



Easy Mac and Cheese

Ingredients

2 cups of pasta
2.5-3 cups of milk
1/4 teaspoon of garlic powder
1/2 teaspoon onion powder
1 tablespoon butter
1/2 teaspoon pepper
1/4 cup of water
2 tablespoons cream cheese
1 cup grated cheddar cheese.

Method

In a pot add the milk, garlic powder, butter and water and bring to the boil.

Add the pasta to the pan and reduce the heat to low, cook until pasta is tender. You may need to add more milk or water if it starts to dry up.

Once the pasta is cooked add the pepper, cream cheese and grated cheese and stir until combined.



Blueberry and Orange Tray Bake

A quick and easy tray bake which could be made with all sorts of fruit...why not try with raspberries or blackberries, and serve with a yummy scoop of ice cream or some custard. Could it be a new family favourite?

Ingredients

1 tbsp melted unsalted butter, plus extra for the tin
200g self-raising flour
1 tsp baking powder
1 Egg
250ml Milk
2 tbsp golden caster sugar
1 large orange, zested and juiced
150g Blueberries
icing sugar, for dusting

Method

1. Heat the oven to 180C/gas 4.
2. Brush a 25 x 20cm baking tray with butter.
3. Put the flour and baking powder into a bowl and mix in the egg, milk, butter and caster sugar.
4. Stir in the orange zest and 50ml of the juice.
5. Pour the mixture into the tray and level the surface.
6. Dot the blueberries over the top and bake for 20 mins or until the middle of the cake feels cooked through when pressed lightly.
7. Dust with icing sugar and serve.





Frittata



This recipe is a great way to use up all sorts of bits and bobs in the fridge to make a tasty and filling meal that everyone will love.



The ingredients and quantities can be mixed up and changed to suit what you and your family enjoy eating, so use a handful of this or a sprinkle of that– but most importantly have some fun in the kitchen!

Ingredients

- 4-6 Eggs (to serve 4 people)
- A handful of Mushrooms sliced
- A handful of Frozen Peas
- 1/2 Red Pepper sliced
- A handful of Broccoli florets
- A handful of Grated Cheese



Method

1. Pre heat you oven to 180c and grease an oven safe, flat bottomed dish, set aside until needed.
2. In a frying pan heat up a little oil then add the vegetables (or which ever ingredients you have decided to add) and fry gently until they are soft and tender
3. While the vegetables are cooking, crack the eggs into a large bowl and mix together until they are all combined.
4. Once the vegetables are softened add them to the oven dish you prepared earlier then pour the egg mixture over the top.
5. Make sure the vegetables are evenly spread around the dish then pop it into the oven and cook for around 10-15 minutes, or until the egg is no longer liquid (if it is still a bit liquid just add it back to the oven for another 5 mins and keep checking)

Why not try with...

A Frittata tastes delicious with any combination of ingredients, so why not experiment...

Cooked bacon

Ham pieces

Chorizo

Onions

Garlic

Prawns

Chilli (if you're feeling brave!)

Frozen Banana Pops

A fun, easy and tasty activity to do with little ones that the whole family can enjoy.

All you need are some bananas (enough so everyone gets half a banana each), some chocolate (any kind you like) some sprinkles to decorate and some sticks (although these can be made without sticks if you don't have any).

Simply peel the bananas and cut them in half and lay them on a tray with grease proof paper. Insert the sticks lengthways and pop the tray into the freezer for about an hour to harden.

Before taking the bananas out of the freezer, pop the chocolate into a microwavable bowl and put on for 10 second intervals, stirring in between, until it's melted.

Bring the bananas out of the freezer and simply dip them into the chocolate and sprinkle with the decorations. Pop them back into the freezer until you want to eat them. Enjoy!





Tuna and Sweetcorn Pasta Bake

Ingredients

- 600g Pasta (penne or fusilli work well)
- 50g butter
- 50g plain flour
- 600ml milk
- 250g strong cheddar cheese (medium cheddar will work well too) grated
- 2 cans of Tuna (in spring water or brine)
- 330g can of sweetcorn (frozen sweetcorn could be used also)
- Chopped parsley (although not essential)
- Salt and pepper to taste



Method

1. Heat oven to 180c /fan, 160c/gas
4
2. Cook the pasta following the instructions on the pack, but take off the heat and drain 2 minutes before the pack says.
3. To make the sauce, melt the butter in a pan then add the flour and stir for 1 minute.
4. Add the milk gradually whilst still stirring until it has all been incorporated and you have a thick sauce, then take off the heat.
5. Set aside a small handful of the grated cheese (this is for sprinkling on the top after) then stir in the remaining cheese into the sauce until its all melted.
6. Mix the drained pasta, the tuna and sweetcorn and parsley (if using) with the sauce and season with salt and pepper to taste.
7. Lastly add the pasta mix to a baking dish and sprinkle with the last of the cheese, and pop it into the oven for 15-20 minutes or



Why not try with...

Added veggies such as broccoli, carrots or peas.

The tuna could also be substituted for some chicken, or left out for a vegetarian option.



Easter Baskets



Why not have some fun with the little ones this Easter with some easy to make little chocolate Easter Baskets.

The ingredients are simple, and can be adapted to suit what you like or have in the house.

Ingredients

Chocolate - this can be any flavour you like, as long as its easy to melt, normal milk chocolate is usually the best to use - one large bar should be plenty.

Cereal - the best to use are corn flakes, rice crispies or even broken up shredded wheat - a few mugs full should be enough.

Decorations - mini chocolate eggs, but if these are difficult to get you could use chocolate buttons, or even grapes or blueberries.

Method

1. Begin by melting the chocolate in the microwave - using a microwave safe bowl, put it in for 10 seconds, take out and stir then repeat until melted, this will ensure the chocolate doesn't burn.
2. Once the chocolate is melted add in the cereal - the amount of cereal needed depends on how much chocolate you have, so just add enough so that once its stirred through it gets coated and doesn't leave a puddle of chocolate in the bowl.
3. Once all the chocolate and cereal are mixed together you can spoon them onto cupcake cases or a greased cupcake tin, or even just spoon them onto some grease proof paper on a tray, then add the decorations to make them look like little nests.
4. Allow to set in the fridge for 30 minutes before enjoying

