



everyday expertise™

EAT WELL, LIVE WELL

Develop healthy eating habits with these simple no-fuss recipes designed for little appetites and growing bodies

BREAKFAST: OATMEAL AND BANANA PANCAKES

You will need:

1 x ripe banana, mashed
½ cup rolled oats
¼ cup of milk
1 egg
½ teaspoon of cinnamon

You can throw in any other fruits, such as blueberries or grated apple, for extra vits.

What to do:

In a bowl, combine the mashed banana, oats, milk, egg, and cinnamon. Heat a little oil in a frying pan over a medium heat, and then ladle small amounts of batter into the pan to form small pancakes. Cook for a few minutes on each side until they're golden brown and cooked through.

LUNCH: MINI VEGGIE FRITTATAS

You will need:

4 x eggs
¼ cup of milk
½ cup of finely chopped veggies (peppers, sweetcorn kernels, courgettes, spinach)
¼ cup of grated cheese

What to do:

Preheat your oven to 350°F (175°C) and grease a mini muffin tin. In a bowl, whisk the eggs and milk together. Stir in the chopped veg and grated cheese, and then pour the mix into the mini muffin tray, filling each cup about two-thirds full. Bake for 15-20 minutes or until the frittatas are set and slightly golden on top. Serve with strips of pitta bread for a nutritious lunch.

MAKE TOGETHER: VEGETABLE QUESADILLAS

You will need:

Flour tortillas
Grated cheese
Finely chopped vegetables (such as peppers, tomatoes and courgette)

Let your child sprinkle cheese and veggies on half of a tortilla, fold it in half, and press it down. Cook on a griddle or frying pan until the cheese melts.

DINNER: MEATBALL MANIA

You will need:

250g of ground beef or turkey
¼ cup of breadcrumbs
¼ cup of grated parmesan cheese
1 egg
Salt and pepper to season
A tin of chopped tomatoes
1 teaspoon of dried oregano/basil
1 clove of garlic (crushed)
1 tablespoon of tomato puree
50g of pasta per child/100g per adult
A handful of grated mozzarella

What to do:

Preheat the oven to 375°F (190°C).

In a bowl combine the ground meat with the breadcrumbs, Parmesan cheese, egg and salt and pepper. Shape the mixture into small meatballs and place on a baking sheet. Cook for 15-20 minutes until cooked through.

Meanwhile, combine the chopped tomatoes with the garlic, tomato puree, dried herbs, salt and pepper and simmer over a lot heat.

Cook the pasta (the shape of your choosing).

Plate up the pasta, with a few meatballs, a ladle of tomato sauce and sprinkle the grated mozzarella on top. Serve with extra veggies, such as steamed carrot sticks or broccoli florets

MAKE TOGETHER: FRUIT KEBAB

You will need:

Favourite fruits such as strawberries, grapes, melon chunks and pineapple cubes
Wooden skewers

Help your child thread the fruits onto the skewers to create colourful fruit kebabs.

Serve with Greek yoghurt for dipping.



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