

The recipe card is set against a background of chocolate brownies. Some brownies are decorated with a white icing cross. A single raspberry is visible on the right side of the top image. The title 'CHOCOLATE & BEETROOT BROWNIE' is centered in a dark blue rounded rectangle. Below the title, a table provides details on servings, prep time, cook time, and difficulty. The ingredients and directions are listed in two columns below the table. The bottom of the card features a close-up of several brownies with white icing crosses.

CHOCOLATE & BEETROOT BROWNIE

Serves
18

Prep
10 min

Cook
15 min

Difficulty
2/5

Ingredients

150g Buttery spread

275g Caster sugar

3 Free range eggs, beaten

75g Reduced fat cocoa powder

75g Plain flour

75g Beetroot, cooked & grated

Directions

- 1.Pre-heat oven to 160oC.
- 2.Line a baking tray with greaseproof paper.
- 3.On a low heat melt the butter and sugar together. Remove from the heat and fold through the eggs, continuing to stir.
- 4.Add the cocoa powder and plain flour and fold into the egg mixture.
- 5.Finely grate the beetroot and fold through the cake mixture.
- 6.Place in the baking tin and bake in the oven for 15 minutes.
- 7.Test with a skewer. When ready, allow to cool on a wire rack before portioning.



SUGAR FREE FRUIT COOKIES

Serves
10

Prep
15 min

Cook
10 Min

Difficulty
2/5

Ingredients

100g Organic Wholemeal Bread Flour
3g Ground Mixed Spice
30g Oats
75g Dried Apricots
50g Dried Cranberries
50g Raisins

Directions

1. Pre-heat the oven to 180°C/350°F Gas Mark 5. Line 2 large baking trays with greaseproof paper.
2. Soak all the dried fruit with enough boiling water to cover and leave to cool
3. Blitz the soaked fruit in a food processor to make a rough puree
4. Mix together all the dry ingredients, then add the fruit puree until all the mixture is combined
5. Roll into balls then flatten with a fork
6. Bake for 10 minutes until lightly golden and soft in the middle
7. Leave to rest until cooled





'SAM I AM'S' GREEN EGGS AND HAM PIZZA

Serves
8

Prep
10 min

Cook
20 Min

Difficulty
2/5

Ingredients

2x Pizza Bases
8 Tbsp Pizza Sauce
8x Eggs
400g Spinach
200g Grated Mozzarella
160g Sliced Ham
2 Tbsp Mixed Herbs
Salt & Pepper

Directions

1. Preheat the oven to 210°C. Spread the pizza sauce evenly over the two pizza bases.
2. Blanch the spinach by placing in a colander and pouring over boiling water, then squeeze out any excess liquid.
3. Chop the ham into small pieces. Scatter the cheese, ham and spinach over the pizzas and season. Bake for 15 minutes.
4. Remove the pizzas from the oven. Crack the eggs onto the pizzas and bake for another 5 minutes, until just set.



Perfect for
your World
Book Day
menu!



TURKEY MINCE BALLS & TOMATO SAUCE

Serves
10

Prep
10 min

Cook
45 Min

Difficulty
2/5

Ingredients

Meatballs

600g Turkey mince
200g Grated courgette
250g Grated carrot
200g Grated mushroom
100g Grated onion
100g Breadcrumb
1 Egg
10g Fine salt
500g Dried fusilli pasta

Tomato sauce

50g Grated mushroom
50g Grated onion
50g Grated carrot
800g Tomato sauce
50g Grated courgette
10g Fine salt

Directions

1. To make the sauce put a pan on the stove and heat up. Add the carrot and onion and cook for 2-3 mins on a medium to high heat. Then add your mushroom and courgette. Add a pinch of salt and continue to cook for another 3 minutes. Add the tomato sauce and bring up to a simmer, taste and then remove.
2. In a large mixing bowl add all the ingredients together until its all combined. If the mixture is too wet add more breadcrumbs. Weigh into 50g balls and place on a lightly oiled oven tray. Bake in the oven on 210oC until nicely browned. This will take around 10 minutes.
3. Add the browned meatballs to the sauce and cover the pan with foil or a lid and bake in the oven at 160oC for 30 minutes.
4. Cook the pasta in a large pan of boiling water until cooked through. Drain in a colander when cooked.
5. Serve three meatballs with some of the tomato sauce on top of the cooked pasta.



Packed with
hidden veg!