making the most of EVERY Small Bite

High Protein High Calorie Cookbook for children aged 5-10 years

Written by Irish Paediatric Dietitians in conjunction with University College Cork & the HSE.



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Children's Health Ireland

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Coláiste na hOllscoile Corcaigh

INDI
Irish Nutrition + Dietetic Institute

HSE
Feidhmeannacht na Seirbhíse Sláinte
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The contents of this book have been endorsed by the Irish Nutrition & Dietetic Institute (INDI) and the Irish Society for Clinical Nutrition & Metabolism (IrSPEN).

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making the most of EVERY Small Bite

High Protein High Calorie Cookbook for children aged 5-10 years

This dietary information booklet has been developed by paediatric dietitians for children who have been prescribed a high protein high calorie diet.

Disclaimer:

This dietary information booklet was developed by paediatric dietitians at Children's Health Ireland at Temple St and Children's Health Ireland at Crumlin in co-operation with the HSE service improvement programme and dietitians at University College Cork.
The advice included in this booklet is intended for children only and it may not be suitable for all medical conditions. It should only be provided by a suitably trained healthcare professional. It is intended for use with children aged 5-10 years who have higher nutritional requirements due to their medical condition or treatments. While the recipes can be useful for those with conditions such as Avoidant/Restrictive Food Intake Disorder and fussy eating, appropriate advice from a feeding team should always be sought in these cases. This book is not intended for children with swallowing difficulties.

The tips and advice are based on the experience of paediatric dietitians and their patients.
Remember not all the advice may be relevant for your child, so check with your healthcare professional.



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WELCOME!

If your child is growing normally and has a good appetite, then a healthy balanced diet should provide them with all the necessary nutrients their body needs. However, some children may find it difficult to meet their nutritional needs due to their medical condition or treatment.

This booklet was created by paediatric dietitians to provide parents/guardians with advice on how best to manage unplanned weight loss, poor weight gain and reduced appetite in children.

In this book you will find a variety of quick, easy, energy-dense recipes that have been created specifically for children who need help to boost their intake. We hope you find this book helpful and enjoy trying the recipes provided.



WHY DOES MY CHILD NEED A HIGH PROTEIN, HIGH CALORIE DIET?

The aim of this diet is to optimise your child's overall energy and nutrient intake.
Energy (measured in calories) and protein, are important nutrients in food that work together to keep our body well-nourished and to help us grow. Children can sometimes find it difficult to get enough calories and protein from their diet, particularly if their appetite is poor or during times of illness. Over long periods, this can affect growth and wellbeing. A high protein high calorie diet will help them meet their requirements for growth and development.

Please note:

- This booklet should never be used to replace advice from your medical team or dietitian.
- The advice and recipes included in this booklet are specifically tailored for children who have higher nutritional requirements. It should only be used if recommended by your dietitian, nurse or doctor.
- Not all the advice will be relevant for your child. It is important that you talk to your nurse, doctor or dietitian to check whether the information in this booklet is appropriate for your child. They will be able to give you specific advice relating to your child's condition.
- If your child has difficulties swallowing, then the advice of your Speech and Language Therapist should be followed. The recipes may need to be adapted to the textures suitable for your child.
- Young children should always be supervised when eating.
- In this book, suggested portion sizes are included with each recipe, however these may not always be appropriate for your child. You can discuss this further with your healthcare professional.





Problems which may affect my child's eating:

Ensuring a balanced diet can be much more difficult if your child is unwell. Here are some tips on how to manage some common problems.

Poor appetite

A change in appetite is very common, particularly during periods of illness or while undergoing medical treatments. A child's favourite foods may no longer appeal to them. They may have a reduced appetite or may not want to eat at all.
Providing regular nourishing foods and drinks and giving positive encouragement will help.

- 'Little and often' is key to helping your child eat more. Aim for 3 meals and 3 snacks at similar times each day. Try to offer food every 2-3 hours.
- Try not to offer drinks 30-45 minutes before a meal.
- Limit milk intake to 400-600ml per day i.e. 2 to 3 glasses. Milk is an excellent nourishing drink, however, too much may fill them up and reduce their intake of food at meals. Give drinks at the end of meals to avoid your child becoming full.
- Avoid large portions at meals as this can be off-putting for a child. A small amount of food is more manageable and you can always offer more at the end of the meal.
- Encourage your child to finish their protein (meat, fish, chicken, eggs, pulses, beans, tofu) and carbohydrate (bread, cereals, rice, pasta, potato) serving first. Fruit and vegetables, while nutritious, are lower in calories and may be more filling, so offer a smaller portion.
- Bring snacks or meals with you if you are out and about, as delays can mean that routine meals are missed.
- Try to be active or to get some fresh air before a meal as this can help boost their appetite.

Tiredness

Fighting illnesses and undergoing treatments can cause tiredness, so your child may not have the energy to eat.
Try these tips and see the recipe sections for snack and drink ideas.

- Make mealtimes easier. Offer help with spoon feeds or chop up foods into small bite size pieces before serving. If chewing is difficult, your child might find foods with a softer texture easier to manage.
- Use child-sized utensils and have them in a supported seating position if needed at meal times. It may help to drink using beakers, sippy cups or straws if these are suitable for your child.
- Nourishing drinks such as milk or smoothies may be easier for your child to manage. Check the recipe section for ideas. (page 182)
- Your child may be able to manage frequent, smaller snacks rather than larger meals. Offer a snack regularly every 2-3 hours in this case.
- You may find your child eats better after a nap so time meals to suit their schedule.





Nausea & vomiting

Nausea and vomiting can have a huge impact on your child's appetite for food. You should discuss these symptoms with your child's GP or medical team as anti-sickness medications may help. If they are vomiting frequently, keep them well hydrated and seek medical advice.

- Offer 'little and often' meals and snacks. Encourage them to have at least 2 bites of food at each eating occasion. Skipping mealtimes may lead to hunger which worsens nausea.
- Bland, cold foods have less taste and smell and may be better tolerated.
- Avoid offering foods which are greasy, spicy or have a strong odour. Remember the odour of foods from cooking may also affect your child.
- Nourishing drinks such as milk or smoothies may be easier for your child to manage. Check the recipe section for ideas. (page 182)
- Have your child try flat ginger ale or include ginger in meals, as this may soothe nausea.
- Peppermint tea may also be useful.



Diarrhoea

It is important to encourage your child to drink plenty of fluids. When they have diarrhoea, loose, watery stools cause the body to lose water and salts, called electrolytes.
Some medications can also cause diarrhoea.
You should always check with your GP or healthcare professional for advice.

- If your child is not drinking well, encourage them to sip on drinks throughout the day.
- Drinks which are high in sugar may need to be avoided or diluted.
- Encourage 'little and often' meals and snacks.
- If you find certain foods worsen symptoms, seek further advice from your healthcare professional.
- Oral rehydration solutions e.g. Dioralyte™ may be useful for your child – check with your healthcare professional.

Constipation

Constipation is a common childhood issue and can affect a child's appetite. Constipation will require management which focuses on

- Medications
- Regular toileting schedule
- Advice on positioning
- Dietary advice
- Fluid intake

- Fibre and fluid in the diet work together to help soften stools which can then move through the gut.
- High fibre foods include fruit, vegetables, wholegrain breads and cereals, beans, peas and lentils.
- Foods higher in fibre can be low in calories and therefore, it is important to pair these with high calorie foods such as cheese, ice-cream, mayonnaise, oil and cream. e.g.cauliflower cheese; strawberries and cream; mayonnaise and sweetcorn.
- Prune, apple and pear juice can help to stimulate bowel movements. Fruit and veg purées can also help.
- Drinking too much milk can reduce your child's appetite for other foods so reduce this if necessary.
- If constipation remains a problem for your child, you can try gradually including linseed/ flaxseed in their diet. Start with 1 tsp. per day and gradually increase by 1 tsp. per day every 2 days to a maximum of 6 tsp. per day. It is very important that you include an extra cup of fluid for every 2-3 tsp. of linseed/flaxseed eaten.
- Setting a regular toileting schedule can be beneficial for children regardless of whether they pass a stool or not. Using a 'potty squatty' can help to move the knees above the hips and making it a little easier to pass a bowel motion.
- Gentle exercise can help prevent and treat constipation. If exercise isn't possible, regularly massaging the tummy or moving the legs can be helpful.
- You should check with your GP or healthcare professional for further advice.



Indigestion / Reflux

This is caused by stomach acid moving from the stomach into the oesophagus, or food pipe. This causes an uncomfortable sensation in your child's chest. As some medical conditions and treatments make reflux more likely you should discuss it with your GP or medical team.

- 'Little and often' meals and snacks may help.
- If you find certain foods worsen symptoms, seek further advice from your healthcare professional.
- Often, indigestion and reflux is worse when you are lying down. Ensure your child's last meal is 2-3 hours before bedtime and keep them sitting upright for 30 minutes after eating a meal. They may need to be in a supported seat after meals.



Making EVERY Spoonful Count

A guide to enRiching yoUR own Recipes!

This book provides you with a range of high protein, high calorie recipes. However, you can easily increase the protein and calorie content of your own recipes or your child's favourite foods with some of these 'addables' and 'spreadables'.
They can also help introduce new tastes and flavours.

ADDABLES	SPREADABLES
• Skimmed milk powder • Double cream • Condensed milk • Crème fraiche • Sour cream • Greek yoghurt • Mascarpone • Full-fat yoghurt • Cheese • Pesto • Seeds • Oil (e.g. olive/rapeseed/sunflower/ vegetable) • Sugar • Honey • Desiccated coconut • Full-fat coconut milk • Dried fruit • Chopped nuts	• Butter • Margarine or spread (full-fat) • Jam or marmalade or Honey • Peanut/nut butter • Hummus • Full-fat cream cheese • Mayonnaise • Salad cream • Guacamole • Chutney • Tahini



FOR EXAMPLE...

- Skimmed Milk Powder:
  You can make fortified milk to use during the day. Add 4 level tablespoons of skimmed milk powder to 500ml of full-fat milk and use during the day for drinks, cereals and sauces.
  You can also add 1- 2 level tablespoons to drinks such as hot chocolate, smoothies or foods such as milk puddings, yoghurts and milk-based sauces, see page 185.
- Full-fat cheese can be used in sauces or as a topping on pasta dishes, tray bakes or to vegetables at main meals.
- Double cream: try adding 30-50mls per portion to hot or cold dishes e.g. soups, desserts, risotto, curry, or stews and casseroles.
- Chopped nuts or seeds can be added to breakfast cereals, homemade breads, scones or pancakes. Finely chopped nuts or seeds can be mixed with breadcrumbs for a crunchy coating on meat or poultry.
- Nut butters are a tasty addition to bread, crackers or porridge.
- Pesto and tahini add great flavour to sauces.
- Jam, honey and maple syrup can be used to sweeten porridge or smoothies. They can be drizzled on pancakes or added to baking and desserts.
- Oil can be used to fry and roast foods. Choose olive oil or rapeseed oil if possible.
- Butter, cream or milk can be added to potatoes, vegetables and soups.
- Olive oil can be drizzled over vegetables and salads or used as a dip for bread.



Calcium & Iron in the diet:

Calcium and iron are particularly important in early childhood because children are growing so rapidly. It is important to include regular sources of these nutrients in the diet.

Calcium

Calcium builds strong bones and teeth. Dairy foods are the best sources of calcium.
They also provide good quality protein for growth and repair.
Note that many plant milks (e.g. almond milk, oat milk, rice milk) are low in calories and protein. They may have calcium added to them but are not as nutritious as regular milk products

How much?

Children aged 5-8 years require 3 servings of dairy foods a day.

Children aged 9 or older require 5 servings of dairy foods a day.

Sources in the diet?

Dairy:
- Milk
- Cheese
- Yogurt

Others:
- Fortified* soya products e.g tofu, soya milk, soya yoghurt
- Tinned fish with bones (e.g sardines, salmon)
- Nuts and seeds
- Dark leafy green vegetables (e.g broccoli, spinach and cabbage)
- Fortified bread, cereals and fruit juices

What is 'one serving'?

1 glass (200ml) milk
1 carton (125g) yogurt
1 bottle (200ml) yogurt drink
2 thumbs (25g) of hard or semi-hard cheese such as cheddar or edam
2 thumbs (50g) soft cheese such as brie or camembert

*Fortified means it should have calcium added, so check the label!

FSAI Healthy Eating, Food Safety and Food Legislation: A guide supporting the Healthy Ireland Food Pyramid 2019.



Vitamin D

Vitamin D helps the absorption of calcium. Sources of vitamin D include sunlight, eggs and oily fish, (e.g., salmon, herring, trout, sardines etc.).
Getting enough Vitamin D can be challenging in Ireland. Talk to your healthcare professional about Vitamin D supplements.

Calcium & Iron in the diet:

Iron

Iron is required for the development of healthy red blood cells, which carry oxygen around the body. Iron deficiency is the most common nutrient deficiency in children. Red meat (beef, pork and lamb) is the best source of easily absorbed 'haem' iron in the diet. Iron is less well absorbed from 'non-haem' sources but including vitamin C with these foods can help their absorption.
Foods rich in Vitamin C include green leafy salads, vegetables, tomatoes and citrus fruits (oranges, lemons, limes) e.g. A glass of orange juice with fortified breakfast cereal; tomatoes with eggs; salad with beans.

How much?

Aim for 2 servings of protein foods a day.

If possible, try to include red meat 2-3 times a week.

Sources in the diet?

High protein food with haem iron:
- Red meat (beef, pork and lamb)
- Chicken
- Oily fish

High protein foods with 'non-haem' iron - take with food containing Vitamin C:
- Eggs
- Pulses (e.g beans, peas and lentils)
- Nuts

Other foods with 'non-haem' iron - take with food containing Vitamin C:
- Dark green leafy vegetables (e.g broccoli, spinach and cabbage)
- Whole grains (e.g brown rice, wholemeal bread)
- Fortified breakfast cereal

What is 'one serving'?

- Half the size of palm of the hand for cooked lean beef, lamb, pork, mince or poultry
- 100g cooked fish or tofu
- ¾ cup of lentils
- 2 eggs
- 40g unsalted nuts or seeds

FSAI Healthy Eating, Food Safety and Food Legislation: A guide supporting the Healthy Ireland Food Pyramid 2019.



food safety

Good food hygiene is important for all and especially for those who are unwell or recovering from illness. Below are some simple tips to keep everybody safe. Check out www.safefood.eu/food-safety for further advice on cooking, chilling, cleaning and cross contamination.

Good food hygiene



- Thoroughly wash hands before starting to prepare food.
- Thoroughly wash hands, utensils, cutting boards and surfaces between handling raw food and ready-to-eat foods.
- Keep raw meat covered, and keep it separate from cooked food or ready-to-eat foods.
- Do not prepare raw and cooked foods on the same surfaces.
- Wash vegetables and fruit thoroughly under running water before peeling or cutting. Always wash packaged fruit and vegetables even if marked ‘pre-washed’.
- Keep cold food cold and store below 5°C in the fridge.
- Always thaw frozen food in the fridge. Do not thaw at room temperature. Only defrost food in a microwave if you are planning to cook the food immediately after it has thawed.
- Leftovers should be used within 2-3 days and stored in the fridge at between 0-5°C. They can be reheated as long as they are heated to 70°C or higher. Food should be very hot and steaming before it is served. It is important when reheating stews and casseroles that the liquid boils for around 3-5 minutes to ensure the pieces of meat are completely heated through. Leftovers should only be reheated once.
- Defrosted foods should be cooked and eaten within 24 hours. Do not refreeze foods which have been defrosted.
- Use only pasteurised milk and dairy products.
- Avoid raw and undercooked meat, fish, shellfish, poultry, tofu or eggs.
- Wash the top lids of canned foods with soap and water before opening.
- Check “sell-by” and “use-by” dates. Do not eat out of date foods.
- Avoid any bruised/mouldy fruit and vegetables or any moulding dairy products or bread.
- Frozen berries should be boiled briefly before use/consumption. Tinned berries can be eaten without boiling.



Allergens

Beneath each recipe in this booklet we have listed potential allergens including

- cereal (wheat, oats, barley, rye, gluten)
- milk
- egg
- nuts (type listed)
- celery
- soya
- fish
- sulphites.



Household measurements

- 1 teaspoon (tsp.) = 5g
- 1 tablespoon (tbsp.) = 15g

Sample meal planner

See Recipe Section!

When managing poor appetites, timing and routine can behelpful to promote hunger and maximise meal-times. Aim for 4-6 smaller meals at similar times each day. Why not let your child pick some of their favourite recipes and help you to complete the meal planner below, or better still, get creative and draw their own to display in the kitchen!

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
Breakfast							
Snack ideas							
Lunch							
Snack							
Dinner							
Supper / Snack							

LunchBox Builder:

High Protein - high Calorie LunchBox ideas!

Make sure to include a protein source!

Main Item:
Hey Presto! Pesto Chicken Sandwich

MINI-strone soup

Couscous Salad

Mighty Meaty Pasta

Include carbohydrates for energy!

Try to include some fruit/veg

Is there dairy foods in the main item?

No!

Add a dairy food:
(or non-dairy alternative)

Yogurt
Custard
Rockin' Rice Pudding

Yes!

Add a snack:

Tempting Trail Mix
Fruitastic Scone
Nutty Banana Muffin

Drink:
Milk
Water
Smoothie (keep cool in a flask!)







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BREAKFAST

Pumped Up! Porridge
Bouncy Bread
Tasty Toast
Scumptious Scrambled Eggs
Yummy-In-My-Tummy Breakfast Muffin
Fancy French Toast
Truly Delicious Pancakes
Ravishing Rosti and Baked Beans
Sweet Smoothie Bowl

Pumped Up! Porridge

Serves: 1 **Prep time:** 3 minutes **Cooking Time:** 5 minutes

Ingredients:

Apple, honey & cranberries:

- 30g oats
- 150ml full fat milk
- ½ apple, grated
- 1 tsp. honey
- 20g dried cranberries

Banana & peanut butter:

- 30g oats
- 150ml full fat milk
- ½ banana
- 1 tbsp. smooth peanut butter

Berries, yogurt & seeds:

- 30g oats
- 150ml full fat milk
- 3 tbsp. whole Greek yogurt
- Handful of berries
- 1 tbsp. seeds

Method:

1. Combine the oats and milk in a bowl and microwave for 2-3 minutes until oats are cooked.
2. Add toppings according to Pumped Up! Porridge of your choice as below,

Toppings:

Top with grated apple, drizzle with honey and cranberries

or

Top with sliced banana and a peanut butter dollop

or

Top with mixed yogurt & berries, sprinkled with seeds.



NUTRITION INFORMATION (incl. porridge)
Amount per serving

	ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
Apple, honey & cranberries:	320	9g	50g	9g
Banana & peanut butter:	374	17g	38g	14g
Berries, yogurt & seeds:	478	24g	37g	26g

ALLERGENS:
cereal (oats), milk, nuts, sesame seeds



BOUNCY BREAD

Serves: Makes 1 loaf **Prep time:** 10 minutes **Cooking Time:** 45 minutes

INGREDIENTS:

- Butter (for greasing)
- 450g plain flour
- ½ tsp sugar
- ½ tsp bicarbonate of soda
- Pinch of salt
- 300mls Buttermilk

METHOD:

1. Pre-heat the oven to 200°C. Lightly grease a baking sheet with butter and sprinkle some flour on top.
2. Sieve the flour, sugar, bicarbonate soda and salt into a mixing bowl. Make a well in the centre.
3. Pour in 300ml buttermilk. Using your hand, mix to form a soft dough. Add more buttermilk if required for the dough to come together. The dough should not be wet and sticky.
4. Turn the dough out onto a well-floured work surface. Wash and dry your hands. Gently shape the dough into a ball, about 4cm deep.
5. Cut a deep cross on the loaf. Place on the baking sheet and bak for 30-35 minutes.
6. Serve bread with serving suggestions on page 33.

NUTRITION INFORMATION
Amount per serving: 2 slices

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
150	1g	30g	5g

ALLERGENS:
cereal (wheat), milk



TASTY TOAST

Serves: 4-6 **Prep time:** 5 minutes **Cooking Time:** 5 minutes

METHOD:

1. Toast some Bouncy Bread (see previous recipe) or use shop bought loaf.
2. Top as desired, options below!

Serving Suggestion 1:

- 5g of butter
- 1 tbsp. jam

NUTRITION INFORMATION
including Bouncy Bread toast:
Amount per serving (2 slices):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
224	7g	35g	5g

ALLERGENS:
cereal (wheat), milk

Serving Suggestion 2:

- 1 tbsp. hummus
- 30g feta cheese

NUTRITION INFORMATION
including Bouncy Bread toast:
Amount per serving (2 slices):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
400	22g	34g	15g

ALLERGENS:
cereal (wheat), milk

Serving Suggestion 3:

- ½ banana
- 1 tbsp. smooth nut butter

NUTRITION INFORMATION
including Bouncy Bread toast:
Amount per serving (2 slices):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
309	10g	42g	10g

ALLERGENS:
cereal (wheat), milk, peanuts

Serving Suggestion 4:

- ¼ avocado
- 1 small egg (scrambled with 1 tsp. butter)

NUTRITION INFORMATION
including Bouncy Bread toast:
Amount per serving (2 slices):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
448	29g	31g	14g

ALLERGENS:
cereal (wheat), milk, eggs



Scrumptious Scrambled Eggs

Serves: 1 **Prep time:** 5 minutes **Cooking Time:** 5 minutes

Mayonnaise & Cheese Scrambled Eggs:

Ingredients:

- 1 egg
- 1 tbsp. mayonnaise
- 1 tsp. olive oil
- 30g grated cheese

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
390	36g	1g	15g

ALLERGENS:
egg, milk

Method:

1. Whisk egg and mayonnaise together in a bowl.
2. Put scrambled mixture in a frying pan with olive oil.
3. Top with grated cheese.

Pesto Scrambled eggs:

Ingredients:

- 1 egg
- 35g grated cheese
- 1 tsp. olive oil
- 1 tsp. pesto

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
290	23g	1g	16g

ALLERGENS:
egg, milk

Method:

1. Combine egg and cheddar cheese in a bowl.
2. Whisk together.
3. Scramble on frying pan in olive oil.
4. Stir in pesto.



Yummy-In-my-tummy BReakfast muffin

Serves: 6 **Prep time:** 10 minutes **Cooking Time:** 30-40 minutes

IngRedients:

- 120g plain flour
- 1 tsp. baking powder
- 3 tbsp. unsalted butter, melted
- 4 eggs
- 100ml full fat milk
- 100g full fat cheddar cheese, diced (reserve 30g)
- 100g ham, diced

method:

1. Pre-heat the oven to 180°C (gas mark 4). Line a muffin tin with muffin liners.
2. Combine flour and baking powder in a large bowl. Stir the melted butter into the flour mixture until a lumpy mix forms.
3. Whisk 2 eggs and the milk together and stir into the mixture. Mix just enough to incorporate the liquid into the flour, do not over mix.
4. Scramble 2 eggs lightly on a frying pan.
5. Fold the cheese (70g), scrambled eggs and ham into the batter.
6. Scoop dough into muffin tin.
7. Top each muffin with chunks of the remaining cheddar cheese.
8. Bake for 30-40 minutes.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
307	17g	19g	18g

ALLERGENS:
egg, milk, sulphites



Fancy French toast

Serves: 1 **Prep time:** 5 minutes **Cooking Time:** 5 minutes

Ingredients:

- 1 large egg
- 150ml full fat milk
- Ground cinnamon, to taste
- Olive oil
- 2 slices of bread

Toppings:

- 125g natural yoghurt
- Chopped strawberries
- Dessicated coconut
- Raspberries
- Seeds

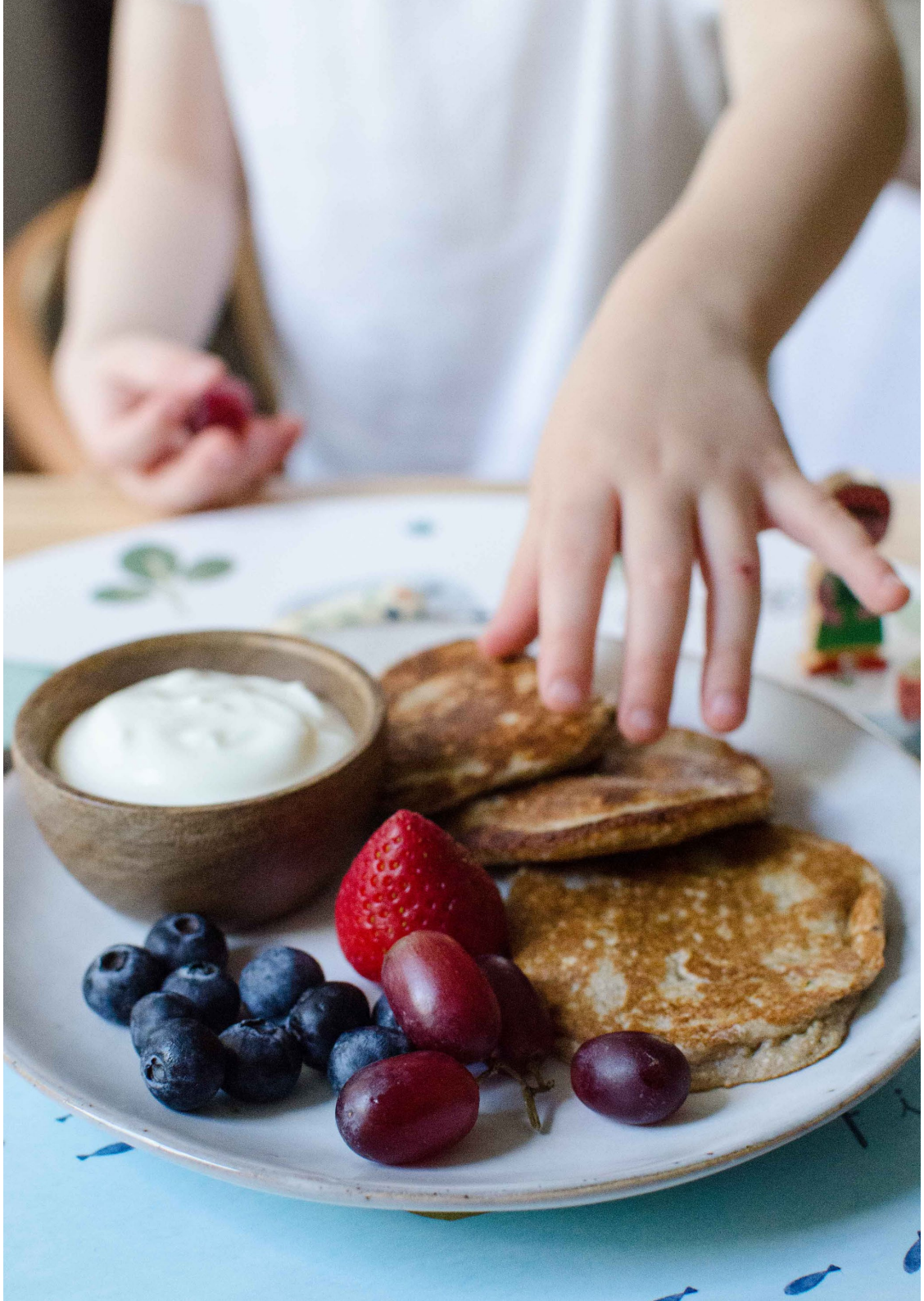
Method:

1. Whisk together the egg, milk and cinnamon until well combined.
2. Heat a frying pan with olive oil.
3. Dip the bread in the egg mixture, turning to coat both sides evenly.
4. Cook the bread slices for 2-3 minutes on each side until lightly browned.
5. Serve with desired toppings.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
394	17g	39g	20g

ALLERGENS:
egg, milk, cereal(wheat)



Truly Delicious Pancakes

Serves: 6 mini pancakes (1 serving = 3 pancakes) **Prep time:** 5 minutes

Cooking Time: 5 minutes

Ingredients:

- 2 eggs
- 1 banana
- 90g of oats
- ½ tsp baking powder

Serving Suggestion:
Whole Greek yogurt and fruit (may contain milk)

Method:

1. Blend all ingredients in a food processor or blender together to make the batter.
2. Cook the batter in olive oil on a frying pan.
3. Serve.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
372	13g	44g	17g

ALLERGENS:
cereal (oats), egg



Ravishing Rosti & Baked Beans

Serves: 2 (makes 4 Rosties, 2 Rosties = 1 serving) **Prep time:** 10 minutes

Cooking Time: 10 minutes

Ingredients:

- 2 large potatoes, peeled
- 1 courgette
- 1 red onion
- 1-2 handful parsley (roughly chopped)
- 2 tbsp. olive oil
- 3 tbsp. baked beans

Method:

1. Grate the potato and courgette into a bowl.
2. Peel and thinly slice the onion and add this to the bowl along with the parsley.
3. Give the ingredients a good mix and drain out any excess liquid.
4. Heat a frying pan with oil and place a quarter of the mixture into the pan at a time - forming a thick pancake shape.
5. Push down the sides and cook on high heat for 2 minutes. Then turn down to a medium heat and cook for 4 minutes each side.
6. Heat beans in a separate pot and add to the rostis once cooked.

NUTRITION INFORMATION
Amount per serving (2 rosties):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
430	18g	52g	7g

ALLERGENS:
none



Sweet Smoothie Bowl

Serves: 1 **Prep time:** 5 minutes

Ingredients:

- 200ml pouring cream
- 2 frozen bananas (top tip - freeze without skin!)
- 3 tbsp. peanut butter
- ¼ teaspoon vanilla extract

Toppings:

- Mixed berries
- Chia seeds
- Banana
- Crushed cornflakes

Method:

1. Place ingredients in a blender and blend until smooth.
2. Add one or more toppings of your choice!

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
454	33g	25g	11g

ALLERGENS:
milk, peanuts



LUNCH

MINI-strone Soup
Super-Squash Soup
Very Veggie Soup
Slow Cooker Chicken Noodle Soup
Rad Red Lentil Soup
Creamy Chicken Soup
Cauliflower and Cheddar Soup
Awesome Avocado & Salmon Sandwich
Cheesy Tuna Melt
'Egg'-cellent Mayo Sandwich
Easy Peasy Ham & Cheesy Sandwich
Hey Presto! Pesto Chicken Sandwich
Holy-Moley-Guacamole Pitta
Couscous Salad
Baked Eggs
Fab Fish Cakes
Sweet Potato Mac & Cheese Cups
Pesto & Chorizo Pasta
Tuna & Sweetcorn Fritters



Mini-Strone Soup

Serves: 4 **Prep time:** 10 minutes **Cooking Time:** 20-25 minutes

Ingredients:

- 5g butter
- 1 red onion, peeled, sliced
- 1 bay leaf
- 150g bacon lardons
- 4 celery stalks, chopped
- 2 garlic cloves, peeled, finely chopped
- 2 carrots, peeled, diced
- 1 leek
- 1 litre vegetable stock
- 2 tbsp. tomato purée
- 400g canned haricot beans, drained
- 400g tomatoes, chopped
- 1 tsp. of fresh thyme
- 1 tsp. of fresh parsley
- 100g macaroni
- Salt
- Freshly ground black pepper

Method:

1. Heat the butter in a pot and fry the onion, bay leaf, bacon lardons, celery, garlic, carrots and leeks for 2-3 minutes, or until softened.
2. Pour in the stock and bring mixture to the boil.
3. Stir in the tomato purée and simmer for 45 minutes.
4. Add the haricot beans, chopped tomatoes, herbs and macaroni and continue to cook until the pasta is tender. Season, to taste, with salt and freshly ground black pepper.
5. Add fresh parsley and serve.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
397	14g	38g	21g

ALLERGENS:
cereal (wheat), milk, celery



Super-Squash Soup

Serves: 4 **Prep time:** 10 minutes **Cooking Time:** 45 minutes

Ingredients:

- 1 butternut squash, peeled and chopped, seeds removed
- 3 tbsp. olive oil
- 1 small garlic clove
- 1 medium onion, peeled and halved
- 1.2L vegetable stock
- 100g skimmed milk powder
- 30g parmesan shavings to serve

Method:

1. Preheat the oven to 220°C (gas mark 7).
2. Toss the butternut squash in 2 tbsp. of olive oil and spread across a roasting tray.
3. Halve a bulb of garlic through the middle, place on some tin foil, drizzle with olive oil, then loosely wrap in tinfoil. Add this tinfoil packet to the roasting tray.
4. Roast for 30 minutes until the squash is tender. Add the onion halves and cook for another 10 minutes.
5. Put the roasted squash and onion into a large pot. Remove the garlic from the tinfoil, squeeze the softened garlic out of its skin and add into the pot.
6. Add 1.1L of vegetable stock and bring to the boil.
7. Mix the remaining 100ml of stock with skimmed milk powder using a fork until the powder has dissolved and add to the soup.
8. Using a hand blender, blend until smooth.
9. Season with salt and pepper to taste and serve with parmesan shavings.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
299	8g	38g	15g

ALLERGENS:
cereal (wheat), milk



VeRy Veggie Soup

Serves: 4 **Prep time:** 15 minutes **Cooking Time:** 40 minutes

IngRedients:

- 3 tbsp. olive oil
- 1 medium onion, peeled and finely chopped
- 2 carrots, peeled and finely chopped
- 2 sticks of celery, finely chopped
- 1 medium leek, finely chopped
- ½ turnip, peeled and diced
- 400g butter beans, drained
- 1 medium potato, peeled and finely chopped
- ½ tsp. thyme
- 600ml vegetable stock
- 250ml full fat milk
- 120g skimmed milk powder
- 80ml double cream
- Salt and pepper, to season

method:

1. Heat the oil in a pot and sauté the onion for 5 minutes.
2. Add in the carrot, celery, leek and turnip and cook for 10 minutes.
3. Add in the butterbeans, potato, thyme and stock. Bring to the boil for 2 minutes and simmer for 20 minutes until the vegetables are soft.
4. Mix the milk and skimmed milk powder together. Add this and the double cream to the soup. Season with salt and pepper.
5. Blend the soup until completely smooth. Adjust the consistency by adding more liquid if required.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
338	12g	38g	17g

ALLERGENS:
cereal (wheat), milk, celery



Slow Cooker Chicken Noodle Soup

Serves: 6-7 **Prep time:** 15 minutes **Cooking Time:** 8 hours 10 minutes

Ingredients:

- 1 tbsp. sunflower oil
- 2 chicken thighs
- 1 large white onion, diced
- 2 stalks of celery, sliced
- 2 medium carrots, sliced thinly
- 2 tsp. mixed dried herbs
- 1 clove of garlic, minced
- 200mls of chicken stock
- 250g egg noodles, uncooked
- ½ tbsp. fresh squeezed lemon juice
- 1 tsp. parsley, chopped
- 100mls double cream
- 100mls skimmed milk powder
- Fresh ground black pepper, to taste

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
347	14g	36g	17g

ALLERGENS:
cereal (wheat), milk, celery

Methods:

1. Heat the oil in a large pan over medium heat and brown the chicken for several minutes on each side.
2. Place the chicken in the slow cooker along with the onions, celery, carrots, mixed dried herbs and garlic. Pour in the chicken stock, cover, and cook on low for 6-8 hours.
3. Carefully remove the chicken and place on a cutting board. Add the egg noodles, lemon juice and parsley to the slow cooker and turn the heat on high for 9-10 minutes.
4. While the noodles are cooking, use two forks to gently shred the chicken. Once the noodles are cooked, return the chicken to the slow cooker. Stir in the cream, skimmed milk powder and pepper.

Alternatively, to cook this Recipe without a Slow Cooker:

1. Heat the oil in a large pan over medium heat and brown the chicken for several minutes on each side.
2. Place the chicken in a saucepan along with the onions, celery, carrots, mixed dried herbs and garlic. Pour in the chicken stock, cover, and cook on a medium heat until the chicken is cooked through and vegetables are soft.
3. Carefully remove the chicken and place on a cutting board. Add the egg noodles, lemon juice and parsley to the saucepan and set to a medium to high heat for 9-10 minutes
4. While the noodles are cooking, use two forks to gently shred the chicken. Once the noodles are cooked, return the chicken to the saucepan. Stir in the cream, skimmed milk powder and pepper.



Rad Red Lentil Soup

Serves: 10 **Prep time:** 15 minutes **Cooking Time:** 30 minutes

IngRedients:

- 3 tbsp. of olive oil or rapeseed oil
- 1 large onion
- 200g red lentils, raw
- 1 tbsp. tomato purée
- 600g sweet potato
- 10g ginger
- 400mls tinned coconut milk
- 800mls vegetable stock
- Small bunch of coriander, roughly chopped
- 100mls double cream
- 120g skimmed milk powder
- Yogurt to serve

Method:

1. Heat the oil in a large saucepan.
2. Add the onion and cook over a medium heat for 5 minutes or until golden.
3. Add in the lentils, tomato purée, sweet potato and ginger. Mix well.
4. Add the stock, along with the coconut milk and bring to the boil.
5. Boil uncovered for the 5 minutes, then reduce the heat, cover and simmer for 20 minutes or until the sweet potato and lentils are tender.
6. Add in the double cream and stir through the coriander.
7. Blitz the soup with a handheld blender until smooth.
8. Remove about 3 tbsp. of soup into a cup and mix in the skimmed milk powder to make a paste. Using a spoon, press the powder against the side of the cup until all lumps are removed. Return to the soup mixture and stir through.
9. Season with salt and pepper and serve with a dollop of yogurt.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
306	14g	33g	11g

ALLERGENS:
cereal (wheat), milk



Leek & Potato Soup

Serves: 5 **Prep time:** 10 minutes **Cooking Time:** 45 minutes

Ingredients:

- 1 large onion
- 1 large leek
- 2 large potatoes
- 50g butter
- 750ml vegetable stock
- 300ml full-fat milk
- 100ml cream
- 120g skimmed milk powder

Method:

1. Chop onion, leek and potato.
2. Melt the butter in a pot and add the onion and leek, cook on a low heat for 10 minutes.
3. Add the potatoes and stock and bring to the boil.
4. Turn down to a gentle simmer and cover, cook for 30 minutes.
5. Whisk together the milk, cream and skimmed milk powder. Add this mix to the soup and blend until smooth. Adjust consistency by adding more liquid if required.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
335	15g	34g	14g

ALLERGENS:
cereal (wheat), milk



Creamy Chicken Soup

Serves: 4 **Prep time:** 10 minutes **Cooking Time:** 40 minutes

Ingredients:

- 2 tbsp. olive oil
- 1 medium onion
- 1 medium leek
- 2 large chicken breasts
- 600ml chicken stock
- 1 tsp. fresh parsley, chopped
- 1 tsp. fresh thyme, chopped
- 175ml double cream
- Pinch of pepper

Method:

1. Heat the oil in a pot, dice the onion, add it to the pot and allow to soften for about 5 minutes over a medium heat.
2. Add the leek to the pot. Cook for a further 5 minutes.
3. Dice the chicken into small pieces. Add the chicken, stock, herbs and seasoning and bring to the boil for 2 minutes, reduce the heat to a simmer.
4. Allow to simmer for 25 minutes until the chicken is cooked through.
5. Add the cream and blend until the soup is smooth. Adjust the consistency by adding more liquid if required.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
395	30g	5g	26g

ALLERGENS:
cereal (wheat), milk



Cauliflower & Cheddar Soup

Serves: 6 **Prep time:** 15 minutes **Cooking Time:** 40 minutes

Ingredients:

- 50g butter
- 1 medium onion
- 1 stick of celery
- Florets of 1 large cauliflower
- 1250ml vegetable stock
- ½ tsp. dry mustard powder
- Small bunch of thyme leaves
- 200g skimmed milk powder
- 200ml double cream
- 150g cheddar
- Pinch of pepper

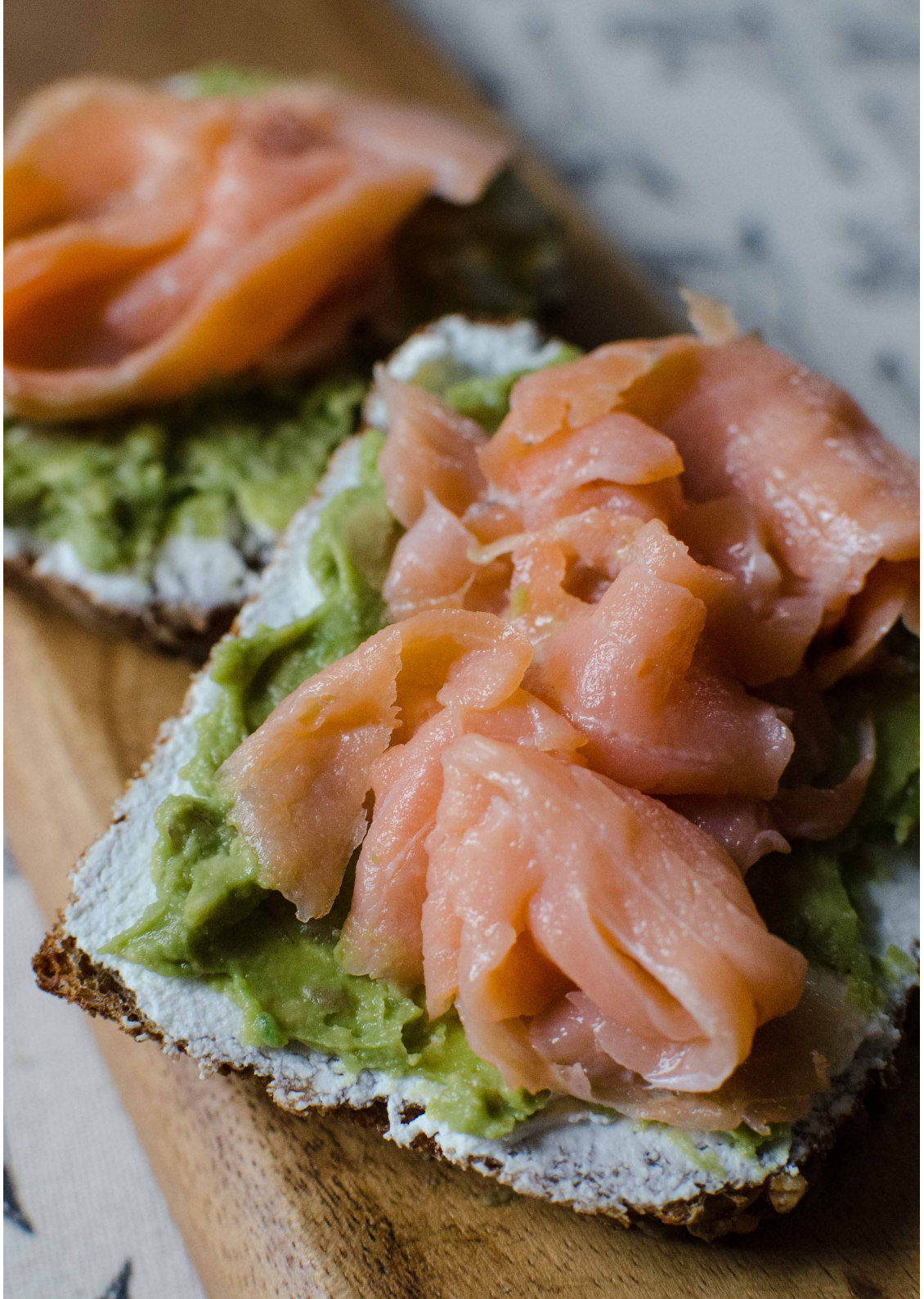
Method:

1. Heat the butter in a pot over a medium heat. Fry the onions and celery gently in the butter until soft, but ensure they do not colour.
2. Add the chopped cauliflower, stock, mustard powder and the thyme. Bring to the boil for 2 minutes, then turn down the heat and simmer gently for 30 minutes until the cauliflower is soft.
3. Combine the skimmed milk powder with the cream, stir and add to the soup along with the cheese and pepper.
4. Blend the soup until smooth. Adjust the consistency by adding more liquid if required.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
478	34g	23g	21g

ALLERGENS:
cereal (wheat), milk, celery



Awesome avocado & salmon sandwich

Serves: 1 **Prep time:** 10 minutes

Ingredients:

- 1 tbsp. cream cheese
- 2 slices of brown bread
- ¼ avocado
- Pinch of salt and pepper
- Lemon juice
- 40g smoked salmon

Method:

1. Spread the cream cheese across the 2 slices of brown bread.
2. Mash the avocado in a bowl with the salt, pepper and lemon juice and spread across the slices of bread.
3. Add the smoked salmon and serve as a sandwich, open or closed.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
433	25g	31g	19g

ALLERGENS:
cereal (wheat), fish, may contain milk in bread



Cheesy tuna melt

Serves: 1 **Prep time:** 5 minutes **Cooking Time:** 10 minutes

Ingredients:

- ½ tin of tuna
- 1 tbsp. full-fat mayonnaise
- 1 slice of thick bread of choice (try Bouncy Bread recipe)
- 5g butter
- 30g grated cheddar cheese

Method:

1. Pre-heat the grill at a high setting.
2. Drain tuna, flake into a bowl and mix with mayonnaise.
3. Toast the bread under the grill until nicely brown on both sides. Butter the bread and spread the fish to finish.
4. Scatter the cheese over the top and put back under the grill until the cheese is bubbling.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
449	32g	18g	21g

ALLERGENS:
cereal (wheat), fish, egg, milk



'Egg'-cellent mayo sandwich

Serves: 1 **Prep time:** 5 mins

Ingredients:

- 2 eggs
- 1 tbsp. of mayonnaise
- 2 slices of brown bread
- Butter
- Pinch of salt
- Pinch of pepper

Method:

1. Hard boil the two eggs. Mash and stir in the mayonnaise. Add salt and pepper to flavour.
2. Spread the butter evenly across the brown bread slices.
3. Add the egg mayonnaise. Serve as an open or closed sandwich.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
555	39g	29g	21g

ALLERGENS:
contains: wheat, eggs, milk
may contain: mustard, soya



Easy Peasy Ham & Cheesy Sandwich

Serves: 1 **Prep time:** 5 minutes

Ingredients:

- 10g butter
- 2 slices brown bread
- 1 tbsp. mayonnaise
- 1 slice of ham
- 1 slice of cheese

Method:

1. Spread the butter evenly across the bread slices.
2. Spread the mayonnaise evenly across the bread slices.
3. Add the ham and cheese and serve as a sandwich.

For toasted sandwich:

1. Spread the mayonnaise evenly across the bread slices.
2. Add the ham and cheese, sandwich together.
3. Spread the butter on the outside of the bread and fry in a pan, use a sandwich toaster or toast under the grill.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
409	25g	31g	13g

ALLERGENS:
cereal (wheat), milk, sulphites



Hey PResto! Pesto chicken sandwich

Serves: 1 **Prep time:** 5-10 minutes

IngRedients:

- 2 tbsp. green pesto
- 2 slices of brown bread
- 1 tsp. olive oil
- 1 chicken breast
- 20g grated mozzarella

method:

1. Spread the pesto across slices of bread.
2. Fry the chicken breast in olive oil. Once fully cooked, allow to cool and slice. Pre-cooked chicken may also be used.
3. Add chicken and mozzarella to bread and serve.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
530	21g	30g	43g

ALLERGENS:
cereal (wheat), milk



Holy-Moley-Guacamole Pitta

Serves: 3 **Prep time:** 10 minutes

Ingredients:

- ½ small red onion, finely chopped
- 1 red chilli, deseeded & finely chopped
- 3 ripe avocados, stones removed, chopped
- 1 bunch of fresh coriander, leaves removed & chopped
- 6 ripe cherry tomatoes, finely chopped
- 1 tbsp. olive oil
- Juice from 2 limes
- 1 pitta, cut into triangles
- Salt & pepper, to taste

Method:

1. Mix the onion, chilli, avocadoes, coriander ad cherry tomatoes in a bowl.
2. Add the lime juice and olive oil, then season to taste with salt and pepper.
3. Serve with the pitta

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
382	32g	13g	5g

ALLERGENS:
cereal (wheat)



Couscous salad

Serves: 4 **Prep time:** 10 minutes **Cooking Time:** 30 minutes

Ingredients:

- 2 tbsp. olive oil
- ¼ butternut squash, peeled and diced into cubes
- 200mls vegetable stock
- 100g couscous
- 3 tbsp. green pesto
- 75g feta cheese
- 150g hummus

Method:

1. Drizzle 1 tbsp. of olive oil over cubed butternut squash and roast at 180℃ (gas mark 4) for 20-30 minutes until soft.
2. Meanwhile, in a large bowl, add boiling stock to couscous and cover. Leave to stand for 10 minutes until all the water has been absorbed.
3. Fluff couscous with a fork once cooked and stir in 1 tbsp. of oil along with the pesto.
4. Add in the feta cheese and butternut squash to the couscous and serve with the hummus.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
350	22g	25g	10g

ALLERGENS:
cereal (wheat), egg



Baked Eggs

Serves: 1 **Prep time:** 5 minutes **Cooking Time:** 10 minutes

Ingredients:

- 2 tsp. butter
- 1 large egg
- 30ml double cream
- 30g cheddar cheese, grated

Serving suggestion:

- 1 slice of bread
- 10g butter

Method:

1. Preheat the oven to 180˚C (gas mark 4).
2. Use the butter to grease the inside of the ramekin dish. Break the egg into the ramekin and add the double cream and cheese and mix together.
3. Place in preheated oven and bake for 10 minutes.
4. Can be served with buttered bread or toast.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
434	33g	15g	19g

ALLERGENS:
cereal (wheat), egg, milk



FAB FISH CAKES

Serves: 4 **Prep time:** 1 hr 30 minutes **Cooking Time:** 30-40 minutes

Ingredients:

- 300g salmon
- 4 medium potatoes
- 2 eggs
- Handful of chopped parsley
- 5-10g butter
- 2 slices brown bread (to make breadcrumbs)
- 30g flour
- 1 lemon

Method:

1. Steam or bake the fish until cooked. Break fish into chunks using a fork.
2. Steam or boil the potatoes until cooked. Mash well until there are no lumps. Mix the mashed potato, 1 egg, cream, salmon, parsley and butter. Shape in a roll and wrap in cling film.
3. Place in fridge for 1 hour.
4. While the roll sits in the fridge, place the two slices of bread in a food processor and blitz until it resembles breadcrumbs. Shop bought breadcrumbs are okay to use also.
5. Slice the roll into 8-10 slices.
6. Prepare three saucers, one each with flour, beaten egg and breadcrumbs.
7. Dip each fishcake into the flour, then the egg, then coat in breadcrumbs.
8. Grill until golden brown.
9. Serve with squeezed lemon.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
460	14g	50g	28g

ALLERGENS:
cereal (wheat), fish, eggs, milk



Sweet Potato mac & cheese cups

Serves: 6 **Prep time:** 15 minutes **Cooking Time:** 20-25 minutes

Ingredients:

- 1 medium sweet potato
- 200g pasta
- 2 tbsp. olive oil
- 30g flour
- 250ml full-fat milk
- 200g grated cheddar cheese

method:

1. Preheat the oven to 180˚C (gas mark 4).
2. Wash, peel and dice sweet potato. Place in a saucepan with boiling water and boil until soft.
3. Drain the water and mash sweet potato.
4. Bring a large pot of water to the boil. Cook pasta according to package directions, drain and set aside.
5. While the pasta is cooking, heat the olive oil in a large saucepan set over a medium to high heat, add in the flour and cook for 1 minute.
6. Slowly pour in the milk, whisking constantly. Whisk until the milk thickens, for about 5 minutes. Reduce heat to low.
7. Add in the cheese and mashed sweet potato. Remove from the heat and whisk until smooth. Stir in the pasta. The dish is now ready to be served in a bowl. Alternatively, continue to the next step in order to make the sweet potato mac & cheese into cups.
8. Lightly grease 1 bun tin. Evenly divide the mac & cheese cups between 12 cups.
9. Bake at 180˚C for 20-25 minutes or until golden brown.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
338	14g	36g	15g

ALLERGENS:
cereal (wheat), milk, may contain egg



Pesto & Chorizo Pasta

Serves: 4 **Prep time:** 10 minutes **Cooking Time:** 15-20 minutes

Ingredients:

- 230g fusilli pasta
- 30g chorizo sausage
- 50g red pesto
- 75g cherry tomatoes
- 30g cheddar cheese

Method:

1. Boil the pasta as per the instructions on the packaging.
2. Slice the chorizo and fry for 2-3 minutes on the pan.
3. Once the pasta is cooked, drain off the water and stir in the red pesto and chorizo.
4. Chop the cherry tomatoes and stir into the pasta.
5. Grate some cheddar cheese, sprinkle on top and serve.
6. Can be served hot or cold.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
307	10g	41g	11g

ALLERGENS:
cereal (wheat), tree nuts, eggs, milk, sulphites



Tuna & Sweetcorn Fritters

Serves: 4 (makes 8 fritters) **Prep time:** 5 minutes **Cooking Time:** 15 minutes

Ingredients:

- 2 x 120g tins tuna, drained
- 1 x 140g tin sweetcorn
- 2 tbsp. plain flour
- 1 egg yolk
- 1 spring onion, thinly sliced
- 1 tbsp. oil

Serving suggestion:

- Serve with spicy potato wedges

Method:

1. Flake the tuna into a bowl, drain the sweetcorn and mix the two together.
2. Add the flour, egg yolk and spring onion and mix together well.
3. Heat a little oil in a frying pan over a medium heat.
4. When hot, spoon large tbsp. of the mix into the pan and make small fritters (about 8)
5. Fry for about 5 minutes on each side until browned and cooked through.
6. Serve with spicy potato wedges. (see page 136)

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
164	5g	12g	18g

ALLERGENS:
cereal (wheat), fish, egg



DINNER

Slow Cookin' Chicken Curry
Beasty Beef Lasagne
Mighty Mac & Cheese
Chill-out Con Carne
Cheesy Chicken & Broccoli Bake
Crackin' Coronation Chicken
Blazin' Beef & Spud Stack
Family-Favourite Fish Pie
Rockin' Risotto
Scrummy Stew with Dunkin' Dumplings
Bouncing Bean Burger
Big Time Baked Potato
Homemade Spice Bag
Sweet & Spicy Chicken Balls
Shepherd's Pie
Pizza
Turkey Fajitas
Spaghetti Bolognese
Fish & Chips with Mushy Peas



Slow Cookin' Chicken CURRY

Serves: 6 **Prep time:** 10 minutes **Cooking Time:** 6 hours 20 minutes

Ingredients:

- 1 tsp. olive oil
- 2 breasts (200g) chicken, diced
- 1 large onion, roughly chopped
- 2 peppers, chopped
- 3 tbsp. mild curry paste
- 400g chopped tomatoes
- 2 tsp. ground ginger
- 1 chicken stock cube
- 250ml of tinned full-fat coconut milk
- 120g skimmed milk powder
- Handful of coriander, chopped
- 320g rice
- 60g butter

Method:

1. Add the first 9 ingredients to the slow cooker. Cook on low for 6 hours until the chicken and vegetables are really tender. Stir in the skimmed milk powder and coriander leaves just before serving.
2. Boil rice. Add butter in when rice is cooked and drained.

Alternatively, to cook this recipe without a slow cooker:

1. Add the olive oil to a frying pan and add the diced chicken until fully cooked.
2. Add in the onions and peppers. Add the curry paste, chopped tomatoes, ginger, chicken stock and coconut milk. Allow to simmer for 15-20 minutes.
3. Meanwhile cook the rice according to the instructions on the packet.
4. For the last 5 minutes of cooking, add the skimmed milk powder.
5. Once the rice is cooked, drain it, add in the butter and stir.
6. Serve the chicken curry on a bed of the buttered rice and garnish with chopped coriander.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
542	21g	62g	23g

ALLERGENS:
cereal (wheat), milk



Beasty Beef Lasagne

Serves: 8 **Prep time:** 40 minutes

Cooking Time: 40 minutes

Ingredients:

- 1 medium onion
- 1 clove of garlic
- 1 medium pepper
- 8 button mushrooms
- 300g minced beef
- 2 tbsp. olive oil
- 100g of cooked red lentils
- 400g chopped tomatoes
- 2 tbsp. tomato purée
- Lasagne sheets

Cheese sauce:

- 20g butter
- 20g plain flour
- 250mls full-fat milk
- 50mls double cream
- 50g full-fat cheddar cheese, grated
- 30g Parmesan, grated

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
358	16g	31g	18g

ALLERGENS:
cereal (wheat), milk

Method:

1. Preheat the oven to 180˚C.
2. Chop the onion, garlic, pepper and mushrooms.
3. Put the mince into a large pan and fry in oil until completely brown, stirring all the time with a wooden spoon.
4. Add the onions, garlic, peppers and mushrooms to the mince and cook for 3-4 minutes.
5. Add the cooked lentils to a bowl along with the tin of tomatoes and tomato purée. Blend with a hand blender until smooth.
6. Add the tomatoes, tomato purée and lentils to the mince.
7. Bring to the boil and leave to simmer on a low heat for 15-20 minutes.

To make cheese sauce:

1. Melt the butter in a saucepan.
2. Add flour and cook over a low heat for 1 minute, stirring all the time.
3. Remove from the heat and cool slightly.
4. Add the milk, whisking all the time.
5. Return to the heat and bring to the boil. Keep whisking.
6. Reduce heat and cook slowly for 5 minutes, then add the cream and grated cheddar cheese 2 minutes before the end of cooking time.

Final Preparation:

1. Put a layer of meat sauce in the bottom of the casserole/lasagne dish, cover with lasagne sheets.
2. Make 1 or 2 more layers as above, finishing with a layer of lasagne sheets. Cover the top with the cheese sauce.
3. Sprinkle the top with the grated parmesan cheese and bake for 30-40 minutes.



mighty mac & cheese

Serves: 6 **Prep time:** 10 minutes **Cooking Time:** 20 minutes

IngRedients:

- 120g of macaroni shells
- 60g of butter
- 30g of plain flour
- 60ml of full-fat milk
- 150ml of double cream
- 50g of cheddar cheese, grated
- 50g of Mozzarella cheese, grated

method:

1. In a large pot, add the pasta to boiling water and simmer until the shells are tender. Drain and set aside.
2. In a medium pot, melt butter, then whisk in the flour.
3. Slowly add milk and cream, whisking until combined.
4. Heat mixture until it bubbles over a medium heat.
5. Reduce heat to low and add in the cheeses. Stir until melted.
6. Add pasta to cheese mixture and toss to combine. Allow to sit for 5 minutes to thicken and serve.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
340	26g	18g	7g

ALLERGENS:
cereal (wheat), egg, milk



Chill-out Con Carne

Serves: 8 **Prep time:** 15 minutes **Cooking Time:** 25 minutes

Ingredients:

- 1 medium onion
- 1 clove of garlic
- 1 medium carrot
- 1 medium pepper
- 100g mushrooms
- 1 beef stock cube
- 50ml of boiling water
- 500g minced beef
- 15ml oil
- 1 tbsp. plain flour
- 1 tbsp. paprika
- 1 tsp. mild chilli powder
- 400g tin of tomatoes
- 2 tbsp. tomato purée
- 50g of kidney beans
- 50g white rice per person
- 4 tbsp. butter
- 6 tbsp. sour cream

Note:

This recipe serves 8. Meat mixture is suitable for home freezing.

Method:

1. Chop the onion, garlic, carrot, pepper and mushrooms.
2. Dissolve the beef stock cube in 50ml of boiling water.
3. Add the minced beef and oil to a pan and fry on a low heat until well browned, stirring regularly.
4. Add onions and garlic to the pan and cook for 2-3 minutes. Sprinkle on the flour, paprika and chilli powder and cook for 1-2 minutes, stirring all the time.
5. Add beef stock, tinned tomatoes, tomato purée, pepper and mushrooms. Bring to the boil.
6. Add kidney beans to the mince.
7. Simmer for 20 minutes or until the sauce is at the desired consistency.
8. Boil the rice, allow to drain and add in the butter. Stir until well combined.
9. Top with sour cream and serve.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
439	22g	38g	19g

ALLERGENS:
cereal (wheat), milk, celery



Cheesy Chicken & Broccoli Bake

Serves: 8 **Prep time:** 15 minutes **Cooking Time:** 30 minutes

Ingredients:

- 2 tbsp. of oil
- 1 medium onion
- 4 medium chicken fillets, diced
- 50g pasta per person
- 450g broccoli florets
- 200ml of full fat milk
- 100mls double cream
- 1 tin of chicken or mushroom soup
- 50g skimmed milk powder
- 1 tbsp. curry powder
- 150g breadcrumbs, 4-5 pan slices blitzed
- 100g full-fat cheddar cheese, grated
- 60g butter

Method:

1. Pre-heat the oven to 220°C (gas mark 7).
2. Heat the oil in the saucepan.
3. Chop the onion finely and fry for 2-3 minutes.
4. Add the chicken pieces. Cook for 10 minutes.
5. Meanwhile, cook the pasta according to the packet instructions and drain.
6. Cook broccoli in boiling water for 3-4 minutes.
7. Mix the milk, cream, soup, skimmed milk powder and curry powder together in a jug.
8. Put the cooked chicken pieces, onion and broccoli into the casserole dish and pour in the soup mixture and stir in the cooked pasta.
9. Cover with the breadcrumbs and grated cheese.
10. Melt the butter in a pan and drizzle over the breadcrumbs.
11. Cook in the pre-heated oven for 30 minutes.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
584	25g	53g	34g

ALLERGENS:
cereal (wheat), milk



Crackin' Coronation Chicken

Serves: 4 **Prep time:** 10 minutes **Cooking Time:** 20 minutes

Ingredients:

- 2 tbsp. oil
- 1 medium onion, peeled and finely chopped
- 4 chicken fillets
- 150ml of water
- 1 tbsp. mild curry powder
- 1 heaped tsp. tomato purée
- Black pepper, to taste
- 5 tbsp. full-fat mayonnaise
- 2 tbsp. double cream
- Add 50g rice per person

Method:

1. Gently heat the oil in a frying pan.
2. Add the onion and cook on a low heat until soft.
3. Place the chicken on the pan and cook until golden in colour.
4. Add a little water and cover the pan to stop the chicken from becoming too tough.
5. After a couple of minutes, add the curry powder and the tomato purée.
6. Coat the chicken with the mix, and then add the remaining water and pepper, simmer for 20 minutes.
7. When the sauce is cooked, remove the pan from the heat.
8. Stir in the mayonnaise and cream.
9. Serve on a bed of rice or loaded onto a baked potato.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
450	26g	18g	32g

ALLERGENS:
egg, milk



Blazin' Beef & Spud Stack

Serves: 8 **Prep time:** 20 minutes **Cooking Time:** 45 minutes

Ingredients:

- 100mls olive oil
- 450g potatoes, peeled and sliced
- 1 large onion, sliced (100g)
- 2 cloves of garlic, chopped
- 400g minced beef
- 3 tomatoes, skinned and chopped (150g) or 150g of tinned tomatoes
- 2 tbsp. tomato purée (30g)
- Black pepper, to taste
- ½ tsp. paprika
- 1 tsp. ground all spice
- 3 tbsp. parsley, chopped (optional)

Sauce:

- 250mls full-fat milk
- 50g flour
- 50g butter
- 50mls double cream
- 80g cheddar cheese
- Black pepper to season
- 200g breadcrumbs

Method:

1. Preheat the oven to 200˚C (gas mark 6).
2. Heat oil in a large pan and cook the potatoes until golden brown, set aside on kitchen paper to drain off excess fat.
3. Heat more oil in a large frying pan over low heat. Cook sliced onion until soft, for about 4 minutes. Add garlic and cook for a further minute.
4. Increase heat to medium-high and add the minced beef. Stir and cook until browned, for about 5 minutes.
5. Add in tomatoes, tomato purée and seasoning. Simmer for 10 minutes.
6. At the end of cooking, allow to cool slightly and add in the chopped parsley.
7. Place the potatoes in the base of a 1 litre casserole dish greased with olive oil. Place the meat mixture on top.
8. For the sauce, heat the milk in a saucepan. Melt the butter in another saucepan, add flour stirring until smooth.
9. Lower the heat and add the warm milk, stirring all the time until it thickens. If lumps form, whisk until smooth and season to taste.
10. Mix in 25g cheese and stir until melted. Remove from the heat.
11. Pour the sauce over the mixture, sprinkle with the remaining grated cheese and bake for 45 minutes until golden brown.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
492	32g	30g	18g

ALLERGENS:
cereal (wheat), milk



Family-favourite fish pie

Serves: 6 **Prep time:** 30 minutes **Cooking Time:** 50 minutes

Ingredients:

- 2 skinless white fish fillets (200g)
- 2 skinless smoked white fish fillets (200g)
- 300ml full-fat milk
- 1 white onion, quartered
- 4 cloves
- 2 bay leaves
- 2 eggs
- Small bunch of parsley leaves, chopped
- 50g butter
- 3 heaped tbsp. plain flour (50g)
- Black pepper, to taste
- A pinch of ground nutmeg
- 100mls double cream

for the potato topping:

- 3 medium potatoes, peeled and cut into even-sized chunks (500g)
- 50g butter
- 50ml full-fat milk
- 100g cheddar cheese, grated
- 200g dried breadcrumbs

Method:

1. Place the fish in a frying pan and pour over the milk. Stud each onion quarter with a clove and then add the onion and bay leaves to the milk.
2. Bring the milk to the boil, reduce the heat and simmer for 8 minutes. Lift the fish onto a plate and strain the milk into a jug to cool. Flake the fish into large pieces and place in a baking dish.
3. Hard boil the eggs for 10 minutes, then drain and cool. Peel, slice into quarters and arrange on top of the fish, then scatter over the chopped parsley.
4. Melt the butter in a pan, stir in the flour and cook for 1 minute over a moderate heat. Take off the heat, pour in a little of the cold poaching milk, then stir until blended.
5. Continue to add the milk gradually, mixing well until you have a smooth sauce. Return to the heat, bring to the boil and cook for 5 minutes, stirring continually, until it coats the back of a spoon.
6. Remove the sauce from the heat. Season with pepper and nutmeg, add in the cream and then pour over the fish.
7. Heat the oven to 200°C (gas mark 6).
8. Boil the potatoes for 20 minutes. Drain and mash the boiled potatoes with the butter and milk.
9. Use the potatoes to top the pie, starting at the edge of the dish and working your way in - push the mash right to the edges to seal. Fluff the top with a fork, sprinkle with cheese and breadcrumbs and bake for 30 minutes.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
424	22g	34g	21g

ALLERGENS:
cereal (wheat), milk, egg, fish



Rockin' Risotto

Serves: 8 **Prep time:** 10 minutes **Cooking Time:** 30 minutes

Ingredients:

- 2 tsp. olive oil
- 1 red onion, finely chopped
- 2 chicken breasts, cubed
- ½ courgette, diced
- 150g mushrooms, washed & sliced
- 600mls chicken stock
- 100g arborio rice
- Pinch of black pepper
- 30g crème fraiche or mascarpone cheese
- 60g frozen peas
- 40g parmesan cheese, grated

Method:

1. Heat the olive oil in a non-stick frying pan or wok and add onion and cook for 5 mins until softened.
2. Add the chicken, courgette and mushrooms, and sauté, stirring occasionally, for 10 minutes until the chicken is cooked through. Add a splash of water if the chicken starts to stick to the pan.
3. Meanwhile fill a saucepan with the stock and bring to a gentle simmer.
4. Add the rice to the chicken pan and stir through to make sure it is coated with the chicken and vegetables. Fry for a further 2 minutes.
5. Pour a ladleful of stock into the chicken and rice pan and stir until it is absorbed. This should soak in fairly quickly. Add another ladleful and stir until absorbed again. Continue in this way until all the stock has been absorbed into the rice.
6. Taste the risotto; it should be soft on the outside but with a slight bite in the middle. If it is too hard, continue to cook, adding a little warm water to keep the consistency creamy. Add the garden peas.
7. Stir in the crème fraiche, parmesan and seasoning and serve.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
490	11g	56g	45g

ALLERGENS:
milk



SCRummy Stew with Dunkin' Dumplings

Serves: 5 **Prep time:** 20 minutes **Cooking Time:** 3 hours

IngRedients:

- 1 tbsp. olive oil
- 300g lamb stewing meat
- 1 medium white onion, chopped in large chunks
- 1 leek, chopped in large chunks
- 1 stick of celery
- 1 large carrot, chopped in large chunks
- 50g pearl barley
- 2 cloves of garlic
- A handful of parsley
- 500mls of beef stock
- 250g potatoes, peeled & cut into chunks
- 25g butter
- 50mls double cream

Dumplings:

Can use shop bought gnocchi (12 pieces) or make your own:

- 125g plain flour
- 60g butter
- Water to bind

Method:

1. Heat the oil in a large stock pot/stew pan. Add the lamb and brown all sides.
2. Add the onion and leeks. Once softened, add the celery, carrots, pearl barley, garlic, parsley and stock.
3. Bring to the boil then turn down and leave to simmer with the lid on for around 2½ to 3 hours until the meat is tender and barley is soft.
4. Place the potatoes in a pot of water and simmer until tender. Drain when cooked.
5. Add the butter and cream to the potatoes and mash before serving.

To make the dumplings:

Mix the flour and butter, add water to bind without making the mix too wet but enough to form balls.

1. Divide into 8-12 dumplings and roll into balls with floured hands.
2. Add to the stew for the last 20 minutes leaving the lid off the pan so they can rise without being restricted.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
489	31g	31g	20g

ALLERGENS:
cereal (wheat), milk, celery, pearl barley



Bouncing Bean Burger

Serves: 4 **Prep time:** 40 minutes **Cooking Time:** 1 hour

Ingredients:

- 2 medium potatoes, peeled and cut into cubes
- 4 tbsp. of oil
- 1 x 400g tin of chickpeas
- 1 x 340g tin of sweetcorn
- ½ bunch of fresh coriander
- ½ tsp. paprika
- ½ tsp. ground coriander
- ½ tsp. ground cumin
- 3 heaped tablespoons of plain flour, plus extra for dusting
- 1 lemon, zested
- 4 burger buns

To serve:

- Mayonnaise
- Tomato
- Avocado
- Salad

Method:

1. Add the potato cubes to a pot of boiling water and cook until tender. Allow to drain.
2. Preheat the oven to 180˚C (gas mark 4), place the cooled potato cubes on a baking tray, drizzle with 2 tbsp. of oil and bake for 20 minutes.
3. Drain the chickpeas and sweetcorn and add to a food processor.
4. Add the coriander leaves and stalks, spices, flour, lemon zest and the roast potatoes. Pulse until combined but not smooth.
5. On a flour-dusted surface, divide and shape the mixture into 4 equal-sized patties. Place in the fridge for 30 minutes to firm up.
6. Heat the oil in a large frying pan over a medium heat, add the patties and cook for 10 minutes, or until golden and cooked through, turning halfway.
7. Toast the burger buns.
8. Serve with your choice of toppings.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
620	21g	85g	20g

ALLERGENS:
cereal (wheat), egg



Big-time Baked Potato

Serves: 4 **Prep time:** 20 minutes **Cooking Time:** 1 hour 20 minutes

Ingredients:

- 660g (4 large) potatoes
- 100g butter
- Half of 1 white onion, grated
- 8 tbsp. double cream
- 100g breadcrumbs
- ½ tsp. paprika
- A bunch of fresh parsley, chopped

Method:

1. Wash, scrub and dry the potatoes.
2. Using a fork, poke holes around all sides of the potatoes.
3. Melt one tablespoon of butter and brush potatoes with the mixture and place on a baking tray.
4. Bake the potatoes for 50 minutes at 200°C, or until soft and cooked (insert a knife to check softness) or alternatively bake in a microwave on full power for 5-6 minutes.
5. Add grated onion and 4 tablespoons butter to a microwave safe bowl and microwave for 1 minute or until butter is melted.
6. In another microwave safe bowl, melt the remaining two tablespoons of butter. Add the breadcrumbs, paprika and ½ of the parsley.
7. Allow potatoes to cool for 10 minutes.
8. Cut potatoes in half and scoop the insides into a bowl. Do not scoop all the way to the outer skin - leave some potato for structure.
9. Add the melted butter and onion mixture, double cream and the remainder of the chopped parsley to the bowl of potatoes and mix until well combined.
10. Fill the potato skins evenly with the potato mixture.
11. Sprinkle the breadcrumb mixture over each potato.
12. Place the potatoes back into the oven at 200°C for around another 20 minutes, or until thoroughly heated or golden brown.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
460	25g	50g	7g

ALLERGENS:
cereal (wheat), milk



Homemade Spice Bag

Serves: 4 **Prep time:** 25 minutes **Cooking Time:** 25 minutes

Ingredients:

- 240g potatoes (2 medium)
- 100g ground almonds
- 1 tsp. of cumin seeds, ground
- 2 tsp. paprika
- 2 eggs
- 2 chicken fillets, diced
- 1 tbsp. of oil
- 1 onion, roughly diced
- 3 tsp. of Chinese five spice powder
- ½ tsp. garlic powder
- ¼ tsp. chilli powder (optional)

To serve:

- Garlic mayonnaise
- Sweet chilli sauce
- Satay sauce

Method:

1. Cut the potatoes into chips and boil in a pot of water until soft.
2. Drain potatoes, place on a baking tray in a preheated oven at 180°C (gas mark 4) until golden brown and crispy.
3. Combine the ground almonds, cumin and paprika in a mixing bowl. Beat the eggs together in a separate bowl.
4. Dip the chicken pieces into the beaten-egg to coat them thoroughly and then into the almond mixture.
5. Heat the oil in a large pan over a medium-high heat and cook the chicken pieces until golden brown on both sides and completely cooked throughout. Remove to a plate and keep warm.
6. Return the pan to a medium-high heat and cook the onion for 2-3 minutes. Remove and set aside.
7. In a small bowl, combine all of the other seasoning ingredients (Chinese five spice, garlic powder and chilli powder)
8. Toss the chicken, onion and chips together in a bowl and scatter over the seasoning mixture and combine until evenly coated.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
376	21g	17g	26g

ALLERGENS:
nuts (almonds), egg



Sweet & Spicy Chicken Balls

Serves: 3 **Prep time:** 20 minutes **Cooking Time:** 15-20 minutes

Ingredients:

Chicken Balls:

- 1 medium sweet potato
- 80g chickpeas
- 1 medium chicken breast, cooked and shredded
- 1 tbsp. flour
- 1 tbsp. full-fat cream cheese
- ½ tsp. ground coriander
- ½ tsp. ground cumin
- 1 egg

Ginger Honey Sauce:

- 3 tbsp. sesame oil
- 1 garlic clove, diced finely
- 4 cm (10g) of fresh ginger, diced finely (or 1 tsp. ground ginger)
- 3 tbsp. honey
- ½ tsp. corn flour (to thicken sauce)

Method:

1. Wash, peel and chop the sweet potato into bite size pieces.
2. Place the chopped sweet potato pieces and the chickpeas in a saucepan of boiling water and boil until soft.
3. Drain the water and mash the sweet potatoes and chickpeas together until smooth.
4. Then add in the shredded chicken, flour, cheese, coriander and cumin and stir until combined.
5. Whisk the egg and add half to the sweet potato mixture, stir until combined.
6. Shape into small balls.
7. Brush the balls with the leftover egg mix.
8. For the dressing, combine all the ingredients in a bowl.
9. Coat the balls in the ginger honey sauce and place in the oven for 15-20 minutes at 180°C (gas mark 4) until golden brown.
10. Serve with pitta bread and salad or serve with rice and vegetables.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
414	17g	45g	19g

ALLERGENS:
cereal (wheat), milk, egg, sesame seeds



Shepherd's Pie

Serves: 4 **Prep time:** 10 minutes **Cooking Time:** 40 minutes

Ingredients:

- 4 potatoes
- 2 tbsp. olive oil
- 350g minced beef
- 100g mushrooms
- 2 medium carrots
- 100g roux (50g butter + 50g flour)
- 350mls beef stock
- 2 tbsp. tomato relish
- 80mls full-fat milk
- 80mls cream
- 40g butter
- 100g grated cheese

Method:

1. Boil the potatoes until soft.
2. Heat the olive oil in a pan and add the onions and soften. Add the mince and allow to brown.
3. Add the mushrooms and carrots. Cover the pan with a lid and leave to cook on a medium heat, stirring regularly.
4. To make the roux, melt the butter in a small saucepan. Using a whisk, add the flour and whisk until well combined.
5. Add the beef stock, a little at a time, to the roux, whisking very well with each addition to make a thick sauce.
6. Add this sauce and the tomato relish to the minced beef and stir well. Replace the lid.
7. Mash the potatoes well. Heat the milk, cream and butter in a pan and add to the potatoes.
8. In a casserole dish, place the meat mixture in the bottom and layer the creamy mash on top.
9. Sprinkle the grated cheese over the top and bake/grill for 10 minutes until melted.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
695	42g	44g	32g

ALLERGENS:
cereal (wheat), milk



Pizza

Serves: Makes 4 pizzas **Prep time:** 15 minutes

Cooking Time: 20 minutes (plus 1 hour proving dough)

Ingredients:

Pizza Base:

- 500g strong flour
- Pinch of salt
- 15g fresh yeast or 5g dried yeast
- 1 tbsp. olive oil
- 300ml warm water
- 5g caster sugar

Tomato Sauce:

- 1 tbsp. olive oil
- 1 tsp. tomato purée
- 2 cloves garlic, crushed
- Pinch of sugar
- 2 x 400g tins tomatoes
- Freshly ground black pepper

Toppings:

Any selection of toppings can be used on the pizza:

- Vegetables: Onions, peppers, mushrooms etc. finely sliced
- Meat: shredded chicken/turkey
- Cheese: Mozzarella cheese, cheddar/ parmesan cheese can also be used.

Method:

1. Sieve the flour and salt into a bowl.
2. Dissolve the yeast in the water, add olive oil and sugar.
3. Add the yeast mixture into the flour and kneed the dough for 8-10 minutes to form a smooth dough. Place into a clean bowl and cover.
4. When doubled in size, divide dough into 3 pieces, roll each piece out into a thin disk and place on a lightly greased baking sheet.
5. To make the tomato sauce, heat the oil in a pan and cook the garlic gently until soft but not coloured.
6. Add the tomatoes, tomato purée and sugar. Add seasoning and simmer for about 30 minutes until thickened.
7. Arrange the sauce and selected toppings on top and bake at 200˚C (gas mark 6) for about 10 minutes.

NUTRITION INFORMATION

Amount per serving: based on toppings - peppers, chicken, cheese

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
484	16g	52g	30g

ALLERGENS:

cereal (wheat), milk



Turkey Fajitas

Serves: Makes 4 **Prep time:** 30 minutes (plus time for marinating)

Cooking Time: 15 minutes

Ingredients:

- 6 large or 12 small wholegrain soft tortilla wraps
- 400g lean turkey breast, cut into strips
- 2 red peppers and 2 green peppers, cut into strips
- 2 onions, cut into strips

Marinade:

- 2 cloves of garlic, crushed
- 1 tbsp. olive oil
- 1 tbsp. smoked paprika
- 1 tbsp. ground coriander
- 1 tsp. cumin
- Pinch of cracked black pepper
- Juice of 1 lime
- 3-4 drops of tabasco (if desired)

Salsa:

- 225g cherry tomatoes, chopped
- 1 small red onion, peeled and finely chopped
- 1 red chilli (or ½ chilli, depending on level of heat desired)
- 1 handful of coriander, roughly chopped
- Juice of 1 lime

To serve:

- Mixed green salad
- 100mls natural yogurt

Method:

1. Pre-heat the oven to 200°C (gas mark 6) and wrap the tortillas in foil.
2. Add the turkey, peppers and onions to a mixing bowl with the marinade ingredients.
3. Heat a griddle pan until hot and add the turkey, vegetable and marinade mixture.
4. Put the foil-wrapped tortillas in the oven and heat for roughly 8 minutes.
5. To make the salsa, chop the ingredients and combine.
6. Once the turkey is cooked through, tip the contents of the pan into a large bowl and serve with the heated tortillas, green salad, natural yogurt and homemade salsa.

NUTRITION INFORMATION

Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
455	11g	55g	30g

ALLERGENS:

cereal (wheat), milk



Spaghetti Bolognese

Serves: 4 **Prep time:** 15 minutes **Cooking Time:** 30 minutes

Ingredients:

- 1 tbsp. sunflower oil
- 1 large onion, peeled and finely chopped
- 2 cloves garlic, peeled and chopped
- 400g lean minced beef (<5% fat)
- 200g mushrooms, sliced
- 2 carrots, grated
- 600ml passata/400g tinned tomatoes
- 200mls vegetable stock
- 2 tbsp. tomato purée
- 1 tbsp. dried oregano
- Season with black pepper
- 240g wholemeal spaghetti
- Grated cheese on top

Method:

1. Heat the oil in a large frying pan over a medium heat.
2. Finely dice the onion and mince the garlic. Add the onion, garlic and minced beef to the pan and fry, stirring occasionally, until the mince is browned and the onions are softened.
3. Add the mushroms and grated carrots, cook for one minute, then add the passata/tinned tomatoes and vegetable stock, tomato purée, oregano and freshly ground black pepper.
4. Stir well and bring to the boil, then reduce the heat to simmer for 15-20 minutes, until the sauce has thickened.
5. Cook the spaghetti according to the packet instrcutions, then drain.
6. Mix the sauce through the cooked spaghetti and serve with a sprinkle of grated cheese.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
405	11g	42g	28g

ALLERGENS:
cereal (wheat), milk



Fish & Chips with Mushy Peas

Serves: 6 **Prep time:** 15 minutes **Cooking Time:** 30 minutes

Ingredients:

- 50g plain flour
- 2 eggs, whisked
- 1 tbsp. dried herbs (mix of herbs of your choice)
- 120g wholemeal breadcrumbs (made from wholemeal bread)
- 500g raw cod, skin & bones removed, cut into 6 pieces
- 320g frozen peas
- 1 tbsp. of fresh mint leaves
- 1 heaped tbsp. of reduced fat crème fraîche
- Black pepper, to season
- Lemon, to season
- Serving of homemade wedges from 'Sides" section

Method:

1. Preheat the oven to 200˚C (gas mark 6).
2. Place the flour, whisked eggs and breadcrumbs (mixed with the dried herbs) onto three separate plates.
3. Cover each cod fillet in the flour, then in the egg and finally in the breadcrumb and herb mix.
4. Place the fillets on a baking tray, and place in the preheated oven for 12-15 minutes until cooked through.
5. To make the mushy peas, cook the frozen peas in boiling water as per the packet instructions. Drain and mash the peas with a potato masher. Add the crème fraiche and the chopped mint, along with a squeeze of lemon.
6. Serve the fish with the crispy wedges and minty mushy peas.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
430	7g	65g	25g

ALLERGENS:
cereal (wheat), milk, fish



SIDES

Oat Bread
Creamy Mash
Spicy Potato Wedges



oat BRead

Serves: Makes 1 loaf of 12 slices **Prep time:** 5 minutes **Cooking Time:** 1 hour

IngRedients:

- 500g pot of full-fat natural unsweetened yogurt
- 500g oats
- 1 egg
- 1 egg yolk
- ½ tsp. salt
- ¾ tsp. bread soda
- 50g mixed seeds

method:

1. Preheat the oven to 170°C (gas mark 4). Grease a loaf tin.
2. Mix all the ingredients together in a large bowl, pour into the tin and bake for 1 hour.

NUTRITION INFORMATION
Amount per slice:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
232	7g	31g	9g

ALLERGENS:
cereal (wheat), milk, egg, sesame seeds



Creamy mash

Serves: 6 **Prep time:** 10 minutes **Cooking Time:** 30 minutes

Ingredients:

- 6 medium potatoes
- 60g butter
- 100ml double cream
- Salt and pepper

method:

1. Place the potatoes in a pot and cover with cold water.
2. Bring the water to the boil, put on the lid and turn the heat down to medium-low.
3. Leave to cook for 20 minutes, until the potatoes are soft.
4. Drain off any remaining water, add the cream and butter to the pot and gently heat.
5. Mash the potatoes or beat in a mixer until completely smooth. Season to taste.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
260	17g	24g	3g

ALLERGENS:
milk



Spicy Potato wedges

Serves: 6 **Prep time:** 10 minutes **Cooking Time:** 30 minutes

IngRedients:

- 4 large potatoes
- 2 tbsp. olive oil
- Salt and freshly ground black pepper
- 1 tsp. cajun seasoning

method:

1. Scrub potatoes well and cut into wedges.
2. Rinse, dry and put on a baking tray.
3. Toss in oil with salt and pepper.
4. Add cajun seasoning.
5. Cook at 200°C (gas mark 6) for approximately 30-40 minutes.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
247	5g	44g	5g

ALLERGENS:
none



DESSERTS

Rockin' Rice Pudding
Chocolate Roly-Poly
Honey Banana Ice-cream
No Stress! Eton Mess
Jelly Whip
Babychino Mousse
Carrot Cake Cupcakes
Chocolate Banana Logs
Berry Cheesecake



Rockin' Rice Pudding

Serves: 6 **Prep time:** 10 minutes **Cooking Time:** 30 minutes

Ingredients:

- 50g of sugar
- 750ml of full-fat milk
- 200ml of double cream
- 1 tbsp. of vanilla extract or 1 cinnamon stick
- 1 pinch of salt
- 120g of pudding rice

Suggested topping:

- 1 tbsp. of jam or honey
- 1 tbsp of a good quality nut butter/ chocolate nut butter
- Stewed mango with desiccated coconut
- Stewed berries
- Stewed apple
- Dried fruit and flaked almonds

Method:

1. In a pot, mix all the ingredients apart from the rice and bring to the boil. Add the rice and leave to simmer for 30 minutes, stirring occasionally.
2. Pour the mixture into small ramekin dishes or cups (If the mixture looks runny - don't worry! It will thicken as it cools).
3. Use this as your base and mix it up with different toppings - see suggestions.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
373	22g	38g	6g

ALLERGENS:
milk, may contain peanuts or almonds (depending on toppings used)



Chocolate Roly-Poly

Serves: 15 **Prep time:** 15 minutes **Chilling Time:** 1 hour

Ingredients:

- 300g mini marshmallows
- 60g butter
- 60g smooth peanut butter
- 150g of a crispy rice cereal (choose option fortified with iron)
- 10 tbsp. of chocolate spread

Method:

1. Line a baking tray with foil
2. In a large saucepan over a medium heat, melt the marshmallows, butter and peanut butter, stirring constantly until the mixture is smooth.
3. Remove from the heat and add the cereal, stirring until evenly coated.
4. Pour mixture into baking tray and press into the tray.
5. Spread the chocolate spread to within 1 inch of the edges.
6. Starting with the longest side, roll up the mixture, peeling the foil away from the cereal mixture (like a swiss roll).
7. Wrap roll in foil or plastic wrap.
8. Store in refrigerator, seam side down, for about 1 hour until firm.
9. Cut into 1 inch slices.

NUTRITION INFORMATION
Amount per serving

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
320	15g	42g	4g

ALLERGENS:
cereal (wheat), milk, peanuts



Honey Banana Ice-Cream

Serves: 2 **Prep time:** 10 minutes **Cooking Time:** 2-3 minutes

Ingredients:

- 2 ripe bananas
- 1 tbsp. butter
- 2 tbsp. honey
- ½ tsp. ground cinnamon
- 20g chocolate chips to sprinkle on top
- 1 scoop of vanilla ice-cream

Method:

1. Peel the bananas and slice into ½ inch thick pieces.
2. To a hot pan, add the butter, honey and cinnamon. Stir to combine.
3. Add the banana slices and fry for 2-3 minutes on each side until golden and caramelized.
4. Once the bananas are cooked, serve with a scoop of vanilla ice-cream and sprinkle with chocolate chips.

NUTRITION INFORMATION
Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
323	10g	52g	4g

ALLERGENS:
milk



No Stress! Eton Mess

Serves: 4 **Prep time:** 20 minutes

Tiny Hands can help!

Ingredients:

- 100g raspberries
- 1 tbsp. honey
- 1 tbsp. water
- 200g double cream
- 1 tbsp. icing sugar
- 1 tsp. vanilla extract
- 4 meringue nests
- 125g tub vanilla yogurt
- 150g sliced strawberries

Method:

1. To make the raspberry compote, combine the raspberries, honey and water in a small pan and bring to simmer. Reduce the heat and cook for about 3-4 minutes to thicken. Set aside to cool.
2. In a clean bowl, whip the cream, icing sugar and vanilla extract until soft peaks form. Crumble in the meringue.
3. Stir the raspberry compote through the strawberries, then add a spoonful of the fruit mixture to the bottom of your serving bowl.
4. Top with a spoonful of meringue-cream mixture, followed by a spoonful of the fruit mixture, a spoonful of yogurt, then another spoonful of meringue-cream.
5. Garnish with a few slices of strawberries.
6. Serve immediately.

NUTRITION INFORMATION
Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
390	27g	29g	5g

ALLERGENS:
milk, egg



Jelly whip!

Serves: 8 **Prep time:** 10 minutes **Chilling time:** 2 hours+

tiny hands can help!

Ingredients:

- 2 packets of raspberry jelly
- 250ml boiling water
- 450ml evaporated milk
- Whipped cream to serve
- Fresh raspberries

Method:

1. Cut jelly into small chunks and then put them into a large microwaveble jug.
2. Add the boiling water and whisk until the jelly is starting to dissolve.
3. Microwave in 30 second bursts whisking between, until the jelly is completely dissolved.
4. Add the evaporated milk and whisk until totally combined.
5. Transfer into a larger bowl and continue to beat with an electric whisk until thick and fluffy.
6. Pour into serving dishes.
7. Chill in the fridge for at least 2 hours or until set.
8. Decorate with 2 tablespoons of whipped cream to serve and top with fresh raspberries.

NUTRITION INFORMATION

Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
305	25g	14g	6g

ALLERGENS:

milk



Babyccino mousse

Serves: 4 **Prep time:** 10 minutes **Chilling time:** 1 hour+

Ingredients:

- 2tsp. water
- ½ tsp. gelatine powder
- 200mls double cream
- 45g chocolate powder (cocoa/hot chocolate/milkshake) with extra to dust
- 15g skimmed milk powder

Serving suggestion:

- Top with mini marshmallows!

Method:

1. Place 2 teaspoons of water in a small microwave safe bowl and sprinkle with the gelatine. Set aside for 2-3 minutes or until the gelatine is absorbed into the water. Microwave on high heat for 15 seconds. Stir until the gelatine is dissolved. Set aside to cool.
2. Pour the 100mls of cream into a bowl. Add the chocolate powder, skimmed milk powder and cooled gelatine. Use electric whisk to beat until firm peaks form.
3. Divide the cream mix among four serving glasses. Place in the fridge for 1 hour or until set.
4. Whip the remainder 100mls of cream in a clean bowl until soft peaks form. Spoon the whipped cream on top of each mousse cup. Dust with extra chocolate powder and top with some marshmallows.

NUTRITION INFORMATION
Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
305	28g	8g	6g

ALLERGENS:
cereal(wheat), milk, may contain eggs



Carrot Cake Cupcakes

Serves: 12 **Prep time:** 30 minutes **Cooking Time:** 20-25 minutes

Tiny Hands can help!

Ingredients:

Cupcakes:

- 150g self-raising flour
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- 125g softened butter
- 125g brown sugar
- 75g grated carrot
- 1 egg
- 25g chopped walnuts

Icing:

- 300g icing sugar
- 50g unsalted butter, at room temperature
- 125g cream cheese, cold

Method:

1. Preheat the oven to 180°C.
2. Put the 12 cup-cake cases into a bun tin.
3. Sieve the flour, cinnamon and nutmeg into a large bowl.
4. Add the butter, brown sugar, carrot and egg. Beat together with a wooden spoon until well mixed. Then fold in the walnuts.
5. Divide the mixture evenly between the cases and bake for 20-25 minutes until they spring back when pressed.
6. Transfer cakes to a wire rack and leave to cool.

Icing:

1. Beat the icing sugar and butter together using an electric whisk on medium to slow speed until the mixture comes together.
2. Add the cream cheese in one go and beat until it is completely incorporated.
3. Continue to beat until the frosting is light and fluffy - for at least 5 minutes.
4. Spoon or pipe the icing onto the cool cupcakes.

NUTRITION INFORMATION

Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
350	17g	45g	4g

ALLERGENS:

cereal(wheat), milk, eggs, nuts(walnuts)



Chocolate Banana Logs

Serves: 8 **Prep time:** 15 minutes **Chilling time:** 3-4 hours

Tiny Hands can help!

IngRedients:

- 260g dark chocolate
- 4 medium bananas
- 160g peanut butter
- 60g chopped nuts/crushed digestive biscuits/coconut flakes/granola

Method:

1. Melt the chocolate in a bowl.
2. Peel and chop each banana into two equal pieces. Pierce each with a lollipop stick or skewer.
3. Spread the peanut butter on the banana and cover in chocolate.
4. Roll in a topping of your choice.
5. Freeze for 3-4 hours.

NUTRITION INFORMATION
Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
401	26g	31g	9g

ALLERGENS:
milk, peanuts, tree nuts



BeRRy cheesecake

Serves: 4 **Prep time:** 10 minutes **Chilling time:** 2 hours

IngRedients:

- 100g shortbread biscuits, crushed
- 1 x 300g tub full-fat soft cheese
- Zest and juice of 1 lemon (20ml)
- 60g icing sugar
- A punnet of berries

method:

1. Divide the crushed biscuits between 4 glasses.
2. Beat the soft cheese, lemon zest, lemon juice and ¾ of the icing sugar together, and spoon this mixture on top of the biscuits.
3. Heat the berries slightly and mix in the remaining icing sugar. Allow to cool.
4. Spoon the berries over the cheesecake mixture. Leave to set in the fridge for a few hours.

NUTRITION INFORMATION
Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
393	26g	34g	6g

ALLERGENS:
cereal(wheat), milk



Snacks

Fruiti Roll
Fruitastic Scones
Ice Ice Berry Lollie
Cheesy Toast Triangles
Crunchy Crackers & Cheese
Famous Flapjacks
Pizza Faces
Nutty Banana Muffins
Peanut Butter & Jelly Time Toast
Hola Quesadillas
Tempting Trail Mix
Yoghurt with Fruit & Seeds



fRuiti Roll

Serves: 2 **Prep time:** 5-10 minutes

IngRedients:

- 2 tbsp. peanut butter
- 1 wrap
- 1 medium banana
- Chocolate spread (as a dipping sauce)

method:

1. Spread the peanut butter on the wrap.
2. Remove banana from skin and place horizontally onto the edge of the wrap.
3. Roll up the wrap and cut into thirds.
4. Use chocolate spread as a dipping sauce.

NUTRITION INFORMATION
Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
300	14g	32g	8.5g

ALLERGENS:
cereal(wheat), milk, peanut



Fruitastic Scones

Serves: 20 mini scones **Prep time:** 10 minutes **Cooking Time:** 10-12 minutes

Tiny Hands can help!

Ingredients:

- 900g self-raising flour
- A pinch of salt
- 175g butter, cut into cubes
- 50g caster sugar
- 150g of dried fruit (sultanas, cranberries, raisins or 200g of fresh berries e.g. raspberries or blueberries)
- 3 eggs
- 425ml milk

To serve:

- Butter
- Jam
- Whipped cream

Method:

1. Preheat the oven to 180˚C.
2. Sift together the flour and salt into a large bowl.
3. Add the butter and rub in until the mixture resembles breadcrumbs.
4. Stir through the sugar and fruit of your choice.
5. In a separate bowl, whisk the milk and eggs together. Make a well in the centre of the dry mixture and gradually pour in the wet ingredients (be sure to keep some for glazing at the end) to make a soft dough, using your hand to mix together. The mix should be soft but not sticky.
6. Tip the mixture out onto a lightly floured surface. Roll out the dough into a round, around 2.5cm (1 inch) thick. Use a scone cutter or a sharp knife to cut into individual pieces.
7. Brush each scone with a little beaten egg and place in the preheated oven to bake for 12-15 minutes.
8. When they are risen and golden brown, remove from the oven and place on a wire rack to cool.

NUTRITION INFORMATION

Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
278	9g	41g	6g

ALLERGENS:

cereal(wheat), milk, egg, may contain sulphites



Ice Ice Berry Lollies

Serves: 4 **Prep time:** 10 minutes **Freezing time:** 3-4 hours

Tiny hands can help!

Ingredients:

- 2 tbsp. honey
- 120g granola
- 120g fresh or frozen berries
- 150g Greek yogurt

Method:

1. In a bowl, mix the honey and granola together. Divide evenly between the four ice-pop moulds.
2. Fold the berries through the yogurt and fill each mould with the mixture.
3. Insert the ice-pop sticks and freeze for 3-4 hours or overnight.

NUTRITION INFORMATION
Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
212	7g	30g	7g

ALLERGENS:
cereal(wheat), milk, may contain nuts & sesame seeds



Cheesy toast triangles

Serves: 1-2 **Prep time:** 5 minutes **Cooking Time:** 5 minutes

Ingredients:

- 1 slice brown bread
- 5g of butter
- 20g cheddar cheese, sliced or grated
- 30g grated mozzarella cheese

Method:

1. Toast bread lightly.
2. Spread evenly with butter and top with the cheese.
3. Place under a pre-heated grill until golden and bubbling.
4. Cut into 4 triangles and serve.

NUTRITION INFORMATION
Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
286	18g	16g	14g

ALLERGENS:
cereal(wheat), milk



Crunchy Crackers & Cheese

Serves: 1 **Prep time:** 1 minutes

Ingredients:

- 2 tbsp. cream cheese
- 2 wholewheat crackers
- 50g grapes

Method:

1. Spread the cream cheese over the crackers.
2. Slice the grapes in half, place on top of the cream cheese and serve.

NUTRITION INFORMATION
Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
230	12g	18g	11g

ALLERGENS:
cereal(wheat), milk, may contain eggs & sesame



Famous Flapjacks

Serves: 16 flapjacks **Prep time:** 10 minutes **Cooking Time:** 20 minutes

Tiny Hands can help!

Ingredients:

- 200g porridge oats
- 75g plain flour, sieved
- 75g ground almonds
- 100g brown sugar
- 100g mixed nuts, chopped
- 225g butter
- 3 tbs. (45g) golden syrup

Suitable for home freezing!

Method:

1. Preheat the oven to 180°C and line a shallow baking dish or Swiss roll tin with greaseproof or parchment paper.
2. Mix the oats, plain flour, ground almonds, brown sugar and mixed nuts together.
3. Melt the butter and golden syrup in a pot over a low heat.
4. Add the warm butter and syrup to the dry ingredients and mix well.
5. Place into a lined tin and cook for 18-22 minutes, or until golden brown.
6. Cut into 16 pieces while warm in the tin. Allow to cool in the tin before serving.

NUTRITION INFORMATION
Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
277	18g	22g	5g

ALLERGENS:
cereal(wheat), milk, tree nuts



Pizza faces

Serves: 1 **Prep time:** 5 minutes **Cooking Time:** 5 minutes

Tiny Hands can help!

IngRedients:

- 1 bap
- 30g passata, pizza sauce or barbeque sauce
- 40g mozzarella cheese, grated

Toppings suggestions:

(Try to choose one meat and 2 vegetable to top your pizza with!)

- Ham
- Sweetcorn
- Peppers
- Pepperoni
- Pineapple
- Chicken
- Tomatoes

Method:

1. Toast the bap lightly under a pre-heated grill.
2. Spead over sauce of your choice and top with grated cheese.
3. Get creative with toppings and designs! Get your child involved in choosing toppings and making funny faces on the pizzas.
4. Put your masterpiece on a baking tray and place under the grill until the cheese is melted and golden and the toppings are thoroughly heated.

NUTRITION INFORMATION

Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
383	10g	50g	19g

ALLERGENS:

cereal(wheat), milk, soya, may contain eggs



Nutty Banana Muffins

Serves: 12 muffins **Prep time:** 10 minutes **Cooking Time:** 20 minutes

Tiny Hands can help!

Ingredients:

- 75g butter
- 50g caster sugar
- 150g crunchy peanut butter
- 2 over-ripe bananas, mashed
- 4 large eggs
- 150g self-raising flour
- 100g wholemeal flour
- 1 tsp. baking powder

Method:

1. Preheat the oven to 180˚C and line a muffin tray with paper cases.
2. In a large bowl, beat the butter until soft. Add the sugar, peanut butter and mashed bananas and beat the mixture until it is light and fluffy.
3. In a separate bowl, crack in the eggs and whisk lightly. Then add to the creamed butter mixture, beating continuously to combine.
4. Sift in the flours and baking powder and fold gently to combine.
5. Divide the mixture evenly between the muffin cases, filling each about ¾ full.
6. Bake for 20-25 minutes until risen and golden brown. Remove and cool on a wire rack.

NUTRITION INFORMATION

Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
258	14g	23g	9g

ALLERGENS:

cereal(wheat), milk, eggs, peanuts



Peanut Butter & Jelly toast time

Serves: 1 **Prep time:** 5 minutes

Ingredients:

- 1 slice of wholemeal bread
- 25g peanut butter
- 15g fruit jam

method:

1. Toast bread.
2. Spread evenly with the peanut butter and jam.

NUTRITION INFORMATION
Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
284	14g	27g	10g

ALLERGENS:
cereal(wheat), peanuts, may contain soya



Hola Quesadillas

Serves: 4 **Prep time:** 10 minutes **Cooking Time:** 10 minutes

IngRedients:

For the chunky guacamole:

- ½ small onion
- ½ small tomato
- 1 ripe avocado
- Juice of ½ lime

For the quesadillas:

- 2 wholemeal tortillas
- 80g cheddar cheese
- 45g cooked chicken pieces

method:

1. Chop the onion and tomato.
2. Peel the avocado and mash with a fork. Add in the onion, tomato and lime juice. Stir to combine.
3. Top one tortilla with the grated cheese and chicken. Cover with the second tortilla and place on a pan over a medium heat.
4. Cook for 2-3 minutes on one side until the chicken is cooked thoroughly and the quesadilla is golden brown, then flip and cook on the second side.
5. Cut into four quarters and serve with guacamole dip.

NUTRITION INFORMATION
Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
277	18g	16g	12g

ALLERGENS:
cereal(wheat), milk



Tempting Trail Mix

Serves: Approx. 15 **Prep time:** 5 minutes

Ingredients:

- 170g of nuts e.g. pistachios, cashew nuts, peanuts
- 160g dried fruit e.g. cranberries, apricots, raisins
- 150g mixed seeds e.g. sunflower seeds, pumpkin seeds
- 75g dark chocolate chips or buttons
- 30g salted pretzels
- 15g popcorn

Method:

1. Mix ingredients together in a bowl and store in an airtight container in a cool, dry place.

NUTRITION INFORMATION
Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
195	12g	15g	6g

ALLERGENS:
nuts (cashew), peanuts, sesame seeds, milk, sulphites



Yogurt with fruit & seeds

Serves: 1 **Prep time:** 3 minutes

Ingredients:

- 1 pot of custard style yogurt
- 100g fresh berries
- 25g toasted seeds or nuts

Method:

1. Place yogurt in a bowl and layer with fresh berries.
2. Sprinkle toasted seeds or nuts on top and serve.

NUTRITION INFORMATION
Amount per serving:

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
347	14g	42g	10g

ALLERGENS:
milk, sesame seeds, nuts



DRinKS

Fortified Milk
Real Hot Chocolate
Banilla Smoothie
Peanut Butter Smoothie
Just Peachy
Totally Oatally!
The Zesty Zinger
Raspberry Sunrise
Creamy Berry Smoothie
Tasty Tropical Smoothie
Apple & Avocado Smoothie
Chocolate Banana Smoothie
Frozen Fruit Smoothie
Nutty Mango & Banana Smoothie
Orange Crush Smoothie
Raspberry & Mango Smoothie
Strawberry, Peanut Butter & Banana Smoothie
Tangy Lemon Milkshake



fortified milk

Serves: Makes up 500ml **Prep time:** 2 minutes

Ingredients:

- 60g skimmed milk powder (4 heaped tbsp.)
- 500ml whole milk

method:

1. Add the 60g (4 heaped tablespoons) of skimmed milk powder to a jug.
2. Add a small amount of the milk.
3. Mix with a fork to make a smooth paste.
4. Add in the remainder of the milk and stir for at least 20 seconds.
5. Refrigerate and consume within 24 hours.
6. Use this jug of nourishing milk throughout the day in your drinks, cereal or porridge. It can also be added to soups and milk puddings.

NUTRITION INFORMATION
Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
536	19g	53g	38g

ALLERGENS:
milk



Real Hot Chocolate

Serves: 1 **Prep time:** 5 minutes

IngRedients:

- 150mls of full-fat milk
- 50mls of cream
- 45g chopped chocolate (dark, milk or white)

seRving suggestion:

- 1 crumbled cookie or biscuit
- Marshmallows
- Whipped cream

Method:

1. Heat the milk and cream gently, but do not boil.
2. Once hot, add the chocolate pieces and allow to melt.
3. Pour into mug and add toppings as preferred.

NUTRITION INFORMATION
Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
439	29g	34g	10g

ALLERGENS:
milk, cereal (wheat)



Banilla Smoothie

Serves: 1 **Prep time:** 5 minutes

Ingredients:

- 2 scoops vanilla ice cream (120g)
- 100mls full-fat milk
- 1 medium banana (100g)

Method:

1. Add all ingredients to a blender.
2. Blend and serve.

NUTRITION INFORMATION
Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
361	14g	50g	8g

ALLERGENS:
milk,



Peanut Butter Smoothie

Serves: 1 **Prep time:** 5 minutes

Ingredients:

- 100mls full-fat milk
- 1 banana
- 1 scoop vanilla ice-cream (60g)
- 50mls cream
- 1 tbsp. peanut butter (Preferably 100% peanuts and low sodium)

Easily adapted by using different nut butters! These are high calorie, nutritious and delicious!

Method:

1. Add all ingredients to a blender.
2. Blend and serve.

NUTRITION INFORMATION
Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
468	28g	40g	13g

ALLERGENS:
milk, peanuts



Just Peachy

Serves: 1 **Prep time:** 5 minutes

IngRedients:

- 100g tinned or fresh ripe peaches
- 100g scoop of vanilla ice cream
- 50mls full-fat milk
- 50mls cream
- 1 tbsp. of honey

method:

1. Add all ingredients to a blender.
2. Blend and serve.

NUTRITION INFORMATION
Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
409	20g	50g	7g

ALLERGENS:
milk



totally oatally!

Serves: 1 **Prep time:** 5 minutes

IngRedients:

- 200g Greek yogurt
- 100g strawberries
- 100g porridge oats
- 1 small banana (80g)
- 2 tbsp. of honey

method:

1. Add all ingredients to a blender.
2. Blend until smooth and serve.

NUTRITION INFORMATION
Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
484	11g	63g	16g

ALLERGENS:
milk, cereal (oats)



the zesty zinger

Serves: 1 **Prep time:** 5 minutes

Ingredients:

- 2 scoops of natural frozen yogurt
- 50mls cream
- A splash of milk (25mls)
- 2 tbsp. lemon juice
- 1-2 tbsp. lemon curd
- Optional: add zest of half a lemon

method:

1. Add all ingredients to a blender.
2. Blend until smooth and serve.

NUTRITION INFORMATION
Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
384	17g	46g	10g

ALLERGENS:
milk



Raspberry Sunrise

Serves: 1 **Prep time:** 5 minutes

Ingredients:

- 1 peach (tinned or fresh)
- 50mls cream
- 80g scoop mango sorbet
- 10 raspberries, fresh or frozen
- 1 scoop of ice-cream
- 30mls cream

Method:

1. Blend the peaches, cream and sorbet.
2. Pour into a glass.
3. Rinse the blender.
4. Blend the raspberries, ice-cream and cream.
5. Pour this directly into the middle of the peach/mango blend, to make a swirl effect.

NUTRITION INFORMATION

Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
408	21g	47g	6g

ALLERGENS:

milk



Creamy Berry Smoothie

Serves: 2 **Prep time:** 5 minutes

Ingredients:

- 200ml fruit juice
- 6 tbsp. Greek-style yogurt
- 6 tbsp. vanilla ice-cream
- 6 tbsp. full-fat cream cheese
- 50g fresh/frozen strawberries/raspberries
- 2 tsp. honey
- Handful of ice
- 20g skimmed milk powder

Method:

1. Add all ingredients to a blender.
2. Blend until smooth and serve.

NUTRITION INFORMATION
Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
356	19g	34g	10g

ALLERGENS:
milk



Tasty Tropical Smoothie

Serves: 2 **Prep time:** 5 minutes

Ingredients:

- 1 large banana
- 1 small peach
- 1 small mango
- 100ml full-fat milk
- 2 tsp. honey
- 1 tbsp. ground almonds
- 20g skimmed milk powder
- 100ml cream

Method:

1. Add all ingredients to a blender.
2. Blend until smooth and serve.

NUTRITION INFORMATION
Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
458	9g	74g	14g

ALLERGENS:
milk, nuts (almonds)



Apple & Avocado Smoothie

Serves: 1 **Prep time:** 5 minutes

Ingredients:

- 1 small apple, peeled, cored and roughly chopped
- 1 small avocado
- Juice of ½ a lime
- 1 tbsp. honey
- 100ml full-fat milk
- Handful of ice
- 20g skimmed milk powder

Method:

1. Add all ingredients to a blender.
2. Blend until smooth and serve.

NUTRITION INFORMATION

Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
442	24g	41g	13g

ALLERGENS:

milk



Chocolate Banana Smoothie

Serves: 2 **Prep time:** 5 minutes

Ingredients:

- 300ml full-fat milk
- 1 tbsp. chocolate spread
- 1 medium banana, peeled and frozen
- 2 tbsp. double cream
- 2 tbsp. milled flaxseed
- Handful of ice
- 20g skimmed milk powder

Method:

1. Add all ingredients to a blender.
2. Blend until smooth and serve.

NUTRITION INFORMATION

Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
333	20g	22g	13g

ALLERGENS:

milk



Frozen Fruit Smoothie

Serves: 2 **Prep time:** 5 minutes

Ingredients:

- 1 medium ripe banana, peeled
- 150g frozen strawberries
- 5 tbsp. Greek-style yogurt
- 50g unsalted cashew nuts
- 50g oats
- 200ml full-fat milk

Method:

1. Add all ingredients to a blender.
2. Blend until smooth and serve.

NUTRITION INFORMATION
Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
434	21g	42g	16g

ALLERGENS:
milk, nuts(cashews), cereals(oats)



Nutty Mango & Banana Smoothie

Serves: 2 **Prep time:** 5 minutes

Ingredients:

- 250ml orange juice
- 5 tbsp. Greek-style yogurt
- 150g mango
- 1 medium banana, peeled
- 50g oats
- 2 tbsp. smooth peanut butter
- 20g skimmed milk powder

Method:

1. Add all ingredients to a blender.
2. Blend until smooth and serve.

NUTRITION INFORMATION
Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
418	13g	55g	16g

ALLERGENS:
milk, nuts(peanuts), cereals(oats)



Orange Crush Smoothie

Serves: 1 **Prep time:** 5 minutes

Ingredients:

- 100ml orange juice
- 50ml pineapple juice
- 50ml full-fat milk
- 5 tbsp. Greek-style yogurt
- 1 tbsp. milled flaxseed
- 20g skimmed milk powder

Method:

1. Add all ingredients to a blender.
2. Blend until smooth and serve.

NUTRITION INFORMATION
Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
333	14g	27g	20g

ALLERGENS:
milk



Raspberry & mango smoothie

Serves: 2 **Prep time:** 5 minutes

Ingredients:

- 100g raspberries
- 100g mango
- 300ml full-fat milk
- 100ml cream
- 2 tsp. honey
- 30g ground almonds
- 20g skimmed milk powder

method:

1. Add all ingredients to a blender.
2. Blend until smooth and serve.

NUTRITION INFORMATION
Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
400	24g	27g	15g

ALLERGENS:
milk, nuts(almonds)



Strawberry, Peanut Butter & Banana Smoothie

Serves: 2 **Prep time:** 5 minutes

Ingredients:

- 200g Greek-style yogurt
- 100g strawberries
- 1 medium banana, peeled
- 3 tbsp. smooth peanut butter
- 50ml full-fat milk
- 20g skimmed milk powder

Method:

1. Add all ingredients to a blender.
2. Blend until smooth and serve.

NUTRITION INFORMATION
Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
377	20g	26g	21g

ALLERGENS:
milk, nuts(peanuts)



Tangy Lemon Milkshake

Serves: 1 **Prep time:** 5 minutes

Ingredients:

- 2 scoops vanilla ice-cream
- 50ml full-fat milk
- 1 tsp. lemon juice
- 1 tbsp. lemon curd
- 20g skimmed milk powder

Method:

1. Add all ingredients to a blender.
2. Blend until smooth and serve.

NUTRITION INFORMATION
Amount per serving (200ml):

ENERGY (KCAL)	FAT	CARBOHYDRATE	PROTEIN
403	15g	53g	14g

ALLERGENS:
milk

Notes:



Notes:

Notes:



Notes:

List of contributors

Jennifer Byrne BSc, RD

Jennifer graduated from TCD/DIT with first class honours in BSc Human Nutrition & Dietetics in 2017. As a member of the dietetic team at CHI Temple Street, Jennifer currently focuses on general paediatric patients, having previously specialised in metabolic dietetics. Jennifer is passionate about providing evidenced-based nutrition advice and promotes a simple, no fuss approach to feeding children.

Stephanie Carson BSc

Stephanie graduated from UCC in 2020 with an honours BSc degree in Nutritional Sciences. Stephanie focused on the development of this book by analysing, testing and modifying the recipes included. Stephanie's work on this resource ensured it was enticing to children and nutritionally suitable for the target population and their nutritional needs. Stephanie is currently undertaking a MSc Human Nutrition & Dietetics at UCC.

Jennifer Dunne BSc, RD

Jennifer qualified with a BSc. In Human Nutrition & Dietetics from DIT/TCD in 2016. She has worked clinically in both CHI Temple Street, Children's University Hospital and CHI Crumlin. Jennifer has a keen interest in paediatric nutrition and patient-centred care. Her interest in sports nutrition has led her to study an MSc. In Sport and Exercise Nutrition in Leeds Beckett University.

Dónal Farrell BSc, RD

Dónal graduated from DIT/TCD in 2015 with a BSc. Human Nutrition and Dietetics. Since graduating, he has worked in research and clinical practice in both University College Dublin, CHI Temple Street and CHI Crumlin. He has a range of clinical and research interests from maternal-foetal nutrition and food sustainability to food allergy and gastrointestinal disease. Dónal is passionate about nutrition, but also about enjoying the food we eat in our day-to-day lives and understanding the pathways and processes that brings it from field to fork.

Michelle Hanna BSc

Michelle graduated from UCC in 2020 with a BSc (Hons) degree in Nutritional Sciences and is currently working on her MSc (by research), supervised by Dr Aoife Ryan. Michelle is a member of The Nutrition Society. She is passionate about providing evidence-based nutritional support to those vulnerable to malnutrition, namely those with cancer and geriatric populations. Michelle played a key role in the proofreading and design stages of this publication.

Michelle Hurley BA, RD

Michelle qualified from Trinity College with a BA Hons in Physiology, followed by the Postgraduate Diploma in Dietetics from Leeds. She has been working as a paediatric Dietitian in CHI Crumlin since 1992 where she is now a clinical specialist dietitian. She has specialised in Gastroenterology since 2000. Michelle was the lead Paediatric Dietitian involved in the development of this book.



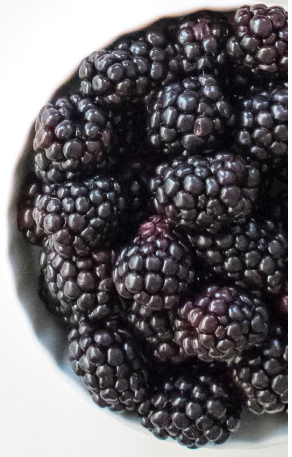
Sharon Kennelly PhD RD

Sharon Kennelly is employed by the HSE as Clinical Specialist Community Dietitian for Older Persons, and has been re-assigned since 2016 to lead nutrition projects as part of the national HSE service improvement programme for community funded schemes. Sharon completed her PhD in the area of appropriate management of malnutrition in the community which involved training healthcare professionals to identify and manage malnutrition. She has clinical experience of over 10 years working with patients who are have lost weight unintentionally because of their disease or social circumstances. She set up the HSE national malnutrition working group for community dietitians to improve communication, share resources and help improve practices among community dietitians working with clients who are at risk of malnutrition.



Zoe Lynch BSc

Zoë graduated from UCC with an honours degree in Nutritional Sciences in 2020. She is currently completing a MSc Human Nutrition & Dietetics degree at UCC . Zoë has a keen interest in human nutrition, including the role it plays in maintaining health and also in disease treatment and prevention. Zoë's involvement in the development of this resource included nutritional analysis and taste testing of recipes.



Lisa Martyn BSc, RD

Lisa graduated with an honours degree in Human Nutrition and Dietetics from DIT/TCD in 2016. Since then she has worked clinically in both adult and paediatric centres. She currently practices in CHI Crumlin where her role largely focuses on patients requiring nutrition support. She has a strong passion for cooking and strong belief that nutrition advice should be tailored to individuals and their needs.

Maeve Muldoon, BSc, RD

Maeve graduated from Dublin institute of Technology and Trinity College Dublin with a BSc Honours in human Nutrition and Dietetics in 2016. Since graduating Maeve took up a job in Temple Street as a research assistant working closely with the dietitians. Maeve has worked as a Dietitian in CHI Temple Street for the past three years and currently works within the cystic fibrosis and renal teams providing tailored nutrition advice based on current evidenced based practice.

Niamh O'Shaughnessy, MSc, RD

Niamh graduated with a BSc Food Science degree from UCD in 2011. She completed her MSc in Human Nutrition and Dietetics from University Ulster in 2012. After graduating she worked in nutrition marketing for Danone Infant Nutrition and Kerry Ingredients for a few years before going back to complete an MSc in Clinical Nutrition and Dietetics in UCD in 2016. Currently Niamh is working in CHI Temple Street and has a keen interest in supporting families with children who are on specialised diets for life. Niamh believes that food is more than just fuel and should be enjoyed regardless of dietary restrictions.

Aoife Ryan PhD RD

Aoife is a Senior Lecturer in Nutrition & Dietetics at University College Cork. She received her BSc Human Nutrition & Dietetics from DIT/TCD and her PhD from Trinity College Dublin. She leads the nutrition and oncology research programme at UCC. She has published over 30 peer reviewed scientific papers and 5 evidence-based cookbooks for patients with cancer and disease related malnutrition. She has received a number of awards including 'INDI Research Dietitian of the Year' (2009) and both the Julie Wallace Medal (2015) and Cuthbertson Medal (2019) from the Nutrition Society. Her research programme in cancer-associated wasting has attracted over 2.7 million euro in competitive funding to-date. She supervises a number of dietitians undertaking both MSc and PhDs and is the programme director of the MSc Human Nutrition & Dietetics degree at UCC.

With thanks to:

- Fiona Ward, Dietitian Manager, CHI Crumlin
- Marianne O Reilly & formerly Claire Browne, Dietitian Managers, CHI Temple Street
- Siobhan Quigley, Joanne O Halloran, Diana Walsh, Emma Duggan and Fiona Maloney, HSE Senior Community Dietitians
- Ruth Martin, Senior Dietitian, CHI Tallaght
- Maeve Tuohy, Senior Dietitian, CHI Crumlin





This booklet was created by paediatric dietitians to provide parents/guardians with advice on how best to manage unplanned weight loss, poor weight gain and reduced appetite in their child.

In this book you will find a variety of quick, easy, energy-dense recipes that have been created specifically for children who need help to boost their intake. We hope you find this book helpful and enjoy trying the recipes provided!

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