

Annabel Karmel's FUN FAST &EASY CHILDREN'S COOKBOOK

Illustrated by Bryony Clarkson



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Let's get started!

A little message for grown-ups

Welcome to my fun kids' cookbook! It's designed so that budding chefs and bakers will have a blast in the kitchen – and learn plenty of new skills along the way.

Aprons at the ready! My step-by-step guide, packed with simple recipes, will help your kitchen helpers feel like cooking heroes! From power-packed breakfasts and superhero snacks, to family dinner winners and special treats, it's time for your mini cooks to take centre stage.

There are boundless benefits to getting even the youngest of children cooking with you. From simple tasks like mixing, mashing and rolling, to weighing, counting and grating, inviting kids to explore in the kitchen engages all of their senses and encourages learning.

Some of my happiest memories are of my children cooking and baking. As soon as they were old enough to stand on a chair beside me, I'd get them to help out. In fact, by the time my three children were 4, 6 and 7, they would be cooking dinner for the family every Friday (sometimes with a bit of a helping hand). They'd pick a recipe, prepare it and then serve it up in the 'Karmel restaurant'! They loved eating what they had prepared, and it was a great way to get them trying different foods.

Cooking parties were also a hit in our home. Whether it was a birthday, sleepover or after-school playdate, my kids and their friends loved being in charge of making a fun spread!

Every recipe in this colourful cookbook has been designed for children and grown-ups to cook together. As little chefs grow in skill and confidence, they will be able to take the lead on many of the recipe steps. It's important to keep a close eye on children in the kitchen at all times, and be especially careful of anything hot or sharp.

You'll find helpful tips, twists and swaps on lots of the recipes, so have fun and experiment. Here's to making memories in the kitchen!



Annabel's kitchen rules

Do I hear little tummies rumbling? Are you ready to transform into a crafty chef or brilliant baker? Here are some handy tips to help you get started and have fun in the kitchen.

- Remember to wash your hands so that they are squeaky clean. Cooking can get messy, so pop on an apron and tie your hair back if it's long.
- Before you start, read the recipe (or get a grown-up to read it for you), to make sure you have everything you need. I often find it helpful to weigh, measure and count out ingredients at the beginning so they are ready to use.
- Be careful of anything hot. Things that have just come out of the oven or off the hob will take a while to cool down, so don't touch!
- Always wash fruit and vegetables before you cook or eat them.
- All cutting, slicing and chopping with sharp knives should be done by a grown-up or under adult supervision.
- Not all uncooked ingredients or mixtures are safe to eat, so check with a grown-up first. We don't want any upset tummies!
- If you are cooking for someone with allergies, make sure the ingredients are safe – you'll find out more about this on the next pages.



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BREAKFAST



veggie · vegan · gluten free · egg free · serves 1

OWL PORRIDGE

Have a hoot making this wise little owl. A warm bowl of porridge is the perfect way to start the day and it will keep you feeling full all morning. This simple recipe comes with a twit twoo just for you.

- 45g porridge oats
- 275ml milk of choice
- 1 small banana, mashed
- ½ tsp vanilla extract
- 2 tsp unsweetened desiccated coconut (optional)

TO DECORATE

- 4 strawberries, sliced
- ½ banana, sliced
- 2 blueberries
- ½ mango, sliced

1 Measure the oats and milk into a saucepan. Place over a medium heat and bring to the boil, stirring all the time.

2 Add the banana, vanilla extract and coconut, if using, and continue to stir until the porridge has thickened and the oats are soft. This should take about 5 minutes.

3 Spoon into a bowl and use the fruit to decorate the top.

Why not try this?

To make the owl use strawberries for wings, banana slices for the eyes and body, blueberries for the eyeballs and mango for the nose, eyebrows and feet.



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