2 oz rice (short grain)
grated nutmeg

Method

- 1 Boil the milk in a thick-bottomed pan
- 2 Add the washed rice, stir to the boil
- 3 Simmer gently stirring frequently until the rice is cooked (approx 35-40minutes).
- 4 Mix in the sugar, nutmeg & vanilla essence.

Serving suggestion

Serve with stewed apples or poached pears.

Oven Method

1. Place rice, sugar and milk into a buttered ovenproof dish.
2. Sprinkle with nutmeg and bake in oven 150c or gas 2 for 2 hours.

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Smoothies

Ingredients (serves 4)

Banana Smoothie

4 large bananas, peeled and roughly chopped
2 tablespoons natural bio-live yoghurt
250ml (9fl oz) cold semi-skimmed milk
1 teaspoon runny honey
¼ teaspoon ground cinnamon (optional)

Method

1. Put the bananas in the blender. Add the yoghurt and milk, and blend until smooth. Add the honey and cinnamon, and blend again for 5-10 seconds.
2. Pour into glasses and serve immediately.

Strawberry/raspberry/mango smoothie

Use 250g (9oz) strawberries or raspberries or peeled chopped mango, instead of banana

Fruit and berry smoothie

Use a combination of any fruit and some berries – made up to the 250g (9oz) weight – instead of banana.

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Oaty Chocolate Chip Cookies

Ingredients

175g (6oz) self raising flour
55g (2oz) rolled oats
115g (4oz) margarine
55g (2oz) granulated sugar
55g (2oz) chocolate drops
25g (1oz) golden syrup

Method

1. Preheat the oven to 180°C/350°/Gas 4
2. Sift the flour into a mixing bowl with the rolled oats, and rub in the margarine until the mixture resembles crumbs. Add the sugar, chocolate drops and syrup, and continue mixing until the ingredients come together as a stiff dough.
3. Place the mixture lightly on a floured surface. Form into a roll approximately 9cm (3½in) in diameter and slice into eight.

Place the cookies on to greaseproof paper on a tray, and bake in the preheated oven for 20-30 minutes until pale brown. Do not overcook

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Pancakes with banana and Greek yoghurt

Serves 4

Ingredients

125g (4oz) plain flour
2 eggs
200ml (7fl oz) skimmed milk
15g (½oz) desiccated coconut (optional)
Vegetable oil in spray container
2 bananas, sliced
200g (7oz) 0%-fat Greek yoghurt
2tsp runny honey

Method

1. Whisk together the flour eggs and milk until smooth.
2. **(If using coconut** - add the coconut (keep a pinch to sprinkle later) and whisk. Leave to stand for 20 minutes.
3. Heat a quality frying pan and add a couple of spays of the oil.
4. Pour in enough of the batter to coat the base of the pan.
5. Leave it to set and cook for 1-2 minutes.
6. Turn, with the help of a palette knife, and cook for 1 minute.
7. Place on a warm plate and repeat until all the batter is used.
8. Serve the pancakes with half a sliced banana and a spoonful of yoghurt for each person, sprinkle with a little extra coconut and a drizzle of honey.

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Energy Source 1

Eating regular meals throughout the day will help maintain your energy levels.

Breakfast smoothie

A fantastic way towards your 5-a-day containing naturally occurring sugars

Serves 2

Prep 5 mins

Ingredients

- 2 small bananas
- 500ml semi-skimmed milk
- 2 tbsp oats, plus extra to garnish
- 100g fresh or frozen blueberries
- 100ml fat-free yoghurt
- ¼ tsp ground cinnamon, plus extra to garnish
- 6 ice cubes

Methods

1. Peel the bananas and break into small chunks. Place into the blender along with all the other ingredients.
2. Blend on high for 1-2 minutes, or until the mixture is smooth. Pour into a glass and garnish with a sprinkle of oatmeal and cinnamon.

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Energy Source 2

Eating regular meals throughout the day will help maintain your energy levels.

Breakfast smoothie

A fantastic way towards your 5-a-day containing naturally occurring sugars

Serves 2

Prep 5 mins

Ingredients

- 2 small bananas
- 500ml semi-skimmed milk
- 2 tbsp oats, plus extra to garnish
- 100g fresh or frozen blueberries
- 100ml fat-free yoghurt
- ¼ tsp ground cinnamon, plus extra to garnish
- 6 ice cubes

Method

1. Peel the bananas and break into small chunks. Place into the blender along with all the other ingredients.
2. Blend on high for 1-2 minutes, or until the mixture is smooth. Pour into a glass and garnish with a sprinkle of oatmeal and cinnamon.

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