

Shopping list: Fruit fusion

Date: _____

Ingredients

Choose a maximum of 6 different fruits.

1 apple 6 - 12 grapes
1 pear 2 x slices pineapple
1 clementine 1 x slice melon
6 strawberries 1 peach or nectarine
1 kiwi fruit 250ml fresh fruit juice

Container: With a lid

Shopping list: French Bread Pizza

Date: _____

Ingredients

A piece of French stick sliced in half or a bagel
½ yellow pepper
1 spring onion
1 mushroom
75g hard cheese, e.g. Cheddar, Edam, Gruyere

Container: With a lid

Shopping list: Fruity Flapjacks

Date: _____

Ingredients

75g dried fruit
150g oats
50g sugar
50g butter or margarine

Container: With a lid

Shopping list: Mushroom Soup

Date: _____

Ingredients

25g butter or margarine
1 small onion
200g button mushrooms
25g plain flour
2 chicken stock cubes
150ml milk

Container: With a lid or a flask

Shopping list: Rocking Rock Cakes

Date: _____

Ingredients

200g self-raising flour
75g butter or margarine
75g sugar
75g mixed dried fruit
1 egg

Container: With a lid

Shopping list: Mini Carrot Cakes

Date: _____

Ingredients

75g margarine
125g carrots
100g sugar
1 large egg
100g flour
75g sultanas

Container: With a lid

Shopping List: Jam Tarts

Date: _____

Ingredients

100g plain flour
50g butter or margarine
2 x 15ml tablespoons of jam

Container: cake tin or container with lid

Shopping list: Pasta Salad

Date: _____

Ingredients

150g pasta shapes
3 tbsp mayonnaise or dressing

Optional

2 sticks celery
150g cheese
1 tbsp chopped parsley
4 spring onions
2 or 3 slices salami / ham

Other ingredients

peppers,
mushrooms,
tuna, sweetcorn ,
cucumber

Container: Dish

Shopping list: Macaroni Cheese

Date: _____

Ingredients

100g macaroni
100g Cheddar cheese
1 tomato
25g soft margarine
25g plain flour
250ml semi-skimmed milk

Container: Casserole / ovenproof dish

Shopping list: Burgers

Date: _____

Ingredients

Ingredients
400g minced beef
1 medium onion
50g bread
1 egg

Container: Container with a lid

Shopping list: Apple Crumble

Date: _____

Ingredients

150g plain flour
50g sugar
75g margarine
2 cooking apples
50g sultanas
50g sugar

Container: Casserole / ovenproof dish

Shopping list: Dutch Apple cake

Date: _____

100g caster sugar
100g soft margarine
2 eggs
100g self raising flour
1 eating apple

Container: Cake tine or 20cm baking tray