

Coverage Achieved: Consumer national editorial

“There’s nothing nicer than a bowl of popcorn in front of the TV and it also makes a healthy snack for children if you pick the air-popped variety. Peter Popple’s Popcorn fits into that category”



youngshoots Cooking for kids

Get kids cooking with grandma this month, plus healthy snacks, spiced veggie cakes and books to introduce the little ones to vegetables in a fun way.

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Cooking with Grandma

New out this month is *My Grandma's Kitchen* by Louise Fulton Keats, with recipes by her grandmother Margaret Fulton (Hardie Grant Books, £12.99). It's a lovely mix of cookbook and charming story, all about cooking with Grandma.

A beautifully illustrated hardback, we think it would make a great gift for a grandchild and, although not specifically aimed at veggies, a good proportion of the recipes are suitable, including ones for pizza, easy peasy rice, beetroot and green bean salad, and lots of yummy sweet treats, like the banana cake here.

Banana cake

Serves 8
Prep 20 mins • Cook 50 mins

125g butter
175g caster sugar
½ tsp vanilla extract
2 free-range eggs
2 large ripe bananas, mashed
50g chopped walnuts (optional)
225g self-raising flour
¼ tsp bicarbonate soda
80ml milk

For the lemon cream cheese icing:
60g cream cheese
25g butter
1 tsp finely grated lemon rind
125g icing sugar

- 1 Preheat the oven to 180C/fan 160C/gas 4. Grease a deep, 20cm round cake tin and line with greaseproof paper.
 - 2 Using an electric mixer, ideally, cream the butter until soft and then beat in the sugar and vanilla until light and fluffy. Beat in the eggs, one at a time. Stir through the banana and walnuts (if using), and then sift in the flour and gently fold through. Dissolve the bicarbonate of soda in the milk and fold into the mixture.
 - 3 Spoon into the prepared tin, spread evenly and bake for 50 minutes, or until a skewer inserted into the centre comes out clean. Set aside in the tin for 10 minutes before transferring to a wire rack to cool.
 - 4 To make the icing, beat the cream cheese, butter and rind with an electric mixer until light and fluffy. Gradually beat in the icing sugar. Spread over the top of the cooled cake and serve.
- PER SERVING 521 cals, fat 26g, sat fat 13g, protein 7g, carbs 69g, sugars 47g, fibre 2g, salt 0.8g



As with all recipes for children, some adult supervision may be needed. Prep times are only approximate and will vary with age and ability of the child.



GRANDMA KNOWS BEST

Three readers can each win a copy of *My Grandma's Kitchen*, plus Hardie Grant Books is offering all readers a special discount to buy the book. Turn to page 47 to find out more.

Caribbean Queen

Forget about offering boring strawberry or raspberry yogurt for afters and treat the kids to something more exotic instead.

Rache's Limited Edition Pineapple, Coconut & Banana yogurt launched this autumn and is equally tasty for adults! At £1.59 for a 450g pot, Rache's new flavour is available at leading supermarkets nationwide and online at www.ocado.com.

vegetarian LIVING



VEG OUT WITH A BOOK

Busy Peas is a fun range that aims to introduce 2-5-year-olds to the wonderful world of veg in a positive way. The range includes books that feature characters based on peas, tomatoes and more, with fun titles like *The Veggie Bunch Go Camping* and *The Veggie Bunch's Christmas*. They make lovely bedtime stories and could help win reluctant youngsters around when it comes to eating their greens – or at least help stop them being seen as the enemy!

Costing £5 a book from www.busypeas.co.uk, we also like the range of soft toys that includes a carrot, a strawberry and an aubergine, for something a bit different to a teddy!

YES PEAS!
Busy Peas has given us three sets of its books to give away, worth £15 a set. See page 47 for details.



POPPING IN

There's nothing nicer than a bowl of popcorn in front of the TV and it also makes a healthy snack for children if you pick the air-popped variety.

Peter Popple's Popcorn fits into that category and is a new wholegrain snack made with natural flavours and ingredients. It comes in four flavours – Cheddar Cheese, Salt & Vinegar, Fruit Chutney, and Golden Syrup – and the 20g servings offer more than half the amount of wholegrain as a daily portion of brown rice or wholewheat pasta. They are also low in fat with under 100 calories per pack.

Peter Popple's Popcorn is on sale at independent retailers and delis, or online at www.peterpopples.com.

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