

DAILY BOREDOM BUSTER



Kitchen Capers

Cooking up a storm in the kitchen is a great way to spent a cold, wet weekend. So why not try some of the tasty, easy to make recipes on the following pages that have been developed especially for kids.

Bon Appetite!



Homemade Rice Puff Bar

Ingredients

- 250g marshmallows
- 6 cups Rice Bubbles
- 1/2 cup 100's & 1000's
- 125g unsalted butter (melted)

Method

- Grease and line a 16 x 26cm slice tray.
- Chop 1 cup of marshmallows (ask an adult for help with chopping) and combine in a large bowl with the Rice Bubbles and 100's & 1000's.
- Place the remaining marshmallows with the butter in a saucepan and stir over low heat until melted and combined (ask an adult for help with this step).
- Add the melted marshmallow mixture to the Rice Bubbles (ask an adult for help with this) and stir until combined.
- Tip the mixture into the lined tray and press down with the back of a metal spoon to make it flat and level.
- Refrigerate until set.
- Cut into bars and store in an airtight container in the fridge.

Notes

For a variation, use Coco Pops for a chocolate twist, or drizzle white or milk chocolate over the top.



Jelly Crystal Biscuits

Ingredients

- 4 packets of jelly crystals
- 350g butter, softened
- 1 cup caster sugar
- 1 egg, lightly beaten
- 1 teaspoon vanilla extract
- 3 & 1/2 cups self-raising flour



Method

- Preheat oven to 180C or 160C fan-forced (ask an adult for help with the oven). Line two baking trays with baking paper and set aside.
- Place jelly crystals into four separate bowls and set aside.
- Using a mixer, beat the butter until creamy (ask an adult for help with the mixer steps).
- Add the sugar to the butter and beat well until mixture becomes fluffy.
- With the mixer running add the egg and vanilla to the butter and sugar mixture.
- Gradually add the flour until combined. Then divide the mixture into 4 separate bowls.
- Add 2 tablespoons of one of the jelly crystals to one of the bowls of mixture, then turn out onto a floured surface and knead to combine. Roll tablespoon-sized balls and roll in remaining jelly crystals.
- Repeat this step with the other 3 jelly flavours and remaining 3 bowls of mixture.
- Place the balls onto a baking tray, allowing space between the biscuits to spread. Press down to 1cm thick with the base of a glass.
- Bake biscuits for 15 minutes and leave to cool on the tray for 5 minutes before transferring to a cooling rack to cool completely.
- Store the biscuits in an airtight container for up to 2 week.

3 Ingredient Nutella Croissant

Ingredients

- 3 sheets ready rolled frozen puff pastry
- 1 cup Nutella chocolate hazelnut spread
- 1 egg, lightly beaten

Method

- Preheat oven to 200C or 180C fan-forced (ask an adult for help with the oven). Line a baking tray with baking paper.
- .Place pastry on a cutting board and cut each square in half and then cut each rectangle diagonally so you have 4 right-angled triangles (ask an adult to help with cutting). Cut up another 2 sheets of pastry so you end up with 12 triangles.
- Place a teaspoon of Nutella in the middle of the shortest end of each triangle and brush the remaining tail with beaten egg.
- Roll each pastry up and then ben a curve in each pastry when rolled.
- Place on baking tray and brush with beaten egg.
- Bake for 12-15 minutes or until golden.



Cheese & Bacon Muffins

Ingredients

- 2 bacon rashers (rindless & diced)
- 1 tablespoon olive oil
- 3 eggs
- 3/4 cup milk
- 50g butter, melted
- 1/2 teaspoon salt
- 2 tablespoons chopped parsley
- 2 cups self-raising flour
- 1 cup tasty grated cheese

Method

- Preheat oven to 190C (ask an adult for help with the oven).
- Place a frying pan over medium to high heat. Add the olive oil and then fry the bacon for 1-2 minutes or until crispy (ask an adult for help with this step).
- In a bowl, whisk together the eggs, milk butter, salt and parsley.
- In a separate bowl, mix the flour, bacon and cheese together. Then stir through the egg mixture until well combined.
- Spoon the mixture evenly into a 12 hole non-stick muffin pan. If you're worried that the muffins might stick to the pan, bake the muffins in muffin cases.
- Bake for 25 minutes or until well-risen and golden brown.
- Cool for 5 minutes before serving either warm or at room temperature.



3 Ingredient Trifles

Ingredients

- 825g canned apricots (in juice)
- 200g vanilla sponge cake
- 1 cup custard

Method

- Drain the apricots, keeping the juice for use later. Then slice each apricot half into bite size pieces (ask an adult for help with the cutting steps in this recipe).
- Cut the sponge cake into bite size cubes and briefly soak them in the apricot juice. The cake should be softened but not soggy, so you will need to work quickly with this step.
- Layer the apricot slices, sponge and custard into individual glasses. Top with a few slices of apricot.
- Cover the glasses and store them in the fridge until ready to serve.



No Bake Milo Balls

Ingredients

- 250g Marie biscuits
- 395g sweetened condensed milk
- 1 cup desiccated coconut
- 1/4 cup Milo
- 1/4 cup desiccated coconut (to coat)

Method

- Crush the biscuits in a food processor until they are fine crumbs.
- Place the crushed biscuits, condensed milk, 1 cup coconut, and Milo into a large bowl and stir with a spoon until well combined.
- Use a teaspoon to measure out balls, rolling them between the palms of your hands to create smooth balls.
- Coat each ball in the each coconut and then place on a plate.
- Store in an airtight container for up to five days.

