

# Easy Pizza - requires adult assistance

## You will need

1. tortilla wraps



2. tomato puree



3. meat of your choice



4. vegetables of your choice

5. Grated cheese



## Method

1. Heat the oven to 180 degrees



2. Line a baking tray with tin foil and put your tortilla on foil



3. Spread tomato puree onto tortilla wrap



4. Sprinkle grated cheese on top of puree



5. Put some meat and chicken on top of cheese



6. Sprinkle with a little more cheese



7. Put into oven and cook for 8-10 minutes



# Fruit Kebabs - may require adult assistance

## You will need

1. Wooden skewers (one per person)



2. Selection on fruit



3. Honey (if you like it)



## Method

1. Chop fruit into large chunks.



2. Thread different pieces of fruit onto the skewers until it is full



3. Thread all remaining fruit onto the skewers until finished



4. The kebabs can be drizzled with honey



## Jam sandwich - may require adult assistance

### You will need

1. 2 slices of bread



2. Jam



### Method

1. Spread jam on one slice of bread



2. Put the other slice of bread on top



3. Cut the sandwich in half



4. Put onto a plate



# Banana French Toast - will require adult assistance

## You will need

1. 1 banana



2. 1/4 cup of milk



3. Unsalted butter or oil for frying



4. 2 slices of bread



## Method

1. With a fork mash the banana in a bowl



2. Add the milk and stir together



3. Pour mixture onto a plate



4. Soak each slice of bread for a few minutes on each side



5. Heat butter or oil in a frying pan



6. Fry the bread for 2 minutes on each side



7. Serve with a drizzle of honey or maple syrup



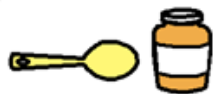
## Egg Muffins - will require adult assistance

### You will need

1. 6 eggs



2. tablespoon Dijon mustard



3. 3/4 cup finely chopped ham



4. 1/2 cup grated cheese



5. 2 chopped spring onions

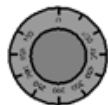


6. 1 diced tomato



### Method

1. Heat oven to 200 degrees



2. Grease two 12 hole muffin tins



3. Whisk eggs and mustard in a bowl. Set aside.



3. In another bowl, mix ham, cheese, tomato and spring onions.



4. Spoon the ham mixture between the 24 muffin holes



5. Top with egg and mustard mixture



6. Cook muffins for 15-20 minutes until eggs are set.



# Fruit salad - may require adult assistance

## You will need

1. Selection of fruit



## Method

1. Chop fruit into large chunks.



2. Put the fruit into a bowl and serve



# Rice Krispie cakes - will require adult assistance

## You will need

1. 100g milk chocolate broken into pieces



100g

2. 50g dark chocolate broken into pieces  
syrup



50g

3. 100g butter



100g

4. 100g Rice Krispies

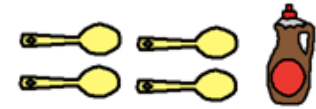


100g

5. Cake cases



6. 4 tablespoons golden



## Method

1. Put chocolate, butter and syrup unto glass bowl



2. Gently melt in microwave until smooth



3. Remove from microwave and stir in Rice Krispies



4. Spoon the mixture equally into 12 cake cases



5. Allow time to set



# Roll up Pizza - will require adult assistance

## You will need

1. Ready rolled puff pastry



4. Grated cheese



2. Tomato puree



5. Pastry cutters

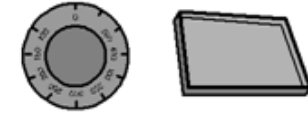


3. Mixed frozen vegetables



## Method

1. Preheat oven to 200 degrees. Line two baking trays with baking paper.



2. Boil the vegetables for one minute. Drain well and set aside.



3. Unroll the pastry sheet and spread with tomato puree.



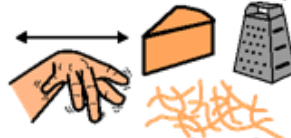
4. Cut the pastry into shapes using pastry cutters



5. Sprinkle some vegetables onto each shape



6. Sprinkle with grated cheese



7. Cook in the oven for 10-15 minutes until golden brown.





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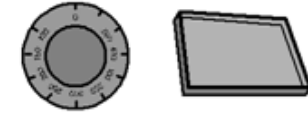


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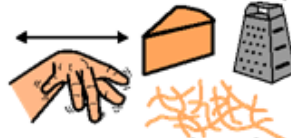
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