Learnwild

MY RECIPE BOOK

Little Kitchen Adventures



FREE SAMPLE

Picture recipes for little adventurers.

Helping littles grow in confidence and skill.

Little Kitchen Adventures

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www.learnwild.co.za

Instagram: @learnwild.adventure

Because learning should be an adventure!

Introduction

let the adventure begin

This recipe book is meant to encourage our littles to make decisions and accomplish tasks on their own, although their grown up needs to stay near, the idea is to **LET THEM TRY**, and remember, a mess is ok!

where to start...



Get tools and ingredients ready



Wash Hands



Ask when you don't know or need help



Celebrate small successes, enjoy the adventure and clean up together



INGREDIENTS



500 ml (2 cups)
cake flour



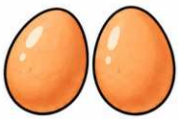
125 ml (½ cup)
sugar



20 ml (4 tsp)
baking powder



2.5 ml (½ tsp)
salt



2
eggs



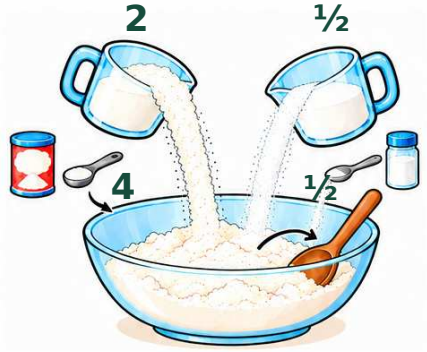
250 ml (1 cup)
milk



30 ml (2 tbsp)
butter + extra for pan

METHOD

1 Mix dry



2 Whisk wet



METHOD

3 Combine



4 Butter



5 Spoon



6 Bubbles!



7 Flip



8 Serve



Instructions

1. Mix the cake flour, sugar, baking powder and salt.

2. Melt and cool 30 ml butter. In a separate bowl, whisk the eggs, milk and butter.

3. Pour the wet mix into the dry mix. Stir gently; small lumps are fine.

4. Warm a pan over medium-low heat. Grease lightly with extra butter.

5. Spoon small dollops of batter into the pan, leaving space between them.

6. Wait for bubbles to form and burst on top and for the edges to look set.

7. Flip and cook until golden and cooked through.

8. Cool slightly. Serve with butter, syrup and small pieces of fruit, if you like.

Parent assistance Hot

Level measures: 1 cup = 250 ml • 1 tbsp = 15 ml • 1 tsp = 5 ml



INGREDIENTS



250 ml (1 cup)
walnuts



250 ml (1 packed cup)
soft pitted dates



125 ml (½ cup)
cocoa powder



Up to 10 ml (2 tsp)
water, if needed

METHOD

1 Blend



2 Add



METHOD

3 Press



4 Chill



30 min in the fridge

5 Cut



6 Serve



Instructions

1. Finely grind the walnuts in a food processor, then switch off and unplug.
2. Add pitted dates and cocoa. Close and blend until sticky, adding up to 2 teaspoons water if needed. Unplug before opening.
3. Remove the blade safely. Press the mixture firmly into a small dish lined with baking paper.
4. Chill in the fridge for 30 minutes to firm up.
5. Lift onto a board and cut into small squares with a sharp knife.
6. Serve small portions. Keep the remaining brownies covered in the fridge.

Parent assistance Sharp

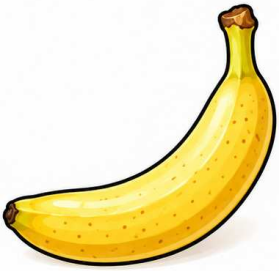
Level measures: 1 cup = 250 ml • 1 tbsp = 15 ml • 1 tsp = 5 ml



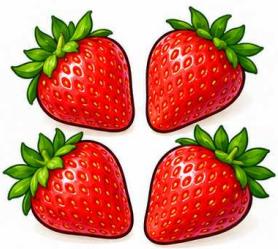
INGREDIENTS



250 ml (1 cup)
plain Greek yoghurt



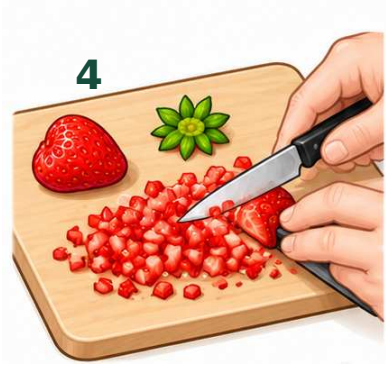
1
ripe banana



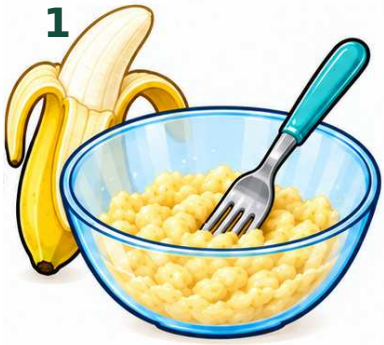
4
strawberries

METHOD

1 Chop



2 Mash



METHOD

3 Mix



4 Spoon



5 Freeze



3–4 hours

6 Enjoy



Instructions

1. Wash the strawberries. Remove the leafy tops and chop them into very small pieces.

2. Peel the banana and mash it until smooth in a mixing bowl.

3. Stir in the yoghurt and chopped strawberries until everything is evenly mixed.

4. Line a tray with baking paper. Spoon small, shallow rounds onto it and flatten gently into little discs, leaving space between them.

5. Place the tray flat in the freezer for 3–4 hours, until the bites are firm all the way through.

6. Let a few bites soften for a few minutes before serving. Keep the rest frozen in a covered container.

Parent assistance Sharp

Level measures: 1 cup = 250 ml • 1 tbsp = 15 ml • 1 tsp = 5 ml

Parent notes

Recipes tried, little discoveries and favourite moments

Parent notes

Recipes tried, little discoveries and favourite moments

The adventure continues!

Cook. Share. Explore together.



Get the full recipe book

learnwild.co.za/little-kitchen-adventures

Instagram @learnwild.adventure