

BREAKFAST PANCAKES

ALLERGENS
Egg, dairy and gluten (all optional)

SERVINGS
3–6 pancakes depending on how big you make them! (2–3 people)

PREP
5 mins

COOK
6–8 mins

TOOLS
Blender, measuring cups/scales, frying pan, spatula, chopping board and knife

Draw a picture of your pancake design here.

What to do

1. Pop everything in a blender and whizz until smooth.
2. Heat a frying pan on a medium heat – if it isn't a non-stick pan then add a little oil or butter to prevent the pancakes sticking.
3. Pour 3 circles of your batter into the frying pan.
4. Flip after 3–4 minutes using a spatula – if they stick to the pan and are hard to flip then let them cook for another minute.
5. When they are golden on each side pop them on a plate and repeat steps 3–4 if you have any batter left.
6. Choose your favourite fruits to decorate your pancakes and serve with some lovely Greek yoghurt.





TIP!

Add a handful of spinach to your pancakes to make them green – it will also help make you strong!

You'll need:

- 100 g oats (1 cup)
- 100 ml milk (½ cup) – or dairy-free alternative
- 1 ripe banana
- 1 egg – or make a chia/flax egg by mixing 1 tbsp of chia seeds or flax seeds with 3 tbsp water and leaving to set for 5 minutes

To serve:

- Your favourite fruits for decoration
- Greek yoghurt (or dairy-free alternative)



BANANA LOLLIES

ALLERGENS
Dairy (optional)

SERVINGS
6 lollies

PREP
5 mins

COOK
Freeze for at least 1 hour

TOOLS
Lollipop sticks, a tray that will fit in the freezer, parchment paper

What to do

1. Peel the bananas and cut them in half.
2. Carefully push a lollipop stick into the cut end – make sure the lollipop stick is in the middle of the banana so it doesn't go through the sides.
3. Dip the bananas into your tub of yoghurt so they are totally covered.
4. Add your sprinkles now if you are using any.
5. Carefully lay them on a tray covered with parchment paper and pop the tray in the freezer for at least 1 hour.
6. Gently peel from the parchment paper when they are ready and eat immediately!

You'll need:

- 3 bananas
- Natural yoghurt – Greek yoghurt, or a dairy-free alternative
- Toppings and sprinkles! How about some freeze-dried strawberries (as shown in the picture) or pomegranate seeds?

DID YOU KNOW?

We share around 50% of the same DNA as bananas! Bananas can help us to feel happy because they help us produce a happy hormone called 'serotonin'.

Play the food alphabet game while the lollies freeze!

Start with the letter A. Taking turns, everyone needs to think of a food beginning with A, then move on to B, C and so on. The person who can think of foods beginning with the most letters is the winner!



VEGGIE-PACKED BURGERS

ALLERGENS
None

SERVINGS
Around 8 burgers

PREP
15 mins

COOK
15 mins

TOOLS
Chopping board and knife, measuring cups/scales, mixing bowl and spoon, tea towel, frying pan, grater, kitchen roll

You'll need:

- 500 g minced beef
- 50 g tomato passata
- 1 small onion
- 1 medium courgette
- 1 small carrot
- 1 small apple
- 1 tbsp balsamic vinegar
- 1 tsp smoked paprika
- Salt and pepper
- Olive oil for frying

What to do

1. Finely chop the onion.
2. Grate the courgette, carrot and apple over a clean tea towel and then squeeze the juice out over the sink.
3. Place all of the ingredients in a mixing bowl and mix thoroughly.
4. Shape into burger patties and pop in the fridge for 5 minutes.
5. Heat a glug of olive oil in a frying pan ready for cooking.
6. Fry the burgers for about 5–7 minutes on each side (until browned and not pink in the middle) then place on a piece of kitchen roll to soak up any excess oil/liquid before transferring to a plate to cool a little.
7. They can be eaten as they are, or serve in burger buns or pitta bread with your favourite toppings. What about trying lettuce, sliced tomato and avocado?

TIP!

Try to squeeze as much juice as you can out of the grated fruit and vegetables – this will help the burgers stick together.





Family dinner table game

2 truths and a lie! Ask everyone to think of 3 things about themselves – 2 of them true and 1 is a lie. Each person takes it in turn to say their 3 things and everyone around the table has to guess which is the lie!

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About the author:

Helen Burgess is mother to Artie, as well as a qualified nutritionist and founder of Little Cooks Co. She is fascinated by the incredible power of food and its impact on health and wellbeing. Helen passionately believes that childhood is the most important time in life to get the right nourishment in order to grow and develop into healthy adults.

This passion led Helen to quit her job working in Cabinet and No. 10 when Artie was born, retrain for three years in nutrition and launch Little Cooks Co in 2017. Little Cooks Co supplies cooking kits each month to thousands of subscribers. The happy little boxes are sent directly to children to help them learn how to cook delicious and nutritious food with their families, and have lots of fun in the process. Find out more at www.littlecooksco.co.uk

In Helen's free time she loves spending time with Artie on their allotment, growing and picking their own food. as well as cooking up a storm together in the kitchen!



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