

Springwood Heath Primary School

Recipes to Make at Home

Puppy Chow

- 1 cup Chocolate Chips
 - 1/2 cup Butter
 - 1/2 cup Peanut Butter/Almond Butter
 - 7 cups of Cereal (rice, corn, or both)
 - 2 cups of Caster Sugar
1. Melt the Chocolate Chips, Butter and Peanut Butter on the hob or in the Microwave until there are no lumps or bumps.
 2. Add the cereal and stir.
 3. When all stirred together pour the cereal and the sugar in a large Ziploc bag and shake for about 1 minute.
 4. Enjoy!

Cat's Eyes

- Bananas
 - Ritz crackers
 - Peanut Butter/Almond Butter/or Cream Cheese
 - Raisins
1. Slice your bananas at an angle so that they are long ovals, not round.
 2. Spread your Ritz crackers with peanut butter and place the banana slices on top.
 3. Put a dab of peanut butter on your raisins and place in the centre of each banana.

Rice Krispie Bars

- 6 cups Kellogg's Rice Krispies
 - 1 bag of white marshmallows
 - 3 tablespoons butter or margarine
 - Non-stick cooking spray
1. Melt the margarine in a non-stick pan and add the entire bag of marshmallows.
 2. Stir over medium heat until the marshmallows have completely melted
 3. Add Rice Krispies and mix together well.
 4. Pour mixture into a 9" by 13" pan that has been sprayed with non-stick cooking spray.
 5. Flatten the mixture using a large spoon.
 6. Cut into squares when cool.

Banana in a Blanket

Tortillas

Peanut Butter/Almond Butter/or Cream Cheese

Mini M&M'S or raisins

Banana

1. Heat the tortillas in the microwave (on a paper towel) for 15 seconds.
2. Spread peanut butter onto the tortilla.
3. Sprinkle M & M's (or raisins) on top of the peanut butter.
4. Lay peeled banana on the edge of the tortilla.
5. Roll the tortilla around the banana.

Super Shape Sandwiches

Bread (2 slices)

Mayonnaise or Mustard

Sliced Meat

Cheese

Knife

Large Cookie Cutter (any shape you like)

1. Spread condiments onto one slice of bread
2. Add meat or other toppings
3. Place the other piece of bread on top
4. Press sandwich together firmly
5. Place cookie cutter in centre of the sandwich and press down firmly.
While holding the cookie cutter down, pull off the surrounding bread and crust.
6. Now you have a delicious shape sandwich

Butterfly Bites

cream cheese (or peanut butter)

celery sticks

2 large twist pretzels

2 pretzel pieces or pretzel sticks for antennae knife

1. Spread cream cheese on a celery stick. That's the butterfly's body.
2. Then put one twist pretzel on each side of the celery for the wings.
3. Use pieces of a pretzel for antennae.
4. Enjoy your butterfly bite!

Alphabet Pretzels

two tablespoons of honey

1/2 packet of yeast

1/3 cup warm water

two eggs

two tablespoons cooking oil

1/2 cups flour

salt

baking brush

cookie sheet

spoon

1. First, mix two tablespoons of honey and 1/2 packet of yeast with 1/3 cup warm water.
2. Beat one egg into the mixture.
3. Add 2 tablespoons of cooking oil and then gradually add 1 1/2 cups flour so that you have stiff dough. You may not need to add all of the flour.
4. Knead the dough. If you use your hands, make sure you have washed them. You also might want to put a little flour on your hands so the dough doesn't stick to them.
5. Break off small bits and roll them into "snakes." Take the "snakes" and shape them into any letters that you want.
6. Beat the other egg in a bowl and using the back of a spoon, brush the egg on the pretzels.
7. Sprinkle salt over the pretzels.
8. Bake them in the oven at 220 degrees for 10 to 12 minutes or until they are golden brown. Cool and then eat.

Apple Volcanoes

apples

peanut butter/cream cheese/or almond butter

raisins

granola

1. Cut the top off the apple.
2. Core the apple and discard.
3. Fill the centre of the apple with peanut butter.
4. Sprinkle granola and raisins on the top for the lava.

Dino Dessert

1 slice of watermelon
3 strawberries sliced in half
1 small piece of banana sliced in half lengthwise
2 half-circle slices of an orange
1 raisin
knife
plate

1. First, carefully cut a watermelon slice in half and put it on a plate. This is the body of your dinosaur. The watermelon rind is his back.
2. Put the strawberry halves on top for his plates.
3. Then, use half of an orange slice for the head and a raisin for the eye.
4. Take the other half of the orange slice and separate the segments, but don't cut through the peel. This is your dino's tail.
5. For its legs, take a small piece of banana and slice it in half lengthwise. Put the banana legs below the watermelon.

Ants on a Log

• peanut butter (or cream cheese)
• celery
• raisins

1. Spread the peanut butter on the celery stick.
- 2 Put the raisins on the peanut butter.

Strawberry lolly ices

peanut butter (or almond butter)
large pot of strawberry yogurt
tin foil
2 paper cups
lolly sticks
knife
spoon

1. Take a knife and spread 3 stripes of peanut butter up the insides of each cup.
2. Fill up the cups with yogurt.
3. Cover the cups with tin foil.
4. Use a knife to put a little hole in the tin foil.
5. Push a lolly stick through the foil.
6. Put your cups in the freezer until they're frozen.
7. Peel off the cups and enjoy!

Fluffy Peanut Butter/Almond Butter Dip

1/2 cup creamy peanut butter (or almond butter)

one large pot of vanilla yogurt

1/2 cup whipped cream

1/8 teaspoon ground cinnamon

sliced fruit for dipping (bananas, apples, pears, etc.)

mixing bowl

measuring spoons

wooden spoon

plate

1. Slice your fruit into bite-size pieces and put them aside.
2. Mix all the ingredients (except for the fruit) together in a bowl. Make sure you get all of the clumps out so it's smooth and creamy.
3. When the dip is all blended, put it on a plate with the fruit slices and serve.

English Muffin Pizzas

Pre-sliced English muffins (plain, sourdough, or whole wheat)

Tomato Sauce

Mozzarella Cheese

Favourite Pizza Toppings

Tin Foil

Cookie tray

Spoon

1. Pre-Heat Oven to 220°C
2. Place halved English muffins face up on a tin foil lined cookie tray.
3. Spoon tomato sauce onto each muffin half
4. Sprinkle mozzarella cheese on top of the sauce
5. Top the pizzas with your favourite toppings (It is really fun to make a face out of the toppings)
6. Bake in oven until cheese is melted
7. Enjoy!

Monkey Sandwiches

1 Ripe Banana

1/3 Cup Peanut Butter (smooth or crunchy)

1/4 tsp cinnamon

digestive biscuits

Spoon

Fork

Mixing bowl

Cling film

1. Place the banana into the mixing bowl and mash it with a fork.
2. Add the peanut butter and cinnamon and mix until the ingredients are blended together.
3. Spread the mixture onto one digestive biscuit.
4. Create a sandwich by placing the other digestive on top.
5. Continue steps 4-5 until all mixture is used.
6. Wrap the sandwiches in cling film and place in freezer for 2-3 hours.
7. Unwrap and enjoy!

Frozen Pudding Lollies

Pudding Mix (any flavour you like)

1/2 cup light cream

Paper Cups

Lolly Sticks

1. Prepare the pudding according to the directions on the box.
2. Stir in 1/2 cup light cream with 1/2 cup of pudding.
3. Pour mixture into paper cups and place cups in the freezer.
4. After 1 hour, insert lolly sticks and freeze until firm.
5. Enjoy!

Munchy Oat Bars

- $\frac{3}{4}$ stick butter
 - $\frac{1}{2}$ cup packed light brown sugar
 - 3 tbsp honey
 - 1 $\frac{1}{2}$ cup quick cook oats
 - $\frac{1}{2}$ tsp salt
 - 4 large dried apricots
 - $\frac{1}{4}$ cup raisins
 - $\frac{1}{4}$ cup dried cranberries
 - $\frac{1}{3}$ cup dried coconut
 - $\frac{1}{4}$ cup pumpkin seeds
1. Melt the butter, brown sugar and honey into a saucepan over a low heat
 2. Put the rest of the ingredients into a large bowl. Snip the apricots with scissors.
 3. Mix it all up
 4. Pour the warm butter/honey/sugar mixture into the bowl
 5. Stir until everything is well mixed together
 6. Spoon into a greased 8inch, square baking pan and press down.
 7. Bake in a preheated 200c oven for 20 minutes

Perfect Pasta

- 4 tbsp honey
 - 2 tbsp rice wine vinegar
 - 2 tbsp soy sauce
 - 1 tbsp sesame oil
 - Pre-cooked Chicken
 - 1 cup of corn
 - 2 cups broccoli
 - tomatoes
 - 7 oz pasta shapes
1. Cook/drain the pasta and cook the broccoli (set aside)
 2. Tear the chicken into bite sized pieces, remove any skin
 3. Slice the green onion (grown-up job)
 4. Make the dressing by mixing together the honey, rice wine vinegar, soy sauce, and sesame oil
 5. Mix together the pasta, broccoli, chicken, tomatoes, corn and the dressing
 6. Dish it up and Enjoy!

Pizza Pizazzio Recipe

Ingredients

- Whole Wheat or Regular Pizza Dough
- Mozzarella Cheese (the slices work best)
- Whichever meat you prefer (pepperoni, salami, ham, etc.)
- Baby Spinach (stems pulled off)
- Fresh Basil (stems pulled off)
- Tomatoes Quartered or diced (if you like)
- Garlic (chopped fine)
- Garlic Powder
- Extra Virgin Olive Oil
- Parmesan Cheese
- Flour
- Tomato Sauce for dipping

Tools

- Rolling Pan
- Baking Sheet
- Knife or Grater (for cutting/slicing/chopping)

Directions

1. Flour the surface that you're going to work on. Place refrigerated pizza dough onto floured surface. Leave for 20-30 minutes (to help it come to room temperature)
2. Roll out the pizza dough with a floured rolling pin
3. Place a layer of mozzarella cheese onto the dough, leaving about 1-1 ½ inches of dough on all sides.
4. Make a layer of spinach, basil, garlic and tomatoes (and any other topping)
5. Make a layer of meat on top of the veggie layer
6. Make one additional cheese layer (to help glue all the goodies in).
7. Starting with the dough closest to you, roll the pizza into a log, pressing and folding as you go.
8. Make sure that the outside edges are pinched tightly so nothing oozes out in the oven.
9. Cover the entire pizza with olive oil and sprinkle the top with garlic powder and parmesan cheese.
10. Bake (according to temperature on the dough package) until golden and bubbly. About 25-30 minutes at 220 degrees.
11. Let cool at least 10 minutes before slicing!!! Slice and enjoy with sauce as a dip!

If you have any great ideas yourself for recipes please let me know – Mrs Desborough