



veggie
dairy free
makes 8 large or 14 small
freeze



200g self-raising flour



1 tbsp caster sugar



3 eggs



175ml milk of choice



1 tsp sunflower oil



honey, to drizzle

TO DECORATE



2 strawberries



handful of blueberries

PERFECT PANCAKES

It's time to practise your whisking and flipping skills with my perfect pancakes! Here's a little tip – to make your pancake batter nice and smooth, add the liquid slowly and whisk as you go.

- 1 Measure the flour and sugar into a mixing bowl.
- 2 Make a well in the centre and crack in the eggs.
- 3 Carefully pour half the milk into the bowl and whisk everything together until you have a smooth batter. Slowly add the rest of the milk, whisking as you go.
- 4 Place the oil in a frying pan over a medium heat. Add 2 large spoonfuls of the mixture and fry for 1–2 minutes on each side, until lightly golden and cooked through.
- 5 Remove from the pan and place on a plate. Cover with a tea towel to keep warm while you make the rest. Continue until all the batter has been used up.
- 6 Serve with the fruit and honey drizzled over them.

Why not try this?

Line up the pancakes to make a breakfast caterpillar – use slices of strawberry for the legs and mouth, and blueberries for eyes.

Recipe taken from *Annabel Karmel's Fun, Fast and Easy Children's Cookbook*, the essential family cookbook packed with over 40 delicious recipes.





Krispie MONSTERS

veggie

egg free

makes 12 monsters



100g butter



200g golden syrup



100g white chocolate, broken into pieces



225g Rice Krispies

FOR THE DECORATION



100g white chocolate, melted



A few drops of 3 different food colouring



White fondant

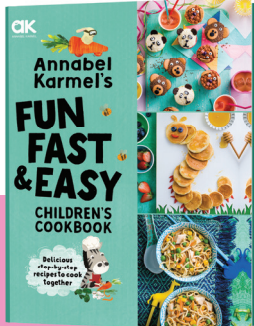


24 chocolate chips

Fancy making my boggle-eyed monster bars? They are always a Halloween hit, but you can make them any time of the year. Crank up your cauldron (AKA the hob) and have some food fun!

- 1 Line a 20cm square tin with non-stick paper.
- 2 Measure the butter and golden syrup into a saucepan, and stir over a medium heat until melted.
- 3 Remove from the heat and add the white chocolate. Stir until melted.
- 4 Add the Rice Krispies and a pinch of salt to the pan, and stir well until completely covered.
- 5 Spoon into the tin, spreading out and levelling the surface with the back of a spoon. Place in the fridge and chill for 4 hours or until firm.
- 6 Lift out of the tin and cut into 12 bars.
- 7 Divide the melted white chocolate into 3 small bowls and add a different food colouring to each bowl. Dip the bars halfway into the coloured chocolate and leave to set on non-stick paper.
- 8 Roll the white fondant into 24 little balls and push a chocolate chip into the centre of each one. Stick the eyes on to make monster faces.

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 makes 6 portions
  freeze
  gluten free
  egg free

UROOM UROOM

VEGGIE-PACKED BOLOGNESE

-  1 tbsp olive oil
-  1 small onion, peeled and finely chopped
-  1 small leek, trimmed and thinly sliced
-  ½ stick celery, diced
-  ½ small red pepper, deseeded and diced
-  1 small carrot, peeled and grated
-  50g mushrooms, diced
-  ½ apple, peeled, cored and grated
-  1 clove garlic, peeled and crushed
-  1 x 400g tin chopped tomatoes
-  450g minced beef
-  4 tbsp tomato purée
-  2 tbsp ketchup
-  250ml beef stock
-  ½ tsp dried oregano
-  1 tbsp grated Parmesan
-  small handful of fresh basil leaves

After a busy day, this is the perfect way to recharge your batteries. Plus, it's packed with lots of good-for-you veggies. Get. Set. Go!

1 Place the oil in a large frying pan over a medium heat. Add the vegetables and apple and fry for 10 minutes until soft. Stir in the garlic and fry for 10 seconds.

2 Transfer to a blender, add the chopped tomatoes and whizz until smooth. Set aside.

3 Add the mince to the frying pan and place over a medium-high heat. Fry for 4 minutes, breaking the mince up with a wooden spoon, until browned (you may need to do this in batches).

4 Place the tomato and vegetable sauce in the pan with the mince, then add the tomato purée, ketchup, stock and oregano. Bring to a simmer and cook for 40–45 minutes, until the sauce is thick. Season to taste with salt and pepper.

5 Serve with spaghetti and a sprinkling of Parmesan and fresh basil leaves.

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veggie

makes 8
fritters



120g tinned
sweetcorn



8 cherry tomatoes,
roughly chopped



½ clove garlic,
peeled and
roughly chopped



1 tbsp sweet
chilli sauce



100g plain flour



½ tsp baking
powder



30g Parmesan,
finely grated



1 egg, beaten



2 tbsp sunflower
oil

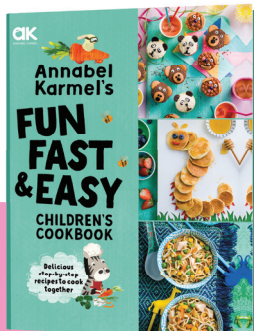
TOMATO AND SWEETCORN FRITTER Stack

We all love sweetcorn! It's bright, juicy and sweet, and a fantastic food to fuel a growing body. Did you know that it comes fresh, frozen and tinned? That means you'll always have some ready to make these stackable treats. My fritters are the perfect dippers – try them with hummus, sour cream or sweet chilli sauce. Flip, stack, then dip!

- 1 Place the sweetcorn in a food processor or hand blender and whizz until roughly chopped.
- 2 Scoop into a bowl and add all the remaining ingredients except the oil. Lightly season and mix well.
- 3 Place the oil in a frying pan over a medium heat. Spoon large tablespoonfuls of the sweetcorn mixture into the pan. Spread out slightly with the back of a spoon and fry for 3–4 minutes. Turn the fritters and fry for a few minutes on the other side, until lightly browned and cooked through.

Why not try this?

Turn this into a breakfast winner by topping the fritters with a fried egg. You'll love dunking the fritters into the yummy yolk.



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veggie

freeze undecorated

makes 12 cupcakes

ANIMAL Cupcakes

FOR THE CAKES

-  2 large eggs
-  100g soft butter
-  100g caster sugar
-  150g self-raising flour
-  1 tsp baking powder
-  2 tbsp milk
-  1 tsp vanilla extract

FOR THE ICING

-  200g soft butter
-  1 tbsp milk
-  300g icing sugar

These fun bakes are perfect for party animals! Once your cakes are baked and cooled, why not create pups, pandas and cheeky monkeys? Or you can decorate them with your own favourite animals.

1 Preheat the oven to 180°C/Fan 160°C/Gas 4 and line a 12-hole muffin tin with paper cases.

2 Measure all the cake ingredients into a large bowl and beat together using an electric whisk until light and fluffy.

3 Spoon the mixture into the paper cases and bake for 20–25 minutes, until golden.

4 Remove from the oven and transfer to a wire rack to cool.

5 Meanwhile, to make the icing, place the butter, milk and icing sugar in a large bowl. Beat together using an electric whisk until fluffy and pale.

6 Once the cupcakes are cool, spread or pipe the icing on top and serve.

PUPPY DOGS

Add 25g cocoa powder to the icing and pipe it onto the cakes. Cut ear shapes out of brown fondant and add edible eyes, a jellybean nose and a piece of pink lace for a tongue.

PANDAS

Dip the iced cupcakes in desiccated coconut (you will need about 75g for all 12 cakes). Cut noses, mouths and oval shapes from black fondant and place edible eyes on top. Add mini Oreos for ears.

MONKEYS

Turn the icing brown with 25g cocoa powder and ice the cakes, then dip them in chocolate sprinkles. Use half a mini Jaffa Cake for each ear, and a whole one for the face, drawing on nostrils and a mouth with black fondant. Lastly, add edible eyes.

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