

Health and Wellbeing 3

Recipes

The family challenge this week is inviting you to get into the kitchen to make some treats. Your treats are the all-time favourite muffins, which many of you will probably be experts in already, or for a challenge of something, hopefully new. Your second option is to make homemade fruit roll-ups. It does take a bit longer to bake.....5 hours in an oven, but worth the wait! Please have a go at the suggestions or make something of your own choice.

Getting into the kitchen can give you a sense of fun and achievement. If you are a beginner, just keep the recipes simple and made something that you want to eat.

Enjoy the activity and the results of your work!

