

# Little Chefs

Here's some great recipes from our lovely friend Ally at Ally's Kitchen Stories



## BISH BASH BOSH HEALTHY BOOST BARS

- 2 Cups Pitted Mejdool Dates  
(Bateel are my top choice!)
- 1 Cup Grated Raw Coconut
- 1 Cup Sunflower Seeds
- 1 Cup Pumpkin Seeds
- 2 Tbsp. Chia Seeds
- 2 Tbsp. Flaxseeds
- 2 Tbsp. Freeze-dried Raspberries
- Mulberry's To Dress Your Bars  
(Optional)



You can't beat how easy, healthy, and simple these energy bars are. They're guaranteed to please tummies too!

Packed with a whole lot of goodies (zero nasties) that are super kind to tummy's. These bars are perfect for a mid morning lunch box snack or mid anything snack to keep children healthy and happy too whilst avoiding sugar spikes!

### Method:

- Mix ALL ingredients in an S shaped blender for approximately 2-3 minutes or until your mix forms into a big sticky ball.
- Place your slab of gooey mix onto a baking tray, which is covered with greaseproof paper. Using squeaky-clean hands spread the mix so that you have an approximate ½ inch\ thickness all round.
- Place in the fridge to cool overnight. Chop into little bars that are nice and easy to hold.

Ta Da!

## Banana Crisps- Hangry (hungry & angry) Snacks

These banana chewies are a firm favourite in our household and guaranteed to please tummies.

- Slice 2 bananas (1/2cm thickness)
- Place onto a wire rack and brush with lemon juice
- Sprinkle a little cinnamon
- Bake on a super low heat (the lowest temp) for a 1-1/2 hours
- Remember to check every 30 mins to make sure they don't stick.
- Turn the oven off and leave to rest.

Result... part crispy part chewy bites! ENJOY

