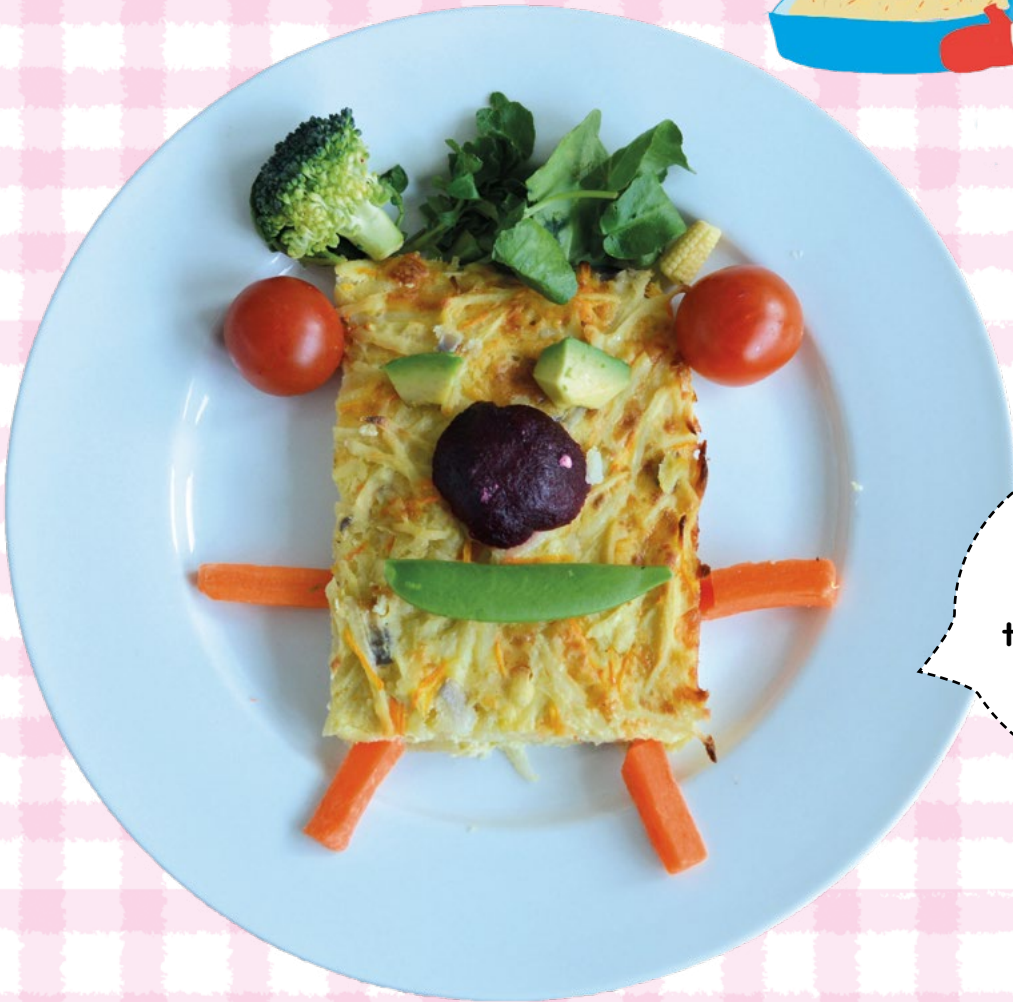


YUM! YUM!
It smells so cheesy!
I can't wait to have a
slice with some tasty
green socks on the
side!



YUM! YUM!
But you can have
your gratin with a
tasty green salad or
vegetables on the
side, instead!

GREAT GRATED GRATIN

You will need:



3 potatoes



1 carrot



1/2 a finely cut onion



1 cup of
grated cheese



3 tbsp of cream



2 eggs



a glug of oil

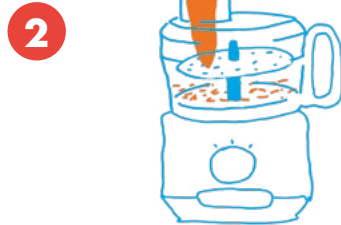


a pinch of salt

How to:



1 Peel the vegetables.



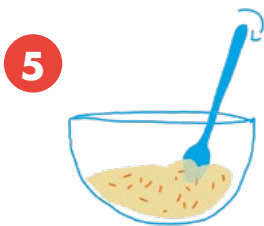
2 Grate the vegetables.



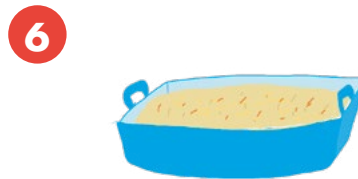
3 Place the grated potatoes on a tea towel and add a pinch of salt.



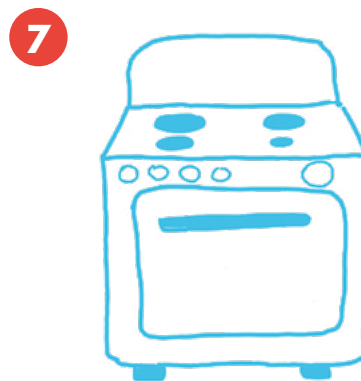
4 Squeeze the water out of the grated potatoes.



5 Mix the grated veg with the chopped onion the eggs, the cream, a glug of oil and the cheese.



6 Oil an oven dish and place the mix in it.



7 Cook in a preheated oven at 180°C for 30 min or golden brown. Enjoy!

Coconut water ice lollies



Water can be:



liquid



solid



liquid again



gas

COLD

HOT

What you need:

- Coconut water
- Pineapple juice
- Cut fruit, such as strawberries and raspberries.
- Lollipop sticks
- Ice lolly moulds

How to make:

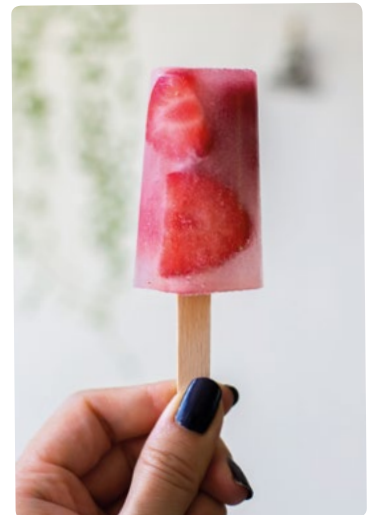
1. Pour a small amount of coconut water or juice into the mould. Freeze for 30 minutes.

2. Insert a lollipop stick and return to freezer for another 30 minutes (or longer).

3. To create the stripes, pour alternating juices in the mould, allowing the lollies to freeze for an hour between each juice addition.

4. To make the fruit lollipops, just add cut fruit to the lolly moulds, top up with coconut water and freeze.

5. Dip the moulds in hot water to ease the lollies out.



Mac and cheese bites



You will need:

**Makes about 12 normal
or 30 mini bites**

2 cups of dried macaroni
Half cup of butter
Half cup of flour
1 1/2 cups milk
A good pinch of salt
3 cups of cheddar cheese
1 egg
Muffin tray

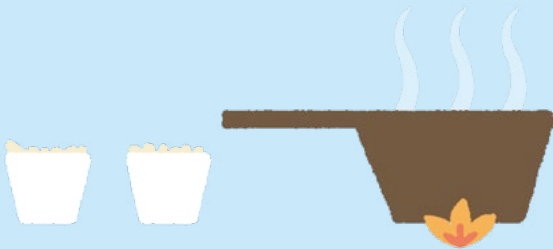
Ask an adult to help you!

Make delicious
bitesize mac and
cheese snacks!

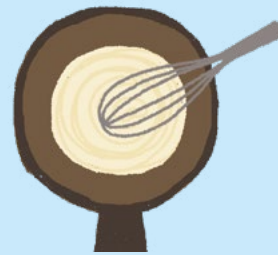


Pre-heat oven to 200°C

1. Boil macaroni following packet instructions. Leave slightly al dente (not completely cooked). *Drain.*



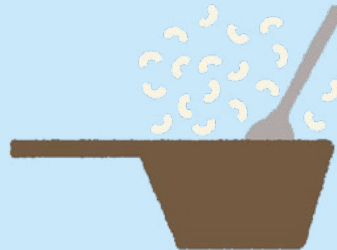
2. Melt butter in a pan and add the flour. Whisk together until smooth, gradually adding the milk. Keep whisking until it's smooth and thick.



3. Turn the heat off and add most of the cheese to the white sauce, leaving about half a cup. Add salt and pepper.



4. Add the macaroni to the sauce and then add the egg, mixing everything together well.



5. Grease your muffin tray with a bit of oil or butter. Then spoon in the mixture in and add a sprinkle of cheese on top of each blob.



6. Pop the tray in the oven for 15 minutes or until golden brown. Once cooked, let the mac bites rest for 15 minutes in the tray to keep their shape and cool before eating. **SCRUMMY!**

