



A balanced diet feeds the brain, providing it with the nutrients it needs to support a positive mood. Nutritious food can have a substantial benefit to mental health.

So we have included two recipes that are nutritious and completely adaptable to different wants and needs. Fun for the whole family, enjoy!
The Food and Hospitality Team, Mrs Jones, Miss Thornley and Mrs Baker

Quick and Healthy Cheese Pizza

Wash hands, tie hair back, put on apron, wipe down surfaces.

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|-------------------------|-----------------------|--|
| 150g self raising flour | } | Rub in to each other in bow l |
| 50g margarine | | |
| 1 egg | } | Add a bit at a time to flour and margarine to make dough |
| 2tbsp milk | | |
| | Mixed together in jug | |

Flour surface. **Roll** out dough to size of plate or tray.
Place on plate or tray.

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|------------------------------------|---|----------------------------|
| 1tbsp tomato puree | → | Spread on dough |
| Choice of 2 toppings (pre chopped) | } | Put on top of tomato puree |
| 1tsp Dried herbs (optional) | | |
| Handful grated cheese (optional) | | |

Bake in oven at 180°C for 10-15mins. Tidy up!



Banana Oat Cookies

Ingredients

- 25g/ 1 ½ tablespoons (tbsp) Sugar
- 2 Ripe Bananas
- 200g/ 20 tbsp Oats
- 1 Egg
- 110g/ 5tbsp Margarine or Butter

Optional

- 50g/ small handful of either:
 - Choc Chips
 - Sultanas
 - Nuts
 - Blueberries
 - Glace cherries

Equipment

- Mixing bowl
- Baking tray
- Greaseproof paper

Recipe

1. Wash hands, put apron on, wipe down work area, collect equipment.
2. Preheat oven to 200°C /gas mark 7
3. Line the baking tray with grease proof paper
4. Measure all the ingredients into a mixing bowl
5. Mix with hands
6. Divide mixture into about 12 rough balls and place onto baking paper
7. Bake for 20 minutes.
8. Tidy and wash up

