

# GK KITCHEN – KIDS IN THE KITCHEN

## Cooking Rotation 3

- Cherry ripe bliss balls

### **CHERRY RIPE BLISS BALLS**

100 grams glacé cherries

100 grams pitted chopped dates

1/2 cup desiccated coconut and extra for rolling

2 tablespoons cocoa powder

1 tablespoon coconut oil

1 tablespoon honey

### **METHOD**

Place all ingredients in food processor and process till well combined. Roll teaspoons of mixture into balls and roll in coconut.

Place in fridge to firm up.

- Sushi sandwiches

### **SUSHI SANDWICHES**

White and brown bread

Cheese and Vegemite

Creamed corn, ham and cucumber

Cream cheese, lettuce, grated beetroot and grated carrot.

### **METHOD**

Using a rolling pin, roll till bread is flat.

Top with filling combinations

Roll bread up, slice into 3 and secure with toothpick.

- Cheese & Vegemite scrolls

### **CHEESE AND VEGEMITE SCROLLS**

1 sheet puff pastry

Vegemite

Grated cheese.

### **METHOD**

Heat oven to 180 degrees

Spread Vegemite to cover the pastry

Sprinkle with grated cheese to cover the Vegemite. Roll pastry to a tight scroll and cut into slices. Lay slices flat side down and bake for 12 minutes.