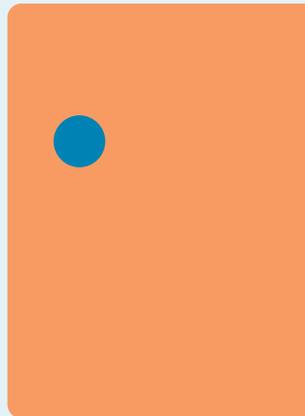
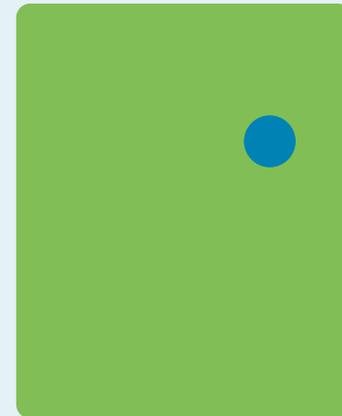
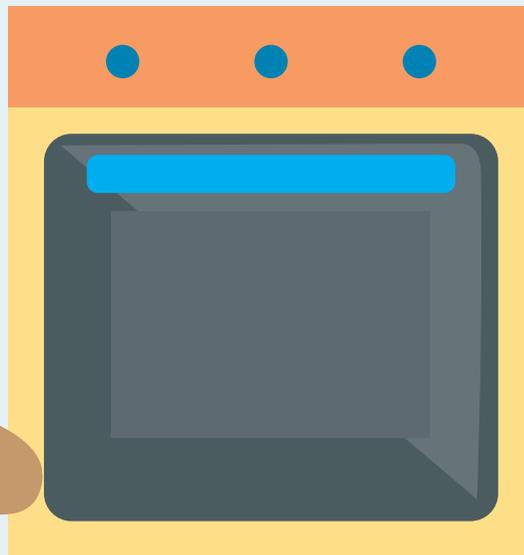
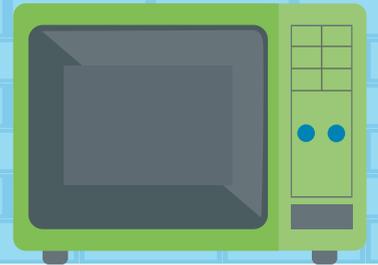




Drakes.



Kids Bake with D-Rake



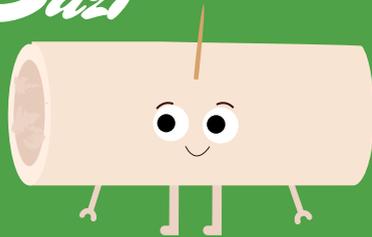
Meet the Crew

Flavia

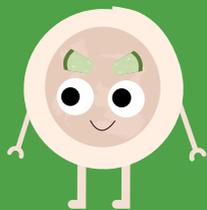


French Toast
Tray Bake
page 6

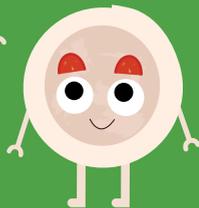
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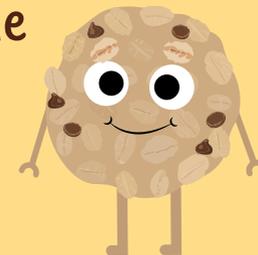
Sandwich
Sushi
page 10

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Doorstop
Sandwich
page 10

Cole



Oat & Chocolate
Cookies
page 14

Pedro



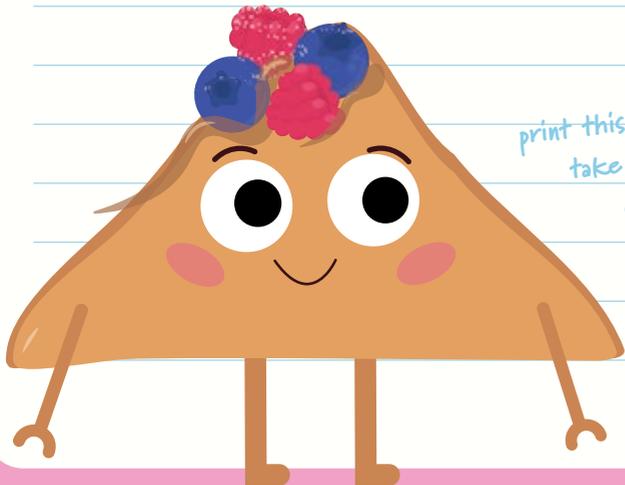
Chicken &
Mushroom Pies
page 18

French Toast Tray Bake

- 1 loaf of Wonder Bread
- 6 Eggs
- MeadowLea Margarine *to grease*
- 2 ½ cups Milk
- 1 tsp Vanilla Extract
- Cinnamon
- ¼ cup Maple Syrup *to serve*
- Dollop or Thickened Cream *to serve*
- Icing Sugar *for dusting*
- Fruit - Fresh or Frozen

you can use any type of berries or even peaches or apricots

*print this list out and
take it to Drakes so you
don't forget anything*



Method: French Toast Tray Bake

1. Have a grown up preheat your oven to 180 degrees
2. Lightly grease a baking dish with butter or margarine and cut the bread into triangles *Tip: use a pastry brush to help you spread it*
3. In a big bowl, whisk together eggs, milk, maple syrup, vanilla extract and cinnamon until smooth and creamy
4. Place the bread to the baking dish, overlapping slightly
5. Pour over the mixture and add in a few frozen berries or pieces of fruit in between the bread
6. Cover it up and let it sit for 15 minutes
7. Bake for 30 mins, until the egg mixture has set *get an adult to help*
8. Let it sit out of the oven for 5 mins to cool slightly
9. Dust with icing sugar, cut and serve with extra berries or fruit, a dash of maple syrup and some cream

Yum Enjoy!!



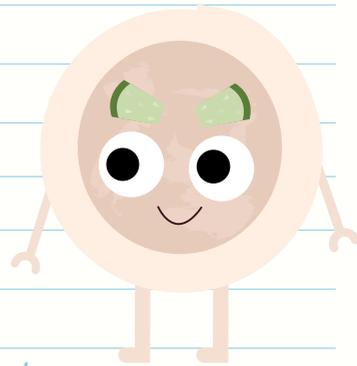
School Sandwiches 2 Ways

Sandwich Sushi

- Sliced Wonder Bread
- MeadowLea Margarine

You can use whatever fillings you like but here is a good suggestion:

- 1 can of drained Tuna
- 1 chopped punnet of Cherry Tomatoes
- 1 chopped Cucumber
- 1/2 diced Red Onion
- Praise Whole Egg Mayonnaise

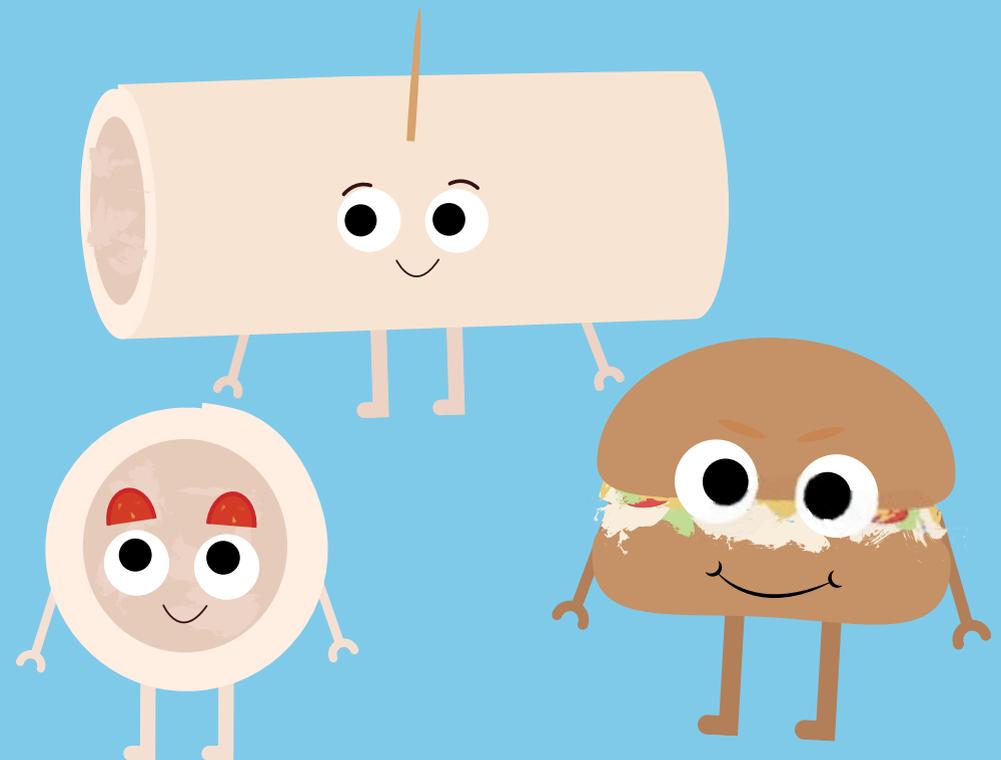


Doorstops

- Bread Rolls
- MeadowLea Margarine

Again, use whatever fillings you like! We're using:

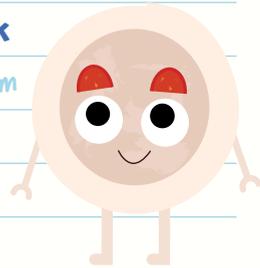
- 1 Avocado
- Praise Whole Egg Mayonnaise
- 250g of BBQ Chicken
- 1 large Tomato
- Shredded or sliced Cheese



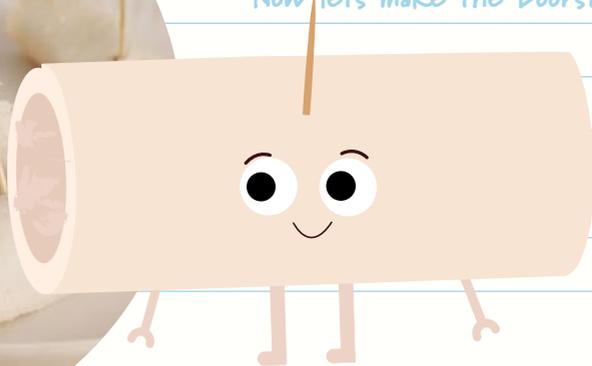
Method: Sandwich Sushi

1. Cut the crusts off of your bread
2. Roll each piece with a rolling pin and spread butter or margarine to the edges
3. Add your fillings into a bowl with a squeeze of mayonnaise as per your liking
4. Spread onto your bread - make sure you leave a 2cm area at the end
5. Roll together and secure with a toothpick

Tip: you could cut them in to small bite-sized pieces and eat them with chopsticks



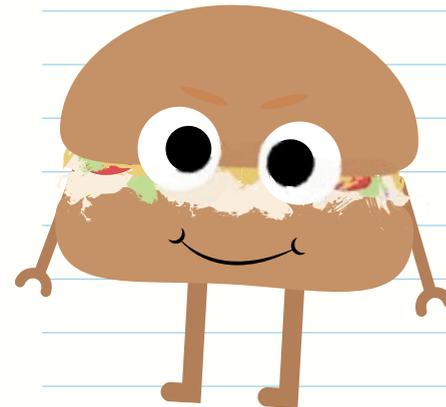
Now lets make the Doorstops!



Method: Doorstops

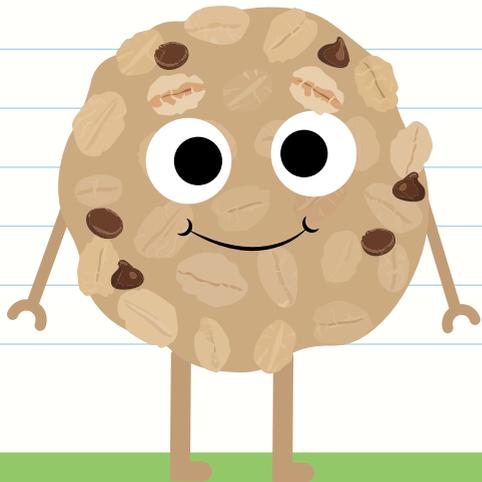
1. Cut your bread roll in half
2. Spread butter or margarine, top with avocado and add a squeeze of mayonnaise
3. Add some bbq chicken *you can pick this up from the deli section at Drakes*
4. Add any other ingredients you like *Tomato would be good!*
5. Top with shredded or sliced cheese
6. Grill until cheese melts and goes slightly brown

get an adult to help with this part



Oat & Dark Chocolate Cookies

- 1 cup of MeadowLea Margarine
- 1 cup CSR Dark Sugar
- ¼ cup CSR Granulated Sugar
- 2 Eggs
- 1 tsp Vanilla Extract
- 1 tbsp Maple Syrup
- 1 ⅔ cup All-Purpose Flour
- 1 tsp Baking Soda
- 1 tsp Ground Cinnamon
- 3 cups of Rolled Oats
- 1 ½ cups of Chocolate *you can use a block or buttons*
- Optional** – Sea Salt *for topping*



Method: Oat & Chocolate Cookies

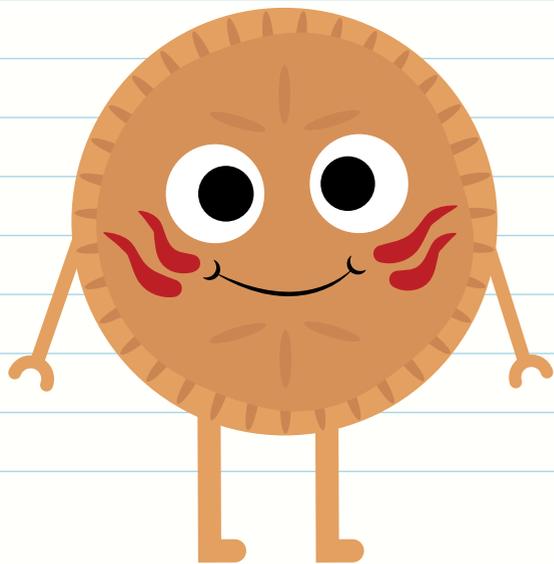
- 1. Heat your oven at 180 degrees and line two baking trays with baking paper**
- 2. Add room temperature butter/margarine and sugars together in a bowl, add the eggs**
- 3. Add in the vanilla and maple syrup. Mix all together and set aside**
- 4. In a separate bowl, whisk flour, baking soda, cinnamon and salt together**
- 5. Add in all wet ingredients to the dry ingredients and mix until combined**
- 6. Add the chocolate into the bowl, along with the oats - mix all together** *if you're using a block, chop it into small pieces*
- 7. Put the mixture in the fridge for 30 mins and rest for another 30 mins on the bench**

- 8. Roll balls of the cookie mixture and add to the baking tray, spaced evenly** *around 1 1/2 tablespoons per cookie*
- 9. Bake for 10 mins or until lightly browned**
- 10. Remove from the oven, place onto a cooling rack and sprinkle with sea salt and let cool**



Chicken & Mushroom Pies

- 1 Brown Onion** *finely chopped*
- 250g Chicken** *you can use thigh or shredded BBQ chicken*
- 3 cloves Garlic**
- 200g Mushrooms** *finely sliced*
- 1 tsp of Italian Herbs**
- 1 tbsp Cornflour**
- 1 cup of Cooking or Pouring Cream**
- 4 sheets of Pampas Puff Pastry**
- 1 Egg - whisked**
- Cooking Oil** *any type - just a dash for cooking*



Method: Chicken & Mushroom Pies

1. **Preheat the oven to 180 degrees**
2. **Finely chop onion and finely grate the garlic**
ask a grown up to help!
3. **In a large frying pan, add onion and garlic and sauté for a few minutes until browned**
4. **Add mushrooms to the pan and cook for 5 mins until softened, sprinkle over herbs**
5. **Whisk together the cooking or pouring cream and cornflour and pour into the pan and cook until mixture thickens, season and take off heat**
6. **Add shredded chicken to cream mixture and mix to combine**
7. **Grease small pie dishes or muffin tray and line with pastry**

8. **Add fillings to each and add tops of pastry to each, seal the edges and make some markings!**
9. **Brush with egg and cook in the oven for 40 mins until pastry is golden brown**

yummm! These would be perfect for your lunchbox

