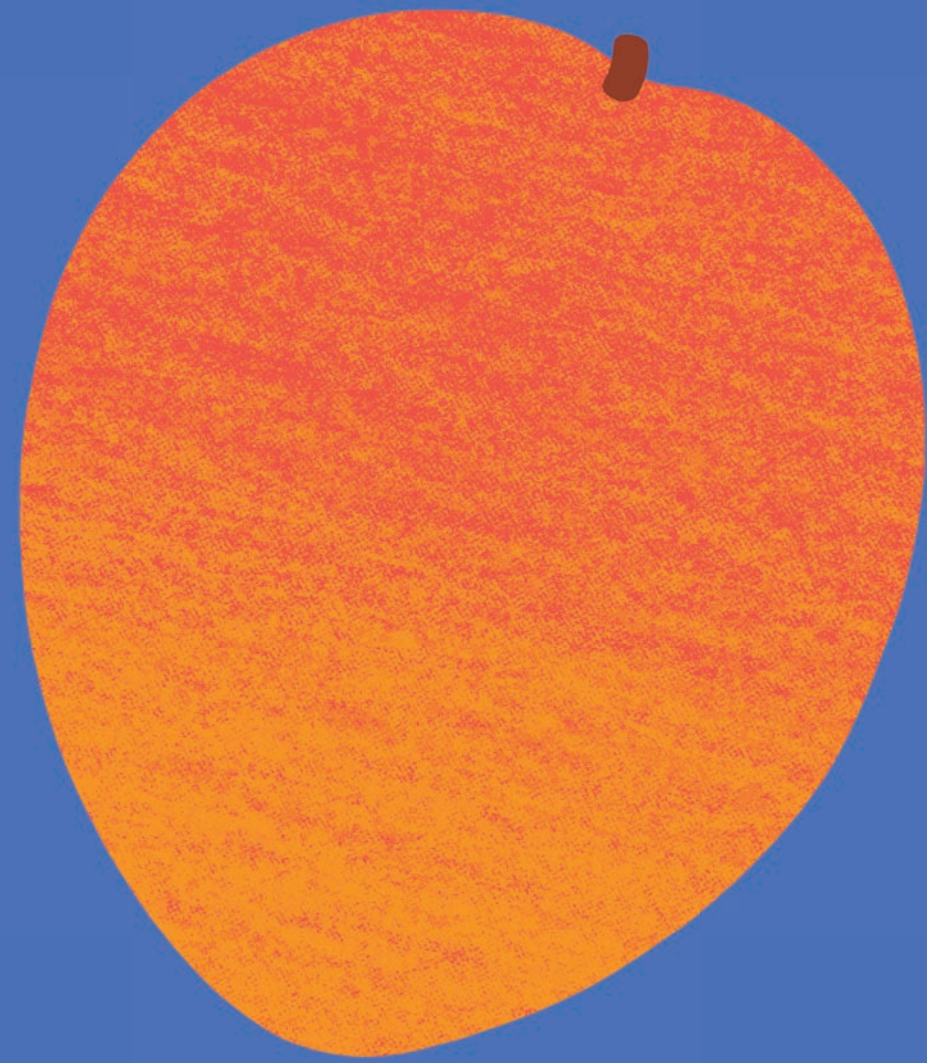
Are you ready?
Let's start with . . .

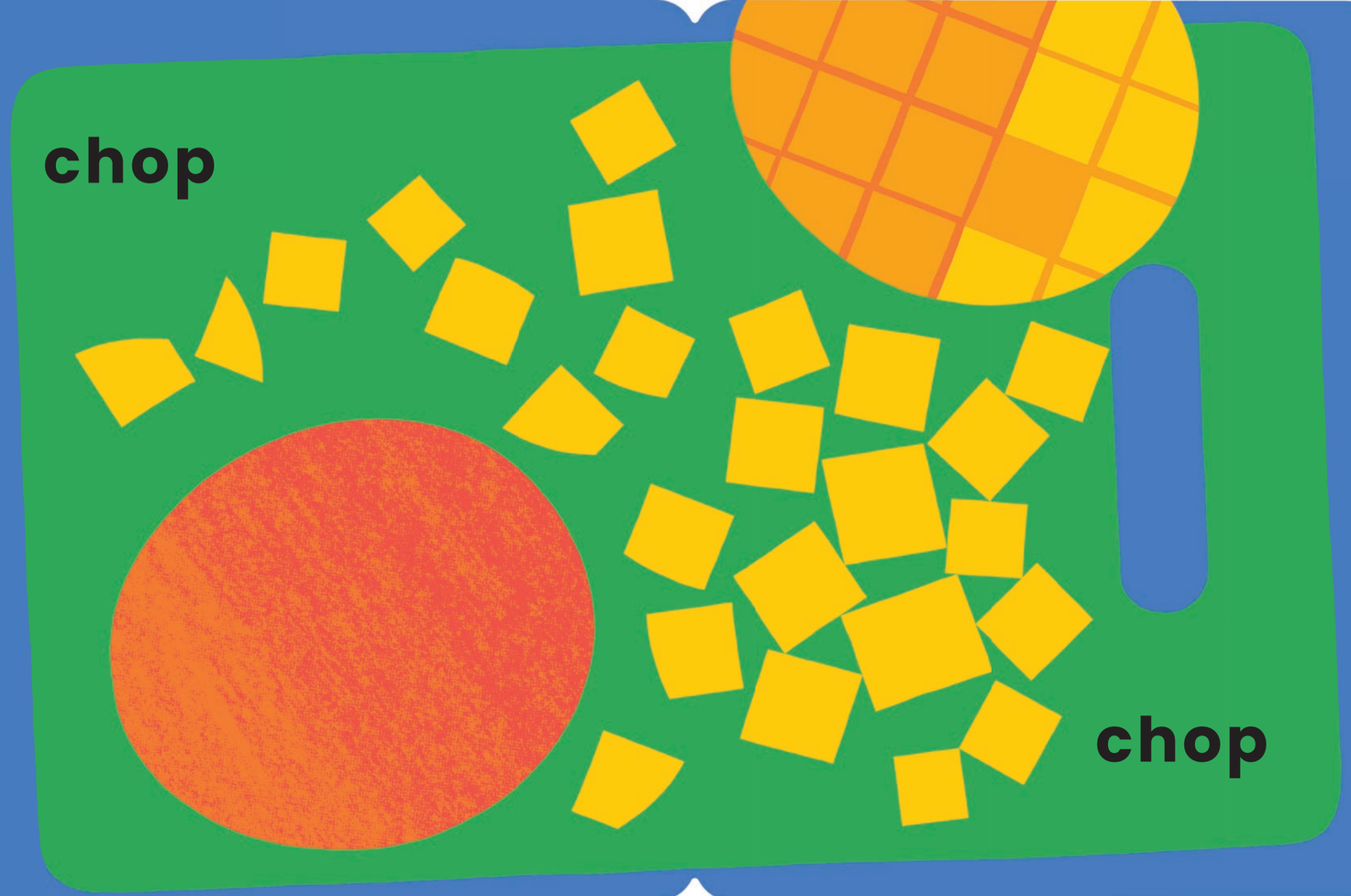
mango



Lift me!

Are you ready?
Let's start with . . .

mango

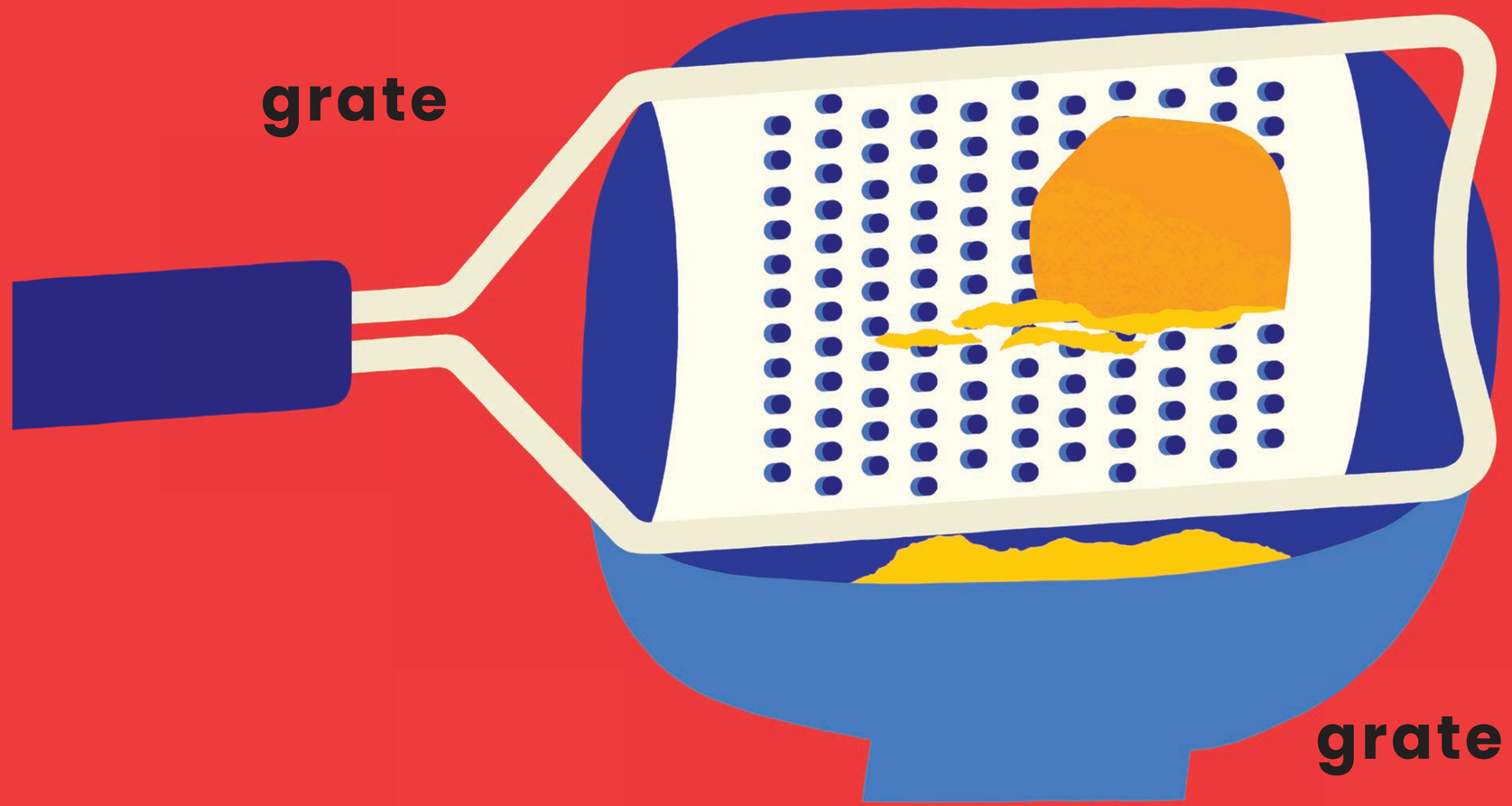


ginger



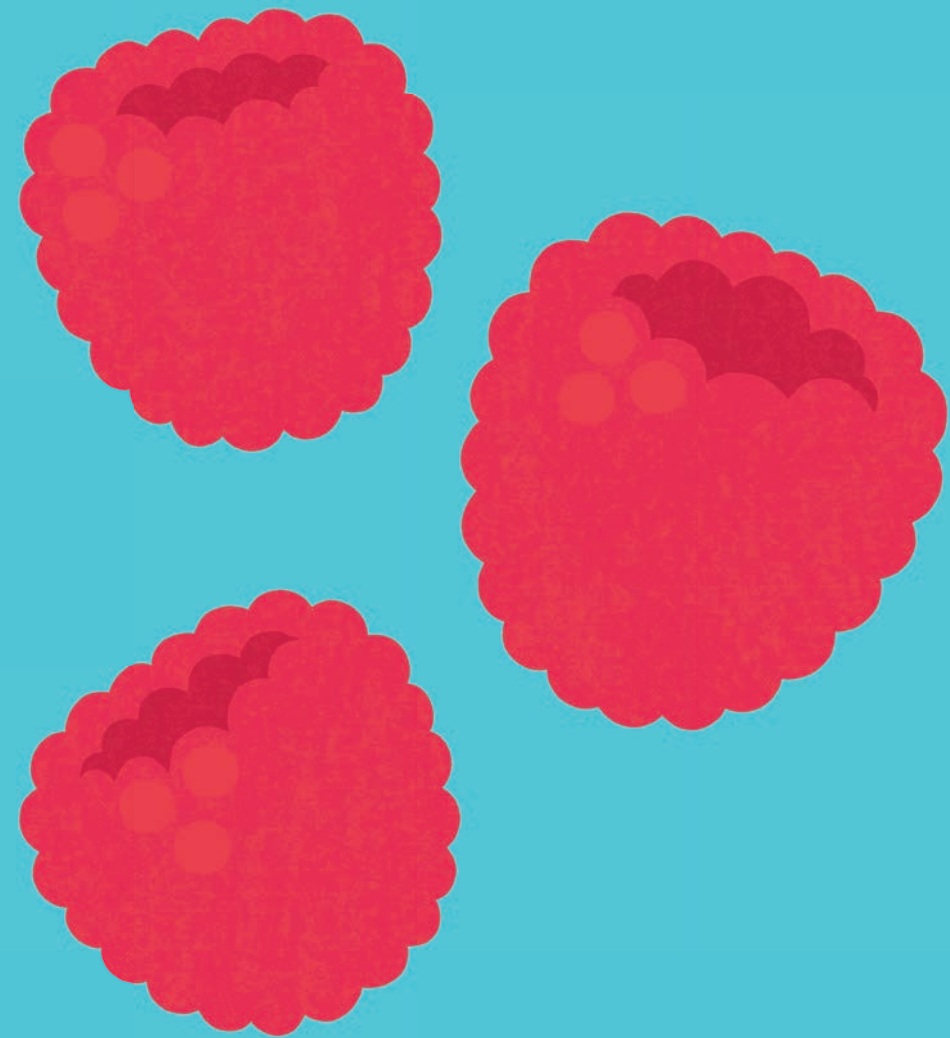
ginger

grate

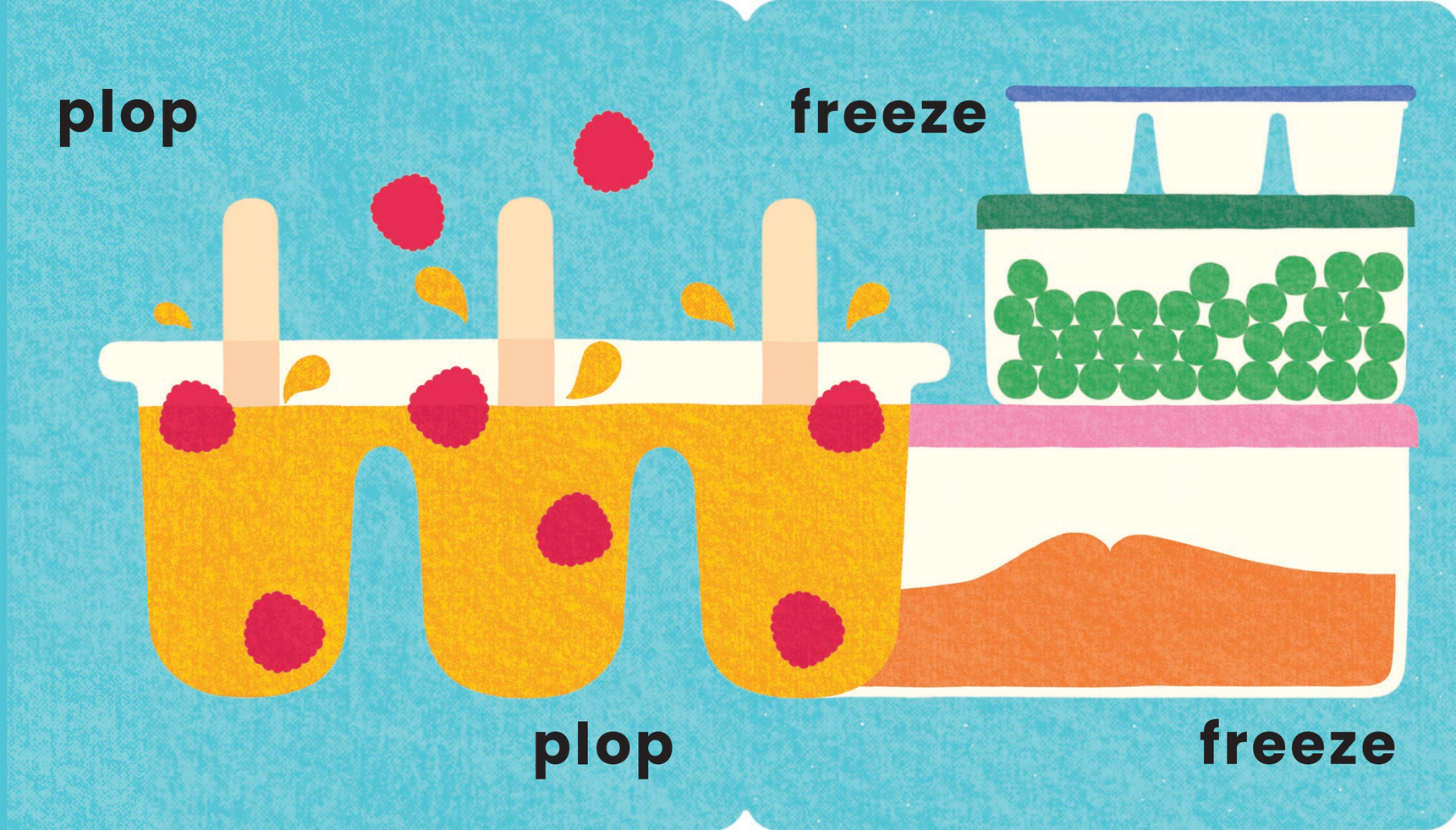


grate

raspberries



raspberries



Berry sunshine lollies



Lick lick!

Let's make it!

Ingredients

- ½ a ripe mango
- 1 lime
- 1cm piece of ginger
- 1 ripe banana
- 1 handful of raspberries

Method

1. Peel and chop the mango
2. Squeeze the lime juice
3. Peel and finely grate the ginger
4. Peel the banana, then ask a grown-up to blitz all the ingredients together
5. Divide between ice lolly moulds, dot in the raspberries, and freeze

Berry sunshine lollies



Lick lick!

Let's cook safely

These books are intended to be shared between an adult and child.

- Now that you've read and enjoyed this book with your little one, if you're inspired to get cooking, simply follow the recipe instructions on the flap.
- These recipes can be enjoyed by the whole family, just dish up an appropriate portion according to your child's age.

Be clean Teach your child about the importance of washing their hands before they start, and after handling raw eggs, meat and fish.

Be mindful Make sure you choose age-appropriate kitchen kit for your child and supervise them closely when using sharp utensils like knives and box graters.

Be careful Keep your child well away from hot ovens, stoves, pots and pans.

And most importantly of all,

have fun!

Hello grown-ups!

My memories of growing up are full of food.

From the earliest age, I was involved in cooking at home, and I am ever so grateful to my mum and dad for giving me that gift.

Getting kids excited about food from a young age helps them develop an essential life skill and gives them a better chance of being healthier and happier in the long run.

That's where these books come in . . .

Learning about food opens up a whole new world of words, and I hope you've had fun together lifting the flaps to see it, then say it!

Food is also an adventure in trying new things: so if you feel inspired to get in the kitchen and give it a go, use the recipe to cook it, then eat it!

Enjoy your lollies!

Jamie x

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