

easy on the taste buds

Here are some recipes for easy-to-make treats that your child will love.

By *CHILD MAGAZINE*

low fat banana oat muffins

ingredients

- 100g Pouyoukas whole rolled oats
- 200g nutty wheat flour
- 1 tsp baking powder
- 1 tsp bicarb
- 100g brown sugar
- 1 tsp salt
- 1 egg lightly beaten
- 60ml apple sauce
- 4 large ripe bananas

method

In a large bowl, combine oats, flour, baking powder, bicarb, salt and sugar. In a separate bowl mash the bananas, then stir in the egg and apple sauce. Add the wet ingredients to the dry ones and beat until just combined. Spray a 12 hole muffin tin with non-stick spray, spoon the mixture into the muffin tin and bake at 180°C for approximately 25 minutes until brown.



omega seed loaf

ingredients

- 125ml (½ cup) Pouyoukas omega seed mix
- 275g nutty wheat flour
- 50g light brown sugar
- 7ml salt
- 10g instant dry yeast
- 15ml olive oil
- 400ml luke-warm water

method

Mix all the dry ingredients in a bowl. Add the olive oil and water and mix well. Spray a bread tin with non-stick spray. Pour the mixture into the tin and leave to rise until it has doubled in size. This normally takes about 20 minutes. Bake at 180°C for 45 minutes. Remove from the tin and bake for another 15 minutes.



peanut butter oat cookies

ingredients

- ½ cup peanut butter
- ½ cup brown sugar
- 1 egg
- ½ cup rolled or quick-cooking oats
- ½ cup flour
- ½ teaspoon baking powder
- ½ teaspoon all spice

method

Cream the peanut butter and sugar together. Beat in the egg. Mix the dry ingredients together. Add to the peanut butter mix. Place spoonfuls of the mix on a greased baking tray, pressing down on them lightly with a fork. Bake for 8-10 minutes at 180°C, or until golden brown. Allow to cool and store in an airtight container. Makes 30.



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cheese pizza wheels

ingredients

- 1 roll ready-made puff pastry
- A few slices of ham
- 1 tin chopped tomatoes
- Grated cheese
- A little milk or 1 beaten egg



method

Spread out the puff pastry on a clean floured surface. Roll out a little to get an even width throughout. Slice the ham into thin slivers. Spread a few spoonfuls of tomato over the pastry. Sprinkle the ham and grated cheese evenly over the pastry. Leave a 1cm gap at one end. Roll up the pastry, starting at the end opposite the gap. Brush a little milk or egg along the pastry where you left the gap. Finish rolling the pastry.

Using a sharp knife, slice the roll every 1.5 to 2cm. Place on a greased baking sheet, leaving gaps between the wheels. Brush lightly with milk or egg. Bake at 180°C for 30 to 40 minutes, or until golden brown.

apple muffins

ingredients

- 2 cups self-raising flour
- ½ cup caster sugar
- 1/3 cup olive or vegetable oil
- 1/3 cup milk
- 2 eggs
- ½ teaspoon vanilla extract
- 2 medium apples, peeled and grated
- 1 teaspoon cinnamon
- extra caster sugar

method

Preheat oven to 180°C and spray muffin tray. Sift flour into large bowl, add caster sugar and mix well. In a separate jug, add oil, milk, eggs and vanilla, and whisk to combine. Pour liquid into dry ingredients, add grated apple and stir to combine. Spoon into the muffin tray. Sprinkle with combined cinnamon and extra caster sugar. Bake for 20-25 minutes until a skewer inserted into the muffin comes out clean.



savoury muffins

ingredients

- 2 cups wholewheat / brown bread flour
- 2 teaspoons baking powder
- 1 egg, lightly beaten
- 1 cup milk
- 125g butter, melted
- ½ cup ham, sliced
- 1 cup cheddar cheese, grated

method

Mix together the dry ingredients, as well as the cheese and ham. Stir together the butter, milk and egg. Pour this into the flour, and mix until just combined. Spoon the mixture into your greased muffin pan, filling the moulds two thirds of the way. Bake at 200°C for 20 minutes, or until lightly browned.

cereal bars

ingredients

- Approx. ½ cup assorted nuts and seeds
- Approx. ½ cup mixed dried fruit
- 1 ½ cups rolled oats
- 100g unsalted butter
- 3 tablespoons honey



method

Mix together the dry ingredients. Melt the butter in a saucepan and stir in the honey. Pour this over the dry ingredients and mix well. Pour into a baking pan and press down. Bake at 180°C for half an hour or until golden brown. Leave to cool for several minutes. Cut into bars while it is still warm.



chocolate chip and orange biscuits

Egg free; nut free; alternatively dairy free
Makes 25–30

ingredients

- ¾ cup butter or margarine at room temperature (or a dairy-free option)
- ¼ cup icing sugar, sifted
- 1 cup self-raising flour
- ½ tsp salt
- ½ -1 tsp grated orange zest, with no rind
- 60g plain chocolate chips (or a dairy-free option)

method

Mix all the ingredients, except the chocolate chips, in a bowl until just blended. Sprinkle over the chocolate chips and mix them in.

On a lightly floured surface, knead the dough until pliable, form into a ball and cover with clingfilm. Chill in the fridge for one hour or until you are ready to bake. Preheat the oven to 180°C. Roll out the dough onto a lightly floured surface to about 0,5cm thick. Cut into shapes using a variety of cookie cutters and place on either sheets of greased baking paper or baking trays sprayed with non-stick cooking spray.

Bake for 10 minutes, keeping a close watch as they burn easily. Remove from the oven and allow to cool.

peanut butter granola bars

ingredients

- 1 cup natural peanut butter (or macadamia nut butter)
- ½ cup coconut oil
- 2/3 cup raw honey
- 2 cups rolled oats
- 2 cups mixed seeds (raw sunflower seeds, flax seeds, sesame seeds, coconut, raw chopped pecans or cashews)
- 1 cup chopped dried fruit (dates, raisins, apricots)

method

Gently and very slightly warm the peanut butter, coconut oil and honey in a pot until thoroughly mixed. Remove from heat and add the oats, seeds and fruit. Mix thoroughly and spread in a large pan.

Use a potato-masher or spatula to press the mixture down firmly and evenly.

Cover the pan with foil and leave in the fridge to set for a few hours. Once chilled, cut into bars and store in airtight containers in the fridge or freezer.

trail mix

Mix together assorted nuts, biltong and dried fruit. For children with nut allergies, use coconut flakes. Place in small plastic bags and tie closed.



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