

# EASY FRESH FRUIT SALAD

Fresh fruit salad is made with a selection of seasonal fruits in a fresh fruit juice.  
All the fruit should be in a ripe but firm condition and washed before use.

## INGREDIENTS

2 Oranges  
1 Eating Apple  
1 Pear  
125ml Fresh Fruit Juice - orange/pineapple etc  
Large leak-proof plastic container

Choose 3 other fruits such as:  
Grapes, Kiwi, Strawberries, Pineapple,  
Peaches, Nectarines, Apricots.  
N.B. bananas go brown and  
raspberries go mushy

## EQUIPMENT

Colander scissors measuring jug chopping board knife (serrated if possible) potato peeler mixing bowl

## METHOD

1. Wash the fruit thoroughly and drain in the colander.
2. Measure and pour the juice into the leak-proof container.
3. Cut away the zest from the oranges and cut into segments, add to the bowl.
4. Peel and slice all the other fruits except for the apple and the pear, removing pips and stones as necessary.
5. Cut the apple into quarters, remove core and slice or chop evenly.
6. If using a pear, do the same.
7. Put into container, stir well and put on the lid. Store in the refrigerator.

# DIPPY DIVERS

Using fresh seasonal vegetables is a good way to make sure you are getting your 5 portions of fruit and vegetables a day. A dip is a lovely snack or start of a main meal. All the vegetables should be in a good firm condition and washed before use.

## INGREDIENTS - DIVERS

1 Carrot  
 $\frac{1}{2}$  Red or Yellow Pepper  
 $\frac{1}{4}$  Cucumber  
1-2 sticks Celery  
 $\frac{1}{2}$  Courgette  
2 medium leak-proof plastic containers

## DIP

15ml spoon Hummus  
15ml spoon Plain Yogurt  
Handful of Fresh Chives or Parsley  
OR  
15ml spoon Soft Cream Cheese  
15ml spoon Soured Cream  
Handful of Fresh Chives or Parsley

## EQUIPMENT

Colander chopping board vegetable knife peeler small mixing bowl dessertspoon  
kitchen scissors spatula

## METHOD

1. Wash the vegetables and drain in the colander.
2. Peel and slice the carrot into sticks.
3. Remove the seeds from the pepper and cut into strips.
4. Cut the cucumber into thick slices and the celery and courgette into sticks.
5. Place the hummus and yogurt or cream cheese and soured cream together in the small bowl. Snip the chives into the bowl.
6. Stir everything together.
7. Arrange the divers around the dip and start dipping.

# MINI MINESTRONE SOUP

A simple but flavoursome soup using readily available vegetables. You can add different vegetables and also different types of pasta to make this a very substantial soup.

## INGREDIENTS

1 Onion  
1 Clove of Garlic  
10ml Oil or 15g Butter  
1 Carrot  
1 stick Celery  
1 Potato  
1 Stock Cube  
Small tin Tomatoes  
500ml boiling Water  
5ml Mixed Herbs  
25g small Pasta Shapes or broken Spaghetti  
Black pepper  
Large leak-proof container to take the soup home

## EQUIPMENT

Kettle colander chopping board vegetable knife garlic crusher peeler small bowl  
saucepan wooden spatula measuring jug

## METHOD

1. Boil a kettle of water. Wash the vegetables and drain in the colander.
2. Peel and crush the garlic. Peel and chop the onion. Chop the celery, peel and chop the potato and the carrot and put in a small bowl.
3. Melt the butter in a large saucepan. Slowly fry the garlic and onion for 5 minutes until starting to soften.
4. Make the stock with the stock cube and boiling water into the measuring jug.
5. Add the vegetables and tinned tomatoes with the herbs and black pepper and cook for 10 minutes.
6. Add the pasta and simmer for a further 10 minutes

# PIZZA TOAST

Use a combination of fresh vegetables and traditional pizza sauce to make a very quick and nutritional snack. You can make many different varieties using different vegetables and breads. Why not add tuna or cooked chicken or even chilli for a bit of spice.

## INGREDIENTS

1 very thick Slice of Bread ( or a Bread Roll or a small piece of Baguette)  
2 x15ml spoons Tomato Pizza Sauce or Tomato Puree -not Ketchup  
 $\frac{1}{2}$  Yellow, Red or Orange Pepper  
1 Spring Onion  
1 Mushroom  
30g hard cheese, e.g. Cheddar, Edam, Gruyere  
 $\frac{1}{2}$  x 5ml spoon Mixed Herbs  
Large plastic container

## EQUIPMENT

Chopping board knife grater fish slice measuring spoons dessert spoon

## METHOD

1. Preheat the grill.
2. Slice the pepper, spring onion and mushroom.
3. Grate the cheese.
4. Place the bread under the grill and toast one side.
5. Remove the bread from the grill and place on the chopping board uncooked side-up.
6. Spread the tomato sauce over the bread.
7. Arrange the pepper, mushroom and onion over the slices.
8. Sprinkle the cheese and mixed herbs over the bread.
9. Place under the grill until the cheese bubbles.

# SWEET SCONES

Scones are a lovely treat, eaten warm with butter or with jam and even cream. You can add any dried fruit or add cinnamon for a spicy flavour.

## INGREDIENTS

200g Self raising flour  
50g Butter or Hard or block margarine  
125ml Milk.  
25g Caster Sugar  
25g Dried fruit

## EQUIPMENT

baking tray parchment paper large bowl sieve table knife cutter palette knife  
pastry brush cooling wire

## METHOD

1. Light the oven 220°C, Gas 7. Line the baking tray with parchment paper.
2. Sieve the flour and rub in the margarine using the fingertips and thumb only to form fine breadcrumbs.
3. Stir in the dried ingredients with the table knife.
4. Stir in enough of the milk to form a soft but NOT sticky dough.
5. Press out the dough lightly on a floured board to 2 cm thick.
6. Cut out scones using a fluted cutter or shape with a knife.
7. Reform dough and cut out more scones.
8. Brush the tops with a little milk.
9. Bake for 10 minutes until golden brown and well risen.

# PIZZA WHIRL

There are many varieties of scones, some sweet and some savoury. You can use white flour or wholemeal flour, butter or margarine and the shapes are endless! A pizza whirl is a handy snack with all the usual pizza ingredients swirled into the scone dough.

## INGREDIENTS

200g Self raising flour  
50g Butter or Hard or block margarine  
125ml Milk.  
1tbs Tomato Puree  
50g Hard Cheese such as Cheddar,

## OPTIONAL FILLINGS

2-3 slices Ham, Cooked Turkey, and  
Pepperoni  
Small can Tuna  
Tbs Cooked Onion, Peppers or Mushrooms

## EQUIPMENT

baking tray parchment paper large bowl sieve table knife tablespoon palette knife  
pastry brush cooling wire

## METHOD

1. Light the oven 220°C, Gas 7. Line the baking tray with parchment paper.
2. Sieve the flour and rub in the margarine using the fingertips and thumb only to form fine breadcrumbs
3. Stir in enough of the milk to form a soft but NOT sticky dough.
4. Press out the dough lightly on a floured board to 1 cm thick.
5. Spread the tomato puree over the dough with the back of a table spoon.
6. Add the cheese and the remaining ingredients.
7. Brush one of the long edges of the dough with a little milk.
8. Roll the dough and seal the edge.
9. Cut into 2cm circles and place them on the baking sheet swirl side up.
10. Bake for 10 minutes until golden brown and well risen.

# SAVOURY SCONES

There are many varieties of scones, some sweet and some savoury. You can use white flour or wholemeal flour, butter or margarine and the shapes are endless!

## INGREDIENTS

200g Self raising flour  
50g Butter or Hard or block margarine  
125ml Milk.

## Cheese Scones

100g Grated Cheese  
Pinch Dry Mustard

## Savoury wholemeal cheese and Bacon Scones

Substitute Wholemeal Self Raising Flour for the Plain Flour  
100g Grated Cheese  
2 rashers of bacon - grilled, and finely chopped  
Substitute Natural Yogurt for the Milk

## EQUIPMENT

baking tray parchment paper large bowl sieve table knife tablespoon palette knife  
pastry brush cooling wire

## METHOD

1. Light the oven 220°C, Gas 7. Line the baking tray with parchment paper.
2. Sieve the flour and rub in the margarine using the fingertips and thumb only to form fine breadcrumbs.
3. Stir in the dried ingredients.
4. Stir in enough of the milk to form a soft but NOT sticky dough.
5. Press out the dough lightly on a floured board to 2 cm thick.
6. Cut out scones using a fluted cutter or shape with a knife.
7. Reform dough and cut out more scones.
8. Brush the tops with a little milk.
9. Bake for 10 minutes until golden brown and well risen.

# FRUITY FLAPJACKS

A very quick and simple biscuit/tray bake and fairly healthy. To get an even shape portion remember to score the surface prior to cooking and cut immediately from the oven. Leave to cool in the tin before removing. Using a sandwich tin or other similar narrow tin quickens the cooking process.

## INGREDIENTS

150 g Porridge Oats

2 Tablespoons of Syrup

50g Sugar

50g Butter or Margarine

75g Dried Apricots or Dried Mixed Fruit or Sultanas or Raisins

OPTIONAL - 5ml Dried Ginger, Cinnamon or Mixed Spice

Sandwich Tin

Plastic container

## EQUIPMENT

sandwich tin parchment paper chopping board vegetable knife large saucepan wooden spoon palette knife

## METHOD

1. Light the oven 180°C, Gas 4-5. Line the tin with parchment paper.
2. Chop the apricots into small pieces.
3. Put the butter, sugar and syrup into the saucepan and gently heat over a low flame, stirring all the time with a wooden spoon.
3. When the mix has melted gently add the oats and apricots, mixing well.
4. Take off of the heat and pour the mixture into the sandwich tin.
5. Bake for 20-25 until golden brown and almost set.
6. When the flapjacks are cooled slightly, cut into slices.
7. Remove the flapjacks from the tin when cool.

# FRUIT CRUMBLE

A good crumble should be as it sounds- crumbly. This is easily achieved with butter and well sieved plain flour. You can add lots of nutritious ingredients to a crumble topping as well as the filling - dried fruits, seeds and nuts as well as using wholemeal flour.

## INGREDIENTS

Tin of Fruit Pie Filling

150gms (6oz) Plain Flour

75gms (3oz) Butter or Margarine

75gms (3oz) Caster Sugar

Oven proof and a plastic container

## EQUIPMENT

Can opener tablespoon mixing bowl table knife fork

## METHOD

1. Light the oven gas 6/ 200°C
2. Open the can of filling and spoon into the ovenproof dish.
3. Sieve the flour into the bowl.
4. Cut up the butter or margarine and add it to the bowl.
5. Rub the butter or margarine into the flour until it looks like breadcrumbs with your fingertips and thumb.
6. Add the caster sugar to the bowl and mix it in with your fingers.
7. Sprinkle the crumble mixture over the top of the fruit pie filling..
8. Smooth the surface and make sure there are no crumbs around the edges of the dish.
9. Fluff the crumble with a fork.
10. Cook for 20 -25 minutes until golden brown.

# ROCKING ROCK CAKES

These are simple little cakes that look like rocks! You can add different types of dried fruit. As they contain little fat, they do not keep more than a couple of days

## INGREDIENTS

200g self-raising flour  
75g butter or margarine  
75g sugar  
75g mixed dried fruit  
1 egg  
1-2tbs Water  
Large biscuit or cake tin

## EQUIPMENT

baking tray parchment paper large bowl sieve small bowl teaspoons table knife  
measuring jug fork palette knife

## METHOD

1. Light oven 190°C, Gas 5. Line the baking tray with parchment paper.
2. Sieve the flour with the baking powder. Cut up the butter. Rub into the flour until it resembles fine breadcrumbs.
3. Stir in the sugar and dried fruit.
4. Break the egg into a small bowl and lightly whisk with a fork.
5. Slowly add the egg to the rubbed in mixture to form a soft but not sticky dough.
6. If the mixture is dry, slowly add a little water.
7. Use 2 teaspoons, divide the mixture into 8 'rocks' and place them on the baking tray.
8. Bake for 12 -15 minutes until light golden brown.

# MINI CARROT CAKES

It is possible to make these little cakes with courgettes instead of carrots. You could ice them with a cream cheese mix to make them special

## INGREDIENTS

75g Soft Margarine or Butter  
125g Carrots  
100g Caster Sugar  
1 Large Egg  
100g Self Raising Flour  
1tsp Cinnamon  
1tsp Baking Powder  
60g Sultanas  
6 Muffin Cases  
Large biscuit or cake tin

## EQUIPMENT

Muffin tin small bowl chopping board vegetable peeler grater large bowl wooden spoon sieve table spoon

## METHOD

1. Light the oven 200°C, Gas 6. Line the muffin tin with the muffin cases.
2. Melt the butter or margarine in a small bowl in the microwave.
3. Top and tail the carrots, peel and coarsely grate them and place in a large mixing bowl.
4. Add the sugar and melted butter or margarine to the carrots. Stir well.
5. Sieve the flour, baking powder and cinnamon into the carrot mix.
6. Stir in the sultanas.
7. Beat in the eggs, mixing well.
8. Divide the mixture into the muffin cases using a metal spoon.
9. Bake for 20 minutes until well risen and golden brown.