



# Veggie kids' kitchen



Vegetarian  
SOCIETY

Tasty vegetarian recipes for  
children and adults to prepare  
and enjoy together.



# Introduction by Rose Elliot, MBE

**Anyone who has ever cooked for children knows that pleasing them – making healthy food they'll actually eat – can be challenging. And if those children – or even just one of them – are actually vegetarian or vegan, it may seem even more complex a task.**

However, help is at hand in this brilliant publication from the Vegetarian Society. Starting with clear and helpful guidelines on how to make sure vegetarian and vegan children get all the nutrients they need, the booklet includes some easy and mouth-watering recipes – just the kind of food that children all love – and even includes tips for encouraging them to join in with cooking: a sure way of gaining their interest and encouraging them to try new flavours!

Many people feel nervous about cooking vegetarian food, particularly when their children's health is at stake. Yet, as this booklet points out, you may be surprised to realise that you are already eating lots of foods that are vegetarian, even if you don't think of them like that. Baked potatoes, chips, pizza, all fruits, all vegetables, eggs, yogurt, bread, most cheeses, baked beans, pastas, puddings – are all vegetarian, or can easily be modified to be vegetarian!

This booklet shows cooks of all ages how to make food that can be enjoyed by vegetarians and meat-eaters alike. I think it will be a godsend to parents and carers, and I hope and believe that the dishes will become firm favourites.

I send my warm wishes to you and your family. May you and the vegetarians in your care enjoy many delicious and happy meals.



*Rose Elliot*

Rose Elliot, Vegetarian Society patron and leading vegetarian cookery book author



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# Nutrition for vegetarian children

A vegetarian diet provides all of the essential vitamins and minerals needed for a healthy body. Vegetarian children have been growing up happily and healthily for generations but, as with any plan for good health, the important issue is balance.

All children need to eat a variety of foods. Vital nutrients for growth and development are found in foods of all shapes, colours, tastes and sizes! The good foods at a glance table (right) provides an overview of good sources of vegetarian nutrients.

The Vegetarian Society has two information sheets, "Infant Diet" and "Vegetarian Nutrition for Children", which provide further details of the nutritional requirements for babies and children growing up on a vegetarian diet. Please visit our website at [www.vegsoc.org/info](http://www.vegsoc.org/info) or call us at 0161 925 2000 to obtain free copies of either.

## Nutritional analysis

Complete nutritional analysis of the recipes contained in this booklet has been calculated using Saffron software, the purchase of which was made possible by a grant provided by the Cyril Corden Trust. The results can be found by visiting [www.youngveggie.org/information.html](http://www.youngveggie.org/information.html) and following the links.



## Good foods at a glance

### Vitamins

<b>A</b>	Carrots, spinach, peppers, dried apricots
<b>B group</b>	Wholemeal bread, yeast extract, green leafy vegetables
<b>B12*</b>	Eggs, milk, fortified products such as soya milk or breakfast cereals
<b>C</b>	Citrus fruits, broccoli, spinach, peppers
<b>D</b>	Dairy products, sunlight on the skin
<b>E</b>	Vegetable oils, nuts, seeds, avocado
<b>K</b>	Spinach, cabbage, cauliflower

\*B12 is not found in a plant-based diet. Therefore it is important that vegan children eat fortified products or have a vitamin supplement.

### Minerals

<b>Iron</b>	Pulses, spinach, wholemeal bread, dried fruit, molasses
<b>Calcium</b>	Dairy products, tofu, leafy green vegetables, sesame seeds, almonds, fortified soya milk
<b>Zinc</b>	Sesame and pumpkin seeds, green vegetables, cheese, lentils, wholegrain cereals
<b>Magnesium</b>	Leafy green vegetables

### Other Essentials

<b>Protein</b>	Peas, beans, lentils, cheese, nuts, seeds, free-range eggs, rice, pasta
<b>Carbohydrates</b>	Wholemeal bread, brown rice, oats, beans, peas, lentils, potatoes, pasta, breakfast cereals, fruits
<b>Essential fatty acids</b>	Vegetable oils
<b>Fibre</b>	Fruit and vegetables, oats, beans, pulses





# In the kitchen with kids

**The kitchen is a fun place to be! Children love to be where the action is, and a working kitchen is full of activity. Best of all, the kitchen is a great place to spend time together. Cooking with your children is an ideal way to teach them about your values, provide them with life skills, and give them your undivided attention. It's never too early or too late to enjoy the pleasures of cooking.**

Here are some tips on how to make the most of your time together in the kitchen:

## **Safety comes first!**

Make sure your children understand the basic rules for staying safe in the kitchen, and that you are there to supervise them at all times. Remind them of the safety and hygiene rules (see page 9) every time you cook together.

## **Involve your children in every step of the cooking process**

From selecting a recipe to shopping for ingredients, to finally pulling your creation from the oven, the more you allow your children to participate, the more they will learn and enjoy themselves.

## **Share a work space**

Try to find a work area where you and your child can work side by side. This encourages a sense of working together, and allows you to talk as you watch each other work.

## **Allow enough time**

Children usually take their role in the cooking process very seriously and want to get it right. It may take them longer to carefully weigh and measure ingredients than it would take you, but their pride in the finished product, and the lessons they will have learned, will be immeasurable. (The preparation times given in this booklet are estimates only, based on an adult cooking without a young assistant.)

## **Talk about what you are cooking**

Time spent together in the kitchen is a great way to teach your children about the foods you eat and their nutritional benefits. Cooking involves all of the senses, too. Talk to your children about the look, feel, smell, and taste of the foods you are cooking. You can even discuss the sounds the foods make!

## **Clean up as you go**

Important lessons about cleaning up can be learned in the kitchen too. Demonstrate to your child how to keep work areas tidy as you cook, and if your food requires baking time, use the opportunity to do the washing up with your child before you sit down to eat.

## **Enjoy your food together**

While the entire cooking process can be loads of fun, it is usually the end result that is the most anticipated. Make sure that after all of your hard work, you and your child sit down to enjoy what you have created together.

## **[www.onlineconversion.com/cooking](http://www.onlineconversion.com/cooking)**

Useful online tool for making common cooking conversions.









# Safety and hygiene tips

## for young chefs and their adult helpers

### Safety

Read the recipe together and gather all of your ingredients and equipment before you start cooking.

Avoid rushing or running in the kitchen – take your time.

Be very careful with sharp knives.

Be extra careful when heating sugar or liquids such as water or fat – they can spit and burn! And don't forget that steam – from a covered saucepan, the oven, or a boiled kettle – can burn too.

Turn saucepan handles to the side of the cooker to avoid knocking the pan over.

Always wear oven gloves when lifting things in and out of a hot oven, or when using a hot grill.

Clear an area for hot dishes. Make sure you put them on a wooden board or mat, not directly onto a work surface or table.

**Never** leave the kitchen while the hob or grill is on!

Remember that hobs, grills, ovens, metal pan handles, etc can get very hot and should not be touched with bare hands.

If you spill something on the floor, wipe it up at once so you won't slip on it. (Don't forget to wash your hands afterwards!)

Remember to turn off the oven or hob when you have finished cooking.

### Hygiene

Tie back long hair, roll up long sleeves, and wear an apron to protect your clothes.

Wash your hands before you start cooking and frequently throughout the cooking process.

Wipe down your work surfaces before you start using them.

Wash fruit and vegetables before using them.

Carefully weigh and measure all of your ingredients before you start cooking.

Wash up as you go along.

Clean up after yourself once you have finished.

# Carrot and Ginger Soup

Children can  
help with:

- Peeling carrots
- Grating ginger
- Measuring herbs and oil
- Carefully sauté ingredients

A delicious and warming soup that can be served with wholegrain bread and butter or margarine.

Prep time	15 mins
Cook time	35 mins
Vegan?	Yes
Freezable?	Yes

## Serves 4

- 1 medium onion, peeled and chopped
- 1 clove garlic, chopped
- 1 tbsp oil
- 700g carrots, peeled, topped, tailed and chopped
- 1 tsp grated ginger root or 1-2 tsp ground ginger
- 900ml light vegetable stock
- 1 tbsp chopped parsley or fresh coriander (optional)

Kitchen scales

Measuring spoons

Chopping board

Sharp knife

Large saucepan with lid

Wooden spoon

Peeler

Grater (if using fresh ginger)

Measuring jug

Blender or hand blender

## Stage one

1. Fry the onion and garlic in the oil for 5 minutes in the large saucepan, covered, without browning.
2. Add the carrots and ginger. Cover and lightly fry for a further 10 minutes, stirring occasionally.

## Stage two

1. Add the stock, bring to the boil, then simmer for 15 minutes or until the carrots are tender.
2. Purée the soup in the blender.

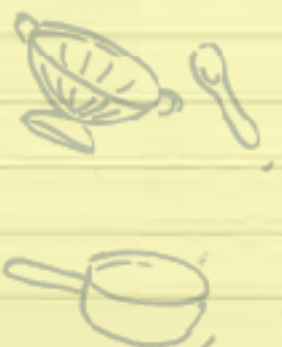
## Stage three

1. Reheat, if necessary, to serve.  
(Optional) Garnish with chopped parsley or coriander.

## Top tip!

Peel the top half of a carrot first. This end is easier to grip once the outer layer has been removed!

Great source of:  
**Vitamin A**  
(beta carotene)











# Spicy Bean Mini-Wraps!

Children can help with:

- Weighing and measuring
- Mixing and mashing
- Spreading
- Rolling and wrapping

A snack served with carrot sticks, slices of red pepper or a dollop of guacamole. For a variation, why not mash a ripe avocado and spread it on to the wrap in place of the cream cheese and chives?

Prep time	20 mins
Chill time	4 hours
Vegan?	Can be
Freezable?	No

## Makes 12-14 mini-wraps

- 75g cream cheese or vegan cream cheese\*
- 3 tsp dried chives
- 2 x 25cm tortilla wraps
- 400g tin of kidney beans, drained
- 1 small clove garlic, finely chopped
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tsp paprika
- 1 tbsp tomato purée

- Kitchen scales
- Measuring spoons
- Small bowl
- Fork
- Table knife
- Sieve
- Medium mixing bowl
- Chopping board
- Sharp knife
- Potato masher
- Cling film

Great source of:  
**Protein  
& Iron**

## Stage one

- Using a fork, mix the cream cheese and chives together in the small bowl.
- Place the two tortilla wraps side by side on a flat surface.
- Spread the cream cheese and chive mixture on the two tortillas, dividing the mixture evenly.

## Stage two

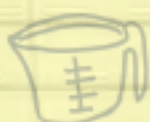
- Pour the kidney beans into the sieve and rinse well.
- Transfer the beans to the medium mixing bowl and slightly mash them with the remaining five ingredients.
- Again dividing evenly, spread this mixture on top of the cream cheese and chives, leaving a gap of approximately 2cm at the top end of each wrap.
- Roll the tortilla in a sausage shape, starting from the bottom and rolling toward the gap at the top.
- Wrap each tortilla in cling film, twisting the ends of the film tightly.

## Stage three

- Refrigerate for 4 hours.
- Remove the cling film and slice into 6 or 7 even rounds.

## Top tip!

Use up any spare tomato purée by adding it to pasta sauce, spreading it on pizza, or mixing it into a curry! (see page 22).



# Bolognese Sauce for Perfect Pasta

Children can help with:

- Weighing and measuring
- Opening tins
- Grating cheese
- Tossing pasta and sauce

Prep time **10 mins**

Cook time **20 mins**

Vegan? **Can be\***

Freezable? **Yes**

## Serves 4

400g pasta (spaghetti, fusilli, fettucini, shells, etc)

1 tbsp olive oil

1 medium onion, finely chopped

3 cloves of garlic, crushed

50g dried soya mince or 100g frozen veggie mince

1 red pepper, finely chopped

2 tsp mixed dried herbs

2 tsp sugar

2 tbsp balsamic vinegar

Pepper to taste

2 x 400g tins of chopped tomatoes

Grated vegetarian or vegan cheese (optional)\*

Kitchen scales

Large saucepan

Colander

Measuring spoons

Large frying pan

Chopping board

Sharp knife

Large spoon or spatula

Tin opener

Cheese grater (if using cheese)



## Stage one

1. Cook the pasta in the large saucepan according to packet instructions, drain in the colander, flush with cold water, then set aside.
2. If using dried soya mince, soak in boiling water for 5 minutes, or according to packet instructions, then drain.

## Stage two

1. Heat the oil in the frying pan on medium heat, fry onions, garlic, mince, and pepper for 5 minutes until soft.
2. Add mixed herbs, sugar, vinegar, and pepper to the mince mixture and cook for 1-2 minutes.
3. Add the chopped tomatoes and cook for another 3-4 minutes.
4. Taste and adjust the flavour as necessary with extra herbs and seasoning.

## Stage three

1. Reheat the pasta in the colander by pouring boiling water over it.
2. Return the pasta to the large saucepan and toss it with the sauce. Alternatively, spoon the pasta onto plates and top with sauce.

(Optional) Garnish with grated cheese.

## Top tip!

**To test your pasta to see if it's cooked enough, take a bit out of the pan with a fork, cool it, and taste. Don't let the pasta get too soft!**

Great source of:  
**Protein  
& Iron**









# Cheesy Pasta Bake

## Children can help with:

- Weighing and measuring
- Grating cheese
- Sprinkling breadcrumbs and cheese

Serve with steamed broccoli, sliced tomatoes, and a veggie burger

Prep time **10 mins**

Cook time **45 mins**

Vegan? **No**

Freezable? **Yes**

### Serves 4-6

250g pasta shapes of your choice (tubes, spirals, etc)

40g butter

40g plain flour

600ml milk

350g grated mature Cheddar

40g breadcrumbs

Dried chives (optional)

Kitchen scales

Medium saucepan

Colander

Table knife

Large saucepan

Wooden spoon

Measuring jug

Cheese grater

Ovenproof dish (approx 23cm x 23cm)

### Stage one

1. Preheat the oven to 190°C/375°F/Gas Mark 5.
2. In the medium saucepan, cook the pasta according to packet instructions, drain in the colander, flush with cold water, and set aside.

### Stage two

1. Melt the butter over low heat in the large saucepan. Once the butter is melted, add the flour and stir with the wooden spoon to form a sort of paste. Cook for another 1-2 minutes.
2. Gradually stir in the milk, approximately 100ml at a time, stirring out any lumps from the mixture.
3. Continue stirring until the sauce thickens, then add the next bit of milk. When the sauce is ready, in around 10-15 minutes, it will be fairly thick, smooth and steaming. Don't allow it to boil! (Hint! You may want to gradually increase the heat from low to medium-low as you add more milk).
4. Remove the sauce from heat and stir in 250g of the cheese, mixing well until the cheese has melted.

### Stage three

1. Transfer the pasta into the ovenproof dish, pour the cheese sauce over it and stir the mixture around, making sure that all of the pasta is covered in sauce.
2. Sprinkle the mixture first with breadcrumbs, then with the remaining cheese, finally adding a dash of dried chives (optional).
3. Bake for approximately 30 minutes until the cheese is browned and bubbling.
4. Allow to cool for at least 5 minutes before serving.

### Top tip!

**Make your own bread crumbs by rubbing bits of fresh bread between your hands. Freeze any extra until needed.**

Great source of:  
**Calcium**

# Party Pizza

Children can help with:

- ✓ Measuring
- ✓ Sifting flour
- ✓ Mixing and kneading dough
- ✓ Adding toppings

Vegan? **Can be\***

Freezable? **Yes**

This recipe takes a little bit of advanced planning because the dough needs an hour to rise, but the results are well worth it! You can top your pizza with whatever you wish – the possibilities are almost endless – but we have offered a few suggestions. Serves 4-6 (recipe makes four 30cm pizzas).

## The dough

450g strong plain flour  
1 tsp salt  
2 sachets of fast-acting yeast  
2 tbsp olive oil, plus a bit extra for oiling the baking sheet  
300ml warm water

Kitchen scales  
Measuring spoons  
Sieve  
Two large mixing bowls  
Wooden spoon  
Tea towel  
Rolling pin  
Metal baking sheet  
Pizza cutter or sharp knife

Prep time **15 mins**

Rising time **1 hour**

### Stage one

1. Sift the flour and salt into one of the large mixing bowls, and make a hole in the centre.
2. Pour the yeast, oil and warm water into the centre of the hole.
3. Gradually mix in the flour to make a soft dough.

### Stage two

1. Turn out the dough on to a lightly floured surface and knead well until it is smooth, pliable and elastic. This will only take a few minutes. (Remember to remove any rings before kneading the dough).
2. Place the ball of dough into the other large bowl, cover with a cloth and leave in a warm place for 1 hour, until well-risen and doubled in size. (This is a good time to make your tomato base and prepare any toppings).

## The tomato sauce

1/2 tbsp of vegetable or olive oil  
1 small onion, finely chopped  
400g tin of chopped tomatoes  
1 tsp of balsamic vinegar  
A good pinch of mixed herbs

Measuring spoons  
Chopping board  
Sharp knife  
Frying pan  
Large spoon or spatula  
Tin opener  
Blender or hand blender

Prep time **5 mins**

Cook time **10 mins**

### Stage one

1. Heat the oil in the frying pan over medium heat, and gently fry the onion for 5 minutes.
2. Add the chopped tinned tomatoes, vinegar, and herbs and cook for 5 minutes, stirring occasionally.
3. Purée the sauce in a blender or with a hand blender.
4. Set to one side.





## Putting it all together

Prep time

10 mins

Baking time

10 mins

### Topping suggestions:

Peppers (red, green or yellow), diced

Mushrooms, sliced

Tinned corn, drained

Spinach and/or basil, coarsely chopped

Tomatoes, sliced

Black olives, sliced

Feta cheese, crumbled

Vegetarian or vegan sausage\*,  
cooked and sliced

225g vegetarian or vegan cheese  
(preferably "mozzarella for  
pizza")\*, grated

One 225g packet of cheese is enough for two  
30cm pizzas.

### Variations:

**White pizza:** Instead of the tomato base, spread olive oil on the dough, sprinkle with finely sliced garlic and top with grated mozzarella.

**Green pizza:** Spread some vegetarian green pesto on the base and sprinkle with toppings of your choice.

### Stage one

1. After the dough has had an hour to rise, turn the oven on to 220°C/425°F /Gas Mark 7.
2. Turn out the dough on to a lightly floured surface, punch it down and divide into four pieces.

### Stage two

1. Knead each piece lightly and roll out until it is about 30cm in diameter.
2. Oil the metal baking sheet and place one of the rounds of dough on it.
3. Top the dough with the tomato sauce and any other toppings of your choice.

### Stage three

1. Bake in the preheated oven until the base of the pizza is crisp and golden brown, around 10 minutes.
2. Remove to a large chopping board and cut into slices using a pizza cutter or sharp knife.
3. Repeat with the other rounds of dough.







# Broccoli and Mushroom Crunch

Children can help with:

- Weighing and measuring
- Breaking broccoli into florets
- Rubbing crumble topping
- Spreading and pressing crumble

Prep time **20 mins**

Cook time **50 mins**

Vegan? **No**

Freezable? **No**

## Serves 6

### For the base:

- 25g butter
- 150g onion, chopped
- 275g broccoli, broken into small florets
- 1 tsp dried basil
- 1 tsp dried thyme
- 125g mushrooms, sliced
- 295g tin of condensed cream of mushroom soup
- 200ml milk
- Pepper to taste

### For the crumble topping:

- 100g butter or margarine at room temperature
- 175g wholemeal flour
- 150g Cheddar cheese, grated
- 25g chopped mixed nuts
- 25g walnut pieces
- 2 tbsp sunflower seeds

- Kitchen scales
- Measuring spoons
- Chopping board
- Sharp knife
- Tin opener
- Large saucepan or frying pan
- Large spoon or spatula
- Medium mixing bowl
- Cheese grater
- Spoon
- Ovenproof dish (approx 23cm x 23cm)

Great source of:  
**Protein & Calcium**

## Stage one

1. Preheat the oven to 190°C/375°F/Gas Mark 5.
2. Melt 25g of butter in the large saucepan then fry the onion, broccoli, basil and thyme over medium heat for 5 minutes.
3. Add the sliced mushrooms and cook until just tender (approximately 3 minutes).
4. Lower the heat and stir in the mushroom soup, milk, and pepper to taste.
5. Cook over low heat for 10 minutes, stirring occasionally.

## Stage two

1. While the vegetables are cooking, prepare the crumble topping in the medium mixing bowl. Use your hands to rub the 100g of butter into the wholemeal flour until the mixture resembles bread crumbs. (Remember to remove any rings before rubbing the butter and flour).
2. Still using your hands, mix in the cheese, nuts, and seeds.

## Stage three

1. Pour the broccoli and mushroom mixture into the ovenproof dish, then, using the back of a spoon, press the crumble mixture on to the vegetables.
2. Bake in the oven for 30 minutes or until golden and bubbly. (If you want your crumble to be extra-golden, place it under a hot grill for a few minutes after it's finished baking).
3. Allow the crumble to stand for 5 minutes before serving.

## Warning!

**Recipe includes nuts!**

# Chick Pea and Vegetable Curry

Children can help with:

- Washing vegetables
- Peeling carrots
- Breaking cauliflower into florets
- Measuring

Prep time **20 mins**

Cook time **30 mins**

Vegan? **Yes**

Freezable? **Yes**

## Serves 4

- 2 tbsp vegetable oil
- 1 small onion, chopped
- 2 cloves garlic, crushed
- 3 tbsp curry powder
- 225g carrots, peeled and sliced
- 225g mushrooms, quartered
- 1 small head of cauliflower, broken into florets
- 2 tbsp tomato purée
- 225g tin of chopped tomatoes
- 600ml vegetable stock
- 410g tin of chick peas (or another bean of your choice), drained and rinsed
- 100g frozen peas
- 200g basmati rice (or 50g person), prepared as per the instructions on the packet

- Kitchen scales
- Measuring spoons
- Large saucepan
- Sharp knife
- Chopping board
- Large spoon or spatula
- Peeler
- Tin opener
- Measuring jug
- Sieve
- Ladle

## Stage one

1. Heat the oil in the large saucepan then gently fry the onion for 2 minutes. (Drop a piece of onion into the oil as it is heating. When the onion starts to sizzle, the oil is ready).
2. Add the garlic and curry powder and stir, giving the onions and garlic a good coating of curry powder, and leave to cook for 2 minutes. (If you are unsure of how spicy you might like your curry, use less curry powder to start and gradually add more to taste).
3. Stir in the carrots, mushrooms and cauliflower and gently fry for 3 minutes more.

## Stage two

1. Add the tomato purée, tinned tomatoes and stock, bring to the boil and stir in the chick peas.
2. Leave to simmer gently for 10 minutes then stir in the peas. (Now is a good time to start preparing your rice!)
3. Cook for 10 minutes more, season to taste, and serve over rice.

## Top tip!

**Mild curry powder will make a less spicy curry, while Madras will make a hot one!**

Great source of:  
**Protein**











# Rainbow Frittata

Children can help with:

- Crumbling cheese
- Whisking egg
- Pouring

Prep time **10 mins**

Cook time **45 mins**

Vegan? **No**

Freezable? **No**

An Italian omelette containing vegetables, seasonings, and cheese.

## Serves 4-6

- 200g new potatoes, cubed
- 1-2 tbsp olive oil, plus a bit extra for oiling the flan dish
- 75g red onion, finely sliced
- 1 tsp dried mixed herbs
- orange pepper, diced
- 1 clove of garlic, finely chopped
- 1 medium tomato, chopped
- 100g feta cheese, crumbled
- 5 free-range eggs
- Pepper to taste

- Kitchen scales
- Chopping board
- Sharp knife
- Small saucepan
- Colander
- Measuring spoons
- Large frying pan
- Large spoon or spatula
- Small mixing bowl
- Fork
- Non-stick or ceramic flan dish

Great source of:  
**Protein**

## Stage one

1. Preheat the oven to 190°C/375°F/Gas Mark 5.
2. Boil the potatoes in the small saucepan for 10 minutes, then drain thoroughly.
3. While the potatoes are boiling, prepare the onion, pepper, tomato and cheese.

## Stage two

1. Heat the olive oil in the large frying pan, then fry the onion and mixed herbs for 5 minutes until the onion starts to become clear.
2. Add the orange pepper and cook for 2 minutes more.
3. Add the garlic and potatoes and cook for a further 5 minutes.
4. Remove from heat and mix in the tomato and feta cheese.

## Stage three

1. In the small mixing bowl lightly beat the eggs, adding pepper to taste.
2. Lightly oil the flan dish then pop it into the oven for a few minutes to heat.
3. Carefully remove the dish from the oven, pour in the vegetable and cheese mixture, and spread it evenly around the dish.
4. Pour the beaten eggs over the vegetable mixture then press the vegetable mixture down with a fork or spoon so it is mostly covered with egg.
5. Bake for 25-30 minutes until set and golden.
6. Allow to cool for a few minutes, slice into wedges and serve.

## Top tip!

To prevent shards of shell from breaking off, crack eggs on a flat surface then pull them apart, rather than cracking them on the side of a bowl!

# Surprise Chocolate Brownies

## Children can help with:

- Peeling and mashing the banana
- Sifting dry ingredients
- Folding in the dry ingredients
- Spreading the mixture

The surprise in these sweet, moist brownies is that they are egg and dairy-free with only natural sugars, and are packed with goodness! The nuts can be omitted for younger children.

Prep time

35 mins

Cook time

25 mins

Vegan?

Yes

Freezable?

No

### Makes 16

225g dates  
60g wholemeal flour  
2 tsp baking powder  
3 tbsp cocoa powder, sieved  
100g vegan margarine  
1 very ripe banana, mashed  
75g pecans or walnuts, roughly chopped (optional)  
1 tsp vanilla essence  
Vegetable oil for greasing  
Kitchen scales  
Medium saucepan  
Blender or hand blender  
Small mixing bowl  
Measuring spoons  
Sieve  
Medium mixing bowl  
Fork  
Wooden spoon  
Baking dish (approx 23cm x 23cm)

Great source of:  
**Protein  
& Iron**

### Stage one

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Place the dates in the medium saucepan with just enough water to cover them. Cook over a medium heat for 5 minutes or until soft.
3. Once the dates have cooked, drain off the hot water, and run them under a cold tap to cool.
4. Purée the dates. (A hand blender works well for puréeing).

### Stage two

1. In the small mixing bowl, sift together the flour, baking powder and cocoa powder, then set aside.
2. In the medium mixing bowl, using a fork, cream together the dates and the margarine until light and fluffy.
3. Stir the sifted flour, baking powder and cocoa powder into the date and margarine mixture.
4. Add the banana, nuts (optional) and vanilla essence.

### Stage three

1. Lightly oil the baking dish, then evenly spread the mixture into it, smoothing the top with a spoon.
2. Bake in the oven for 20-25 minutes or until the brownies start to come away from the sides of the dish.
3. Allow to cool in the pan, cut and serve.

### Top tip!

If using a metal baking dish, also line with greaseproof paper to prevent burning!









# Susan's Apple Crisp

Children can help with:

- Weighing and measuring
- Peeling apples
- Sprinkling sugar and spices
- Spreading topping mixture

This delicious, hot pudding from America is a cross between a flapjack and apple crumble!

Prep time **15 mins**

Cook time **40 mins**

Vegan? **Can be\***

Freezable? **No**

## Serves 6-8

### For the apple base:

5 medium cooking apples, peeled, cored and finely sliced

45g sugar

1/2 tsp cinnamon

1/2 tsp nutmeg

### For the topping:

170g butter or vegan margarine\*, melted

75g wholemeal flour

200g dark brown sugar

200g oats

Ovenproof dish (approx 23cm x 23cm)

Kitchen scales

Chopping board

Peeler

Sharp knife

Measuring spoons

Medium saucepan

Wooden spoon

## Stage one

1. Preheat the oven to 190°C/375°F/Gas Mark 5.
2. Evenly spread the apples around the ovenproof dish.
3. Sprinkle with sugar, cinnamon and nutmeg.

## Stage two

1. Melt the butter or vegan margarine.
2. Add the flour, brown sugar, and oats and stir with a wooden spoon until well mixed.

## Stage three

1. Evenly spread the oat mixture on top of the apples so that it completely covers them, then gently press down the oats with the back of a spoon.
3. Bake for 30 minutes or until the apples have turned soft and mushy – you can test this with a knife.

## Top tip!

You can experiment with different sizes and depths of baking dish. For thicker layers of apple and oats try a deep, narrow dish!

Great source of:

**Fibre &  
Iron**



# Everyday vegetarian fast food

**Fast food doesn't have to mean unhealthy, processed food from a chain restaurant. You don't even need to leave the house to get tasty, nutritious food fast! These quick meals can be rustled up at home with a minimal amount of time, cost and washing-up.**

## Breakfast

A bowl of cereal with milk and sliced banana  
Toast spread with jam or peanut butter or yeast extract or butter...  
Baked beans on toast  
Scrambled egg with cheese and herbs on toast  
Porridge

## Main courses

Wholewheat pasta tossed with pesto, sprinkled with cheese and salad  
Veggie sausages, eggs, chips and beans  
Jacket potato with fillings (baked beans and cheese, chilli, coleslaw, cottage cheese and chives, etc)  
Tinned soup with crusty bread and butter  
Cous cous tossed with cheese, chopped vegetables, herbs and olive oil

## Sides

Garlic bread with melted cheese  
Mashed potatoes and peas  
Steamed broccoli  
Tinned or frozen sweet corn, cooked  
Green salad  
Dollop of yogurt  
Houmous with pitta bread

## Puddings

Grilled bananas: Whole bananas, sliced in half, placed under a medium grill for 5 minutes, served with Greek yogurt, a drizzling of honey and a sprinkling of ground almonds  
Fresh fruit, washed, peeled, sliced, and served over yogurt or ice cream

## Snacks

Sliced veg (carrots, peppers, cauliflower, courgette) with houmous  
Roasted pumpkin seeds and sunflower seeds: 50g pumpkin seeds and 50g sunflower seeds coated in soy sauce, spread on a baking sheet and baked in a preheated 180°C oven for 10 minutes, turning occasionally  
Sliced cheese or vegetarian pâté on savoury biscuits  
Yogurt topped with chopped fruit and muesli

## Drinks

Fruit juice  
Water  
Milk  
Smoothies





# In the lunchbox

**Lunch is an important meal. It's a pick-me-up that keeps us going until dinner. A well-balanced, vegetarian lunch is easy to put together. Here are some suggestions for filling your lunchbox.**

## **Sandwiches (pick one of these):**

- Grated Cheddar cheese with sliced tomato and green pesto
- Cream cheese, avocado, and sliced tomato with black pepper
- Mature Cheddar cheese and pickle
- Hard-boiled, sliced, free-range egg and cress with a dash of black pepper
- Sliced, fresh mozzarella with avocado and tomato
- Meat-free beef/chicken/ham-style slices with lettuce, tomato and mayo
- Lightly-fried vegan bacon, avocado, mayo and a dash of salt and pepper
- Peanut butter and yeast extract
- Peanut butter and jam
- Grated carrot, spinach and houmous

Hint! Use a bread of your choice. There are so many to choose from! There's regular sliced bread, bloomers, pitta, bagels, French stick, ciabatta, wraps, rolls... Remember: wholegrain breads provide the most nutrients.

## **Snacks (pick at least two of these):**

- Apple
- Banana
- Pear
- Grapes
- Another fruit of your choice
- Nuts (peanuts, cashews, Brazil nuts, almonds, etc)
- Dried fruit (apricots, dates, apples, banana, mango, etc)
- Vegetable sticks (carrots, celery, peppers, etc)

## **Puddings (pick one of these):**

- Susan's Apple Crisp (see recipe, page 28)
- Surprise Chocolate Brownies (see recipe, page 26)
- Cereal bar
- Piece of fruit

## **Drink**

- Water
- Fruit juice



# About The Vegetarian Society

The Vegetarian Society of the United Kingdom is an educational charity promoting understanding and respect for vegetarian lifestyles. We offer expert advice on nutritional issues and provide free information to individuals, companies and organisations. Our Youth Education team provides support to young vegetarians and their families, as well as to nurseries, schools and colleges. The Vegetarian Society's aim is to make a difference to the future of vegetarianism – for individuals, animals and the environment. For further information email [education@vegsoc.org](mailto:education@vegsoc.org) or call 0161 925 2000.

## Twiggy Club

The Twiggy Club is the Vegetarian Society's membership package for young people aged 10 and under. For more information visit "Getting Involved" at [www.youngveggie.org](http://www.youngveggie.org) or call 0161 925 2000.



## What is a vegetarian?

A vegetarian is someone who does not eat any meat, poultry (that's chickens, turkeys, ducks and geese), game (any animal caught by hunters), fish, shellfish, or crustacea (like lobsters), or any kind of animal by-products (such as gelatine or rennet).

## More recipes

More delicious, child-friendly veggie recipes can be found by visiting [www.youngveggie.org/recipes.html](http://www.youngveggie.org/recipes.html)

## The Vegetarian Society

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