

Day 68



What can you remember from  
Scrumdiddlyumptious?

Scrumdiddlyumptious was all about food! We learned about eating healthily and created smoothies. We also created recipes. Here is a selection of recipes. Some are healthier than others as we all know that it is important to have a balanced diet!

Task: Choose a recipe to follow or use one from home- ask an older sibling or relative to help you. Was the recipe accurate? Were you successful?

We hope you enjoy your creation!





## Soft and Chewy Cookies



### Ingredients

110g butter  
110g soft brown sugar  
100g white sugar  
1 egg  
200g plain flour  
 $\frac{1}{2}$  tsp baking powder  
1 tsp vanilla extract  
75g chocolate chips,  
raisins or mini  
marshmallows

### Equipment

mixing bowl  
whisk  
dessert spoon  
baking paper  
baking tray

### Method

1. Set the oven to 160°C.
2. Beat the butter and sugar together until creamy.
3. Beat in the egg and the vanilla.
4. Stir in the flour and baking powder and mix into a dough.
5. Fold in the chocolate chips, raisins or marshmallows.
6. Place the baking paper on to the baking tray.
7. Using the dessert spoon, spoon the cookie mixture on to the baking paper. Space the cookies out over the tray as they will spread in the oven.
8. Bake the cookies in the oven for about 15-20 minutes.



## Lemon Drizzle Cake



### Ingredients

225g self-raising flour  
225g softened  
unsalted butter  
225g caster sugar  
4 eggs  
grated zest 1 lemon

### For the drizzle topping

85g caster sugar  
juice 1  $\frac{1}{2}$  lemons

### Equipment

Mixing bowl  
Wooden spoon  
Loaf tin (8 × 21cm)  
Greaseproof paper

### Method

1. Preheat the oven to 180°C.
2. Mix the butter and caster sugar in a bowl and beat until creamy.
3. Add 4 eggs, one at a time and mix slowly.
4. Sift in 225g flour and add the lemon zest. Mix well.
5. Line the loaf tin with greaseproof paper, spoon in the mixture and level the top with your spoon.
6. Bake for 40-50 minutes, until a skewer inserted into the middle of the cake comes out clean. Leave the cake to cool in its tin.
7. Mix together the lemon juice and the caster sugar to make the drizzle.
8. Make holes in the top of the cake as evenly as you can and pour over the drizzle.
9. Leave the cake in the tin until completely cool. The cake will keep in an airtight container for 3 to 4 days.

# Strawberry Smoothie

Makes 8 small servings

## Ingredients

500ml cold milk  
2 x 120g pots strawberry yogurt (amount can be slightly varied)  
2 ripe bananas  
8 large ripe strawberries  
Small squeeze of lemon juice

## Equipment

Potato masher  
Small glass  
Safe knife  
Chopping board  
Large glass/ceramic bowl  
Whisk



**Step 1.** Pull the green stalk off the strawberries and cut into quarters. Peel the bananas and cut them into slices. Put them into a large bowl.

**Step 2.** Use the back of a fork or a potato masher to mash the strawberries and banana. Keep mashing until you have a fairly smooth consistency. Add a small squeeze of lemon juice.



**Step 4.** Gradually whisk the milk and yoghurt mixture into the bowl.

**Step 5.** Pour into a glass and enjoy!



# Mexican Bean Burger Recipe

Bean Burgers are a typical Mexican dish. They are healthy and don't have as much fat in them as burgers made from meat. They are packed with goodness and really yummy!



## Ingredients

### Bean Burger:

2 400g cans of kidney beans (rinsed and drained)  
100g of breadcrumbs  
2 tsp of mild chilli powder  
Coriander (chopped leaves)  
1 egg  
200g of fresh salsa

150ml of low-fat natural yoghurt  
Juice of half a lime  
Optional: salt and pepper

### Served with:

Six wholemeal burger buns  
Your choice of salad, such as lettuce and tomato

## Equipment

2 large bowls  
A potato masher  
A fork  
A baking tray  
A grill (to be used with help from an adult)



Hot! Hot! Hot!

Did You Know...?

Mexican food is often fiery with lots of spicy chillies!



Nothing New!

Did You Know...?

Mexican food dates back 9,000 years to the Maya people!



## Method

1. Place the kidney beans into a large bowl and mash them with a potato masher.
2. Tip the breadcrumbs, chilli powder, egg, salsa and half of the coriander leaves into the bowl with the mashed kidney beans.
3. Add salt and pepper if you like, then mix everything together using a fork.
4. Now, wet your hands. Use your fingers to shape the mixture into six burgers.
5. Slide the burgers onto a non-stick baking tray.
6. With an adult's help, turn on the grill to a medium heat.
7. Grill the burgers for 4-5 minutes on each side.
8. Once cooked, place the Bean Burgers onto buns and add the sauce you have made.
9. Serve with salad.
10. Time to eat! Enjoy your delicious Mexican Bean Burger!

## Mexican Bean Burger Sauce

While the burgers are cooking, mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl.





## Pizza Base



### Ingredients

- 350g flour
- 2  $\frac{3}{4}$  tsp baking powder
- 1 tsp salt
- 1 tbsp oil
- 170 ml water

Additional toppings to make your pizza awesome!

### Method

1. Heat the oven to 200°C/180°C fan/gas mark 6.
2. In a small bowl, mix the dry ingredients together.
3. Slowly, add the oil and 170ml water.
4. Gradually stir until it forms a ball (you may need to use your hands). It should be soft but not sticky. If your dough isn't the required consistency, what could you add?
5. Knead on a floured surface for 3-4 mins.
6. Carefully roll into 2 balls, then flatten out. Why don't you get creative and mould your dough into a shape which makes it totally unique?
7. Add your toppings and then bake on a baking sheet for around 15 minutes.



## Crunchy Rainbow Pasta Salad

### Pasta

one portion (smaller shapes such as Penne or Fusilli)

### Dressing

(enough to coat the ingredients so the pasta salad is not too dry)

tomato pasta sauce

pesto mixed with a little yoghurt or soured cream

a drizzle of olive oil

a mixture of yoghurt or crème fraîche, mayonnaise and lemon juice

a bought French dressing or other similar salad dressing

### Protein

(roughly as much as would fit in the palm of your hand)

cooked and cooled chicken, chopped

tinned tuna

chopped ham

a handful of cooked beans such as red kidney beans or pinto beans

cubes of cheese such as cheddar or mozzarella

### Veggies

(enough to fill one to two tablespoons)

tinned sweetcorn

cooked and cooled peas

chopped pepper (any colour)

quartered cherry tomatoes

cubes of cucumber

chopped celery

chopped or grated raw carrot

This delicious, nutritious salad is so flexible that you can really use anything you happen to have in the fridge or cupboard. Perfect for using up leftovers and a yummy change from sandwiches.

### Method

To make the salad, you will need a portion of cooked and cooled pasta. Pasta shapes are easier to eat than spaghetti or other pasta in 'strand' form. You can cook this from scratch, make some extra for dinner the night before or even use up leftover pasta with sauce (tomato or pesto-based sauces are more appetizing when cold than creamy or meat-based sauces).

To this, add one or two items from each of the lists on the left and below.

Simply mix all your chosen ingredients together well and pack into a plastic, sealable container. Don't forget to include a fork or a spoon! Try making double to feed more people or to save some for the following day. The salad will keep for a couple of days in an airtight container in the fridge but you should wait to add the dressing until the last minute.

### Flavourings and Other Lovely Stuff

a little salt and pepper

a sprinkle of toasted seeds such as pumpkin, sunflower or sesame (see disclaimer)

a few chopped herbs - try basil, parsley or chives





What is your most vivid  
memory from  
Scrumddidlyumptious?