

Terrible Tusks

Make your very own Gruffalo tusks using lots of different kinds of fruit.

Makes
8
tusks

You will need:

4 bananas
3 or 4 different kinds of soft fruit:
try strawberries,
melon and kiwi

Drinking straws

What to do:

- 1 Cut the soft fruit into bite-size pieces and lay everything out on a big plate or tray.
- 2 Chop each banana into three equal pieces. Keep the curved ends to one side.
- 3 Chop up the remaining middle sections and add to the plate of fruit.
- 4 Take a drinking straw.
- 5 One by one, slide pieces of fruit onto the straw. Mix up different sizes, shapes and colours.
- 6 Finish off your tusk with the curved end of a banana.



Tips, Tricks and Twists

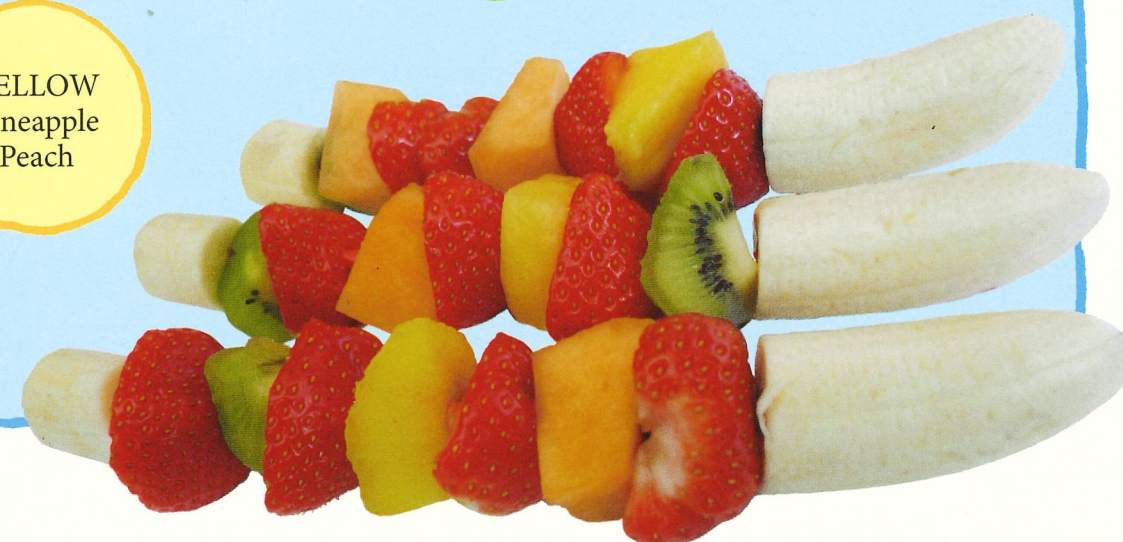
- Make sure the fruit is really soft and ripe, or it will be difficult to slide onto the straws.
- You can use any fruit you like! It's nice to use a mixture of different colours. Here are some ideas:

RED
Strawberries
Watermelon

GREEN
Green grapes
Kiwi
Melon

ORANGE
Mango
Orange
Apricot

YELLOW
Pineapple
Peach



I bet your fingers are really sticky!





Potato Owls

Decorate these cheesy baked potatoes to look like Owl.

Makes
4
owls

You will need:

- 2 large baking potatoes
- 1 tin tuna (150g), drained
- 1 tablespoon milk
- A knob of butter
- Olive oil
- 100g grated cheese
- 4 black olives, sliced
- 2 slices yellow cheese
- 1 slice orange cheese
- 8 small lettuce leaves

- A baking tray
- A shallow bowl
- A potato masher
- A circle cutter (2-3cm diameter)

What to do:

- 1 Preheat the oven to 220°C/Gas Mark 7.
- 2  Dip a piece of kitchen roll in a little olive oil and rub all over the baking tray.
- 3 Cut the potatoes in half lengthways so you have four ovals. Put them on the baking tray flat side up and brush with a little oil.
- 4 Bake for 40-50 minutes until soft in the middle. Take out of the oven and leave to cool. Don't switch the oven off.
- 5 Use a spoon to scoop out the middle of the potato and put in the shallow bowl. Keep the skins to one side for later.
- 6  Add the milk and butter to the potatoes and mash with a potato masher until soft and fluffy.



- 7 Add the tuna and half the cheese to the mashed potato and mix well.



- 8 Spoon the mixture back into the potato skins and sprinkle the leftover cheese on top.

- 9 Put the filled skins back in the oven for 5-10 minutes until golden and melty.



- 10 While they're cooking, press the small circle cutter into the yellow cheese slices eight times. These will be the eyes.

- 11 Cut a slice of orange cheese into four triangles to make beaks.

- 12 Take the potato owls out of the oven and put them on plates.



- 13 Decorate them quickly with eyes and beaks. Use lettuce leaves as wings.

Tips, Tricks and Twists

-  As the tin of tuna has sharp edges, it's a good idea to empty the drained tuna into a small bowl before giving to a child to add to the potato mixture.
-  You can use any cheese you like, or even a mixture of cheeses.
-  You could try raisins for the eyes or carrot as a beak.





Potato Owls

Decorate these cheesy baked potatoes to look like Owl.

Makes
4
owls

You will need:

- 2 large baking potatoes
- 1 tin tuna (150g), drained
- 1 tablespoon milk
- A knob of butter
- Olive oil
- 100g grated cheese
- 4 black olives, sliced
- 2 slices yellow cheese
- 1 slice orange cheese
- 8 small lettuce leaves

- A baking tray
- A shallow bowl
- A potato masher
- A circle cutter (2-3cm diameter)

What to do:

- 1 Preheat the oven to 220°C/Gas Mark 7.
- 2  Dip a piece of kitchen roll in a little olive oil and rub all over the baking tray.
- 3 Cut the potatoes in half lengthways so you have four ovals. Put them on the baking tray flat side up and brush with a little oil.
- 4 Bake for 40-50 minutes until soft in the middle. Take out of the oven and leave to cool. Don't switch the oven off.
- 5 Use a spoon to scoop out the middle of the potato and put in the shallow bowl. Keep the skins to one side for later.
- 6  Add the milk and butter to the potatoes and mash with a potato masher until soft and fluffy.



- 7 Add the tuna and half the cheese to the mashed potato and mix well.



- 8 Spoon the mixture back into the potato skins and sprinkle the leftover cheese on top.



- 9 Put the filled skins back in the oven for 5-10 minutes until golden and melty.
- 10 While they're cooking, press the small circle cutter into the yellow cheese slices eight times. These will be the eyes.

- 11 Cut a slice of orange cheese into four triangles to make beaks.

- 12 Take the potato owls out of the oven and put them on plates.



- 13 Decorate them quickly with eyes and beaks. Use lettuce leaves as wings.

Tips, Tricks and Twists

-  As the tin of tuna has sharp edges, it's a good idea to empty the drained tuna into a small bowl before giving to a child to add to the potato mixture.
-  You can use any cheese you like, or even a mixture of cheeses.
-  You could try raisins for the eyes or carrot as a beak.



Mouse's Nut and Date Bars

All was quiet in the deep dark wood.
The mouse found a nut, and the nut was good.

Makes
12
bars

You will need:

225g dates
150g unsalted butter
5 tablespoons honey
150g oats
150g chopped nuts
150g raisins
4 tablespoons mixed seeds
Extra butter for greasing

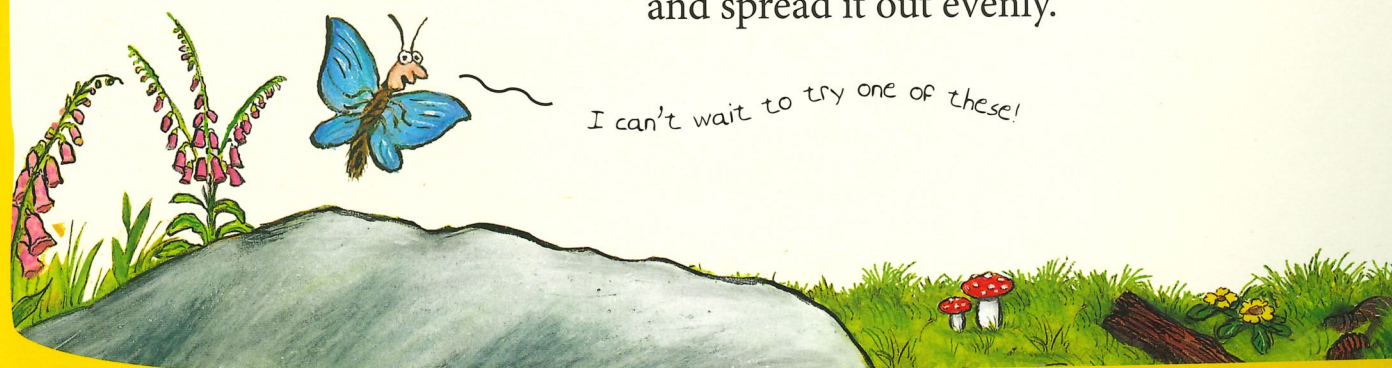
A food processor
A small saucepan
A large mixing bowl
An oven tray
(about 20 x 30cm)

What to do:

- 1 Preheat the oven to 180°C/Gas Mark 4.
- 2 Dip a piece of kitchen paper in butter and rub all over the oven tray.
- 3 Finely chop the dates in the food processor until they become sticky crumbs.
- 4 Melt the butter and honey in a pan. Pour into the large mixing bowl and leave to cool.
- 5 Add the dates and mix really well.
- 6 Mix in the oats, nuts, seeds and raisins. You might need to use your hands! The mixture should be quite stiff.
- 7 Tip the mixture into the oven tray and spread it out evenly.



I can't wait to try one of these!



- 8 Squash down the mixture with your hands. You will need to be quite firm. It should be really compact when you've finished.
- 9 Bake for 20-25 minutes until golden brown on top.
- 10 Allow to cool. When completely cold, chop into squares to serve.



Tips, Tricks and Twists

- You can use any nuts you like, such as pistachios, hazelnuts, pecans, walnuts, peanuts or cashews – or a mixture.
- If you don't want to use nuts, try swapping with an extra 150g of oats.
- Why not try chopped apricots instead of raisins?



Knobbly Knees

He has knobbly knees . . .

These crunchy cakes are nice and knobbly too!

Makes
12
cakes

You will need:

25g unsalted butter
100g chocolate
75g cornflakes
25g nuts
25g raisins
2 tablespoons honey

A small saucepan
A big bowl
12 paper cases
A muffin tray

What to do:



1 Break the chocolate into pieces with your hands and put in the small saucepan.



2 Add the butter and honey.



3 Melt over a low heat. Stir until everything is combined and leave to cool.



4 Put the cornflakes, nuts and raisins in the big bowl. These are your dry ingredients.



5 Mix the dry ingredients together.



6 Pour the warm contents of the pan over the dry ingredients.

7 Mix everything together really well. It should be quite stiff.

8 Put 12 paper cases in the muffin tray.



9 Divide the mixture evenly between the paper cases. You can use a tablespoon to scoop it out of the bowl, and then scrape the mixture into the paper case using a teaspoon.

10 Put in the fridge for 2 hours to set.

Tips, Tricks and Twists

- You can use any kind of nuts you like, or for a treat you could swap them with mini marshmallows.
- If you want to get messy, you can mix everything together with your hands – otherwise use a wooden spoon!

