



Some healthy recipes you may wish to try at home with your child.

Fabulous Fruit Kebabs

Ingredients:

Approximate amounts of fruit

1 Banana

1 Orange

4 Strawberries

1 Tin of Pineapple rings in juice

8 Grapes and any other fruit you like!

Equipment:

Knife

Chopping board

Wooden skewers

Method:

1. Soak the wooden skewers in water, to stop them splintering.
2. Wash and chop the fruit into large chunks.
3. Thread the fruit onto the skewers.
4. Serve and eat your fabulous fruit kebabs.



Oriental Chicken Wraps

Ingredients:

Cooked chicken

Tortilla wraps

Hoi sin sauce (optional)

Iceberg Lettuce

Spring onions

Cucumber

Equipment:

Chopping board

Knife

Small bowls

Spoon

Method:

1. Wash and chop spring onions and cucumber into batons.
2. Shred the lettuce quite finely.
3. Take all the useable meat from the cooked chicken.
4. Heat Hoi sin sauce for 30 seconds in the microwave.
5. Place 1 tortilla on a flat surface.
6. Lay cucumber, spring onions lettuce and cooked chicken in a line down the centre of the tortilla.
7. Drizzle 1 teaspoon of the Hoi sin sauce over the chicken.
8. Fold up the bottom of the tortilla like an envelope, then roll from left to right.

Tips

BBQ sauce or Caesar salad dressing can be used as an alternative; you can also add more vegetables to suit your tastes to this filling.



Salmon Pate

Ingredients:

$\frac{1}{2}$ small tin of salmon
100g/4 oz Low fat soft cheese
 $\frac{1}{2}$ Lemon
Spring onion
 $\frac{1}{4}$ Cucumber
Crackers/pitta bread

Method:

1. Drain the salmon and place in a bowl.
2. Finely chop the spring onion and add to the bowl.
3. Wash and slice the cucumber and set a-side.
4. Cut the lemon in half and juice the lemon and add to the bowl.
5. Add the cheese to the bowl and mix with a fork till smooth.
6. Spread on to the crackers and top with cucumber.

Equipment: Knife, forks, spoons, mixing bowl, paper plates (to serve or chop on), tin opener and a sieve.

Serving suggestions/tips: Salmon is a good source of omega 3 oil.



Tuna Pitta Pockets (Serves 2)

1 small tin of tuna in spring water
Tin of sweetcorn
3-4 tablespoons of low fat mayonnaise
1 tablespoon of fresh coriander (optional)
Black pepper to season
2 pitta breads/wholemeal wraps
Lettuce
Cucumber

Equipment:

Sieve	Mixing bowl	Fork
Chopping board	Tablespoon	
Knife	Tin opener	

Method:

1. Cut the pitta in half and open up to form a pocket and put aside.
2. Wash the lettuce, shred the lettuce and dice the cucumber and Leave aside.
3. Open the tins of tuna and sweetcorn and using a sieve drain of the juices from the tins.
4. Put the tuna and sweetcorn in a mixing bowl.
5. Chop the coriander and add to the mixing bowl.
6. Add the low fat mayonnaise to the bowl add a few shakes of black pepper and mix together with a fork.
7. Spoon the mixture into the pockets.

8. Add the lettuce and cucumber to finish.

Serving suggestions/tips:

You can also use wholemeal wraps instead of pitta and add extra vegetables such as grated carrots, few cherry tomatoes and spring onions.



Fruit Sundae

Ingredients:

Cornflakes

A selection of fruit (i.e. strawberries, grapes and pineapple)

250ml low-fat fruit or vanilla yoghurt

Lemon (shavings)

Equipment:

Chopping board

Spoon

Knife

Sundae glass

Method:

1. Chop the fruit into small pieces (no need if using fruit cocktail)
2. Layer the sundae dishes with cornflakes, then fruit.
3. Add another layer cornflakes and then fruit.
4. Once nearly full, add a final layer of yoghurt.