

# RAINBOW POPSICLES



04 : 30



6



1 peach

2 kiwis

75g blueberries

100g strawberries

300ml apple juice

6 ice lolly moulds (or empty yoghurt pots!)

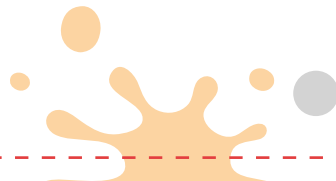
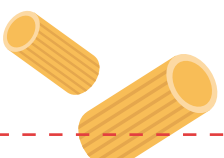


4 Pop in the freezer for 3-4 hours, then enjoy your popstastic treat!

3 Pour in enough apple juice to just about cover the tops of the fruit.

2 Put a mixture of fruit into each ice lolly mould. Gently squish in as many as you can fit.

1 Ask a grown up to help you slice the peach, peel and slice the kiwis and cut the strawberries in half.



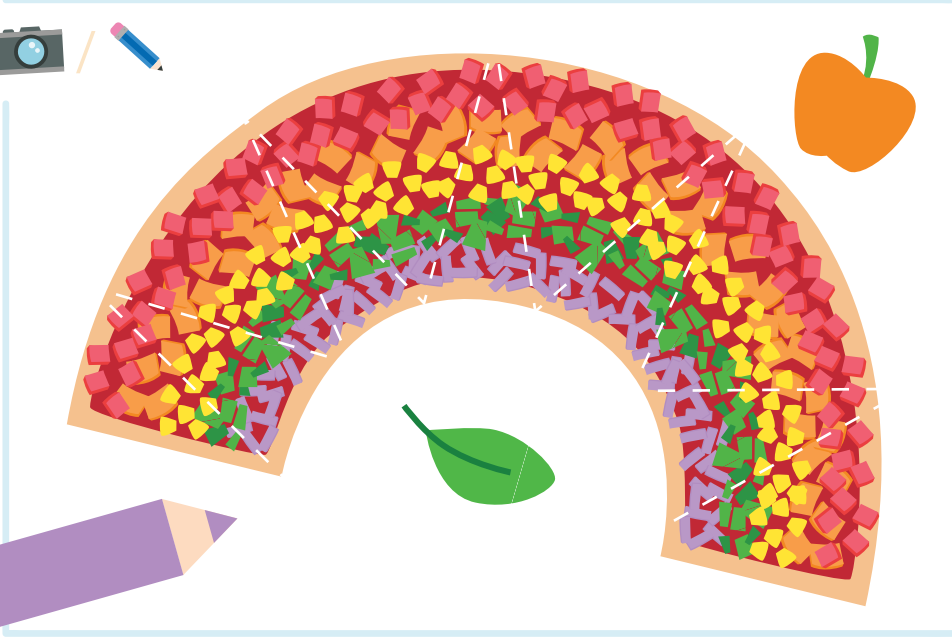
# RAINBOW PIZZA



01:00



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1 puff pastry sheet

3 tbsp tomato puree

250g grated cheese

12 tomatoes

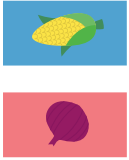
1 orange pepper

1 tin sweetcorn

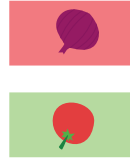
100g spinach

1 red onion

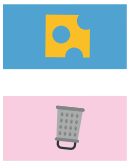
6 Place a row of each colour ingredient until the pastry is filled, then bake in the oven for 20 minutes and cut into triangles as shown.



5 **Ask a grown up** to slice the tomatoes, orange pepper, spinach and red onion.



4 Cover the pastry with a thin layer of tomato puree, then sprinkle the grated cheese on top.



3 Cut away the top corners to make a rainbow shape. You can use the leftover pastry to make mini pizzas!



2 Place half of an upturned bowl onto the rectangle. Cut around the curve of the bowl to make an arch.



1 Preheat the oven to 200°. Roll the sheet of puff pastry into a rectangle.



# SUPERHERO SNACK BALLS



00 : 50



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40g rolled oats  
80g peanut butter

1 tbsp honey  
1 tbsp dark chocolate chips

1 pinch of salt

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5 Store the balls in the fridge in an airtight container for up to a week.

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4 Gobble a ball when you need energy to be super!

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3 Scoop a heaped teaspoon of mixture into your hands and roll into a ball. Repeat until all the mixture is used up.

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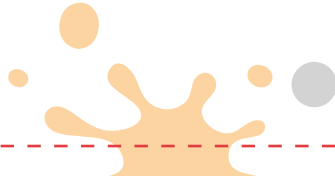
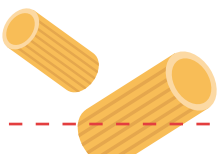
2 Pop the mixture in the fridge for 30 minutes.

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1 Put all of the ingredients into a bowl and mix together until combined.



# SCALY DINO PASTA



01 : 00



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- 4 dinosaur kale leaves
- 1 big handful of basil
- 2 tbsp parmesan
- 2tbsp pine nuts
- 300g dried spaghetti
- 2 tbsp olive oil

**6** Serve up your meal. Do your best Stegosaurus impression and tuck into your herbivore-friendly meal!

**5** Drain the spaghetti and place in a bowl. Stir in your prehistoric pesto!

**4** **Ask a grown up** to give the mixture another whizz with the blender. Then pour in the oil and mix together. You can add salt and pepper.

**3** Add the parmesan cheese and pine nuts to the leaves. Give it a good stir.

**2** Rip up the kale and basil leaves, and place into a jug. **Ask a grown up** to give the leaves a blitz with a blender.

**1** Before the fun begins, **ask a grown up** to cook the spaghetti in hot water according to guidelines on the packet.