

Colourful Coconut Fairy Fread

- WHOLEMEAL BREAD
- HONEY
- TAHINI
- SHREDDED OR DESSICATED COCONUT
- NATURAL FOOD COLOURINGSSSS - SUPERMARKET

- MIX EQUAL PARTS OF HONEY AND TAHINI TO FORM A PASTE. IF YOU DON'T MAKE ENOUGH IN THE FIRST BATCH YOU CAN MAKE MORE LATER DEPENDING ON THE NUMBER OF PEOPLE YOU'RE CATERING FOR.

- SPREAD THE COCONUT ACROSS A FEW DIFFERENT BOWLS. ONE SMALL BOWL OF COCONUT FOR EACH COLOUR YOU WOULD LIKE.

- ADD 2 DROP OF FOOD COLOURING TO THE COCONUT AND MIX UNTIL COLOURED.

- REPEAT FOR ALL OF THE BOWLS.

- SPREAD THE HONEY AND TAHINI DIP ACROSS THE BREAD.

- SPRINKLE A VARIETY OF COLOUR OF COCONUT OVER THE BREAD.

- CUT INTO FOUR TRIANGLES.

NUTRITION INFORMATION

HEALTH BENEFITS OF DESSICATED COCONUT

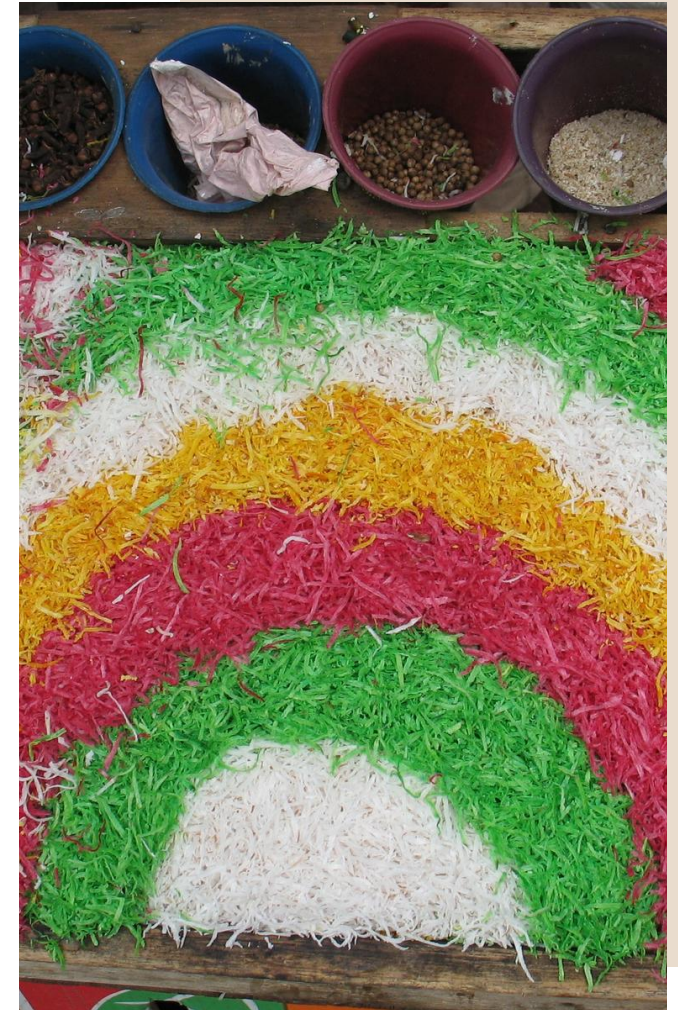
- QUALITY SOURCE OF HEALTHY FAT WITH NO CHOLESTEROL.
- IT CONTAINS SELENIUM, FIBRE, COPPER AND MAGNESIUM.

HEALTH BENEFITS OF TAHINI

- TAHINI (BLENDED SESAME SEEDS) IS A QUALITY SOURCE OF OMEGA'S, B GROUP VITAMINS, VITAMIN K, VITAMIN E, NON-HEME IRON, MAGNESIUM AND CALCIUM.

HEALTH BENEFITS OF COCONUT/TAHINI VS TRADITIONAL FAIRY BREAD

- 100'S & 1,000'S CONTAIN NUMBER OF PRESERVATIVES, ADDITIVES, THICKENERS AND COLOURINGS DETRIMENTAL TO HEALTH. THEY ARE MADE FROM 100% SUGAR.
- THE TRADITIONAL VERSION IS MADE ON WHITE BREAD, A SIMPLE CARBOHYDRATE WHICH CONVERTS TO A SIGNIFICANT AMOUNT OF BLOOD GLUCOSE (SUGAR). IT CONVERTS VERY QUICKLY LEADING TO A "SUGAR HIGH" IN CHILDREN.
- A LARGE SPREAD OF MARGARINE IS ALSO OFTEN USED. IT IS FULL ON UNHEALTHY OILS AND FATS.



Homemade Cordial

Orange Cordial

- 3 ORANGES - JUICED 150ML
- 15G-30G SUGAR (OR LESS)
- 600ML BOILING WATER
- 1 TEASPOON CITRIC ACID + 2 TEASPOONS BOILING WATER

Lemon Cordial

- 4 LEMONS - JUICED 150ML
- 90G SUGAR (OR LESS)
- 600ML BOILING WATER
- 1 TEASPOON CITRIC ACID + 2 TEASPOONS BOILING WATER

- CUT THE FRUIT IN HALF AND SQUEEZE THE JUICE USING A HAND HELD JUICER.
- PLACE JUICE AND HULLED FRUIT IN A LARGE BOWL OR SAUCEPAN.
- DISSOLVE THE SUGAR IN THE BOILING WATER AND POUR INTO BOWL WITH FRUIT AND JUICE.
- ALLOW TO STAND AT ROOM TEMPERATURE FOR 24 HOURS.
- DISSOLVE CITRIC ACID IN BOILING WATER. ADD TO CORDIAL MIX.

TO SERVE MIX 1/4 CUP CORDIAL WITH 1 CUP COLD WATER.

NOTES:

- STORE IN AN AIRTIGHT CONTAINER IN THE FRIDGE FOR UP TO 2 WEEKS.

NUTRITION INFORMATION

BENEFITS OF ORANGES & LEMONS

- LOADED WITH VITAMIN C

BENEFITS OF HOMEMADE CORDIAL

- NATURALLY FLAVOURED AND SWEETENED WITH FRUIT AND FRUIT JUICE.
- WHILST THESE RECIPE DO CONTAIN SUGAR, IT IS IN A SMALL AMOUNT COMPARED TO STORE BOUGHT CORDIAL.
- CITRIC ACID PREVENTS THE CORDIAL FROM FERMENTING WHILST STORED IN THE FRIDGE.
- HOMEMADE CORDIAL DOESN'T CONTAIN PRESERVATIVES, COLOURINGS, ARTIFICIAL FLAVOURINGS AND SULPHITES.