



Fruity Ideas

Broccoli Bob says:

Always remember to wash your hands before handling and preparing food!

Fruit Kebab

Ingredients:

Ideal fruits are:

Satsumas or clementines

Melon

Mango (ripe)

Grapes

Strawberries

Bananas

Use seasonal fruits such as peaches, apricots and nectarines for variation

Equipment needed:

Chopping board, knife, bamboo skewers or cocktail sticks

This could be an activity with the fruits all placed in bowls on the table for the children to make their own.

Fruity Dip

Preparation time:

5 minutes

Ingredients:

1 Mango (ripe), 150g Greek yoghurt

Equipment needed:

Potato masher, bowl, spoon, knife, chopping board.

Method:

Cut up the mango by slicing it in half, removing the stone and cutting the flesh into cubes. Gently turn the skin inside out and cut off the cubes.

Mash the mango in a bowl. Use a fork or potato masher to make the mango into a smooth pulp or use a blender if you have one.

Mix the mango with the Greek yoghurt and serve.

Fruity Pancakes

Preparation time:

10 minutes

Cook time:

2-3 minutes

Ingredients:

125g/4oz Plain flour

Pinch of salt

2 Eggs

200ml/7 fl oz Full fat milk and 100ml/3 fl oz Water (or 300ml/10 fl oz of semi or skimmed milk)

60g/2oz Butter/margarine

Strawberries

Blueberries

Raspberries

Equipment needed

Bowl, sieve, whisk, and a small frying pan.

Method:

Sift the flour and salt into a mixing bowl. Then make a well in the centre of the flour.

Break the eggs into the well. Whisk the eggs and flour together. Next mix together the water and milk in a separate bowl or jug if using full fat milk.

Whisk in the liquid to the flour, a little at a time, to make a smooth batter. Melt 2 tbsp butter or margarine and stir it into the batter.

Melt a small knob of butter or margarine in a small frying pan, just use enough to coat the bottom of the pan.

Add the batter - you'll need about 2 tbsp for each pancake. Tilt the pan so the batter covers the base.

Cook the pancake for about 1 minute. Use a spatula to loosen it, then flip it over! Cook the second side for 30 seconds. Repeat until batter is all used up.

Fill the pancake with fresh fruit and serve with Greek yoghurt or similar.

Tip:

You can alter the fruit you add depending on what seasonal fruit is available to keep the cost down on this dish. Frozen fruit or tinned fruit in its own juice can also be used.