



FEDERATION COOKBOOK

Contents

Breakfasts

- Avery's Healthy Breakfast Muffins
- Fruity Fred
- Fruity Tasty Puffy Pastry
- Green Day Pancakes
- Grog Cakes
- Jude's Overnight Oats
- Kit's Cinnamon Swirls
- Kitty's Cake
- Munchy Mosaic
- Pancake Cake
- Pancake Delight
- Sunny Side Up

Lunches and Dinners

- Barcombe Pesto
- Carrot Soup
- Cheesy Sweet Potato Waffles
- Isabella's Chicken Korma
- Jessica's Carrot Buns and Crunchies!
- Tomato Soup

Snacks

- Banana and Cacao Marble Loaf
- Blueberry Muffins
- Delicious and Healthy Protein Balls
- Fabulous Flapjack
- Fruity Flapjack
- Jeff's Fries
- Lovely Lemon Shortbread
- World-Class Hash Browns

Finally – A Recipe for Friendship

Breakfasts

Avery's Healthy Breakfast Muffins

Ingredients

- 250g self-raising flour
- 1 tsp baking powder
- 25g oats
- 75g light brown muscovado sugar
- 2 medium ripe bananas
- Grated zest of half an orange
- 1 eating apple grated
- 100g crunchy peanut butter (or chocolate spread if needed to be nut free)
- 2 medium eggs, lightly beaten
- 25g melted butter
- 125ml semi skimmed milk



Method

1. Preheat the oven to 200 degrees Celsius, gas mark 6. Line a 12-hole muffin tin with muffin cases.
2. Sift the flour into a large bowl and mix in the oats and sugar. In a separate bowl mash the banana and mix in the peanut butter, eggs, butter, grated apple, orange zest and milk. Stir into the flour mixture.
3. Spoon into the muffin cases and bake for 15-20 minutes or until golden. Cool on a wire rack.

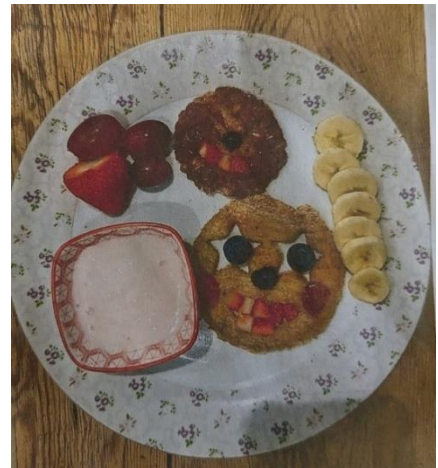
Fruity Fred by Elsie

Ingredients

- Strawberries
- Blueberries
- Grapes
- Banana
- Yoghurt
- Bread
- Jam
- Butter

Method

1. Toast the bread.
2. Butter the toast.
3. Cut shapes for the eyes and mouth.
4. Put blueberries as the eyes and nose.
5. Use strawberries for the mouth.
6. Jam for the cheeks.
7. Put yoghurt in a pot.
8. Put fruit around the plate.
9. Use a fork to dip fruit in the yoghurt.
10. Enjoy making it and eating it. Yummy!



Fruity Tasty Puffy Pastry

Ingredients

- Ready-made puff pastry – 1/3 of a pack
- Blueberries
- Strawberries
- Sprinkling of icing sugar

Method

1. Preheat the oven to 180 degrees Celsius.
2. Cut circles into your puff pastry with a cookie/pastry cutter to your desired size.
3. Sprinkle icing sugar into the centre of your circles.
4. Slice a few strawberries.
5. Place your strawberries/blueberries into the middle of each of your circles.
6. Gather the pastry edges together to create either a cup or a sealed ball with the fruit inside.
7. Place the Fruity Tasty Puff Pastries into a non-stick cupcake baking tray.
8. Place the tray into the oven and bake for 15 minutes.
9. Once out of the oven and cooled slightly, sprinkle a dash of icing sugar on each one.
10. Place them on a plate ready to eat.
11. Eat and enjoy!



Green Day Pancakes by Archie

Ingredients

- 1 large egg
- 1 banana (can be frozen)
- 1 tbsp of oats
- A couple of drops of vanilla extract
- 1 tsp of coconut oil
- Green food colouring (if wanted)
- Berries of your choice
- Maple syrup



Method

1. Put your banana, egg, oats, vanilla extract and food colouring in a blender.
2. Blend for 1-1.5 minutes, until all of it has mixed.
3. While blending, heat the coconut oil.
4. Pour the blended mixture into three portions and cook evenly on both sides (approximately 2 minutes each side)
5. Once cooked put on your plate, with a drizzle of maple syrup and some berries of your choice.

Dairy, gluten and sugar free

Grog Cakes – Makes 10

Ingredients

- 1 cup of milk
- 2 cups of oats
- 1½ tsp mixed spice
- 1 tsp baking powder
- 1½ tsp ground cinnamon
- 1 egg
- 2tsp sunflower oil
- Fruit (optional)



Method

1. Put the oats into the mixing bowl.
2. Crack the egg into a bowl and whisk.
3. Put baking powder into the oats, mixed spice and cinnamon. Mix together.
4. Add the egg, milk and sunflower oil and mix together.
5. Let the mixture rest for 5 minutes.
6. Heat some more oil on medium heat.
7. Fry dessert spoonful's of the mixture for about 3 minutes. Once fried put them in the oven at 150 degrees Celsius for about 20 minutes to cook through. Serve!

Jude's Overnight Oats – Serves 2

Ingredients

- 1 cup rolled oats
- 1 cup of milk of choice
- 0.5 cup Greek yoghurt
- 2 tablespoons chia seeds
- 2 tablespoons honey or maple syrup
- 0.5 teaspoon vanilla extract

Toppings: Strawberry, blueberry, banana, Nutella



Method

First add your oats, followed by your yoghurt, milk and chia seeds. Give it a good mix. Add the honey and vanilla extract, mix again and leave in the fridge for one day, add toppings, done!

Kit's Cinnamon Swirls

Ingredients

- 50g butter at room temperature
- 50g demerara sugar
- 1 tbsp ground cinnamon
- 1 pack of ready roll puff pastry
- 1 free-range egg
- Extra sugar for sprinkling



When in Lewes I like to have a cinnamon roll, they are good for breakfast or any time of the day, so that's why I decided to share my recipe with you.

Method

1. Roll out the dough to 2cm thick then mix the cinnamon, butter and sugar until you have cinnamon butter. Spread the cinnamon butter on the dough.
2. Roll the dough up and trim off the ends.
3. Cut into 2cm rolls and put on baking tray and give an egg wash. Put in the oven for 20 to 30 minutes.
4. Once out, decorate with icing.

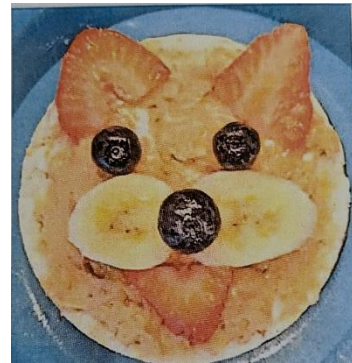
Kitty Cakes by Freya

Ingredients

- Rice cake
- Peanut butter
- Banana
- Blueberries
- Strawberry

Method

1. Spread the rice cake with peanut butter.
2. Cut the banana
3. Cut the strawberry



Munchy Mosaic

Ingredients

- Cherries
- Strawberries
- Banana
- Kiwi
- Blueberries
- 1/3 tub of Greek yoghurt
- Chocolate sauce

Method

1. Slice fruit into your desired size/shape.
2. Spread the Greek yoghurt over a dinner-sized plate.
3. Carefully lay the fruit on top of the yoghurt in the design of your choice.
4. Optional: drizzle chocolate sauce over the fruit for an extra little sweet kick.



Pancake Cake

Ingredients

- 4oz plain flour
- 1 egg
- ½ pint of milk
- ¼ tub of Greek yoghurt
- Handful of strawberries
- Handful of blueberries
- 1 banana
- Honey



Method

1. Whisk together the flour, egg and milk to create the pancake batter.
2. Heat a frying pan with a little oil. Once hot, pour the oil into a cup.
3. Pour a ladle of pancake batter into the frying pan and fry until lightly browned on both sides.
4. Remove from the heat and place on a plate.
5. Slice a handful of strawberries and the banana.
6. Spoon Greek yoghurt on top of the pancake and spread around.
7. Lay the strawberries, blueberries and banana on top of the yoghurt.
8. Fold or roll the pancake.
9. Drizzle honey over the top and enjoy!

Pancake Delight – 10 Pancakes

Ingredients

- 150g buck wheat flour
- 150g plain flour
- 2 tsp caster sugar
- 1.5 tsp baking powder
- 50g butter (melted)
- 400ml milk
- Juice of 1 lemon
- 2-3 handfuls blueberries
- 2 eggs



Method

1. Combine the milk and lemon juice to make buttermilk.
2. Mix all the dry ingredients in a large bowl.
3. After 5 minutes combine the butter, eggs and buttermilk in a jug and whisk.
4. Whisk the dry ingredients into the wet ingredients. You should now have a thick, smooth batter!
5. Heat a large non-stick pan. Add 2 tablespoons of batter in a pile and watch it spread into a circle. When there are lots of bubbly holes on the surface, flip and cook for 1 more minute.
6. Serve with Greek yoghurt, strawberries, maple syrup.

Sunny Side Up by Finlay

Ingredients

- 1 large egg
- Oil
- 1 slice of toasted sourdough
- Butter
- Strawberries
- Salt



Method

1. Put the bread in the toaster.
2. While the bread is toasting, heat some oil in a frying pan, crack the egg into the pan and fry to your liking.
3. Butter your toast.
4. Put your egg on the toast, add a little salt to taste.
5. Chop two strawberries, put them on top.

Lunches and Dinners

Barcombe Pesto by Robin

Ingredients

- 80g basil
- 50g pine nuts
- 50g parmesan
- 150ml olive oil
- 300g pasta of your choice

Method

1. Toast pine nuts in a frying pan until golden brown.
2. Blend basil, parmesan, olive oil and pine nuts until smooth.
3. Cook pasta
4. Mix together the pasta and sauce.
5. Serve with grated parmesan (optional)



Carrot Soup by Edward

Ingredients

- Knob of butter
- 1 chopped onion
- 7 chopped carrots
- 1 chopped stick of celery
- Sprinkle of fennel seeds
- Teaspoon of coriander powder
- Vegetable stock
- A handful of carrot leaves/parsley

Method

1. Melt the butter in a saucepan, add the onions and cook for a few minutes until soft.
2. Add the carrots, celery, fennel seeds and cook for a few more minutes.
3. Add the coriander powder and stir, allow to cook for a couple of minutes.
4. Add the vegetable stock, ensure that stock covers all the carrots. Cook for around 15-20 minutes until carrots are soft.
5. Add your chopped carrot leaves or parsley.
6. Take the soup off the heat and blend with a hand blender/mixer (ask an adult to help!!)
7. Season to taste with a little salt and pepper, perhaps a sprinkling of mixed seeds and enjoy!!!

Great for lunch in a flask at school or on a picnic!! I hope you enjoy.

Cheesy Sweet Potato Waffles by Dylan

Ingredients

- 1 large sweet potato
- 1 large egg
- 150g self-raising flour
- 50g cheddar cheese
- Cottage cheese
- Salad/sides of your choice, such as cucumber, tomato, salad leaves, corn on the cob etc



Method

1. Scrub and grate the sweet potato, add to a bowl with the egg and flour. Season with a little salt and pepper and mix it all together with your hands. Divide the mix into four.
2. Preheat the waffle maker and once hot, put some of the grated cheese into each compartment, add a ball of the rosti mix, push down carefully with a spatula and cook for 8-10 minutes, until golden and crispy.
3. Serve with a spoonful of cottage cheese on top and a side salad or veggies of your choice.

You can also cook the rostis in a toasted sandwich machine or in a pan – if doing it in a pan, drizzle 1 tablespoon of olive oil into a frying pan on a medium-low heat. Make the rostis into patty shapes and cook in the pan for 3-4 minutes each side. Grate the cheese directly into the pan and sit the rostis on top.

Isabella's Chicken Korma

Ingredients

- 2 tbsp sunflower oil
- 1 onion finely chopped
- 3 chicken breasts, in chunks
- 2tsp minced garlic
- 2tsp minced ginger
- 1tsp ground cumin
- 1½ tsp ground coriander
- 1½ tsp garam masala
- ½ tsp chilli powder
- ½ tsp turmeric
- ¼ tsp salt
- 2 tbsp tomato puree
- 120ml natural yoghurt
- 120ml coconut milk
- 2 tbsp ground almonds
- 1tsp honey
- 60ml double cream
- Freshly chopped coriander and basmati rice to serve



Method

1. Heat the oil in a large frying pan over a medium heat, until hot.
2. Add the onion and cook for 5 minutes, stirring often, until softened.
3. Add the minced garlic, minced ginger, cumin, ground coriander, garam masala, chilli powder, turmeric, salt and tomato puree. Cook for 2 minutes, stirring.
4. Add the yoghurt, coconut milk, ground almonds and honey. Cook for a few minutes more, stirring. Turn the heat down to low.
5. Fry the chicken in a separate pan, until cooked through.
6. Add the chicken to the curry. Add the double cream and stir in.
7. Serve with rice and freshly chopped coriander.
8. Enjoy!

Jessica's Carrot Buns and Crunchies!

Ingredients

- 500g strong bread flour
- 4tbsp rapeseed oil
- 1½ tsp salt
- 1½ dried active yeast
- 2 medium carrots, grated
- 320ml cold water
- Carrots, cucumber or any veggies you like.



Method

1. Pre-heat the oven to 180 degrees Celsius.
2. Mix the dry ingredients and grated carrots together in a mixing bowl. Make a well in the flour mix. Add the oil and 80% of the water.
3. If using a mixer, set on slow speed for a couple of minutes and gradually add the remaining water (you don't want the dough too wet or sticky – the carrots bring quite a lot of extra moisture).
4. Once mixed, increase to a medium speed for 8-10 minutes, until smooth and stretchy. Alternatively, knead the dough by hand for about 10 minutes.
5. Lightly oil a bowl, transfer the dough to the bowl and cover with cling film. Leave for 1 ½ hours or until doubled in size.
6. Roll the dough by hand into a sausage shape and divide into 6 large pieces (for large buns) or around 10 smaller ones.
7. Roll or stretch the pieces into balls and place on a baking tray about 2cms apart. Leave to prove for another 30 minutes. Brush with egg or milk for a shiny finish (optional)
8. Bake in the oven for 20-25 minutes, until golden brown on top.
9. Whilst the buns cool, chop the raw vegetables and arrange decoratively on a plate.
10. Enjoy!

Tomato Soup by Henry

Ingredients

- A glug of olive oil
- 1 chopped onion
- 1 chopped leek
- 2 crushed garlic cloves
- 2 chopped celery sticks
- A sprinkle of fennel seeds
- 1 chopped red pepper
- 1 chopped carrot
- 1 chopped courgette
- 2 tins tomatoes
- Vegetable stock
- Optional seeds, salt and pepper



Method

1. Wash hands
2. Add the olive oil to a saucepan on a medium heat.
3. Add onion, leek and garlic to the saucepan, cook until soft.
4. Add the celery and the fennel seeds.
5. Add the red pepper, carrot and courgette.
6. Give it a stir and let cook for a few minutes.
7. Add the tinned tomatoes and then add the vegetable stock, the vegetables should be covered.
8. Leave to simmer for 15 to 20 minutes.
9. Take off the heat and blend the soup until smooth using a hand blender.
10. Add salt and pepper to taste if needed.
11. Enjoy your soup.

Snacks

Banana and Cacao Marble Loaf by Romy

Ingredients

- 2 ripe bananas
- 2¼ tbsp honey
- 3 eggs
- 250g self-raising flour
- 1tsp baking powder
- 1tsp bicarbonate of soda
- 25g butter
- 1 big spoonful cacao/cocoa powder



Method

1. Mash up the bananas and spoon into a mixing bowl.
2. Add the honey (you don't need to add the exact amount, more or less is fine).
3. Add the eggs and put the eggshells aside.
4. Add the flour (doesn't need to be exactly 250g)
5. Add the baking powder (don't go over 1tsp, but less is fine)
6. Add the bicarbonate of soda (again, don't go over 1tsp)
7. Add the butter (doesn't need to be exactly 25g)
8. Mix using a whisk (electric whisk recommended)
9. Separate the mix into two bowls
10. Add the cacao powder into one bowl and stir until blended. Leave the other plain.
11. Spoon the cacao mix into a loaf tin (try to keep it on one side of the tin)
12. Add the plain mixture on the other side of the tin and swirl together gently with the end of a knife.
13. Bake in the oven for 50 minutes at 180 degrees.

Blueberry Muffins by Betty

Ingredients

- 110g/4oz butter (softened)
- 110g/4oz flour (plain)
- 65g/2.5oz caster sugar
- 2 free range eggs
- 1.5tsp baking powder
- 125g/4.5oz blueberries
- A pinch of nutmeg

Bursting with juicy berries and golden baked goodness these blueberry muffins are the perfect mix of sweet, soft and satisfying. Whether it is a breakfast on the go or a cosy afternoon treat, one bite and you will be back for more.



Method

1. Cream the butter and sugar together, then steadily add the eggs and mix for a few minutes.
2. Add the flour, baking powder and nutmeg. Stir altogether then refrigerate for at least an hour, preferably overnight.
3. Put a spoonful of muffin mixture into each muffin case, filling it to just over halfway.
4. Bake in oven at 200C/180 fan/gas mark 6 for 20 minutes, or until golden on the top but before you put them in the oven, sprinkle blueberries.
5. Finally leave for several minutes to let them cool then you can relax and enjoy a freshly baked muffin.

Delicious and Healthy Protein Balls by Evelyn

Ingredients

- 1 cup of almond flour
- ½ cup of chia seeds
- 1 cup plant-based protein powder
- ½ cup creamy peanut butter
- ½ cup chocolate chips
- ¼ cup coconut oil

Fill your mouth with scrumptious balls of chocolatey peanut butter flavoured snacks; enjoy this chewy delight any time of the day.

Method

1. First pour all the ingredients into a large bowl.
2. Next, stir the ingredients with spatula or wooden spoon. Make sure the coconut oil and the peanut butter are mixed in well. If you prefer, use your hands to mix when you pick a small portion and press it into your palms and it should stick together.
3. Carefully form 24 similarly sized balls and place in the refrigerator until serving. This ensures they hold firm while eating.

Make these snacks for you or friends to enjoy.

Fabulous Flapjack by Tess

Ingredients

- 175g/6oz butter
- 175g/6oz golden syrup
- 175g/6oz light muscovado sugar
- 350g/12oz porridge oats
- ½ unwaxed lemon, finely grated zest only (optional)
- Pinch of ground ginger (optional)



Make delicious, golden and crunchy flapjacks with any fruit in it. You can always have flapjacks any time you want in the summer of winter, it does not matter.

Method

1. Preheat the oven to 150C/130C fan oven/gas mark 2 and line a 20cm/8inch square baking tin or with baking paper.
2. Melt the butter in a medium or small pan over a low heat. Dip a baking brush in the butter and brush in the baking tin with a little bit of it.
3. Add the golden syrup and some sugar to the butter and heat gently. Once the sugar has disappeared and the butter is melted, remove the pan from the heat and stir in the porridge oats, lemon zest and ginger and mix.
4. Pack the mixture into the baking tin and squash it down. Bake in the oven for 25 minutes. Do not leave for longer or it will go hard and burnt! But if you like it hard you can.
5. Once cooked remove from the oven, leave to cool for 15 minutes, then turn out onto a chopping board and cut into squares or you can cut into anything you want. I would use a cut tool and do a star or I would cut into a smiley face.
6. These flapjacks are delicious in a packed lunch or as a grab-and-go breakfast or a snuggly time to relax and watch the yummy, delicious oats go into your mouth. You can add any delicious toppings to the flapjacks. Enjoy!

You can also pour some melted dark chocolate over the cooked flapjacks and then leave to set before eating. Using brown sugar is essential to get the caramel flavour and the right texture. (Brown sugar contains more moisture than white). You can use any porridge oats for this recipe but larger oats (such as jumbo or whole rolled oats) will give more crunchy texture to your flapjacks.

Fruity Flapjacks by James

Ingredients

- 230g honey
- 230g butter or non-dairy spread
- 300g porridge oats
- 150g dried cherries/cranberries/raisins – anything you like!



Method

1. Melt the butter and the honey together in a saucepan.
2. Mix the porridge oats and honey/butter mixture together in a large mixing bowl.
3. Add the dried fruit
4. Bake for approximately 30 minutes or until golden brown on top.

Jeff's Fries

Ingredients

- Watermelon
- Honeydew melon
- Strawberries
- Vanilla yoghurt
- Honey

Method

1. Cut up both melons into slices.
2. Cut up the slices into fries using a crinkle cutter.
3. Blend the strawberries, yoghurt and honey and pour into a small bowl.
4. Enjoy Jeff's fries!



Lovely Lemon Shortbreads by Teya

Ingredients

- ½ cup of butter that's been softened
- 1/3 cup of cane sugar
- Zest of one medium lemon
- 1 tablespoon of fresh lemon juice
- 1 tablespoon of fresh thyme leaves chopped
- ¼ teaspoon of sea salt

With just a few simple ingredients, lovely lemon shortbreads make your mouth water and your eyes glow.



Method

1. First preheat your oven to 350 degrees Fahrenheit and then line a large baking sheet with greaseproof paper.
2. Now cream the butter in the bowl with an electric mixer. Then add the sugar and beat it until nice and fluffy, scraping down the sides of the bowl as needed. Next add the lemon zest, lemon juice and thyme into the mix, then stir it again. Finally add the flour and salt and mix until just combined.
3. Now turn the dough out onto a floured surface and flatten with a rolling pin into one disk. If the dough is sticky, wrap and chill for 15 to 30 minutes until firm but still flexible.
4. Next, roll the dough onto a lightly floured surface until about ¼ inch thick. If you want, you can roll the dough between two pieces of greaseproof paper. Now get cookie cutters (if you want) and make them into any shape. Put them on a baking sheet and bake for 10-14 minutes or until the edges are slightly browned. Keep any extra cut out cookies in the fridge ready to bake.
5. Remove from the oven and transfer the cookies to wire racks to cool. Store at room temperature for about 5 days.

Now you can enjoy your delicious, lovely lemon shortbread cookies.

World-Class Hash-Browns by Joshua

Ingredients

- 3 large potatoes
- 1.5 tablespoons of butter
- 1 teaspoon of salt
- ¼ teaspoon of garlic powder
- 1 tablespoon of potato starch
- 3 tablespoons of rice flour
- 1 tablespoon of water



There's nothing quite like waking up to the smell of golden, crispy hash browns sizzling in the pan. This recipe brings a comforting aroma right into the heart of your kitchen and home!

Method

1. Using a cheese grater, grate the potatoes smoothly and then transfer to a bowl of ice-filled water and let them rest for around 20 minutes.
2. Drain the water from the bowl and thoroughly wring out as much moisture as possible from the potato by squeezing them with your hands.
3. Generously add the butter to a stick-resistant pan and place over a moderate heat. Add the potatoes and fry for 15 minutes, consistently moving the potatoes to ensure they are evenly cooked, but not yet browned.
4. Remove the potatoes from the pan and swiftly transport them into a metal mixing bowl. Once cool, fold in the remaining ingredients (salt, garlic powder, potato starch, corn starch, water and rice flour) until a thick dough forms. If the dough is too thick, pour in a small amount of additional water.
5. Using your hands, mould the potato mixture into iconic rectangular hash brown shapes; place them on a tray lined with baking paper and refrigerate for at least two hours.
6. Pour an inch of frying oil into a non-stick pot. Heat the oil until sizzling is heard: this signals the oil is hot enough to begin frying. Once heated, add the refrigerated hash browns one at a time and fry for two to three minutes on each side until golden, crispy potato snacks appear!
7. Place the fried hash browns on a wire rack and let them cool for five minutes; this will minimise the risk of burning.
8. Serve with a sprinkle of salt and tomato ketchup.

And finally

A Recipe for Friendship by Dora

Ingredients

- 2 teaspoons of helpfulness
- 3 drops of love
- 100g of kindness
- A sprinkle of energy
- A sprinkle of trust

Method

1. First put 2 teaspoons of helpfulness into a bowl.
2. Then add 3 drops of love.
3. Then add 100g of kindness.
4. Put energy and trust in it.
5. Mix it.
6. Put it in the oven to cook.
7. Finally, done.
8. Take your friend out of the oven.

Now you have the perfect friendship!

