

Sensory Pathway Recipes

Spring 2 Home Learning

Crumpet Pizzas:

Ingredients

6 crumpets

4 tbsp passata

4 tbsp ketchup

½ tsp dried oregano

toppings of your choice (peppers, cherry tomatoes, red onion, sweetcorn, olives, ham and basil all work well)

75g cheddar cheese , grated

Method:

STEP 1

Heat the grill to high. Lightly toast the crumpets in a toaster or under the grill. Meanwhile, mix the passata, ketchup and oregano together in a bowl. Season. Chop your chosen toppings into small pieces – young children can tear basil, or chop soft veg in a cup using safety scissors.

STEP 2

Line a baking tray with foil. Spread the sauce over the crumpets, then top with the veg and cheese. Arrange on the tray and grill for 3-4 mins, until the cheese is golden and bubbling. Leave to cool slightly before eating.



Apple Doughnuts:

Ingredients:

150g soft cheese

2 tsp honey

3 apples (use a crunchy eating variety)

3-4 tbsp almond or peanut butter (optional)

coloured sprinkles , to decorate

Method:

STEP 1

Mix the soft cheese with the honey and set aside. Peel the apples, then slice each through the core into five or six rings, about 1cm thick. Use an apple corer or small round biscuit cutter to stamp out a circle from the middle of each slice, removing the core and creating 'doughnut' shapes. Pat the slices dry using kitchen paper – they should be as dry as possible to help the toppings stick.

STEP 2

Spread some nut butter over the slices, if using, then top with the sweetened soft cheese. Decorate with the sprinkles and serve.



Rainbow Spaghetti:

Ingredients:

200g spaghetti

a mix of food colourings (we used red, yellow, green and blue)

To serve (optional)

salad dressing or melted butter

50g cheddar , grated

mixed salad leaves and veg

Method:

STEP 1

Cook the spaghetti following pack instructions. Drain, then divide between bowls, based on the number of colours you'd like to use (we made five colours). Add a drop of food colouring to each bowl, or combine two colours (such as red and yellow to make orange). Mix well, adding a splash of water to help the colour disperse, if needed. Leave for 5 mins, then rinse the spaghetti under cold running water to set the colour.

STEP 2

If you want to use the spaghetti as a sensory activity only, tip it into a large tray or plastic bowl and let your little ones dive in. If you like, add ice cubes, or give older toddlers (aged two to four) safety scissors to practise their cutting skills.

STEP 3

If you're serving the spaghetti, toss with some salad dressing or melted butter, then top with a little grated cheese and a salad of mixed leaves and vegetables.



Banana Pancakes:

Ingredients:

350g self-raising flour

1 tsp baking powder

2 very ripe bananas

2 medium eggs

1 tsp vanilla extract

250ml whole milk

butter, for frying

To serve

2 just ripe bananas, sliced

maple syrup (optional)

Method:

STEP 1

Sieve the flour, baking powder and a generous pinch of salt into a large bowl. In a separate mixing bowl, mash the very ripe bananas with a fork until smooth, then whisk in the eggs, vanilla extract and milk. Make a well in the centre of the dry ingredients, tip in the wet ingredients and swiftly whisk together to create a smooth, silky batter.

STEP 2

Heat a little knob of butter in a large non-stick pan over a medium heat. Add 2-3 tbsp of the batter to the pan and cook for several minutes, or until small bubbles start appearing on the surface. Flip the pancake over and cook for 1-2 mins on the other side. Repeat with the remaining batter, keeping the pancakes warm in a low oven.

STEP 3

Stack the pancakes on plates and top with the banana slices and a glug of sticky maple syrup.



Frozen Banana Lollies

Ingredients:

2 bananas

4 large strawberries

100g natural yogurt

200g dark chocolate

1 tbsp hundreds and thousands

You will also need:

4 wooden lolly stick

Method:

STEP 1

Peel the bananas and trim off the very ends if you'd like them neater. Then chop them each into 4 equal-sized chunks. Thread a strawberry onto each lolly stick first, then push on the pieces of banana.

STEP 2

When all your banana pops are made lay them on a baking tray and put in the freezer, uncovered, for 1 hr.

STEP 3

Put the yogurt into a tall glass or jug then dip each banana pop into the yogurt to coat (avoiding the strawberries), then place back onto the tray to refreeze until set.

STEP 4

Melt the chocolate in the microwave in 30 second bursts (stirring after each blast) then pour into a mug. Dip the end piece of each banana pop in the chocolate then sprinkle over the hundreds and thousands.

STEP 5

The chocolate should set pretty much instantaneously, but you can keep them in the freezer until you want to serve them for up to 1 week.



Easy Cheesy Frittata

Ingredients:

2 spring onions, ends trimmed off
4 tablespoons of frozen peas, defrosted
1 courgette, halved with the ends cut off
2 slices of ham
100g feta cheese
4 eggs

Method:

STEP 1

Ask a grown-up helper to switch the oven on to 180C/ 160C fan/gas 4. Snip or cut up the spring onions and put them in a bowl. Add the peas to the bowl.

STEP 2

Grate the courgette using your rotary grater, one half at a time, then add it to the bowl.

STEP 3

Cut the ham into pieces with your scissors, if you do this over the bowl it will fall straight in.

STEP 4

Break the feta into the bowl by crumbling it with your hands.

STEP 5

Crack the eggs into a bowl and, if any bits of shell fall in, scoop them out with a spoon. Whisk the eggs until the yolks are mixed into the white.

STEP 6

Pour the eggs into the other bowl and stir. Brush a round ovenproof dish, about 16cm across, with oil. Tip everything into the dish. Ask a helper to put the dish in the oven for 30 minutes or until the egg is set. Serve with salad and crusty bread.

