

# **The Bliss Charity School**

## *Healthy Eating Week*

### *Recipe Book*

As part of our healthy eating week, every class cooked/prepared healthy snacks. The recipes from each year group have been compiled into this recipe book for children and their families to make again or try something the other classes made.

If you make anything from our recipe book at home, please send us a picture on Twitter:

**@BlissCharitySch**



# Class R – Carrot and Orange Muffins

## Ingredients:

- 140g plain flour
- 85g light brown sugar
- 100g grated carrot
- 100g porridge oats
- ½ tsp ground cinnamon
- 200ml buttermilk
- 3 tbsp melted butter
- 2 tsp bicarbonate of soda
- 100g finely chopped apricots
- 1 tbsp poppy seeds
- Zest of 2 oranges
- Juice of 1 large orange
- 1 egg, beaten

## Topping (optional):

- 2 tbsp soft brown sugar
- 1 tbsp melted butter
- 50g porridge oats

## Method:

1. To make the topping, mix the sugar, oats and melted butter. Sprinkle the mix onto a baking sheet and bake for 5 minutes and allow to cool.
2. Mix the flour, bicarbonate and sugar. Add the carrots, apricots, poppy seeds, cinnamon, oats and orange zest. Mix well.
3. In another bowl, mix the buttermilk, egg, butter and orange juice. Pour this onto the dry mixture.
4. Stir the 2 mixtures together using a spoon. Do not over mix! The lumpier the mix, the better the muffins will be.
5. Spoon the mix into muffin cases, filling them 2/3's full.
6. Sprinkle the crumbly topping over the muffins.
7. Bake for 25-30 minutes until well risen and golden.
8. Leave to cool, then enjoy!!!





# Class 1 – A Healthy Wrap for Paddington

Are you bored of sandwiches? Do you want a healthy alternative to marmalade? Well, read on to find out how to make a delicious wrap.

## Ingredients:

- A plate
- A knife
- A chopping board
- A grater
- Wraps
- + 4 fillings – the fillings we tried were:
  - Avocado
  - Tomato
  - Lettuce
  - Cucumber
  - Tuna
  - Sweetcorn
  - Peppers
  - Carrot

## Method:

1. Place your wrap on a plate.
2. Grate a carrot and place it onto your wrap.
3. Chop a cucumber and put the slices onto your wrap.
4. Open a tin of tuna.
5. Use a knife to spread the tuna onto your wrap.
6. Sprinkle some sweetcorn on top.
7. Roll the wrap as tight as you can.

Now you can enjoy your delicious healthy snack!





# Class 2 – Carrot and Courgette Muffins

These savoury muffins make a tasty snack – ideal for hungry kids just home from school or popped in a packed lunch.

## Ingredients:

- 125g lower-fat spread, melted and cooled slightly
- 2 tablespoons skimmed milk
- 2 large eggs, beaten
- 100g grated carrot
- 100g grated courgette
- 100g wholemeal self-raising flour
- 1 teaspoon baking powder
- 1 teaspoon mixed dried herbs
- 75g porridge oats

## Method:

1. Preheat the oven to 180C (fan oven 160C, gas mark 4). Line a muffin tin with 8 paper muffin cases or squares of baking paper.
2. Mix together the cooled lower-fat spread, milk and eggs. Stir in the grated carrot and courgette. The secret to successful muffins is to avoid over-mixing the wet and dry ingredients.
3. In a separate large mixing bowl, combine the flour, baking powder, dried herbs and porridge oats.
4. Stir the wet ingredients into the dry ingredients, taking care that you do not over-mix. Spoon into the muffin cases and bake for 25 to 30 minutes, until firm and golden. Cool on a wire rack. Freeze some of the muffins in a freezer bag or box – they will keep for up to 3 months.



# Class 3 – Sweet Potato & Red Pepper Soup

These savoury muffins make a tasty snack – ideal for hungry kids just home from school or popped in a packed lunch.

## Ingredients:

- 2 sweet potatoes cubed
- 1 red pepper chopped
- 2 carrots chopped
- 1 small white or red onion
- 3 gloves of garlic
- 1tsp cumin
- 1 tsp chilli powder
- 1 tsp paprika
- Low salt vegetable stock
- Fresh coriander to garnish (optional)

## Method:

1. Bring a pot of water to a boil. Peel and dice the sweet potatoes. Chop the carrots, red pepper, and onion. When water comes to a boil, add sweet potatoes and carrots. Cover and simmer for 15 minutes or until carrots and sweet potatoes are soft and easily pierced with a fork.
2. While sweet potatoes and carrots are boiling. Sauté onions in  $\frac{1}{4}$  cup of vegetable broth until softened. Add red peppers and sauté for an additional 2 minutes. Add garlic and sauté for an additional minute.
3. When sweet potatoes and carrots are done, drain water, and add the sweet potatoes and carrots to the pot with the onions and red peppers. Pour the remainder of the vegetable stock over the vegetables. Bring to a boil.
4. Turn off heat. Add spices. If using an immersion blender. Puree the soup until smooth. If using a high-speed blender, pour the contents of the pot into the blender and puree until smooth.
5. Serve in bowls garnished with a sprinkle of fresh coriander.
6. Alternatively, once you have prepared your vegetables, you can add all of the ingredients to a soup maker. Select 'smooth' option and blend for 20-30 minutes.





# Class 4 – *Saxon Honey and Oat Biscuits*

## Equipment:

- Saucepan
- Wooden spoon
- Weighing scales
- Baking tray

## Ingredients:

- 350g (12oz) whole rolled oats
- 225g (8oz) butter
- 225g (8oz) honey
- Pinch of salt

## Method:

1. Melt the butter in a saucepan.
2. Add the salt, honey, and oats, and stir until they are mixed.
3. Grease the baking tray.
4. Spoon the mixture into the baking tray and press down well.
5. Bake at 170°C for 30 minutes.
6. Leave to cool in the tray and then cut into squares to serve.





# Class 5 – Healthy Soup Recipes

We used a soup maker but you can easily use a saucepan on the hob instead – whizz it up after cooking if you like it smooth!

## Minestrone:

- 1 onion, finely chopped
- 1 carrot, finely chopped
- 1 courgette, finely chopped
- 1 garlic clove, crushed
- ½ tsp dried oregano
- 1 x 400g can cannellini beans
- 1 x 400g can chopped tomatoes
- 2bsp tomato puree
- 1.2 l veg stock
- 70g small pasta
- 100g kale

## Tomato:

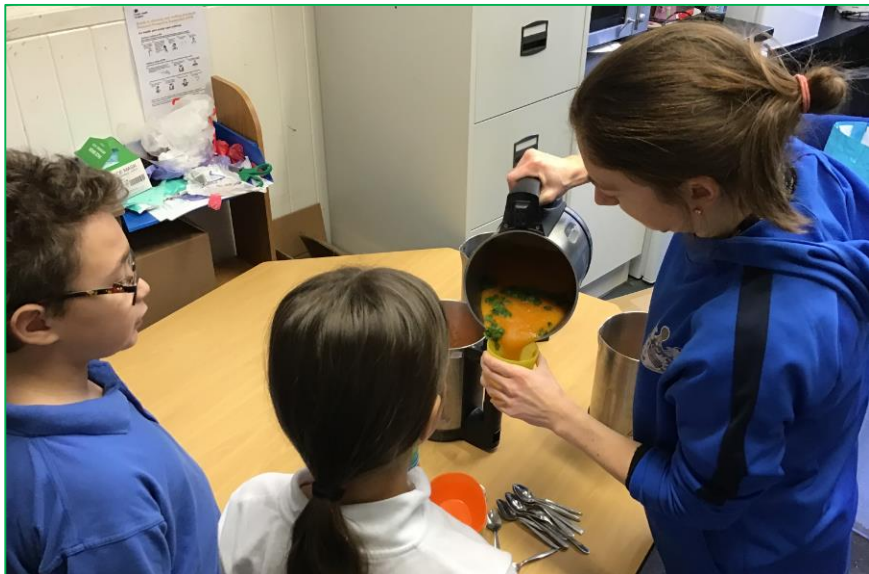
- 500g ripe tomatoes, quartered
- 1 onion, chopped
- ½ carrot, chopped
- 1 tsp tomato puree
- Pinch of sugar
- 450ml veg stock

## Carrot and coriander:

- 1 small onion, chopped
- ½ tsp ground coriander
- 1 small potato, chopped
- 400g carrots
- 600ml veg stock
- ½ bunch coriander

## Mushroom:

- 2 onions, chopped
- 1 garlic clove, crushed
- 500g mushrooms, chopped
- 750ml veg stock



# Class 6 – *Blueberry Muffins*

## Ingredients:

- 100g unsalted butter softened, plus 1 tbsp, melted, for greasing
- 140g golden caster sugar
- 2 large eggs
- 140g natural yogurt
- 1 tsp vanilla extract
- 2 tbsp milk
- 250g plain flour
- 2 tsp baking powder
- 1 tsp bicarbonate of soda
- 125g pack blueberries (or use frozen)

## Method:

1. Heat oven to 200C/180C fan/gas 6 and line a 12-hole muffin tin with paper cases. Beat the butter and caster sugar together until pale and fluffy. Add the eggs and beat in for 1 min, then mix in the yogurt, vanilla extract and milk. Combine the flour, baking powder and bicarb in a bowl with  $\frac{1}{4}$  tsp fine salt, then tip this into the wet ingredients and stir in. Finally, fold in the blueberries and divide the mixture between the muffin cases.
2. Bake for 5 mins, then reduce oven to 180C/160C fan/gas 4 and bake for 15-18 mins more until risen and golden, and a cocktail stick inserted into the centre comes out clean.
3. Cool in the tin for 10 mins, then carefully lift out onto a wire rack to finish cooling. Will keep for 3-4 days in an airtight container – after a day or two, pop them in the microwave for 10-15 secs on high to freshen up.

