

Let's eat healthy

Make something together.

Bake a cake or try making a fruit salad.

Why not make a burger bun pizza with a smiley face,
eyes from cherry tomatoes, hair made of cheese
and a smile made from a slice of pepper.

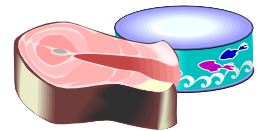
Here are a few recipes for you and your child to try

Creamy Salmon Pasta

Ingredients - 1 tablespoon of olive oil, 150g spring onions, 1 tin of salmon, 100g smoked salmon, 500ml crème fraiche, 1 teaspoon dried dill, half of a lemon (juiced), 200g broccoli and 450g tagliatelle.

- Method** - 1. Steam broccoli for about 10 minutes or until cooked through.
2. Put tagliatelle in a large pan of boiling water and cook for about 10 minutes
- try not to let it go soggy.
3. Heat oil in pan and soften the spring onions for a few minutes.
4. Turn heat down very low and add the drained salmon, smoked salmon, crème fraiche,
broccoli, dill and lemon juice. Leave to warm through and add the pasta when cooked.

Serve and enjoy!



Berry Smoothie

Ingredients - 10 strawberries, 4 tablespoons raspberries, 4 tablespoons blueberries, 200mls fromage fraise, 150mls whole or semi-skimmed milk, extra strawberries to slice.

- Method** - 1. Put all the ingredients in a blender and blend until smooth and foaming.
2. Pour into tall cups, add straw and fruit slices to decorate.

Fruity Coleslaw

Ingredients - $\frac{1}{4}$ medium white cabbage (shredded), 1 medium carrot (peeled and grated), 2 sticks of celery (finely sliced), 200g tin of pineapple, 2 tablespoons reduced fat mayonnaise, 100mls natural yoghurt, $\frac{1}{4}$ lemon (juiced).

- Method** - 1. Place cabbage, carrots and drained pineapple in a large bowl.
2. Combine the yoghurt, mayonnaise and lemon juice and pour into the cabbage mixture.
3. Stir well and refrigerate until needed.

