



Lockdown Lunches and Family Fun

Mini Pizzas

A great way to make a tasty lunch (or tea), and it's fun for the children to get involved and help make their own!

Start with your base – you can use either pitta breads, wraps, bagels or simple sliced bread. Make sure you start from fresh – no need to toast first.

Add your sauce – tomato puree works best, but you might want to mix it with a tiny bit of water in a small bowl first, as it can be quite concentrated. If you're feeling a bit exotic, you could even try BBQ sauce – just a thin layer will do!

Get topping! Add grated cheese, and your choice of:



- drained sweetcorn
- chopped tomatoes
- sliced mushrooms
- chopped pepper
- diced onion
- chopped ham



Feel free to get creative!



Once ready, pop in the oven at **180-200°C for 10-15 minutes**, until crispy.

Banana Biscuits/Flapjacks

Perfect for a sweet treat to whip up with the children! (They're even great for breakfast – ideal if you like a sweet snack to start the day.)

Ingredients (makes 10 biscuits/small tray):

- 140g plain porridge/rolled oats
- 2 ripe bananas (will not work well if unripe – the softer the better)
- SWAP: bananas for 2 tbsp peanut butter + 1 tbsp honey*
- Optional – raisins, chopped nuts, sunflower seeds, chocolate chips



Method:

1. Peel bananas, break or slice roughly into chunks and place in a bowl
2. Using a fork, mash the bananas until they are like a puree
3. Add the oats (and optional extras if using) and mix until completely combined
4. For biscuits, divide mixture and place onto lined/greased baking tray, and shape into circles using your hands or a fork. Bake at 180C for 10-15 minutes.
5. For flapjacks, press whole mixture down into a lined baking dish, and bake for 15-20 minutes.

Indoor Volleyball

Everyone can join in and get active inside or out – you'll need some clear(ish) space, and make sure you have nothing fragile around.

Create a 'net' by placing cushions in a line across the floor, separating the two sides. Using a balloon or a beach ball, hit the ball to each other using only your hands – no catching, and no tennis bats allowed!

You can find plenty more ideas for games for all the family on our website [here](#), or check out the Disney Shake Ups [here](#)!

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