**Below ingredients to get to COOK along with us on SUNDAY 14th FEBRUARY 2021. Parents to be in the kitchen with the children at all times to Supervise.**

**Carob Balls**

 **Ingredients:**

¼ cup carob powder

¼ cup honey

1cup peanut butter, (other: Cashew nut butter, or nut of your choice or seed butter)

1 teaspoon vanilla extract

Desiccated coconut or sesame seeds Pinch of salt

**Method:**

Thoroughly mix carob powder into honey until all the carob

powder disappears. Stir peanut butter into this.

Form into balls by rolling portions between palms.

and add a nut in the center. Roll in coconut or sesame seeds.

 Press one more nut on top. Chill or freeze to make firmer.

**Carob Chips**

Ingredients:

¼ cup melted coconut oil.

¼ cup carob powder

1 tablespoon maple syrup

½ teaspoon vanilla extract

Pinch salt

**Method:**

Thoroughly mix all the ingredients together until all the carob

powder disappears and the mixture is very smooth.

Pour a thin layer into a tray. Chill in fridge or freezer until hard.

When hard, break into small chips to use in other recipes or to eat as it is.

**Fudge bars**

**Ingredient**s:

1 cup tahini

¼ cup carob powder

2 tablespoons melted coconut oil

2 tablespoons maple syrup

¼ teaspoon salt

**Method:**

Thoroughly mix all the ingredients together until all the carob powder

disappears and the mixture is very smooth. Pour into an ice cube tray.

Put in freezer until hard of for about an hour. When hard,

take out of the freezer and push out one cube at a time.

Eat straight away and put the remainder back in the freezer.

This tahini carob fudge bar will melt when it goes to room temperature.

Remember: Serve straight from the freezer. What is

not used put back in the freezer.

**Vanilla Ice Cream**

**Ingredients**

Blend well until smooth:

1 cup cashews 3 cups water

1 tsp. slippery elm powder (optional) ½ cup raw honey

2 Tbs. lecithin or soya milk powder (optional) 1 Tbs. vanilla extract

¼ tsp. salt

Add slowly:

1/3 cup coconut or soya oil

**Method**

Blend well and freeze. Whip again and return to freezer. Serve before it gets too hard. Slippery elm gives smooth creamy texture.

For carob ice cream – add 3 Tbsp. carob powder.

Fresh fruit (blueberries, peaches etc.) may be substituted for part of the water.

**Chip Cookies**

**Ingredients:**

1 cup honey 1 ½ cups oat flour

¾ cup water 1 teaspoon vanilla

2/3 cup coconut oil 1 ½ teaspoon s salt

½ cup carob chips or raisins

1 ¼ teaspoons lemon extract

½ cup chopped nuts or seeds 5 cups oats.

**Method:**

To make oat flour BLEND fine 1 ½ cups of oats. Stir together all ingredients except 5 cups of oats. Then mix in the oats. Let the dough sit for 10 minutes. To shape put about 2 tablespoons of dough into the palm of hand. Prepare a small bowl of water to dip fingers in. Moisten fingers then shape dough. (This helps prevent dough from sticking to fingers as it is being shaped). Or place dough in a lid, pat down then turn upside down and place on oiled baking tray. Bake at 350 degrees for 25-39 minutes or until light golden brown. Makes 3 dozen. Let cool for 5 minutes before removing from tray.

 **Plant base pizza**

 **For Dough:**

2 cups of flour

1 tbsp dry yeast

1 tsp sugar

11/2 tbsp olive oil

1/2 tsp salt

For Sauce:

50ml Tomato passata sauce or tomato sauce of your choice

1 tbsp fresh basil, chopped.

1 garlic clove, crushed.

**For Toppings:**

100g vegan cheddar or mozzarella cheese, grated.

Other choices: Olives, Tomatoes, sweetcorn, sweet peppers,

chili peppers, pineapple etc...

**Method:**

Put the flour, yeast, and sugar in a large bowl. Measure 75ml of cold water and 75ml boiling water into a jug and mix them together – this will mean your water is a good temperature for the yeast. Add the oil and 1 tsp salt to the warm water then pour it over the flour. Stir well with a spoon then start to knead the mixture together in the bowl until it forms a soft and slightly sticky dough. If it’s too dry add a splash of cold water.

knead the dough for 10 mins. Put it back in the mixing bowl and cover with cling film greased with a few drops of olive oil. Leave to rise in a warm place for 1 hour or until doubled in size.  Heat oven to 200C Electric, 180C gas 6 and put a baking sheet or pizza tray on the top shelf to heat up. Once the dough has risen, knock it back by punching it a couple of times with your fist then kneading it again on a floured surface. It should be springy and a lot less sticky. Set aside while you prepare the sauce.

Put all the ingredients for the tomato sauce together in a bowl, season with salt,  mix well. Set aside until needed.

Divide the dough into 2 pieces (depending on whether you want to make large or small pizzas), shape into balls and flatten each piece out as thin as you can get it with a rolling pin or using your hands. Spread 2-4 tbsp of the tomato sauce on top and add some sliced tomatoes and grated vegan cheese and the rest of your toppings. Drizzle with a little olive oil and bake in the oven on top of your preheated baking tray for 10-12 mins or until the base is puffed up and the vegan cheese has melted and is bubbling and golden in patches. Then serve.

**Fruit Bars**

**Ingredients:**

1 ½ cups oats

½ cup whole wheat flour

¾ cup desiccated coconut

½ cup fruit juice

¼ teaspoon salt

**Method:** Mix dry ingredients then add enough juice to moisten. You may need to add more juice until all the ingredients are moistened.

 **Filling:**

½ cups sugar free jam or dried fruit jam or fresh fruit e.g., mashed bananas or stewed apples etc.

Put slightly more than half of the crumb mixture in an oiled 5x7inch baking dish and pat down. Spread filling over this and top with remaining crust. Pat down slightly. Bake at 350 degrees for 40 mins.

**TOOLS NEEDED**

* **2 Ice cube trays**
* **Blender**
* **Rolling Pin**
* **Plastic container or empty Ice-cream container**
* **Measuring cup**
* **Measuring spoons**
* **Mixing Bowl**
* **Flat tray for Carob Chips**
* **Wooden spoon**
* **Apron for children (optional)**
* **Baking tray**
* **Plate**