

# Graitness School Recipe Book



Recipes  
Even a Swan  
Could Make

## Breakfast



## Lunch



## Dinner & Puddings



## Snacks





## Introduction

When school closed in March and we moved to learning from home teachers across Glaitness School began to receive many photos of bairns of all ages cooking, baking and getting creative in the kitchen. Staff were keen to celebrate these wonderful learning experiences and decided that together, from the comfort of our own homes and kitchens, we would create a healthy cookbook. The bairns voted for their favourite front cover which was designed and drawn by Emily Dawson Class 4/5T. They then got busy trying and testing tasty healthy recipes to share.

The Healthy Cookbook is organised into four sections with delicious and nutritious recipes that take you through your day from start to finish. We hope you enjoy our cookbook and have fun trying some new healthy recipes.

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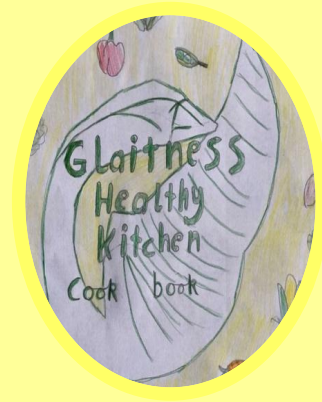
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## Healthy Breakfast Recipes

A good breakfast is a start of a good day.

# Mango and Coconut Porridge by Ellis

## Ingredients

$\frac{1}{2}$  cup of porridge oats  
1 tbsp desiccated coconut  
1  $\frac{1}{2}$  cups of milk  
Mango.

## Method

1. Pour oats, coconut and milk into a pot.
2. Cook for 4-5 minutes, stirring often.
3. Serve the porridge with chopped mango on top.



Top Tip: Peaches and Nectarines also work well.



# Grandad's Rhubarb and Porridge by David Barclay

## Ingredients

50g porridge oats  
350ml milk or water  
Pinch of salt  
Rhubarb

### To Bake Rhubarb:

Cut into chunks. Scatter with sugar, cover with foil and bake in a medium oven for about 15 minutes until soft.

### To Poach Rhubarb:

Cut into sticks. Scatter with sugar, add a splash of water, simmer gently for 8 minutes until soft.  
Leave longer to cook it to a puree or compote.



## Method

1. Put porridge in a saucepan and pour in milk or water and a pinch of salt.
2. Bring to the boil and then simmer for 4-5 minutes stirring from time to time and watching carefully that it does not stick to the bottom of the pan.
3. Serve the porridge in a bowl with the rhubarb on top.

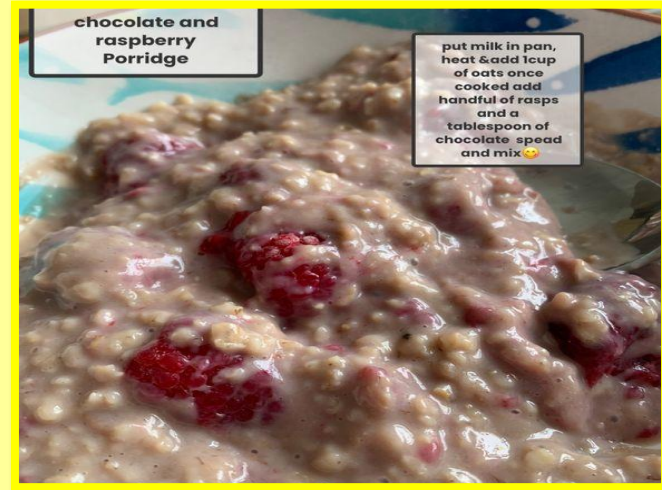
# Eddie's Chocolate and Raspberry Porridge

## Ingredients

- 1 cup porridge oats
- 1 cup milk
- 1 handful of raspberries
- 1 tbsp of chocolate spread

## Method

1. Heat milk in a pan.
2. Add oats.
3. Once heated, add a handful of raspberries.
4. Add a tablespoon of chocolate spread and mix.





# Banana Pancakes by Terrence Barclay

## Ingredients

1 ripe banana

1 egg

$\frac{1}{4}$  tsp cinnamon (optional)

Pinch of salt (optional)

## Method

1. Mash banana in a bowl.
2. In a separate bowl, whisk the egg.
3. Add eggs to banana and whisk until thoroughly combined.
4. Add salt and cinnamon.
5. Preheat frying pan with a little oil over a medium heat.
6. Use a tablespoon to drop batter into the pan.
7. Cook for a few minutes, and then flip with spatula.
8. Cook for an additional minute or two on the other side and remove to plate.



Top Tip: Serve with yogurt and banana or any healthy topping of your choice.

# Iona's Homemade Granola

## Ingredients

Oats,  
Mixed nuts,  
Mixed seeds,  
Mixed dried fruits,  
Cocoa powder,  
Grated orange zest.

## Method

1. Preheat oven to 180°C.
2. Place ingredients on a large roasting tray, bake for 15 minutes, stirring half-way.
3. Blitz to a powder once roasted.
4. Store in an airtight jar.



Top Tip: Add to porridge, smoothies and more!

# Berry Banana Smoothie Bowl by Alicia Roberts

## Ingredients

- 1  $\frac{1}{2}$  cups of frozen strawberries
- $\frac{1}{2}$  cup of frozen blueberries
- 1 frozen banana
- $\frac{1}{2}$  cup of frozen raspberries
- 60ml of almond or cows milk or  $\frac{1}{2}$  cup Greek yogurt
- $\frac{1}{4}$  cup of peanut butter (optional)



## Method

1. Put all the ingredients into a blender and blend until smooth.
2. Put it in a bowl and top with your favourite toppings.

Toppings could include: sliced strawberries, sliced banana, blueberries, raspberries, granola

# Mango & Banana Smoothie

## Ingredients

- 1 medium mango
- 1 banana
- 500ml orange juice
- 4 ice cubes

## Method

1. Cut the mango down either side of the flat stone then peel and cut the flesh into chunks.
2. Peel and chop the banana.
3. Put all the ingredients into a food processor or blender.
4. Process until smooth and thick.
5. Keep in the fridge and use the same day you make it.



# Corsie Family Smoothie

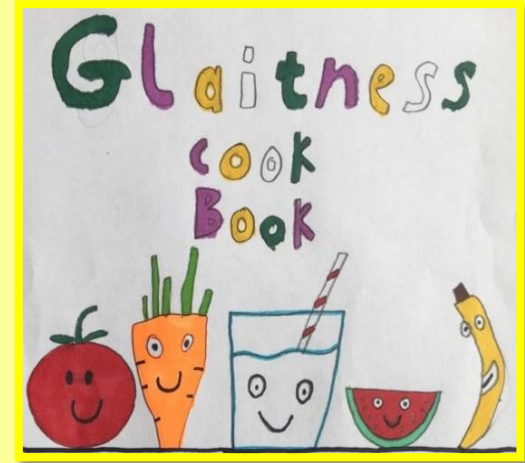
Serves 4

## Ingredients

227 g of strawberries  
125g blueberries  
2 bananas  
2 kiwi fruits  
500ml of pure apple juice  
250g natural Greek yogurt  
1 tsp chia seeds  
1 dessert spoon flax seeds

## Method

1. Put all the ingredients into a bowl and then put it in the blender.
2. Blend until pure liquid.
3. Serve in a glass.



# Healthy Smoothie

## Ingredients

- 1 mashed banana
- 7 strawberries
- 10 grapes
- 12 blueberries
- $\frac{1}{4}$  of a mango

## Method

1. Put all the ingredients into a blender.
2. Blend until it is a smooth liquid.
3. Serve in a glass.





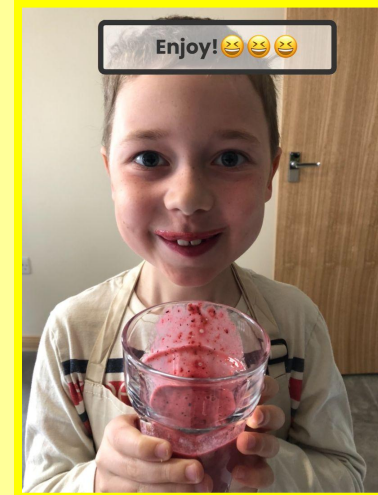
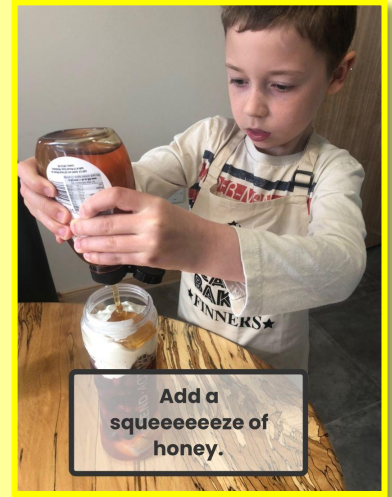
# Fruity Smoothie

## Ingredients

- 2 handfuls of frozen fruit - we used mixed berries
- 250ml of apple juice
- 1 banana
- Squeeze of honey
- A small pot of Greek yoghurt

## Method

1. Chop up the banana.
2. Add the fruit, apple juice and honey to the blender.
3. Add a spoon of Greek yoghurt.
4. Pour into a glass and enjoy!



# Banana and Mango Smoothie

## Ingredients

1 frozen banana  
1 handful of mango pieces  
1 mug of milk  
A pinch of cinnamon  
A few drops of vanilla

Optional: a tiny bit of grated ginger if it's a cold day!

## Method

1. Put all ingredients together and blend.



Top Tip: If you add less milk and make it really thick, you can enjoy as ice cream for pudding!



## Healthy Lunch Recipes

A Healthy outside starts from the inside.

# Wra-pizza

## Ingredients

Wholegrain wrap

Pesto

Tomatoes

Olives

Smoked sausage

Mozzarella cheese

## Method

1. Spread pesto onto the wrap.
2. Chop tomatoes and put on the wrap.
3. Chop olives and put on the wrap.
4. Slice smoked sausage and put on the wrap.
5. Put the mozzarella on top.
6. Put wrap pizza in the oven at 180°C until the cheese is golden brown.
7. Enjoy!



# Bagel Pizza by Emma Reid

## Ingredients

Bagel  
Pizza topping sauce  
Yellow Peppers  
Onions  
Hot dog sausages  
Mozzarella cheese  
Orkney Cheddar

## Method

1. Cut the bagel in half.
2. Spread pizza topping on each half of the bagel.
3. Chop peppers and put on the bagels.
4. Chop onions and put on the bagels.
5. Slice the hotdog sausages and put on the bagels.
6. Put the grated mozzarella on top.
7. Grate some Orkney Cheddar on top.
8. Put bagel in the oven at 180°C for about 10 mins until the cheese has melted.



# Healthy Pitta Pizza by Cameron McKenzie

## Ingredients

4 pitta bread  
4tsp tomato puree  
50g grated cheese  
Any toppings



## Method

1. Heat the oven to 200°C/180°C fan/gas 6 and put a baking sheet inside to heat up.
2. Spread each pitta with tomato puree.
3. Place on the baking sheet to bake for 10 min until the pitta are crisp, the cheese has melted so you can put on toppings.



# Homemade Pizza

## Ingredients

300g plain flour  
1 sachet of fast action dried yeast  
2½ tsp salt, 2tsp sugar  
8 fl oz warm water (with 2 tablespoons oil in)  
1 tbsp mixed herbs  
Tomato puree  
Mozzarella cheese

Toppings such as sweetcorn, pineapple, mushrooms

## Method

1. Mix dry ingredients together.
2. Gradually add water and oil.
3. Mix together to make a sticky dough.
4. Add more flour and knead for 10 minutes.
5. Put in a clean bowl with a little oil. Cover with cling film and leave for one hour.
6. Roll out ready for topping.
7. With back of a spoon spread tomato puree over the rolled out dough.
8. Add mozzarella cheese and other toppings of your choice.
9. Bake pizza in the oven at 220°C until the crust is browned and the cheese is golden (approx 10-15 mins).



# Healthy Baked Sweet Potato with Salad Slaw by Sienna Grayson

## Ingredients

1 sweet potato  
1 lemon  
2 radishes  
 $\frac{1}{2}$  red onion  
Olive oil  
1 carrot and 1 cucumber  
Fat free yoghurt  
1 eating apple  
3 cherry tomatoes  
1 stick of celery



## Method

1. Preheat the oven to 180°C/350°F/Gas 4.
2. Scrub sweet potato, pat dry, rub with a little olive oil, a pinch of sea salt and black pepper.
3. Prod with fork or skewer and roast on baking tray for about 40 mins until cooked through.
4. Finely grate the lemon zest into a small bowl and mix in the yoghurt. Then slice the skin off the apple and grate the apple to the core. Put the grated apple into the bowl along with finely sliced radishes,  $\frac{1}{2}$  of a finely sliced red onion, grated carrot, chopped tomatoes, chopped celery and cucumber. Add the juice of a  $\frac{1}{2}$  the lemon and mix it all together.
5. When the potato is ready score it into quarters and put on the slaw.

# Baked Tattie Snack

## Ingredients

1 large tattie (for each person)

Oil

Toppings any that you like



## Method

1. Wash your hands! Wear an apron if you like. (There's a nice song "wash your hands with the 44 cats" here: [www.popfun.co.uk](http://www.popfun.co.uk))
2. Scrub the tattie making sure you take out any eyes. Pat it dry with kitchen roll.
4. Stab it about 6 times being careful with the knife.
5. Put some oil on your hand and grease the potato.
6. Put the potato on a microwave proof plate and put it in the microwave. Cook for about 3 minutes, then turn it over and cook for another 3 minute. Check if it is soft. Cook it for a bit longer if you need to.
7. When it's nice and soft, take it out and put it on a plate to cool.
8. Choose what you want to have with it.
9. Slice the tattie and arrange everything else on the plate. Eat and Enjoy!

Top Tip: If your grown up is needing some exercise (or is a bit grumpy) then keep two spare tatties to play tattie and spoon racing with afterwards!



# Turbo Tatties

## Ingredients

Baking potatoes

Salt and pepper (optional)

Cup of grated cheese

Cup of diced smoke sausage or ham

2 tablespoons sour cream

## Method

1. Bake potatoes in pre-heated oven at 220°C for approximately an hour.
2. Prepare cheese and smoked sausage.
3. Remove tatties from the oven. Cool slightly before scooping out most of the tattie and out it in a mixing bowl.
4. Mash the tattie with the cheese and smoked sausage. Add the sour cream and seasoning. Put in the skins. Sprinkle with cheese.
5. Return to the oven and bake for 15 minutes.



# Erlend's Pesto

## Ingredients

Basil Leaves  
Pine nuts  
Garlic  
Parmesan cheese  
Olive oil



## Method

1. Put basil, garlic and pine nuts into a pestle and mortar or food processor and grind to a paste.
2. Grate the cheese and stir into the pesto.
3. Stir in the olive oil.
4. Mix the pesto with hot pasta or rice.
5. Sprinkle with cheese and serve.

# Salad by Morven Brown

## Ingredients

Lettuce  
Spring onion  
Red pepper  
Tomatoes  
Grapes  
Feta cheese

## Dressing:

White wine vinegar 50ml  
Olive oil 150ml  
Salt and pepper  
Tsp mustard  
Shake and pour the dressing into the salad, mix and enjoy.

## Method

1. Chop/tear lettuce into the bowl.
2. Chop spring onion into small bits and put into bowl.
3. Chop tomatoes and grapes and put them into bowl.
4. Chop off a chunk of feta and crumble into bowl with hands.
5. Shake and pour the dressing into the salad, mix and enjoy.





# Greek Salad (Done My Way)

## Ingredients

250g cherry tomatoes halved  
 $\frac{1}{2}$  cucumber thinly sliced in half moons  
100g halved kalamata olives  
 $\frac{1}{2}$  red onion thinly sliced  
100g crumbled feta

## Dressing

1 tbsp red wine vinegar  
Juice of half a lemon  
1 tsp dried oregano  
Flaky sea salt & Ground black pepper  
40ml extra-virgin olive oil

## Method

1. In a large bowl make the salad. Stir together tomatoes, cucumbers, olives, and the red onion. Gently fold in the feta.
2. In a small bowl, make dressing. Combine vinegar, lemon juice, and oregano and season with salt and pepper. Slowly add olive oil, whisking to combine.
3. Drizzle dressing over the salad.



# Greek Salad

## Ingredients

Spinach  
Baby tomatoes  
Yellow pepper  
Red pepper  
Cucumber  
Feta cheese

## Dressing

Olive oil  
Lemon  
Garlic  
Salt & Pepper

## Method

1. Put spinach in a bowl, chop peppers, cucumber and feta and put in the bowl too.
2. For the dressing, shred garlic and add the salt, pepper, lemon, olive oil and a little water.
3. Mix together and pour all over the salad.



# Amelie's Tuna Salad

Serves 6

## Ingredients

400g pasta

1 tin of tuna

Cheese (cut in cubes)

$\frac{1}{4}$  cucumber (cut in cubes)

2 tbsp of raisins

1 large tomato (chopped)

$\frac{1}{2}$  pepper (red or yellow, chopped)

4 dessert spoons of mayonnaise

Grapes cut in half

1 apple (cut in cubes with lemon juice on to keep from going brown)

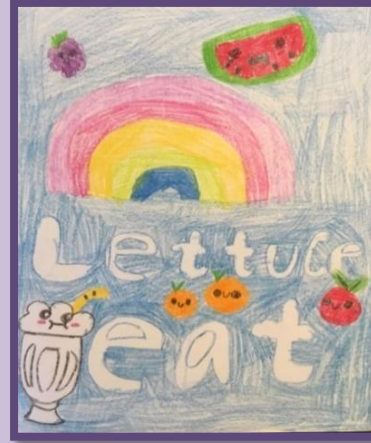
Salt and pepper to taste



## Method

1. Boil pasta, drain in colander and pour cold water over it till cool.
2. Put in large bowl and stir all ingredients together.
3. Keep in fridge.

Amelie's tip: you could also add boiled egg and sweetcorn.



## Healthy Dinner & Pudding Recipes

Don't eat less, eat right.

# Butternut, Sweet Potato and Lentil Soup by Leona Doull

## Ingredients

- 1 small butternut squash
- 1 medium sweet potato
- 2 medium carrots
- 1 clove garlic
- 4oz/200g red dried lentils
- 1 vegetable stock cube



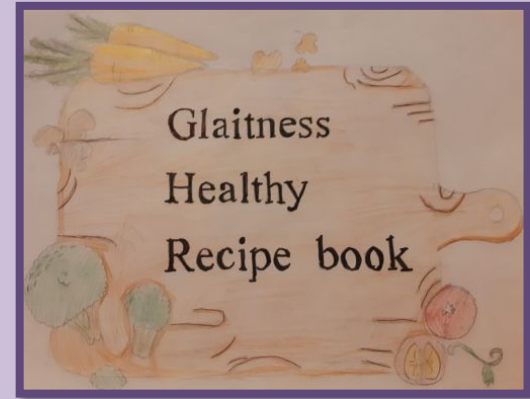
## Method

1. Chop the onion and garlic and gently fry in a large saucepan with one tablespoon/25ml vegetable oil.
2. Chop remaining vegetables and add to the pot with the stock cube and 1½ litres of water.
3. Bring to the boil and simmer for 45 minutes.
4. Blitz with a hand blender and season to taste with salt and pepper.
5. Serve with either chopped parsley, chives or any home grown or bought fresh herbs.

# Spicy Cannellini Bean Soup by Noah & Milly Tait

## Ingredients

300g lentils  
2tbsp olive oil  
4 rashers of bacon  
2 diced onions and 2 diced carrots  
2 tins of tomatoes and 2 tins of cannellini beans  
Tomato puree  
Garam Masala



## Method

1. Add 4 rashers of bacon to the pot with oil and fry until golden.
2. Next add two diced onions and two diced carrots and fry until soft.
3. Add Garam Masala.
4. Now add the lentils to the pot.
5. Add 2 litres of water, 2 cans of tomatoes and 2 cans of cannellini beans.
6. Add 2 tablespoons of tomato puree.
7. Pop the lid on and simmer gently for 45 minutes.
8. Add one teaspoon of sugar, zest from a lemon and season with salt and pepper.



# Sweetcorn Chowder Soup by Jamie Milne

## Ingredients

2 ounces reduced-sodium bacon or lean salt pork, coarsely chopped  
2 large onions, diced  
2 large carrots and 2 celery stalks diced  
12 ounces all-purpose potatoes, peeled and diced  
6 cups chicken stock  
2 cups fresh or frozen corn kernels  
2 cups low-fat milk  
Salt and pepper  
Cayenne pepper



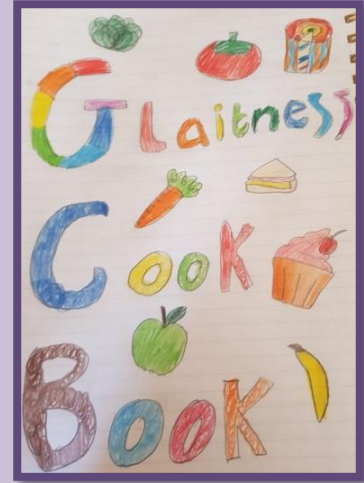
## Method

1. In a 4-quart saucepan, cook the bacon over moderate heat for about 4 minutes, until it is browned and fat is rendered. Remove bacon with a slotted spoon and reserve for garnish (if using salt pork discard).
2. Add the onions, carrots and celery to the saucepan and sauté about 5 minutes, until softened.
3. Stir in the potatoes.
4. Add the corn kernels and return the soup to a boil. Simmer, uncovered, about 5 minutes longer.
5. Remove from the heat and, using a ladle or slotted spoon, transfer about  $2\frac{1}{2}$  cups of the vegetables to a blender or food processor. Puree until smooth.
6. Add the puree and milk to the saucepan and simmer for 3 minutes. Season with salt, pepper and a pinch of cayenne pepper. Serve garnished with the bacon.

# Chicken Noodle Soup by Caiden McBeth

## Ingredients

50g roast/shredded chicken  
1 nest rice noodles  
2 carrots, grated  
Handful of garden peas  
Handful of sweetcorn  
Spring onions  
1 chicken stock cube and 500 ml of boiling water



## Method

1. Add the vegetables to 500ml of chicken stock, season and boil until soft and cooked.
2. Add the cooked chicken to the pot and simmer for 5 minutes.
3. Add the noodles and cook until soft.
4. Serve in a bowl and garnish with spring onions.

# Cheese and Bacon Flan

Serves 6

## Ingredients

300g shortcrust pastry  
100g bacon medallion  
5 eggs  
1 onion  
50ml milk  
Salt and pepper  
50g cheese (grated)  
8 cherry tomatoes

## Method

1. Blind bake your pastry.
2. Chop bacon and cook in frying pan with chopped onion.
3. Chop tomatoes into quarters.
4. Spread bacon and onion evenly over pastry base, add tomatoes.
5. In a bowl, whisk 5 eggs with milk, salt and pepper.
6. Pour egg mixture into the pastry crust.
7. Sprinkle grated cheese over the top.
8. Put in oven at 180°C and cook for around 40 minutes or until cooked through and brown.
9. When ready let it cool and then serve with a side of your choice.



# Salmon in Foil

## Ingredients

- 1tbsp olive oil
- 4 salmon fillets
- 2 lemons
- 50g butter
- Salt and black pepper
- Bunch of chives
- New potatoes and steamed vegetables to serve

## Method

1. Preheat Oven to 180°C. Line a shallow ovenproof dish with foil large enough to completely wrap over the dish. Brush the foil with oil.
2. Place the salmon skin side down and season well. Squeeze the lemon and drizzle the juice all over the fish. Slice the second lemon into four placing a slice on each fillet.
3. Arrange the butter around the salmon and place chives over the fish. Bring the edges of the foil together to make a sealed parcel.
4. Bake in the oven for 20-25 minutes.
5. Transfer fish to a plate, drizzle the lemon butter from the foil over the salmon.
6. Serve with new potatoes and steamed green vegetables.



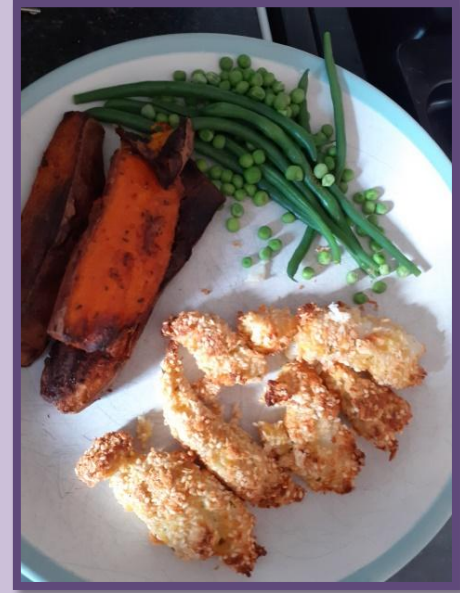
# Fish Fingers by Paige Sabiston

## Ingredients

2 eggs  
85g bread crumbs  
15g sesame seeds  
Plain flour  
1 tbsp oregano  
400g white skinless fish

## Method

1. Preheat oven to 200°C/180°C fan assisted.
2. Beat eggs into a shallow bowl.
3. Mix breadcrumbs, sesame seeds and oregano in a separate dish.
4. Place tin foil on a baking tray.
5. Dip fish into the flour, then eggs, then breadcrumb mix.
6. Place on tray and bake in oven for 20 minutes.
7. Serve with green vegetables and your choice of sweet potato fries or tatties.



# Fish Pie

## Ingredients

1kg tatties  
400ml milk  
25g butter  
125g flour  
Bunch of spring onion  
2 tsp mustard  
Handful of sweetcorn  
Handful of peas  
200- 300g grated cheese  
400g mixed fish eg. Haddock, Salmon or 2 packs of fish mix

## Method

1. Heat the oven to 200°C/fan 180°C.
2. Boil the tatties and then mash with some milk and butter.
3. Put the butter and flour in a pan with sliced spring onions and stir.
4. Gradually stir in the 400ml of milk until thick.
5. Take off the heat, add mustard, sweetcorn, peas and fish. Then put into an oven proof dish.
6. Spoon the mash tattie on top, sprinkle over the cheese.
7. Oven bake for 20 to 25 minutes.



# One Pot Beef Stew by Jamie Rorie

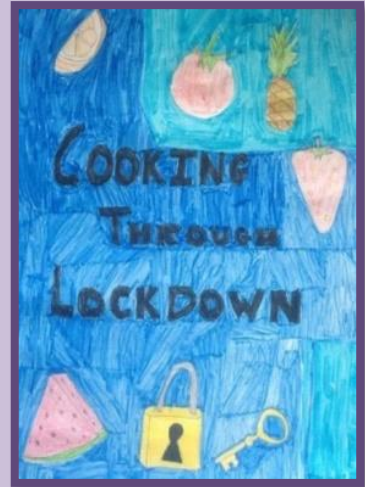
Serves 6

## Ingredients

500g diced braising or stewing steak  
1 onion and 1 carrot diced  
1 potato chopped into small chunks  
Handful of chopped turnip.  
2 oxo beef stock cubes and boiling water  
Salt and pepper  
1 tbsp of cornflour  
1 tbsp of Bisto gravy powder

## Method

1. Brown the steak in a pot until cooked on both sides.
2. Add the chopped onion and carrot and cook for a couple of minutes.
3. Add boiling water to cover the meat and vegetables and add 2 crushed beef stock cubes.
4. Add the potato and turnip and then season with salt and pepper.
6. Turn heat down and add the lid to the pot, leave to simmer for up to an hour until the meat and vegetables are nice and tender.
7. Mix cornflour and Bisto in a cup and add a little water to make a paste. Take the pot off the heat and stir this mixture into the pot. Leave to cook for a further 5 minutes until the gravy has thickened.
8. Serve in large Yorkshire puddings with veg of your choice.



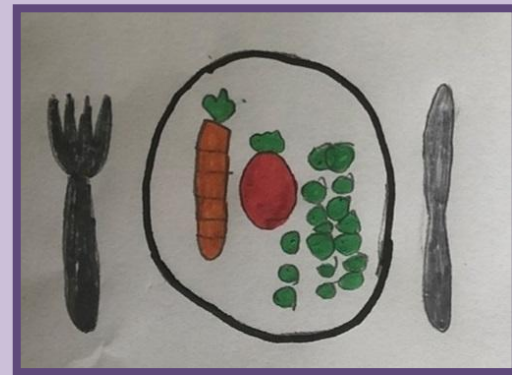


# Sloppy Joe's by Jack Pirie

## Ingredients

900g extra lean minced beef  
1 red pepper, finely chopped  
2 cloves garlic  
2/3 cup tomato puree  
2 tbsp balsamic vinegar  
1 tbsp paprika (not smoked)  
1 tsp salt  
Cooking oil spray

1 large onion, finely chopped  
1 green pepper, finely chopped  
1 cup of passata (or crushed tomatoes)  
1/4 cup sweetener  
1 tsp Worcestershire sauce  
1 tsp mustard powder  
black pepper



## Method

1. Spray a large pan with oil, out on a medium heat, add the onion and fry until golden.
2. Add the mince and fry until browned.
3. Add the peppers and stir to mix.
4. Stir in all other ingredients, bring to a boil.
5. Reduce heat, cover and simmer for 40 minutes. If sauce reduces too much, add a little water to the pot.
6. Once ready season with salt and black pepper.
7. Serve on bread rolls topped with grated cheese and enjoy!

# Chicken Stir Fry by Jonathan Reid

## Ingredients

Stir fry vegetables and thinly sliced onions  
Chicken breasts and thighs  
Noodles  
Rice  
Tablespoon of honey  
Chicken stock  
Soya Sauce

## Method

1. Cut up chicken breast or thighs and cook in some sesame oil.
2. When chicken turns white add a splash of soy sauce.
3. Cook noodles in pan of hot water.
4. Add the stir fry vegetables to the chicken.
5. Make the sauce by whisking stock, honey and splashes of soya sauce in a jug (you can add corn flour to thicken the sauce if you want).
6. Microwave the rice.
7. Add sauce to the chicken pan.
8. Add cooked noodles and rice to the chicken pan.
9. Mix it up.
10. Serve your meal.



# Fajitas

## Ingredients

Peppers, Onions & Mushrooms

Chicken or quorn

Tortilla wraps - plain or wholemeal

Cheese, grated

Natural yogurt

Olive oil

Fajita seasoning mix or spices of your choice

## Method

1. Heat some oil in a frying pan, add some chopped onions and cook/soften for approximately 2/3 minutes. Add chopped pepper and cook for a further 2/3 minutes.
2. Add the cooked chicken pieces and also some seasoning mix or other spices of your choice the more you add the spicier it will be! ... stir well and cook for approximately another 2 minutes.
3. Then add chopped mushrooms, and we add a splash of water (optional, but if so just a small splash), then stir together, cover with a lid and cook until hot ... the water gives a bit more of a sauce but doesn't make it too wet.
4. Then top your wraps with hot, cooked ingredients. Add a sprinkling of grated cheese and a spoon of natural yogurt, then have fun wrapping it all in your wrap.



Top Tip: Good on their own or serve with lettuce tomatoes and cucumber to include more vegetables.

# Super Green Pasta

## Ingredients

Spaghetti  
Black kale/Cavolo nero  
Ricotta  
Parmesan  
Garlic

## Method

1. In a pot bring water to boil, add salt.
2. Add spaghetti (or pasta of choice) to pot.
3. Put kale in pot on top of pasta.
4. Peel several cloves of garlic and chop in half, add on top of kale.
5. Put lid on and cook for a couple of minutes.
6. Grate a handful of parmesan.
7. Take garlic and kale out of pasta water and put in blender.
8. Add a tub of ricotta and the parmesan to the kale.
9. Blitz until you have a smooth sauce (add a spoonful of water if needed).
10. Drain pasta, add some sauce and enjoy.



# Prawn Linguine by Dean Findlay

Serves 4

## Ingredients

450g king prawns (raw or cooked)  
3 garlic cloves  
1 large red chilli  
30g flat leaf parsley  
500g fresh linguine  
Lemon (4 wedges)  
Grated parmesan cheese  
6 Tablespoons olive oil



## Method

1. Freshly chop the garlic chilli (discard seeds) and the parsley.
2. Add the oil to the frying pan, warm up and add the chopped garlic.
3. Gently fry for one or two minutes then add the chilli.
4. Add the prawns, cook until pink (if raw) or warm through if using cooked prawns and add the parsley.
5. Place linguine in a pot of boiling salted water for approximately 4-5 minutes.
6. Divide the linguine between 4 pasta bowls and serve the cooked prawns on top.

Top Tip: Top with grated parmesan cheese - optional but delicious!

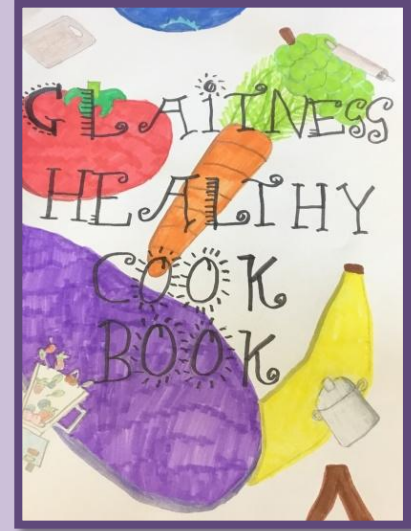
# Milly's Five A Day Pasta

## Ingredients

300g pasta  
100g spinach  
100g leek  
100g mixed peas and sweetcorn  
6 sausages  
400g tomato based pasta sauce or tinned tomatoes  
1 tsp paprika

## Method

1. Cook the sausages.
2. Cook the pasta in salted boiling water.
3. While the pasta is cooking fry off all the vegetables until soft.
4. Heat the tomato sauce or tinned tomatoes until boiling, add the paprika then reduce heat to simmer.
5. Cut the sausages into chunks.
6. Once the pasta and veg are ready take a ladle of the cooking water and add it all to the tomato sauce.
7. Add the sausages and stir through.
8. Serve straight away.





# Chocolate Avocado by Catriona Howe

## Ingredients

- 1 Avocado (fresh or frozen)
- 2 tbsp cocoa powder
- Raspberries or strawberries x 3 (optional)
- $\frac{1}{2}$  tsp vanilla
- 1 tsp water
- 1-2 tsp honey



## Method

1. Mix the Avocado, cocoa powder, honey and vanilla in food blender until smooth.
2. Taste mixture and add more honey if required.
3. Add fruit berries for decoration/topping if you like.
4. Serve pudding in a small glass as per picture or chill in airtight container before serving for a more refreshing snack.



# Healthy Yogurt Sundae by Isla Howe

## Ingredients

400g chopped fruits (fresh or frozen)

400g yogurt

3 teaspoons of honey

Uncooked Oats- sprinkle as topping

Nuts - selection of chopped nuts as topping

## Method

1. In 4 small glasses layer up the fruit and yogurt.
2. then pour honey over this.
3. Top it off with a sprinkle of oats and nuts.
4. Option to chill before eating.
5. Enjoy....



# Fancy Fruit Friday by Cara Johnson

## Ingredients

- 1 chopped peach
- 1 diced apple
- 1 stem of grapes
- $\frac{1}{4}$  teaspoon golden syrup
- 2 teaspoons milk
- Ice cream (optional)



## Method

1. Get a bowl and add a mug of Greek yogurt and  $\frac{1}{4}$  teaspoon golden syrup. Mix well.
2. Chop the peach and apple.
3. Put the peach and apple in gradually. Add the one teaspoon of milk. Mix well. Add another teaspoon of milk. Put in the grapes and mix again.
4. Serve. Ice cream can be optional.

# Kiwi, Lime and Yogurt Sorbet

## Ingredients

6 kiwi fruit  
1 lime, the rind and juice  
1 x 25ml pot natural yogurt  
250ml or  $\frac{1}{2}$  pint stock syrup



## Method

1. Make stock syrup by dissolving 200g sugar in 250ml boiling water - allow to cool or make ahead and chill.
2. Peel the kiwis, add the rind and the juice of the lime and blitz with a hand blender.
3. Add yogurt and stock syrup and mix again with the blender.
4. Pour into ice lolly moulds or a bowl and freeze.
5. If you use a bowl, mix every 2 hours to churn the mixture.
6. Enjoy as a desert or a cool ice lolly on a hot day.

# Super Healthy Ice Cream

## Ingredients

Fruit of choice

Natural yogurt



## Method

1. If you have a blender that can cope with frozen fruit use frozen fruit.
2. Put fruit in blender, add yogurt, then blitz and enjoy!

OR

1. If your blender can't cope with frozen fruit use fresh or defrost frozen.
2. Put fruit and yogurt and then blitz.
3. Put in freeze safe container and freeze.



# Blueberry Ice Cream

## Ingredients

300g blueberries  
500g natural yogurt  
2 tbsp caster sugar  
2 tbsp icing sugar  
Grated zest and juice from 1 lemon  
300ml double cream.

## Method

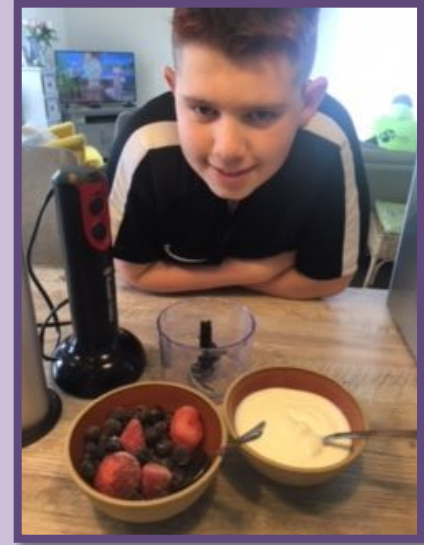
1. Place the blueberries in a pan with the caster sugar, lemon zest and juice. Bring to the boil, and simmer for 2 to 3 minutes until the berries burst.
2. Remove from the heat press through a fine sieve into a bowl, to make a glossy purple coulis. Leave to cool.
3. Place the cream in a large bowl and with an electric or hand whisk, lightly whip until just starting to thicken.
4. Using a metal spoon, fold in the yogurt and icing sugar until well combined and smooth. Then stir in the blueberry coulis.
5. Transfer to a freezer proof container with a lid. Place in the freezer for 4-5 hours until frozen. Remove every hour and stir.



# Berry Blast

## Ingredients

- 1 cup of frozen berries
- 1 cup of low fat Greek yoghurt
- 1 small squeeze of agave honey, half a teaspoon



## Method

1. Put everything into a blender and whizz up.
2. You can pour it into a glass and have it as a smoothie or you can put it in to moulds and put a lollipop stick (or I used paper straws I cut in half as a stick) in it and freeze for a few hours.

# Banana Milk

## Ingredients

2 bananas

Vanilla ice cream

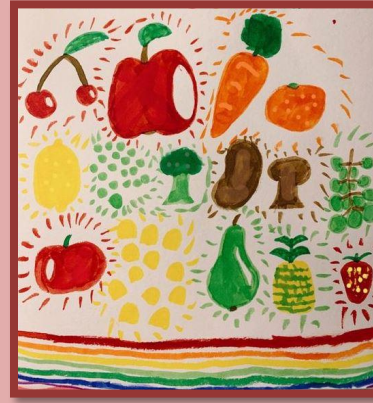
Milk



## Method

1. Take the ice cream out the freezer and leave it to soften.
2. Chop up the bananas and put them in the blender, smoothie maker or juicer.
3. Put 2 scoops of ice cream in the blender.
4. After that pour 1000ml of milk into the blender.
5. Blend all of it together but not for too long.
6. You will have around 4 servings of banana milk shake depending on what size your cups are.





# Healthy Snack Recipes

Eat good, Feel good.

# Guacamole

## Ingredients

Avocado  
Tomatoes  
Coriander  
Lime  
Salt

## Method

1. Pick ripe/soft avocados.
2. Cut in half and take out stone.
3. Mash the avocado with a fork.
4. Cut lime in half and squeeze juice into avocado.
5. Add chopped tomatoes and season with salt.
6. Chop coriander and add to mix.

Top Tip: Enjoy with tortilla chips.



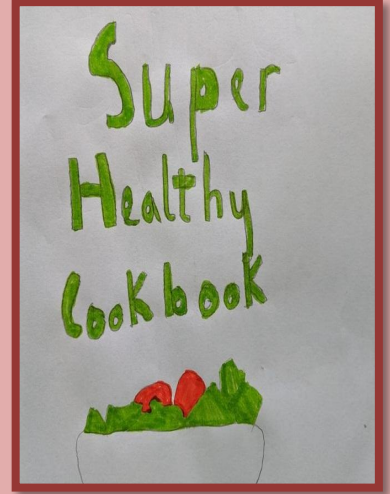
# Double Dips by Cara Johnson

## Ingredients

A tub of soft cheese

Half a cup of shredded carrots

Half a cup of diced cucumber



## Method

1. Get two bowls and put half a tub of soft cheese in one bowl and the other half in the other bowl. Gradually add the cucumber to one bowl until there is no cucumber left. Then do the same with the carrots in the other bowl.
2. Enjoy!

# Kale Crisps by Maya & Iona Russell

## Ingredients

Kale  
Garlic granules  
Olive Oil

So easy and yum!



## Method

1. Put some kale, a little olive oil, and garlic granules sprinkled over the top on a baking tray.
2. Heat the oven to 130°C and cook for 8-12 minutes.

# Peedie Quiches

## Ingredients

3 eggs  
100ml milk  
100g cheese

Top Tip: You can use any flavours you like -  
E.g. chicken and sweetcorn or ham.

## Method

1. Heat the oven to 180 \*C.
2. Mix the milk and eggs and divide into 9 silicone bun cases or greased bun tray.
3. Add toppings and grated cheese.
4. Put in oven for 10-15 minutes.



# Layth & Lamees' Feast





# Fruit Kebabs

## Ingredients

Strawberries

Oranges

Bananas

Pear

Grapes

Top Tip: You can use any fruits that you like best!

## Method

1. Chop the fruit into chunks put on cocktail or kebab sticks.





# Frankenstein Kiwi Pops by Eddie Monkman

Serves 12

## Ingredients

- 4 kiwis, peeled and sliced
- 1/4 cup dark chocolate chips melted
- 24 white chocolate chips
- 2 bananas
- 12 wooden popsicle sticks

## Method

1. Cut a small slit into the side of each kiwi slice.
2. Put a popsicle stick into the kiwi slice.
3. Place on baking sheet/tray.
4. Spoon melted chocolate onto kiwi face.
5. Add white chocolate chips for eyes and banana for hair.
6. Place in fridge to set.



# Carrot Oat Balls by Amelie Foubister

Makes around 20 balls

## Ingredients

200g grated carrot  
86g soft pitted Medjool dates or any other soft dates  
 $\frac{1}{4}$  tsp ground nutmeg  
 $\frac{1}{4}$  tsp ground cinnamon  
25g flax seeds  
10g white chia seeds  
125g jumbo oats



## Method

1. Mix all ingredients except the jumbo oats in a food processor until well combined.
2. Stir in the jumbo oats.
3. Roll into balls using your hands.
4. Store in the fridge in a airtight container to keep fresh for longer.

Amelie's tip: If you do not have flax seeds you can exchange it with chia seeds and if you don't have chia seeds you can use flax seeds. Tastes a bit like carrot cake!

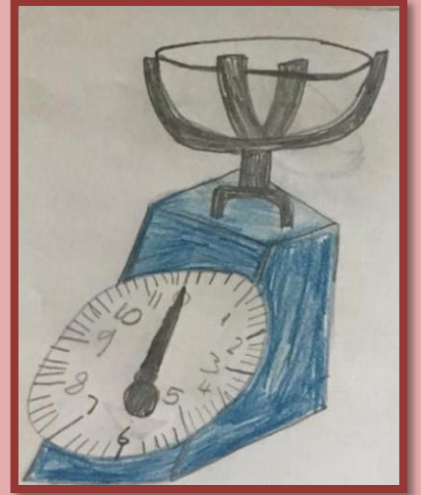
# Banana Flapjacks by Caleb Campbell

## Ingredients

200g butter/margarine  
160g soft brown sugar  
3½ tbsp of golden syrup  
450g porridge oats  
1 - 2 bananas (works well with either)

## Method

1. Melt butter and brown sugar in a saucepan over a medium heat.
2. Mash banana(s) and add to the melted mixture.
3. Add the mixture the oats and mix well. You could add nuts/dried fruit/ chocolate chips at this point.
4. Press into a lined shallow baking tin.
5. Cook at 180°C for 25 minutes.
6. Allow to cool and cut into slices.



# Date Slices

## Ingredients

175g rolled oats  
150g plain flour  
160g caster sugar  
170g butter  
1 bag of dates

## Method

1. Mix together oats flour and sugar in bowl.
2. Melt the butter and mix with dry ingredients.
3. Cover dates with cold water and heat gently until soft.
4. In a greased oven tray use half of oat mixture add the dates on top then add remaining dates.
5. Press down gently and bake for 30-40 minutes at 160°C



# Ginger Snaps by Aiden Schinkel

## Ingredients

110g self raising flour  
1 tsp ground ginger  
1 tsp bicarbonate of soda  
40g granulated sugar  
50g margarine  
50g golden syrup

## Method

1. Preheat oven to 190°C.
2. Begin by sifting the flour, ginger and bicarbonate soda into a mixing bowl, add the sugar, then lightly rub in the margarine until the mixture is crumbly, add the syrup mix everything together to form a thick paste.
3. Divide the mixture into ten small balls, space them out as they will spread out while cooking, flatten each ball with the back of a spoon, bake in the oven for 10 to 15 minutes, let them cool on a baking sheet, then a wire rack.



# Magnus' Fork Biscuits

## Ingredients

100g butter, softened  
50g caster sugar  
150g self-raising flour

## Method

1. Preheat the oven to 180\*c
2. Put the butter into a bowl, and gradually beat in the sugar.
3. Add the flour, and use your hands to bring the mixture together.
4. Roll into 16 walnut sized balls.
5. Place on a baking tray spaced apart.
6. Dip a fork in a little water and flatten the biscuits.
7. Bake in the oven for 15-20 minutes
8. Cool on a wire tray.



# Coconut Biscuits

## Ingredients

300g porridge oats (ground into oat flour in food processor)  
35g melted coconut oil  
80ml maple syrup  
A few drops of vanilla extract  
60g desiccated coconut

## Method

1. Preheat the oven to 180°C/ 350°F/Gas mark 4.
2. Mix all ingredients except the desiccated coconut together in a food processor until it comes together.
3. Stir or pulse in the desiccated coconut.
4. Line a baking tray with greaseproof paper.
5. Shape the mixture into figures.
6. Bake on the lined tray for 14-15 minutes until golden brown.
7. Leave to cool.
8. Enjoy!





# Banana Oatmeal Pancakes by Nia Clancy

Makes about 20 small pancakes

## Ingredients

- 1 cup of almond milk
- 4 eggs
- 2 egg whites
- 2 medium/large bananas
- $\frac{1}{4}$  cup real maple syrup
- 3 cups rolled oats
- 3 tsp baking powder
- $\frac{3}{4}$  tsp salt
- $1\frac{1}{2}$  tsp vanilla

Recipe from: [www.modernhoney.com](http://www.modernhoney.com)



## Method

1. Blend all the ingredients together in a blender until smooth.
2. Heat non-stick skillet over a medium heat. Once warm put a little oil (coconut oil/butter etc) in skillet. Pour pancake batter in round circles.
3. Cook for 2-3 minutes per side. Flip and cook for another minute.
4. Use topping of choice, though these are also delicious as they come.

# Drop Scones

## Ingredients

4oz self raising flour

1oz sugar

Pinch of salt

Teaspoon baking powder

1 egg

4 fl oz milk

Top Tip: Enjoy with your favourite toppings!



## Method

1. Put the flour, baking powder and sugar in a mixing bowl. Make a well in the centre and then add the egg and half of the milk. Beat well with a whisk until you have a smooth, thick batter.
2. Heat a large non-stick frying pan and grease with a little oil. Drop the mixture in dessert spoons onto the hot pan, spacing the mixture well apart.
3. When bubbles appear on the surface, turn the scones over with a palette knife or spatula and cook on the other side for a further 30 seconds to 1 minute, or until they are lightly golden brown.
4. Lift the scones on to a wire rack and cover with a clean tea towel to keep them soft. Continue cooking the batter in the same way.

# Floury Bannock by Jack Rorie

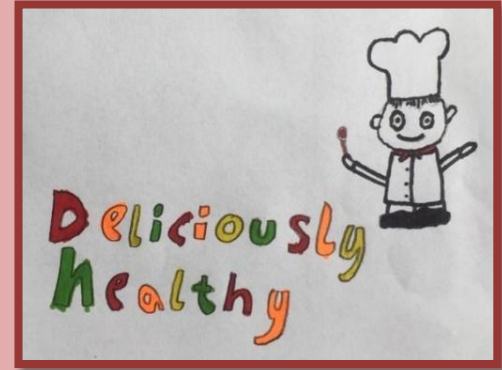
Makes 2 - 3 bannocks

## Ingredients

- 2 cups of self raising flour
- 1 egg
- 3 raised tsp of baking powder
- $\frac{3}{4}$  tsp of salt
- 4 tsp of cooking oil
- 1 cup of milk plus 1 tablespoon

## Method

1. Mix all the ingredients together in a bowl making sure you get rid of any lumps.
2. Put some flour on your worktop and add the mixture with a little more flour on top. The mixture will be a bit sticky so add more flour if required.
3. Form the mixture into bannocks, they can be large or small.
4. Sprinkle some flour on top of them.
5. Put a frying pan on a low to medium heat and coat with a little oil.
6. Cook for a few minutes on each side until cooked through.



Top Tip: Serve with butter and cheese or with soup.

# Current Buns by Nia Clancy

## Ingredients

450g of strong white flour  
2 tsp quick yeast (7g)  
 $\frac{1}{2}$  tsp salt  
 $1\frac{1}{2}$  tbsp of caster sugar  
2 tsp mixed spice  
75g currants & 75g mixed peel  
225ml milk  
2 eggs & 38g butter

## Makes 16 buns

Optional: To make the current buns of the nursery rhyme.  
Add sieved icing sugar to juice squeezed from half a lemon to make a thick icing. When buns have cooled slightly spoon icing on and top with half a cherry.



## Method

1. Mix together flour, yeast, sugar, salt, mixed spice, currants, and mixed peel.
2. Stir in the milk and egg.
3. Melt butter, add this to the bowl. Mix well to form a dough.
4. Cover dough with damp tea towel, in a warm place until doubles in size (approx 1hr).
5. Knead the dough for about 10 minutes then cut into 16 equal pieces.
6. Roll each piece of dough into a ball and place on an oiled baking tray.
7. Make topping by dissolving 2 tbsp sugar in 2 tbsp of boiling water.
8. Brush buns with topping and leave to rise for 25 minutes.
9. Bake in preheated oven 220°C/200°C fan assisted/Gas 7 for 12-15 minutes.

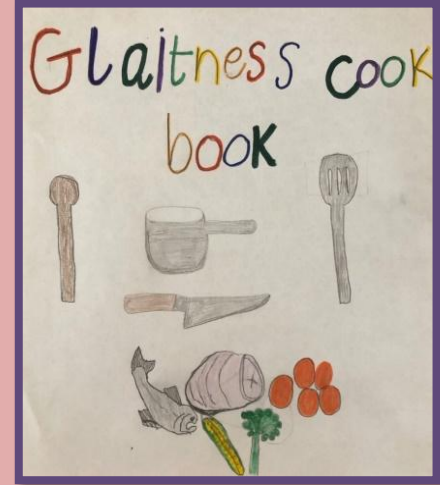
# Strawberry Muffins by Jack Rorie

## Ingredients

250g plain flour  
2 tsp baking powder  
150g caster sugar  
6 fluid ounces of milk  
A few drops vanilla extract  
2 large eggs  
 $\frac{1}{4}$  pint sunflower oil  
3 ounces strawberries cut up

## Method

1. Put bun cases into 2 bun trays.
2. Put all ingredients except the strawberries in a bowl whisk until combined and smooth.
3. Stir in the strawberries.
4. Spoon the mixture into the bun cases and bake in the oven at 180°C or 160°C fan assisted for 25 mins.
5. Enjoy!



# Blueberry Muffins

## Ingredients

180g plain flour  
2 tsp baking powder &  $\frac{1}{4}$  tsp salt  
60g caster sugar  
175ml of milk  
1tsp vanilla essence  
2 eggs  
1 tsp grated lemon rind  
175g blueberries



## Method

1. Preheat oven to 200°C/180°C fan assisted. Arrange 12 paper cases in a muffin tin.
2. Sift the flour, sugar, baking powder, and salt in a bowl.
3. Whisk the eggs in another bowl. Add the melted butter, milk, vanilla, grated lemon rind and stir well.
4. Make a well in the dry ingredients and pour in the egg mixture. With a large metal spoon, stir until the flour is just moistened, but not smooth.
5. Add blueberries to the muffin mixture and gently fold in, being careful not to crush the berries.
6. Spoon the batter into the muffin cases, leave enough room for the muffins to rise.
6. Bake for 20-25 minutes, until the tops spring back when you touch them lightly.
7. Leave in the tin for 5 mins before turning them out to cool on a wire rack before serving.

# Banana Loaf

## Ingredients

140g butter  
220g of flour  
90g sugar  
2 eggs  
2 ripe banana

## Method

1. Cream butter and sugar until light and fluffy.
2. Add eggs slowly.
3. Stir in bananas.
4. Add flour.
5. If mixture very dry add a small amount of milk.
6. Pour mixture into greased tins.
7. Cook 180°C for 30-35 minutes.

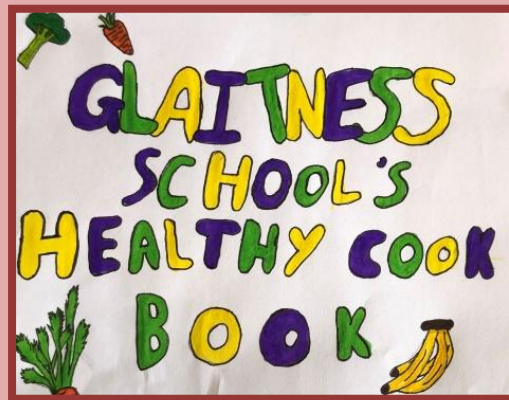




# Chocolate Banana Bread by Jack Pirie

## Ingredients

4 very ripe bananas mashed	2 eggs
50g low-fat Greek-style yoghurt	2 tbsp oil
2 tbsp honey	1½ tsp vanilla extract
200g wholewheat flour	30g cocoa powder
1 tsp ground cinnamon	pinch of salt
1 tsp bicarbonate of soda	½ tsp baking powder
2 tbsp chocolate chips	



## Method

1. Preheat the oven to 170°C fan/375°F/gas mark 5 and line a medium loaf tin with greaseproof paper.
2. Mix together the bananas, eggs, yoghurt, oil, honey and vanilla extract in a bowl until well combined.
3. Add the flour, cocoa powder, cinnamon, salt, bicarbonate of soda and baking powder and gently fold in until well mixed.
4. Pour mixture into the lined loaf tin and sprinkle the chocolate chips over the top.
5. Bake for an hour, then test with a skewer to make sure it comes out clean - if it needs a bit longer, bake for another 5 minutes and then test again.
6. Turn out onto a rack and allow to cool.

# Demi's Chocolate Cupcakes

## Ingredients

150g butter  
150g of self raising flour  
140g caster sugar  
60g of cocoa powder  
2 eggs  
130ml milk  
1 teaspoon vanilla extract  
Sprinkles to top

## Method

1. Cream butter and sugar until light and fluffy.
2. Add eggs and milk.
3. Fold in the flour and cocoa powder.
4. Add vanilla extract.
5. Spoon the cake batter into cupcake cases.
6. Cook 180°C for 30-35 minutes.
7. Allow to cool and decorate.



# Johnson's Chocolate Cupcake Recipe

## Ingredients

50 g cocoa powder  
2 tsp golden syrup  
175g unsalted butter  
175g caster sugar  
150g self raising flour  
Splash of vanilla  
3 eggs

For the icing:  
100g cooking chocolate (melted)  
60g soft butter  
250g icing sugar  
2 tbsp milk  
Chocolate sprinkles to decorate.



## Method

1. Preheat the oven to 180°C/Gas mark 5
2. Line bun trays with colourful paper cases.
3. Mix the caster sugar with the softened butter until smooth.
4. Add 1 egg and whisk till all mixed in, add the 2<sup>nd</sup> egg and mix, then the 3<sup>rd</sup> egg and mix.
5. Add a splash of vanilla, golden syrup, cocoa powder and flour.
6. Mix all together with a large spoon until all is mixed together. Using same spoon pour even amount into each case and cook in the oven for about 10 mins depending on size, check regular so as not to burn.

## Icing

1. Melt cooking chocolate set to side to cool.
2. Mix soft butter with the icing sugar, if dry add 1 or 2 tbsp of milk to help soften.
3. Add cooled cooking chocolate to mix and stir well.
4. When cupcakes have cooled spread or pipe icing on top of cupcakes and decorate.