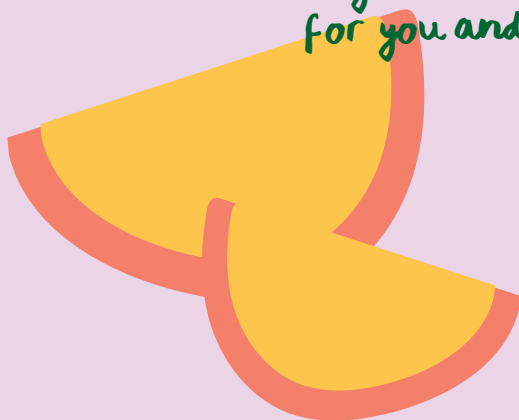




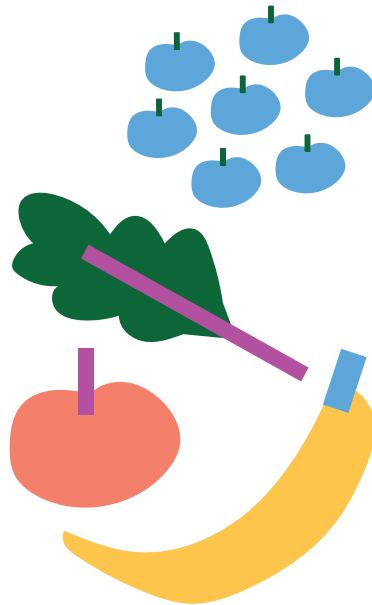
HAPPY FAMILY MEALS

*Healthy and tasty summer recipes
for you and your family.*



BASIC SHOPPING LIST FOR UNDER £30

- 7 bananas
- Milk
- 1 bag of frozen berries
- 1 bag of frozen mangoes
- 1 bag of frozen peas
- 1 tin of sweetcorn (or frozen sweetcorn)
- 1 jar of peanut butter (if you can use)
- 1 pepper
- 1 cucumber
- 1 bag of spinach
- 1 bag of wonky carrots
- 1 celery stick
- 1 onion
- A large bag of wonky potatoes
- Tomatoes
- Salad
- 1 tin of kidney beans
- 1 tin of butter beans
- 1 tin of chopped tomatoes or tomato puree
- Pineapple juice (unsweetened)
- Orange juice (small)
- Cream cheese
- Cheese
- Plain yoghurt
- Tortilla wraps (wholemeal)
- Rolls (wholemeal)
- Pitta breads
- Oats
- Flour (self-raising)
- Hummus
- Pesto
- Oil (olive oil or choose any other)
- Spices (chilli, cumin)
- Garlic



All the recipes are vegetarian, but you could add meat or fish if you like. Some recipes include dairy but can easily be swapped to suit other dietary needs and preferences.

OPTIONAL:

- Nesquik (milkshake mix)
- Dark chocolate
- Cacao or cocoa
- 1 avocado
- Fresh herbs
- Honey
- Courgette or mushrooms
- Pitted olives

WHAT DOES THIS MEAN?

G = grams
Tsp. = teaspoon
Tbsp. = tablespoon
ml = millilitres



PREPARATION TIME: 10 MINUTES

SERVES: 4

BERRY SMOOTHIE:

- 1 ¼ cup of milk
- ¼ pot plain yoghurt
- 1 banana
- 1 cup of frozen berries
- 2 tsp. of honey

TROPICAL GREEN SMOOTHIE:

- 1 glass of milk
- 1 banana
- 1 cup of frozen mangoes
- 50g mixed spinach

CARROT + ORANGE SMOOTHIE:

- 1 glass of orange juice
- 1 glass of cold water
- 1 cup of frozen mangoes
- 1 large carrot

YOU WILL NEED · Blender

HOW TO MAKE IT:

Place all the ingredients of the smoothie of your choice into a blender and blitz until smooth.



HEALTHY
'NICE CREAM',
SORBET AND
SMOOTHIE
RECIPES TO
COOL YOU DOWN
THIS SUMMER!

BANANA NICE CREAM

PREPARATION TIME: 10 MINUTES
SERVES: 4 PEOPLE

INGREDIENTS

- 4 bananas
- 1 tbsp. of milk

HOW TO MAKE IT:

- Use ripe, spotty bananas for best flavour/sweetness.
- Peel and slice the bananas into small slices.
- Place each piece of sliced banana in a freezer friendly container on a single level (do not place on top of one another) and leave overnight.
- Take them out the next day and let the banana defrost for a few minutes. Add 1 tbsp. of milk to soften the mix and whizz using a hand blender until smooth. Use a potato masher or the back of a fork if you have not got a blender.
- For a true "ice cream" texture vs. soft serve, simply spread the mix into a freezer friendly container or a loaf pan and freeze for 2-3 hours. Then scoop with an ice cream scoop or spoon!

THE FLAVOURS OPTIONS FOR BANANA ICE CREAM ARE ENDLESS!

Just add any of the options below before you blend:

- Chocolate (2 tbsp. cacao or cocoa powder)
- Peanut Butter (2-3 tbsp. peanut butter or other nut butter of choice)
- Nesquik (2 tbsp. of any milkshake flavouring of choice)

LEFTOVER
TIP

Add more milk and ice
to turn this recipe
into a thick shake!

MANGO SORBET

PREPARATION TIME: 10 MINUTES
SERVES: 4

INGREDIENTS

- 3 cups of frozen mangoes
- ½ cup of pineapple juice (unsweetened)
- ¼ cup of milk

YOU WILL NEED

- Blender (or use a potato masher or fork)
- Knife and chopping board
- Freezer friendly container
- Bowl
- Spoon

HOW TO MAKE IT

- Place all ingredients into a blender and mix until smooth.
- Serve immediately or transfer to a freezer friendly container and leave it for a few hours to turn it into a 'nice cream'.



PESTO PINWHEELS

These pesto pinwheels are so tasty and easy to make. Give them a try!



TOP TIP
You can also use this filling as a topping on a jacket potato or mixed in with pasta.

PREPARATION TIME: 10 MINUTES
SERVES: 4 PEOPLE

INGREDIENTS

- ½ tub light cream cheese
- 1 tbsp. of pesto
- 3 tortilla wraps (wholemeal)
- 1 large handful fresh spinach

OPTIONAL

- 1 avocado pitted and thinly sliced
- You can also enjoy the pinwheels without the avocado or swap for a different filling such as hummus.

YOU WILL NEED

- Bowl
- Spoon
- Plate
- Sharp knife
- optional: toothpick

HOW TO MAKE IT

- Mix the cream cheese and pesto together.
- Then evenly spread over each tortilla, leaving a small space free on one side of each tortilla.
- Lay the spinach leaves and sliced avocado (if using) over the cream cheese mix.
- Now tightly roll the tortilla and with a sharp knife, slice the tortilla roll into thirds, securing with a toothpick if you want.
- Keep chilled to keep the tortilla together and serve within a few hours.

THE BEST POTATO SALAD

PREPARATION: 15 MINUTES
SERVES: 4 PEOPLE

INGREDIENTS

- 800g potatoes, washed and peeled
- A pinch of salt
- ½ cucumber, chopped

DRESSING INGREDIENTS

- 4 tbsp. of plain yoghurt
- 3 tbsp. of oil
- 1 clove of garlic crushed
- 1 tbsp. fresh dill chopped
- 1 tbsp. fresh parsley chopped
- Salt and pepper

OPTIONAL EXTRAS

- 1 cup of cooked peas
- 1 tin of sweetcorn drained
- 1 chopped carrot
- 1 chopped celery stalk

HOW TO MAKE IT

- Halve the large new potatoes so that they're all around the same size.
- Bring a large saucepan of water to the boil.
- Add the potatoes and cook for 10 minutes or until soft.
- Drain and leave to cool.
- Add the cooled potatoes to a large bowl with the cucumber.
- Add any optional extras.
- For the dressing, combine all the ingredients in a small bowl and mix well.
- Toss well and serve.

YOU WILL NEED

- Chopping board
- Knife
- Large saucepan
- Large bowl (for the potatoes)
- Small bowl (to make the dressing)



LEFTOVER TIP
Mash up the leftover potato salad and shape into circles. Lightly fry in a little bit of oil on both sides until golden for a yummy potato rosti.



STORE CUPBOARD VEGGIE BURGERS

PREPARATION TIME: 15 MINS
SERVES: 4 PEOPLE

INGREDIENTS

- 1 tin of kidney beans
- 1 tin of butter beans
- 1 tsp. cumin
- 2 tsp. ground coriander
- 1 tsp. chilli powder (if you like it a little spicy)
- 1 cup of oats
- 1 handful fresh coriander leaves chopped (alternatively you can use dried herbs too)
- Salt and pepper to taste
- 1 tbsp. of oil

HOW TO MAKE IT

- Drain and rinse the butter- and kidney beans and set aside.
- Put a quarter of them in a small bowl to use later, then pour the rest into a large bowl.
- Mash the beans in the large bowl with a potato masher until you have a paste then add the herbs, spices, oats and the rest of the beans you put aside earlier into the bowl and mix with a spoon until well combined.
- Shape the mixture into 6-8 balls using your clean hands and then squash them into burger shapes. These are now ready to cook. Heat a frying pan with 1 tbsp. of oil and fry each side for a few minutes until crisp and golden. You could also bake these on a baking tray in a hot oven for 20-25 minutes.
- Serve in a roll (wholemeal) with salad.

LEFTOVER TIP

You could add any leftover mixture to a tin of tomatoes and a pinch of chili powder. Cook for 10 minutes and serve with rice for a chilli.

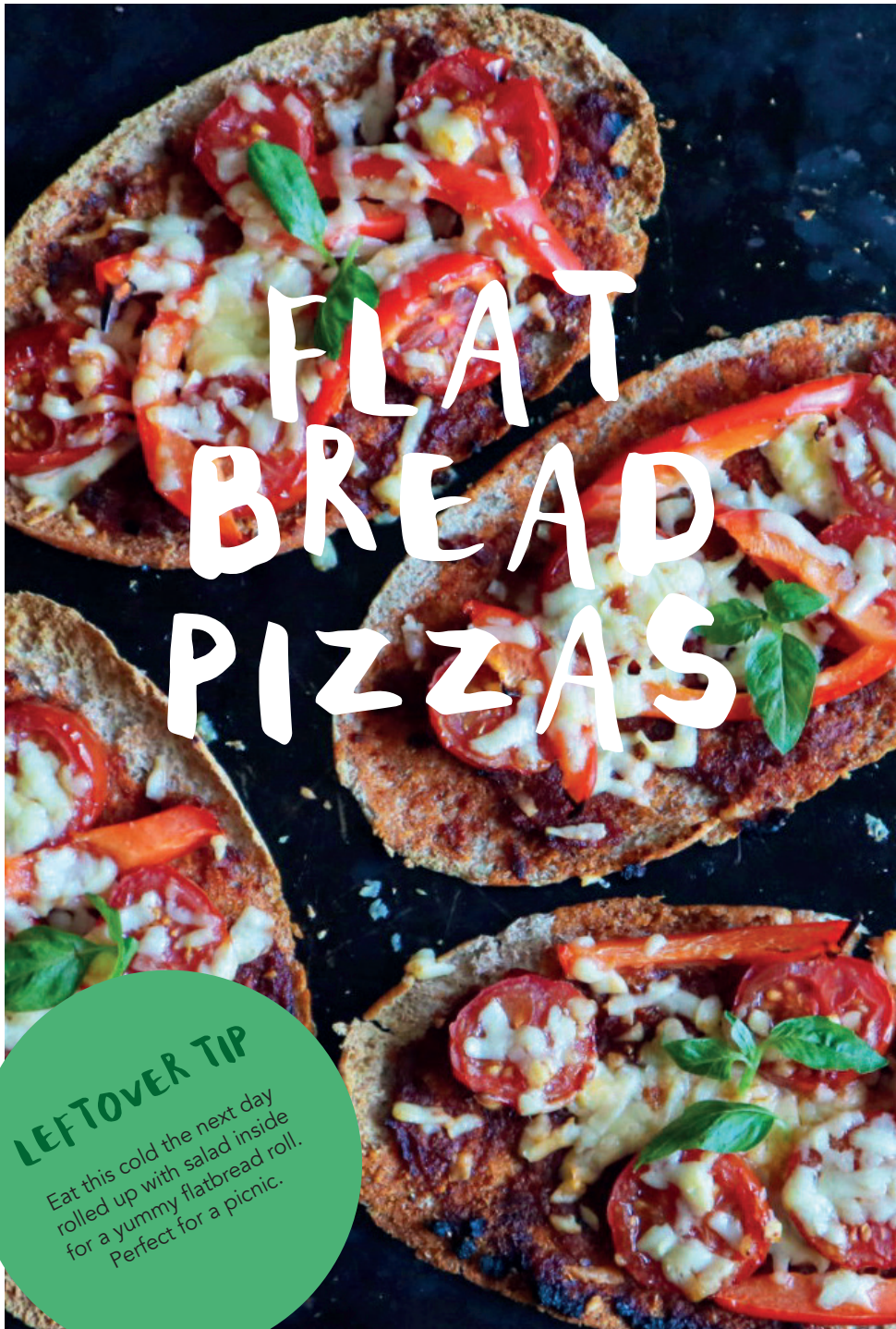
YOU WILL NEED

- Large bowl
- Potato masher
- Frying pan
- Spoon

TO SERVE WITH

- 4 rolls (wholemeal)
- Salad
- Salsa or tomato ketchup

FLAT BREAD PIZZAS



LEFTOVER TIP

Eat this cold the next day rolled up with salad inside for a yummy flatbread roll. Perfect for a picnic.



PREPARATION TIME: 10 MINUTES
MAKES 8 SMALL PIZZAS

INGREDIENTS

- 4 pitta breads (halved)
- 2 tbsp. of tomato puree or tinned chopped tomatoes
- Cheese (enough to cover your pizza)
- ½ pepper sliced
- 6 or a handful of cherry tomatoes cut in halves
- Salt and pepper to taste

OPTIONAL TOPPINGS:

- Basil leaves to garnish
- 1 garlic clove
- Tinned sweetcorn
- Sliced courgette
- Sliced mushrooms
- Pesto
- Pitted olives

YOU WILL NEED

- Spoon · Knife · Chopping board · Frying pan

HOW TO MAKE IT

- Cut the pitta bread in half and spread some tomato puree onto the pitta breads with the back of a spoon.
- Optional: Crush a clove of garlic and sprinkle it over the sauce. You may want to skip this step if you are cooking for kids.
- Sprinkle with half of the grated cheese, and your choice of veggies. In this recipe, peppers and cherry tomatoes are suggested. Add any of your extra toppings here.
- Sprinkle with more grated cheese. Then put the pitta breads in a frying pan (without any oil) and heat on a medium heat for about 5 minutes, until the cheese melted. You could also microwave them for 2 minutes or bake them in the oven for 5 minutes.
- Garnish with fresh basil leaves and serve.



HAPPY BANANA PANCAKES

PREP TIME: 5 MINS
SERVES 4

INGREDIENTS

- 2 medium-sized ripe bananas
- 1 glass of milk
- 160g of self-raising flour
- 1 tsp. of oil

YOU WILL NEED

- Large bowl
- Fork
- Spoon
- Frying pan

TOP TIP!

Serve with sliced bananas, yoghurt or a drizzle of honey or even fresh berries.

HOW TO MAKE IT

- In a large bowl mash, the bananas with a fork until smooth.
- Try to get it as smooth as possible, but do not worry if a few bits remain.
- Add milk to the mashed bananas and mix well.
- Sieve flour into the banana milk mixture and mix until flour is fully combined.
- Heat up a frying pan on a medium heat (with a ¼ tsp. of oil if using)
- Pour in ¼ cup of batter per pancake and fry for 1-2 minutes.
- Flip the pancake when you can see it is well browned on the bottom and bubbly on the top.
- Fry for another 1-2 minutes until golden brown on both sides.
- To serve, stack pancakes or lay separate and top with your favourite toppings.

TOP TIPS TO KEEP SAFE — IN THE SUN — THIS SUMMER

- Cool down in the midday sun.
- Freeze water to take out with you in heat.
- Use fidget toy poppers to make mini-ice cubes to suck on to help keep cool. Fill up the little holes with water or fruit juice and freeze.
- Chop up fresh fruit and keep in the fridge to eat cold.
- Complete your exercise either early in the morning or later in the evening when the sun will not be as strong.
- Drink at least 8 cups of water a day in the summer.
- Stay in the shade - go for a walk in the woods with a parent/carer and just have a picnic.
- Avoid being out at the hottest times of day (11 am - 3pm).
- Wear light, loose, airy clothing.
- Keep high risk foods (such as cheese and other dairy) no longer than 4 hours out of the fridge.
- Don't forget to put on sun cream lotion, SPF30 or higher is recommended.

