Pizza Sliders

Serves 4

Ingredients	*Equipment*
1 x soda farl or baguette	1 x air fryer
2 x tablespoons of tomato puree	1 x chopping board
small tin of sweetcorn	1 x knife
½ x pepper	1 x tablespoon
	1 x bread knife

Method

1. Cut the soda farl/baguette in half lengthways. Then cut each of those pieces in half again, width ways.
2. Spread tomato puree over each of the soda farls/baguette.
3. Drain sweetcorn.
4. Wash, deseed and cut pepper into small chunks and place on top of the soda farls/baguette along with the sweetcorn.
5. Place in air fryer and cook at 200°C for 5-6 minutes (adult task).

Top Tips

- Grated cheese and cooked chicken/ham can also be added to the pizza.
- Be careful of salt content. A corn or wholemeal tortilla wrap could be used as a substitute to soda farls/baguette.

Egg Muffins

Serves 12

Ingredients

- 5 x medium eggs
- ½ x red pepper
- small tin of sweetcorn
- 6 cherry tomatoes

Equipment

- 1 x air fryer
- 1 x mixing bowl
- 1 x jug
- 1 x chopping board
- 1 x knife
- 1 x spoon
- 1 x wooden spoon
- 6 x silicone bun cases

Method

1. Wash, deseed and cut pepper into small squares.
2. Cut tomatoes in half.
3. Drain sweetcorn.
4. Place pepper and sweetcorn into mixing bowl.
5. Crack 5 eggs into the mixture (adult task). Allow each child the opportunity to mix the mixture.
6. Place one tomato into each of the silicone bun cases.
7. Transfer mixture from mixing bowl into jug.
8. Pour mixture from jug into bun cases. Allow each child to pour the mixture for their own muffin.
9. Place 6 bun cases at a time into the air fryer and cook at 190°C for 7-8 minutes(adult task).
10. Ensure the muffins are thoroughly cooked before serving.

Top Tips

- A variety of vegetables can be used to make this recipe.
- Cooked ham cut into squares can also be used where there are no vegetarian children.

Flower Bouquet

Serves 10-12

Ingredients	**10 x blueberries** **2 x apples** **2 x kiwis** **5 x strawberries**
Equipment	**1 x assorted flower cookie cutter** **5 x blunt wooden skewers** **1 x chopping board** **1 x apple corer**

Method

1. **Wash blueberries, apples and strawberries.**
2. **Cut kiwi into 1cm slices.**
3. **Core apple and cut into slices 1 cm thick (adult task).**
4. **Cut various sizes of flowers from the fruit using cookie cutters.**
5. **Assemble the fruit to make a flower bouquet.**

Top Tips

- **A variety of different fruit can be used for this recipe so why not get creative?**

Fruit Rocket

Serves 2

Ingredients	12 x blueberries 8 x grapes 2 x strawberries	*Equipment*	1 x knife (per child) 4 x blunt wooden skewers 1 x chopping board

Method

1. Wash blueberries, grapes and strawberries.
2. Cut strawberries in half.
3. Assemble rocket by placing 2 grapes and 3 blueberries onto skewers and topping with half a strawberry.

Top Tips

- Think of other fruit you could use to build your rocket.

Antrim and Newtownabbey BOROUGH COUNCIL

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