



Pumpkin Pancakes



What you will need

- *1 cup pumpkin, steamed and pureed*
- *2 eggs. beaten*
- *1 cup flour*
- *1/2 teaspoon baking soda*
- *1/2 teaspoon cinnamon*

Instructions

Melt a tablespoon of coconut oil in a warm frypan.

Carefully drop tablespoons of the pumpkin batter into the frypan until golden brown on both sides.

Introducing pancakes, with a twist! Pumpkin pancakes are a fun way to increase children's daily vegetable intake. They are sweet, yet savoury at the same time. Having children contribute to the preparation of these pancakes is such a valuable way for them to develop healthy eating habits. And they are delicious too!

Avocado Fries



What you will need

- *Avocado*
- *Eggs, beaten*
- *Breadcrumbs (we used rice crumbs)*
- *Flour*
- *Salt & pepper or other seasoning (optional)*

Instructions

Peel skin from avocado and cut into wedges. Dip the avocado into the flour, ensuring it is well covered. Shake off excess flour and dip into the egg mixture, coating it well. Finally place the avocado into the breadcrumbs and gently turn it, ensuring it is well covered. Place the avocado sections onto cooking paper on a tray. Put tray into preheated oven and bake until lightly browned.

Offer children avocado in a fun and tasty way with avocado chips! Avocado is widely known as a ‘power food’, meaning it is high in nutrient value. It is an ideal food for young children who require a diet rich in nutrients to assist their developing minds and bodies.

Give them a go, everyone will be begging for more!



Vegetable Pikelets



What you will need

- 2 cups wholemeal self raising flour
- 1 cup finely chopped vegetables
- 2 eggs, beaten
- 1 cup grated cheese
- 1.5 cups milk

Vegetable pikelets are a delicious and healthy lunch for young children. A great idea for your centre cooks to try, or for busy Mums and Dads looking for new lunchbox ideas!

Instructions

Place all ingredients into a bowl and mix well until it has a smooth consistency.

Heat a little oil or butter in a frying pan.

Carefully drop spoonfuls of the mixture into the frying pan. Lightly fry until golden brown on both sides. Delicious served with chutney, sauce or smothered in cream cheese!



Yoghurt Buttons



What you will need

- *Yoghurt*
- *Berry juice*
- *Piping bag or snaplock sandwich bag*
- *Scissors*
- *Baking paper*

Leftover buttons can be transferred into a container or bag, and kept in the freezer.

Instructions

Mix berry juice and yoghurt together and spoon it into bag.

Place baking paper onto breadboard or tray.
If using a snaplock bag, snip a tiny corner off the bag and squeeze mixture out into small button-sized drops. Place tray in freezer.
When set, these are ready to eat!



Zucchini Chocolate Muffins



What you will need

- *An oven (preheated to 180°C)*
- *2 cups zucchini*
- *1/2 cup boiling water*
- *1.5 cups flour*
- *1/2 cup sweetener of your choice (e.g. dates, coconut, sugar)*
- *1/2 cup cocoa powder*
- *1.5 tsp baking soda*
- *1.5 tsp cinnamon*
- *1/2 cup canola oil*
- *3 eggs (beaten)*
- *1 tsp vanilla extract*

Instructions

Wash and grate zucchini, place in a bowl and cover with half a cup of boiling water. Add flour, cocoa powder, baking soda, cinnamon, oil, eggs, vanilla extract and sweetener of your choice. Mix until all ingredients are damp. Place paper patty cases into muffin tray and bake for 30 minutes at 180C/356F.

Optional – add chocolate chips for extra taste.



Healthy Fruit Rolls



What you will need

- *A blender*
- *Strawberries/fruit*
- *An oven for drying fruit*

Instructions

Turn oven onto the lowest possible temperature. Cut stalks off berries and place in blender. Blend until they become a thick liquid consistency. Line a baking tray with baking paper and pour berry mixture onto the tray, making sure it is evenly spread. Ensuring the oven remains on the lowest possible temperature, bake fruit mixture for 6 to 8 hours. Remove and cool. When cool, use scissors to cut the paper (and dried fruit mixture) into long strips. Roll up and store in container. Peel off paper when ready to eat!

Homemade fruit rolls are a healthy alternative to the store-bought varieties. They have no added sugar or nasty preservatives – just pure, simple, fresh fruit. They are simply delicious and a great treat for children and adults who have a bit of a sweet tooth!



Cauliflower Tots



What you will need

- *Cauliflower*
- *Bread crumbs*
- *Egg*
- *Cheese*

Instructions

Remove stalks and roughly chop cauliflower head. Boil until softened. Place cooked cauliflower into food processor along with breadcrumbs, egg and cheese. Season with salt and pepper if desired.

Process until the mixture resembles a puree. Mould into bite-sized shapes. Place into preheated oven and bake until golden. Turn as often as needed. Can be enjoyed hot or cold!

These delicious, nutritious and tasty tots will be a hit with young children (and adults will no doubt love them too!). Finding creative ways to encourage children to eat a variety of foods can be challenging – these tasty tots are a great way to introduce cauliflower as a fun and healthy finger food. Older children can help with the preparation, a great way to involve them in cooking. You can easily get creative with these tots, perhaps adding some chopped spinach, grated carrot or courgette... go wild!