



Lockdown Lunches and Family Fun

Love Your Leftovers!

SLT Sarnie

Think sausages are just for mash or cooked breakfasts? Think again!

Sausages (leftover or freshly cooked) can be great for lunch, especially if they are given a boost with some salad – like a BLT.



Bolognese Burritos

Got extra Bolognese or chilli? Heat it up and spoon into a wrap (you can add extra fun with cheese, cooked rice and shredded lettuce) – perfect for a cold day!

You can also spoon it in cold, wrap it up, top with cheese and bake for 15 mins for an enchilada style version.



Yoghurt Lollies

It may still be chilly, but sometimes we all need a refreshing snack, especially after a long walk! These are delicious and sure to curb any sweet craving.



Ingredients

- Yoghurt (plain or flavoured)
- Chopped fruit (tinned, fresh or frozen)
- Optional: drizzle of honey or mashed banana for extra sweetness if using plain yoghurt

Method:

1. Mix all of the ingredients together (and taste to make sure it's right for you).
2. Spoon the mixture into ice lolly moulds or washed out yoghurt pots – stand a teaspoon or a wooden stick upright into each one.
3. Place into the freezer for 4+ hours until solid, then enjoy!

Host a Home Disco!

When was the last time you had a party together? Try a home disco!

Use coloured lights or a disco ball if you have them, or set up some Christmas lights (which may or may not have been packed away!). Dig out some bubble wrap from old parcel deliveries and spread out on the floor for some extra excitement, and get some party music on.

Bonus: Set up a video call with some friends/family so you can all enjoy it together!

Change4Life's Smart Recipes is a brilliant free app with hundreds of delicious recipes. You can browse ideas for breakfast, lunch, dinner and snacks, or use the Meal mixer to generate exciting daily menus!

Download it [here](#).

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