



HEALTHY NO-BAKE EASTER RECIPES FOR KIDS



Zing Somerset

Beetroot Hummus

EQUIPMENT: hand blender/ food processor, bowl, spoon

Ingredients:

- **1 x 400g can of chickpeas drained**
- **½ lemon**
- **1 garlic glove crushed**
- **1 teaspoon olive oil**
- **200g beetroot from a jar and 2 spoons of beetroot liquid.**



Method:

1. Add all ingredients to food processor or add to a jug and hand blend until smooth.
2. Transfer to a bowl
3. Serve with toasted pitta bread and carrot sticks.

Top Tip:

Use roasted peppers or onions for different hummus flavours.

Pea dip

EQUIPMENT: Hand blender/ food processor, bowl, and spoon

Ingredients

- 400g Frozen peas (defrosted)
- 100g Low fat natural yoghurt
- ½ lemon
- Chopped mint (optional)

Method:

1. Add all ingredients to food processor or add to a jug and hand blend until smooth.
2. Transfer to a bowl
3. Serve with toasted pitta bread and carrot sticks.



Top Tips:

Serve with breadsticks or a variety of vegetable sticks

Easter bagel nests

EQUIPMENT: chopping board, knife, and grater

Ingredients

- Bagels sliced in half
- Low fat cream cheese
- Grated carrot
- Blueberries



Method:

1. Slice bagels in half and toast
2. Spread cream cheese onto bagel
3. Top with grated carrot
4. Place blueberries in the middle of nest as eggs.

Top Tip:

Use Grapes instead of blueberries as eggs

Cheesy bunnys

EQUIPMENT: chopping board and knife

Ingredients

- **Babybel light cheeses**
- **Carrot**
- **Raisins**
- **cucumber**



Method:

1. Cut carrot into thin carrot sticks
2. Thinly slice cucumber for whiskers
3. Cut carrot into triangle for nose
4. Start to put your bunny together using the raisins for eyes.

Top Tip:

ALWAYS SUPERVISE CHILDREN WHEN USING KNIVES

Apple donuts

EQUIPMENT: Chopping board and knife.

Ingredients:

- **Apple- Cored and sliced into rings**
- **Peanut butter or**
- **Chocolate spread or**
- **Cream cheese**
- **Toppings**
 - **Sprinkles**
 - **Choc chips**
 - **Chopped fruit raisins**



Method:

1. Spread your choice of spread on to the sliced apple
2. Add your choice of topping
3. Add more toppings if you wish!

Fruit kebab

EQUIPMENT: chopping board, knife, and skewers

Ingredients

- Banana
- Grapes
- Strawberries
- Blueberries



Method:

1. Cut all the fruit up.
2. Place fruit on skewer.
3. Enjoy!

Top Tip:

You can use whatever fruit you fancy!

Full bellies for longer.

If you have any fresh ideas, be sure to let us know @Zing Somerset on...

