

the

JAMIE OLIVER

HALF-TERM ACTIVITY PACK
for

KIDS

FILLED WITH FUN RECIPES & THINGS TO DO

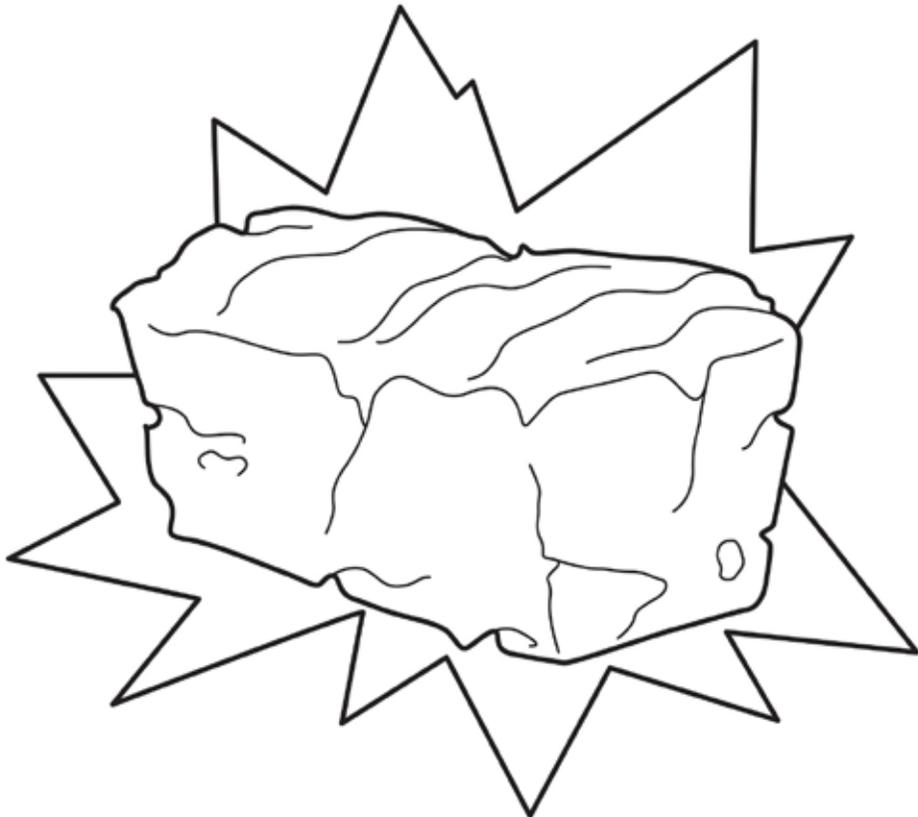
COLOUR
ME IN!

JAMIE'S BANANA BREAD

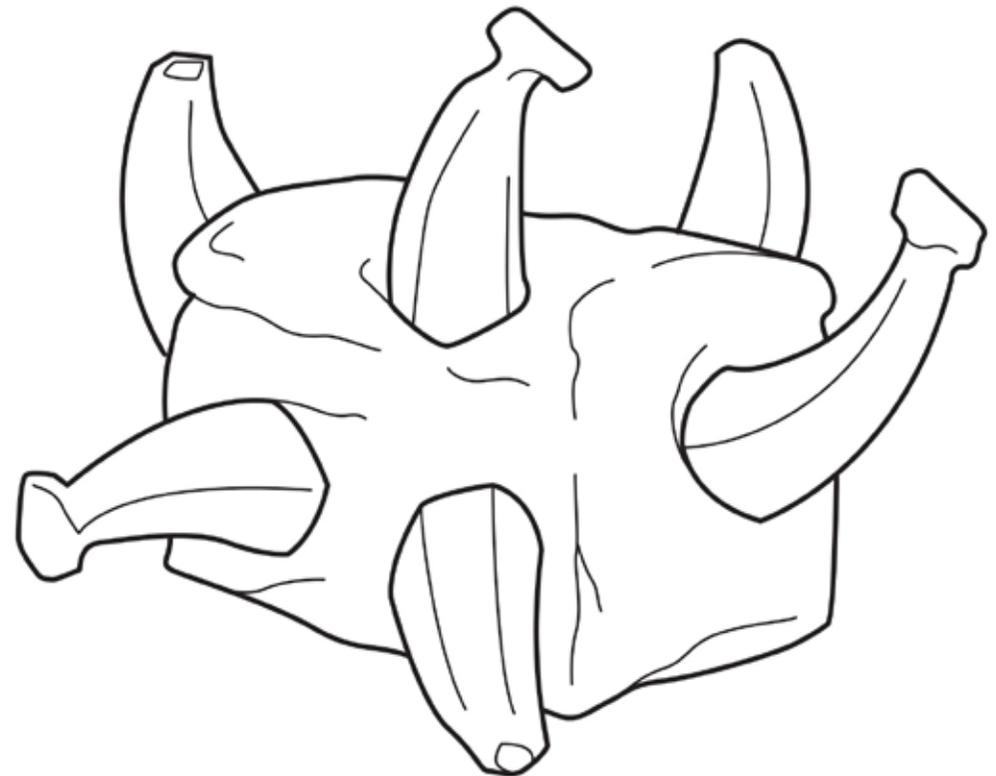
1. Turn the oven on to 180°C/350°F/Gas 4
 2. Grease a 1-litre loaf tin with olive oil
 3. Dust with flour, then tap to get rid of any excess
 4. Peel 3 super-ripe bananas, put them in a bowl and mash up
 5. Stir in 2 tablespoons of unsweetened apple juice
 6. In a mixing bowl, beat 125g of soft unsalted butter until creamy
 7. One at a time, crack and beat in 2 large free-range eggs
 8. Fold in 250g of self-raising flour and ½ a teaspoon of ground cinnamon
 9. Now gently mix in 2 tablespoons of runny honey and the banana mixture
- (ASK AN ADULT TO HELP WITH THESE BITS)
10. Spoon into your loaf tin and bake for 40 minutes, or until golden and cooked through
 11. Leave to cool for 10 minutes, then turn onto a wire rack to cool completely
 12. Slice and serve!



IF YOUR BREAD LOOKS LIKE THIS YOU DID IT RIGHT, GOLDEN AND SUPER TASTY!



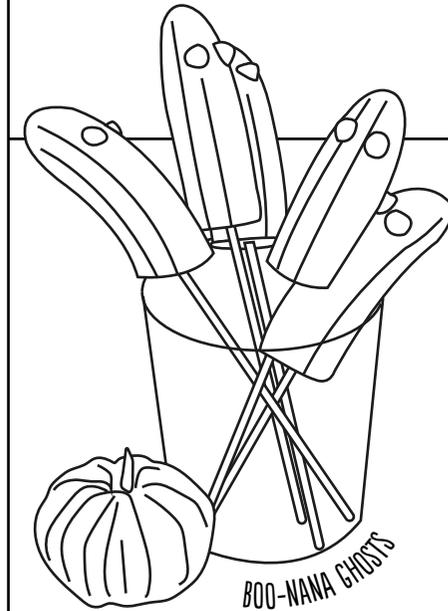
OH DEAR...SOMETHING WENT WRONG. NOT TASTY AND DIFFICULT TO EAT!



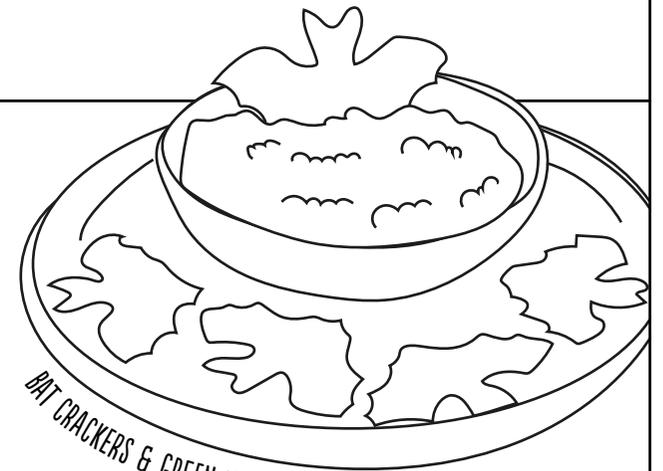
BUDDY'S

SPOOKY SNACK IDEAS

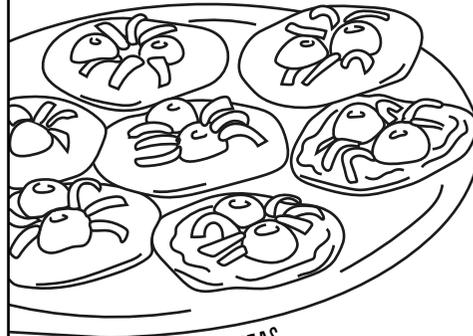
BUDDY'S BEEN BUSY CONJURING UP IDEAS FOR SOME SPOOKTACULAR SNACKS THAT PARENTS AND KIDS WILL LOVE MAKING THIS HALLOWEEN. EVERYTHING FROM FRIGHTENING FRUIT GHOSTS TO CREEPY-CRAWLY PIZZAS, THESE BRILLIANT RECIPES ARE LOADS OF FUN AND A GREAT WAY TO GET FRUIT AND VEG ON YOUR TABLE OF TERRORS.



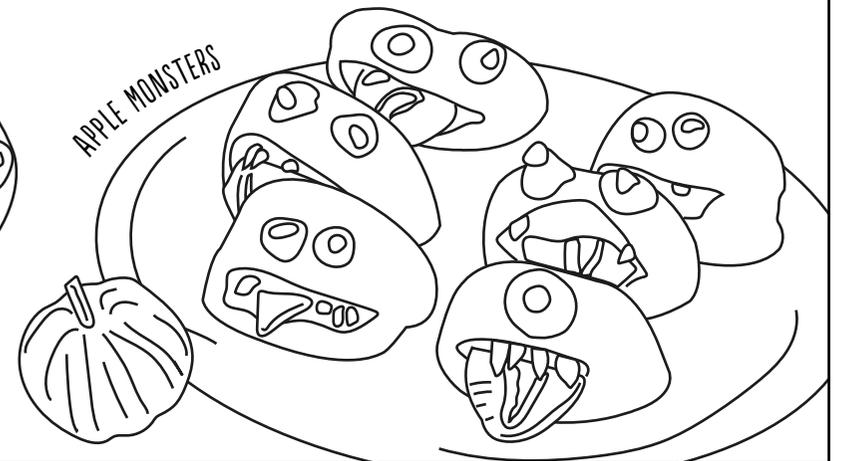
BOO-NANA GHOSTS



BAT CRACKERS & GREEN MONSTER DIP



SPIDER PIZZAS



APPLE MONSTERS

WHAT ELSE WOULD YOU ADD TO THIS SPOOKY TABLE?

APPLE MONSTERS

Makes 12

6 strawberries

3 apples

2 tablespoons peanut butter

1 tablespoon sunflower seeds

24 edible fondant icing eyes

1. Hull and finely slice the strawberries. Quarter and core the apples. Cut into the skin of the apple to make a mouth (get an adult to help you with this bit).
2. Use a skewer to spread the peanut butter into the incision, then add a slice of strawberry to make a ghoulish tongue.
3. For some scary-looking teeth, push sunflower seeds into the peanut butter around the strawberry.
4. Attach the edible eyes on top and gobble up!

TIP: If you can't find edible eyes, simply roll balls of white icing and smaller balls of black icing. Push the smaller black icing balls into the white balls to create spooky eyes.

SPIDER PIZZAS

Makes 12

3 wholemeal tortilla wraps

6 tablespoons passata

50g Cheddar cheese

18 black pitted olives

1. Preheat the oven to 180°C/350°F/gas 4. Use a cookie cutter to cut 12 small rounds from the wholemeal tortillas and lay them on a baking tray.
2. Spread the passata over each round and grate over the Cheddar.
3. To make the spiders' bodies, cut 12 of the olives in half lengthways and place two halves on top of the pizzas side-by-side.
4. To make the spiders' legs, cut the remaining olives in half lengthways then finely slice and arrange four slices on each side so they look like legs.
5. Bake for 2 to 3 minutes, until the cheese is melted and bubbling.

BOO-NANA GHOSTS

Makes 6

3 bananas

12 chocolate chips

6 wooden skewers

Peel the bananas and cut in half. Push a wooden skewer into the flat end so they can be propped up in a glass. Squash two chocolate chips onto the banana near the top so they look like eyes.





MORE IDEAS FOR YOUR SPOOKY SPREAD

BAT CRACKERS

For creepy crackers, preheat the oven to 180°C/350°F/gas 4. Use a bat cookie cutter to cut bat shapes from 4 wholemeal tortillas. Transfer to a baking tray and bake for 5 to 7 minutes, or until golden and crisp, ready to dip into the two terrifying dips below.

BLOOD RED & MONSTER GREEN DIPS

For the spooky red dip, drain a jar of roasted red peppers and tip into a food processor. Blitz until smooth then pour into a bowl.

For the monster green dip, add 400g frozen peas to a food processor with 3 sprigs of fresh mint and 1 tablespoon of olive oil. Add a squeeze of lemon juice and blitz until smooth. Pour into a bowl ready for dipping.

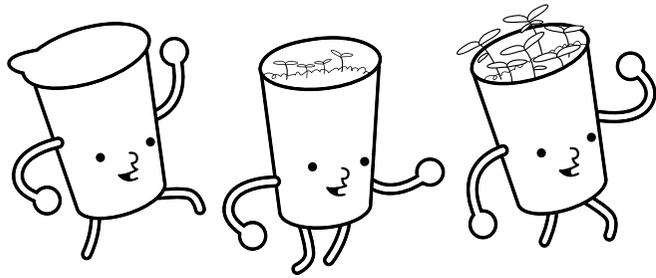
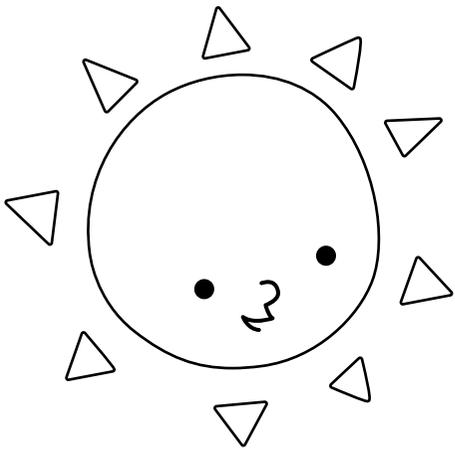
GREEN POPCORN

For ghastly green popcorn, pop 100g popcorn kernels in a large lidded saucepan with 1 tablespoon of oil, according to the packet instructions. Sprinkle over 1 teaspoon each of salt and natural green food colouring, then pop the lid on and shake vigorously until the colour is distributed evenly.

LYCHEE AND BLUEBERRY EYEBALLS

For spooky eyeballs, drain a tin of lychees in juice and pop a blueberry inside each lychee. Set them in red jelly for a scary dessert, or freeze them in ice cube trays to add to your Halloween drinks.

HOW TO GROW YOUR OWN YOGHURT POT CRESS HEAD



Sowing cress is a great way of introducing kids to the joy of growing your own food at home. The good news is that you don't even need a garden – a reused yoghurt pot and a sunny windowsill will do the trick – and you'll see results in a matter of days.

Learn how to grow your own yoghurt pot cress head with our easy step-by-step guide and handy video, so you can enjoy delicious veg in just seven days. When you're ready to harvest, simply snip into an egg mayonnaise sandwich, toss into a leafy salad, or scatter over a homemade soup – cress is super versatile and delicious.

It's really easy, so give it a go!

YOU'LL NEED

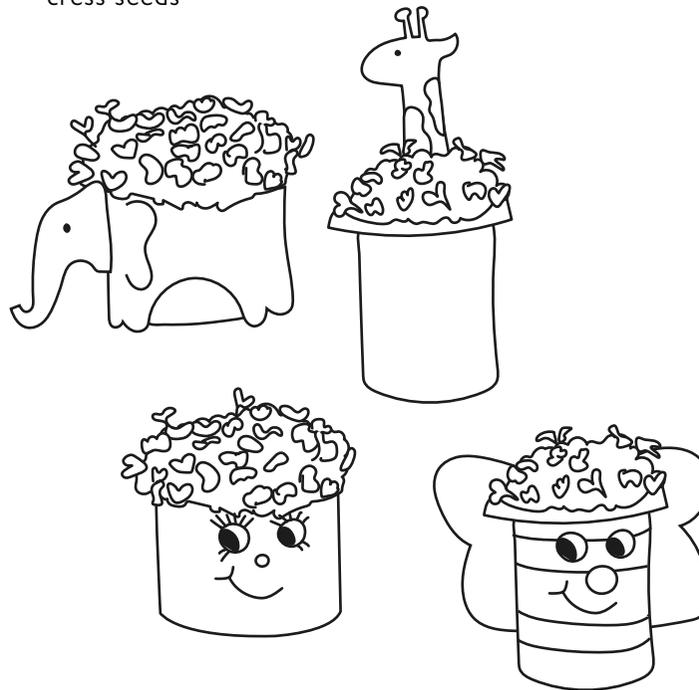
1 washed-out yoghurt pot

decorating supplies, such as felt-tip pens, acrylic paint and card

double-sided tape or glue

cotton wool balls

cress seeds



HOW TO MAKE IT

1. Remove the label from the yoghurt pot. Cut out a piece of card that is just big enough to wrap around the pot, then use double-sided tape or glue to stick it down.
2. Let's get decorating! Paint or draw a funny face on the pot using felt-tip pens or paint.
3. Wet a handful of cotton wool balls and squeeze out any excess water, then use them to fill the pot to three-quarters full.
4. Evenly sprinkle the cress seeds on top of the cotton wool, pressing them down gently.
5. Put the filled pot in a dry and sunny spot (like a kitchen windowsill) for seven days and watch your cress grow! Spritz with water if the cotton wool looks like it's drying out.
6. To harvest, simply snip your home-grown cress into an egg mayonnaise sandwich, toss into a leafy salad, or scatter over a soup – delicious!

PORRIDGE LOTS OF WAYS

Serves 4

BASIC PORRIDGE (BASE RECIPE)

Ingredients

160g rolled oats
600ml milk, soya milk
or water
sea salt

Method

1. Place the oats and the milk or water in a large pan over a medium heat.
2. Add a tiny pinch of salt and stir with a wooden spoon.
3. Bring to a steady simmer for 5 to 6 minutes, stirring as often as you can to give you a smooth creamy porridge – if you like your porridge runnier, simply add a splash more milk or water until you've got the consistency you like.

ADULT
SUPERVISION
NEEDED



BLACKBERRY & APPLE PORRIDGE

Ingredients

1 apple
2 to 3 tablespoons
runny honey, to taste
100g blackberries

Method

1. Pull off the apple stalk, then use a box grater to coarsely grate it onto a chopping board (core and all).
2. Stir the grated apple and most of the honey through the porridge for the last few minutes of cooking.
3. Squash in most of the blackberries, then serve with the remaining scattered on top and the remaining honey drizzled over.

BANANA, ALMOND & CINNAMON PORRIDGE

Ingredients

2 ripe bananas
30g flaked almonds
1/2 teaspoon ground
cinnamon
2 tablespoons poppy seeds
2 to 3 tablespoons
maple syrup or runny
honey, to taste

Method

1. Peel, then slice the bananas on a chopping board (I like to cut mine at an angle).
2. Add the almonds to a small non-stick frying pan over a medium heat (there's no need for oil) for 3 to 4 minutes, or until lightly golden, stirring occasionally.
3. Stir the cinnamon, poppy seeds and most of the maple syrup or honey through the porridge.
4. Serve with the bananas and toasted almonds on top and the remaining syrup or honey drizzled over.

APPLE, MAPLE SYRUP AND PECAN PORRIDGE

Ingredients

1 apple
30g pecans
2 to 3 tablespoons
maple syrup, to taste

Method

1. Pull off the apple stalk, then use a box grater to coarsely grate it onto a chopping board (core and all).
2. Snap the pecans up into little pieces, then add them to a small non-stick frying pan over medium heat (there's no need for oil) for 3 to 4 minutes, or until lightly golden, stirring occasionally.
3. Stir the grated apple and most of the maple syrup through the porridge for the last few minutes of cooking.
4. Serve with the toasted pecans on top and the remaining maple syrup drizzled over.



THIS IS **YOUR** BOWL OF PORRIDGE

WHAT KIND OF TOPPINGS ARE YOU PUTTING ON IT?

