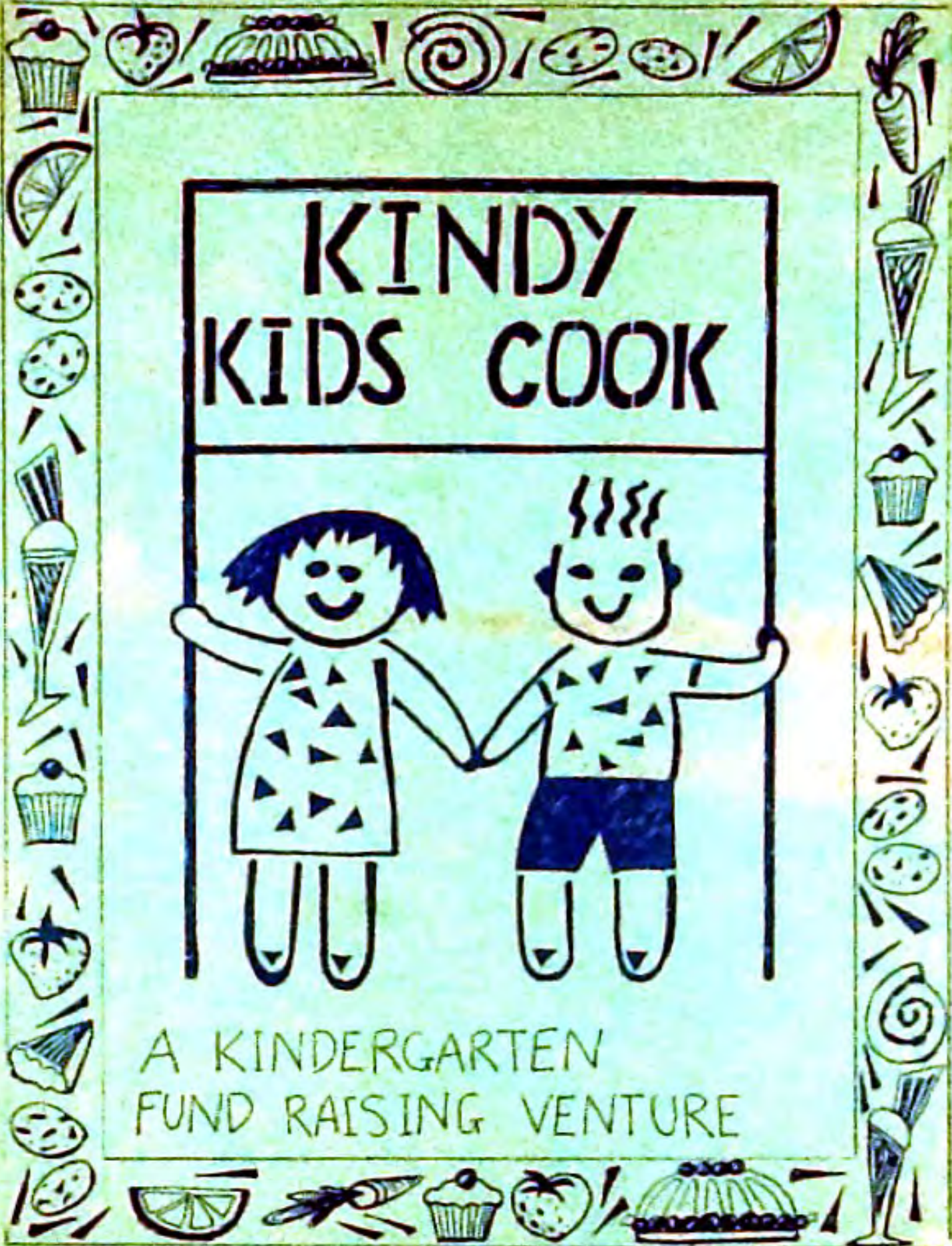


KINDY KIDS COOK



A KINDERGARTEN
FUND RAISING VENTURE



FOREWORD

THESE SUPPERS, SNACKS, TEATIME FAVOURITES AND TREATS FOR THE SWEET TOOTH ARE TO ENCOURAGE THE NOBLE ART OF COOKING WITH CHILDREN.

THE RECIPES ARE SIMPLE FOOD IDEAS WHICH HAVE PROVEN POPULAR WITH MY FAMILY NONE OF THESE RECIPES ARE ENTIRELY ORIGINAL. THANKS TO EVERYONE WHO KNOWINGLY OR UNKNOWINGLY HELPED IN THIS COMPILATION.

THE CONTENTS PAGE IS IN ORDER OF SKILLS REQUIRED STARTING WITH THE EASIEST RECIPES AND GRADUATING TO THE MORE DIFFICULT.

COMPILED AND
ILLUSTRATED BY
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- MARBLED CUP CAKES
- CHOCOLATE MUD PIE
- LEMON CHEESECAKE

PLAY DOUGH

YOU NEED

- 1 CUP FLOUR
- 1/2 CUP SALT
- 1 TABLESPOON COOKING OIL
- 2 TEASPOONS OF CREAM OF TARTAR
- 1 CUP WATER
- FEW DROPS FOOD COLOURING







YOU DO

- MIX ALL INGREDIENTS, EXCEPT FOOD COLOURING, TOGETHER IN A POT.
- COOK OVER MODERATE HEAT, STIRRING. WHEN MIXTURE LEAVES THE SIDES OF THE POT AND CLINGS TO SPOON ADD THE FOOD COLOURING. STIR IN.
- KNEAD WHILE STILL WARM. READY TO PLAY WITH.



FRUIT AND BRAN LOAF

YOU NEED

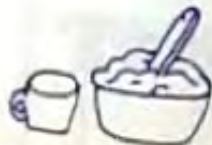
-  FLOUR
-  RAW SUGAR
-  BRAN
-  MILK
-  SULTANAS OR RAISINS OR CHOPPED DRIED APRICOTS OR CHOPPED DATES OR A MIXTURE OF ANY OF THESE
-  1 TEASPOON BAKING POWDER

YOU DO

MIX THE SUGAR, BRAN, MILK AND FRUIT TOGETHER AND LEAVE TO SOAK FOR 1 HOUR



ADD THE FLOUR AND BAKING POWDER. STIR UNTIL JUST MIXED.



PUT INTO SMALL LOAF TIN, LINED WITH A BUTTER PAPER











BAKE IN A MODERATE OVEN FOR ABOUT $\frac{3}{4}$ OF AN HOUR



THIS RECIPE MAY BE DOUBLED IF YOU ONLY HAVE A LARGE LOAF TIN

BIRD SEED BARS

YOU NEED

-   ROLLED OATS
-  EACH OF SESAME, PUMPKIN AND SUNFLOWER SEEDS
-  RAISINS OR NUTS
-  120G BUTTER
-  $\frac{1}{2}$ CUP RAW SUGAR
-  $\frac{1}{3}$ CUP PEANUT BUTTER
-  $\frac{1}{3}$ CUP GOLDEN SYRUP

YOU DO

ROAST THE ROLLED OATS, SESAME PUMPKIN AND SUNFLOWER SEEDS IN A ROASTING DISH IN A MODERATE OVEN FOR ABOUT 10 MINUTES. COOL. NOW ADD RAISINS OR NUTS










MIX THE BUTTER, SUGAR, GOLDEN SYRUP AND PEANUT BUTTER IN A POT, STIRRING OVER HEAT UNTIL BUTTER IS MELTED AND SUGAR DISSOLVED BRING TO THE BOIL. REDUCE THE HEAT AND SIMMER, UNCOVERED WITHOUT STIRRING FOR FIVE MINUTES.



STIR THIS MIXTURE INTO THE DRY INGREDIENTS. PRESS INTO A SWISS ROLL TIN. REFRIGERATE UNTIL SET THEN CUT INTO BARS. STORE IN FRIDGE.

HONEY BISCUITS

YOU NEED

-  1/2 CUP BUTTER OR MARGARINE
-  1/2 CUP HONEY
-  1 EGG, BEATEN
-  1 TEASPOON BAKING POWDER
-  1 CUP WHOLEMEAL FLOUR
-  1 CUP PLAIN FLOUR
-  1 TEASPOON CINNAMON

YOU DO

CREAM THE BUTTER, AN ELECTRIC MIXER IS EASIEST ADD THE HONEY AND BEAT WELL MIX IN THE BEATEN EGG



ADD THE BAKING POWDER, FLOURS AND SPICE, JUST A LITTLE AT A TIME TO THE CREAMED MIXTURE. MIX WELL AFTER EACH ADDITION.










ROLL OUT TO A THICKNESS OF ABOUT 1/4 INCH AND STAMP OUT SHAPES WITH YOUR BISCUIT CUTTERS. PLACE ON GREASED TRAYS

BAKE IN A 200°C OVEN FOR ABOUT 15 MINUTES



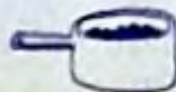
OAT CRUNCH

YOU NEED

-  8 OZ MELTED BUTTER
-  1 TABLESPOON GOLDEN SYRUP
-  1 TEASPOON VANILLA ESSENCE
-  1/2 CUP RAW SUGAR
-  1/2 CUP ROLLED OATS
-  1/2 CUP COCONUT
-  2 TABLESPOONS FLOUR

YOU DO

HEAT, IN A POT, THE FIRST FOUR INGREDIENTS TO BOILING POINT.



PUT THE DRY INGREDIENTS IN A LARGE BOWL THEN ADD THE SYRUP. MIX WELL



PRESS MIXTURE INTO 10 INCH SQUARE TIN A SMALL ROASTING PAN DOES THE JOB














BAKE AT 180°C TILL GOLDEN COLOUR ABOUT 20 MINUTES. COOL SLIGHTLY THEN CUT AND TURN OUT.



BANANA OAT BISCUITS

YOU NEED

-  CUP OF MASHED BANANA
-   1 1/2 CUPS FLOUR
-  1 TEASPOON BAKING POWDER
-  1/4 TEASPOON BAKING SODA
-  1 TEASPOON CINNAMON
-  1 CUP SUGAR
-  2/3 CUP BUTTER OR MARGARINE
-  2 EGGS
-   1 1/2 CUPS ROLLED OATS

YOU DO

SIFT TOGETHER FLOUR, BAKING POWDER, BAKING SODA, SUGAR AND CINNAMON.



ADD BUTTER, EGGS AND HALF THE MASHED BANANA. BEAT UNTIL CREAMY AN ELECTRIC MIXER IS EASIEST.

FOLD IN REMAINING BANANA AND ROLLED OATS.








DROP SPOONFULS OF MIXTURE ONTO GREASED TRAYS.

BAKE IN 180°C OVEN FOR ABOUT 20 MINUTES









CARAMEL DUMPLINGS

YOU NEED

-   1 1/4 CUPS FLOUR
-  A HEAPED TEASPOON BAKING POWDER
-  50 G BUTTER
-  1/3 CUP SUGAR
-  1 TEASPOON VANILLA ESSENCE
-  1/3 CUP MILK

SAUCE

-  50 G BUTTER
-   1 1/2 CUPS BROWN SUGAR FIRMLY PACKED
-   1 1/2 CUPS WATER
-  PINCH SALT

YOU DO

SIFT FLOUR, BAKING POWDER INTO A BOWL. RUB IN BUTTER WITH FINGERTIPS. ADD SUGAR.



ADD COMBINED MILK AND VANILLA AND STIR WELL.

SAUCE



COMBINE ALL INGREDIENTS IN A LARGE POT, STIR CONSTANTLY UNTIL BOILING, REDUCE HEAT.

DROP TABLE SPOONS OF DOUGH INTO SIMMERING SAUCE, COVER WITH POT LID AND SIMMER FOR 20 MINUTES.



SERVE WITH ICECREAM OR CREAM