

# GK KITCHEN – KIDS IN THE KITCHEN

## Cooking Rotation 4

- Apricot & oat bliss balls

### **Apricot and Oat Bliss Balls**

1 cup chopped dried apricots

1/2 cup desiccated coconut

1/2 cup oats

1 tablespoon honey

### **METHOD**

Put all ingredients in food processor until combined.

Roll spoonfuls of mixture into balls, roll in coconut and refrigerate till ready to eat.

- Healthier Honey Joys

### **Healthier Honey Joys**

2 cups cornflakes

50 grams butter

1 tablespoon rice malt syrup.

### **METHOD**

Melt butter and rice syrup in saucepan till babbling.

Put cornflakes in to bowl and add butter mixture.

When combines put mixture into patty pans.

Bake in moderate oven for 10 minutes.

Refrigerate till set

- Kids in the Kitchen Muffins

### **Kids In The Kitchen Muffins**

1/4 cup chopped onion

Ham or bacon chopped(optional)

1/3 cup grated zucchini

1/3 cup grated carrot

1/3 cup grated cheese

1/3 cup corn kernels

1/3 cup sifted self raising flour

2 eggs whisked.

### **METHOD**

Fry onion and bacon.

Add all ingredients to bowl.

Spoon mixture into patty pans, bake in moderate oven for 15 minutes.

## Harmony Day

- Pumpkin scones & cupcakes