



Simple Recipes for Toddlers

Your little one can have a go at everything in these recipes except for those underlined which should be done by an adult.

Mini Pizza

1 English Muffin (the bread kind, not the cake!)

Cheese - whatever you like

Tomato sauce/pizza sauce

Ripe tomato and/or mushrooms



Preheat oven to 180 deg c

Split the muffin into two

Spread tomato sauce onto each muffin half using a round ended knife or spoon

Sprinkle grated cheese on top of each

Chop or slice the tomato/mushroom using a round ended knife

Arrange toppings on each muffin

Bake for 8-10 minute

Banana Oat cookies

1 large or 2 small ripe bananas

1 cup rolled oats (not the jumbo ones)



Wash hands

Preheat oven to 180 deg c

Grease a large baking sheet using buttered-up hands!

Roughly chop bananas using a round ended knife

Mash bananas in a bowl with a fork or potato masher

Tip in the oats

Mix with a wooden spoon

Dollop golf ball sized blobs onto baking sheet

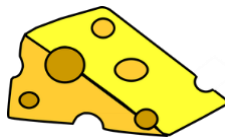
Flatten slightly with hands

Bake for 15 minutes or until golden and set



Cheesy Puffs

1 Ready rolled puff pastry sheet
Grated cheese
1 egg



Wash hands Preheat oven to 180 deg c
Grease a baking tray using buttery hands
Break egg into a bowl and beat with a whisk or fork
Unroll the puff pastry
Brush egg all over the pastry
Use cutters to cut out shapes
Sprinkle cheese onto each shape
Place shapes onto baking tray
Bake for 10 minutes

Pasta Sauce

10 cherry tomatoes
Olive Oil



Wash hands
Squeeze, squash, tear and smash the tomatoes using hands, in a big bowl
Tip into a pan with a dollop of olive oil
Simmer gently for about 20 minutes
Serve on cooked pasta



Bread Blobs!

4 cups strong bread flour
1 sachet dried yeast
1 ½ cups warm water
1 tbsp olive oil



Wash Hands

Preheat oven to 200 deg c

Measure out ingredients then tip into a large bowl

Mix, knead and pummel for 1 minute.

Leave for 10 minutes

Repeat the 30 seconds' kneading

Cover & leave to rise in a warm place for 30 mins

Shape into whatever you like – either one big loaf or, as I prefer, a random collection of blobs!

Leave to rise for another 30 mins

Bake at 180 - 25 mins for a loaf, much less time is needed for the random shapes so keep an eye on them!

Happy Cooking!