

<p>Fruit and nut triangles</p> <ul style="list-style-type: none"> • 200g oat biscuits • 75g butter • 2 tbsp. cocoa • 3 tbsp. golden syrup • 2 tbsp. raisins or sultanas or chopped nuts • 2 tbsp. dates or dried apricots or dried cranberries • <u>Large container with lid</u> 	<p>Stuffed vegetables</p> <ul style="list-style-type: none"> • 3 flat mushrooms or 2 peppers or 2 large tomatoes • 2 tbsp. cream cheese • 1 slice bread • 3 spring onions • 1 small tin sweetcorn • 100g cous cous • 1 vegetable stock cube • 50g cheese • <u>Large container with lid</u>
<p>Scones (sweet or savoury)</p> <ul style="list-style-type: none"> • 200g self-raising flour • 50g butter • 50g caster sugar (sweet) • 75g raisins/cherries (sweet) • 75g grated cheese (savoury) • 100ml milk • 1 egg • <u>Large container with lid</u> 	<p>Savoury bake</p> <p>For sauce:</p> <ul style="list-style-type: none"> • 30g butter • 30g plain flour • 400ml milk • 2 baking potatoes • 75g cheese • <u>Large ovenproof dish</u> <p>Optional fillings:</p> <ul style="list-style-type: none"> • Tin tuna fish • 4 slices of ham • 100g frozen peas • Small tin sweetcorn • 4 spring onions
<p>Fairy cakes</p> <ul style="list-style-type: none"> • 120g butter • 120g caster sugar • 120g self-raising flour • 2 eggs • 100g chocolate chips, cherries or raisins • <u>Large container with lid</u> 	<p>Sausage and bean casserole</p> <ul style="list-style-type: none"> • 1 onion • 1 carrot • 1 pepper • 6 – 8 sausages • 1 tin of beans (baked beans or beans in chilli sauce) • 1 tin of chopped tomatoes • <u>Large ovenproof dish</u>
<p>Cheese and onion quiche</p> <ul style="list-style-type: none"> • 250g plain flour • 125g butter • 1 onion • 75g grated cheese • 3 eggs • 300ml milk • Herbs (optional) • <u>8 – 10" cake/tart/pie tin</u> 	<p>Other practical opportunities</p> <ul style="list-style-type: none"> • Healthy snack practical