

## Year 5 Recipes. Block two

Please leave items unprepared where possible to allow your child to do this in school. Please note the muffin recipe requires muffin cases that are slightly larger than cupcake cases.

## Coleslaw

### Option one

#### Ingredients

- 6 tablespoons plain yogurt
- ½ teaspoon Dijon mustard
- 2 tablespoons mayonnaise
- ½ white cabbage
- 2 carrots
- ½ onion

**Equipment: tub to carry home in**

### Option two

#### Ingredients

- 300g red cabbage
- 1 large carrot
- 1 red-skinned apple
- bunch Spring onions
- 2 tbsp mayonnaise
- 1 tbsp wine vinegar
- 1 tbsp extra-virgin olive oil
- Mustard cress (optional)
- 2 tbsp wholegrain mustard (optional)

#### Method

1. Mix the yogurt, mustard and mayonnaise together in a bowl to make the dressing.
2. Use a box grater, to grate the cabbage and carrots.
3. Grate the onion or chop as finely as you can.
4. Tip all of the vegetables into the bowl and stir through the dressing.

#### Method

1. Grate or finely slice the cabbage, carrot and apple and place in to a bowl.
2. Finely slice the spring onions and add to the bowl.
3. Whisk together the mayonnaise, vinegar and oil in a jug and season.
4. Pour the dressing over the vegetables and mix thoroughly.
5. Snip the mustard cress and stir into the coleslaw with the wholegrain mustard.

## Fruit Muffins

### Ingredients

- 250g self raising flour
- 1 teaspoon bicarbonate
- 100g caster sugar
- 200ml milk
- 2 medium eggs
- 85ml oil
- 150g of fruit, e.g. blueberries, raspberries, banana.

Optional 50 g of white chocolate or milk chocolate or toffee drops.

**Equipment: Approximately 12 Muffin cases and a container to carry them home.**

### Method

1. Preheat oven to 200°C.
2. Sift the flour and bicarbonate of soda in to a mixing bowl and stir in the sugar.
3. Measure the milk and oil in to a measuring jug.
4. Add the eggs to the jug and whisk with a fork to combine.
5. If using a banana or larger fruit chop in to small pieces.
6. Stir the milk mixture into the flour until combined.
7. Stir in the fruit and chocolate if using.
8. Place 12 muffin cases into a cake tin and carefully spoon the mixture in.
9. Bake for 15 – 18 minutes until risen and golden.

This recipe works really well with frozen berries

straight from the freezer also gluten free SR flour can be used.