

### Cooking together

Preparing food together is a lovely learning and social experience. Cooking delicious, healthy meals together may encourage your child to eat more vegetables or try combinations of different foods. Children will learn about how and why things grow, the names, the textures, the colours and then how they taste.

#### Muffin pizza

Ingredients per person:

1 savory muffin

2 tsp tomato paste/puree

1 handful chopped vegetable of your choosing

1 handful grated cheese

Fresh or dried basil/oregano

Method

Preheat the oven to gas mark 6. Line a baking tray with foil. Slice the muffin in half and spread each half with tomato paste. Top each muffin with your chosen vegetables and sprinkle with cheese and herbs. Bake for 10-15 minutes until the cheese has melted.

#### Fish Cakes

Making your own fish cakes is so quick and easy.

Ingredients:

500g mashed potatoes (leave chunky)

500g cooked fish, flaked (cod/salmon,  
Haddock or tuna)

1 egg, beaten

1 tablespoon grated lemon zest

1 tablespoon chopped fresh parsley

salt and pepper to taste

plain flour for dusting

olive oil for frying

Method:

Prep:15min › Cook:20min › Ready in:35min

In a bowl, combine all ingredients except for the flour and olive oil. Flour a clean work surface. Take 1 heaping tablespoon of the fish cake mixture, roll into a ball, then pat down into a flat patty. Dust lightly with flour. Heat olive oil in a large frying pan. Shallow fry the cakes until brown and crispy on both sides.

#### Banana oatmeal cookies

Banana Oatmeal Cookies are naturally sweetened and easy to prepare. With only two base ingredients and a variety of ways to customise, you can make a version to suit every family member!

Ingredients: · 2 Ripe bananas · 165g 1 3/4 cup Oats

Instructions: Preheat oven to 180C / 350F / Gas Mark 4 and line a baking tray/sheet with baking/parchment paper. In a large mixing bowl mash the bananas really well, until smooth. Add the oats and mix until fully combined. Add in any additions to suit taste. Form tablespoon sized cookies and place on the prepared baking tray. (make sure to form cookie shapes and not balls as these will not spread into shape like normal cookies). Bake for approx 15 mins, or until cookies are golden and set. Allow to cool before eating.