



Lockdown Lunches and Family Fun

Winter Soup

Make sure the family have bellies filled with warming, delicious soup with this super easy recipe! You really can use anything in this, so don't be shy of using up those old tins or droopy veg from the back of the fridge.

Ingredients:

- Stock cube (or 2 if making large batch)
- Dried lentils (at least one handful per person)
- Vegetables – potatoes, carrots, parsnips, onions, broccoli, tomatoes, peppers, squash... As much or as little as you like!



Method:

1. Chop all the veg into similar-sized chunks. Tip: if you're not blending at the end, aim for smaller chunks.
2. Add all the veg into a large saucepan with a small drizzle of oil, and cook over a medium-high heat for 10 minutes, stirring regularly.
3. Fill and boil the kettle, and break up the stock cube into a jug.
4. Add boiling water to the jug and mix to dissolve the stock cube. Pour into the saucepan.
5. Add hot water into the saucepan until the veg are covered by about 1cm.
6. Add lentils, mix together and allow to simmer on a low heat for about 20 mins – stirring every few minutes.
7. When everything is soft, remove from the heat. Blitz until smooth with a hand blender or food processor and serve!



Crispy Cakes

Everyone needs something to smile about at the moment – how about treating yourselves to some yummy crispy cakes?

Ingredients (makes about 10):

- 100g plain cereal (e.g. Rice Crispies or Cornflakes) – about 1 full cereal bowl
- 3 tbsp honey OR 1 tbsp honey plus 2 tbsp peanut butter
- Optional: 2-3 tbsp of cocoa powder/drinking chocolate

Method:

1. Gently heat the honey (and peanut butter if using – mix well) either in a saucepan or in the microwave – do this slowly!
2. Mix the cereal with the cocoa powder if using, then combine the cereal with the honey/peanut butter and mix until completely combined.
3. Spoon the mixture into muffin cases OR into a lined baking dish and press down until compacted.
4. Leave to cool in the fridge
5. If you used a baking dish, remove the crispy cake and slice into squares.
6. Smile and enjoy!

Food Painting

Can you paint a picture using only food and drink? Try our suggestions below and combine them to make new colours!

Tea Beetroot juice Crushed spinach leaves
 Curry powder + water Coffee **Lemon juice bleaches!**

Check out our coffee and curry castle on the next page! Could you paint a dragon to go with it?

In need of extra sandwich and snack ideas? Check out our lunchbox guides [here](#) (early years) and [here](#) (ages 5-11)

Follow Zing Somerset:



