

A stack of approximately ten chocolate brownies, some with visible white fillings, is piled on a dark grey slate board. A single, vibrant red strawberry with a green stem and leaves sits in the lower-left foreground. The background is a soft-focus outdoor scene with green grass and small yellow flowers. In the upper-left corner, there is a semi-transparent white box containing the 'pamis' logo and its tagline.

pamis
promoting a more inclusive society

Picnic Recipe Book

Foreword

PAMIS is the only organisation in Scotland that works solely with people with profound learning and multiple disabilities and their families for a better life.

PAMIS celebrated its 25th birthday on 21st May 2017 and we hosted the Big PAMIS Picnic in Glasgow and Dundee. We wanted PAMIS families, carers and staff to come together and celebrate this special occasion in future years. We thought a PAMIS Picnic Recipe Book would complement our annual picnic so contacted families, professionals, staff and friends and asked for their favourite recipe and why they loved it.

We want to thank all the people who contributed to the book. We hope you enjoy all the lovely recipes for many years to come.

Special thanks to our volunteer, Ren McCreadie, who typed up all the recipes and created the unique illustrations.

Thank you for supporting PAMIS. Here's to our 30th anniversary in 2022!

Lesley Gray

Volunteer Manager | PAMIS



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Be aware of food allergies and ensure a high standard of hygiene in the preparation and storage of food



Roasted Red Pepper Dip

1 carton Philadelphia cheese
1 large roasted red pepper
Splash of double cream
Half a lemon
2 tablespoons tomato purée



Roast red pepper on gas burner, continually turning until black, or roast in oven. Place in sandwich bag or cling film for 10 minutes. Peel skin off and take out middle and seeds. Add cream cheese, lemon, tomato, and cream, then liquidise. Place in fridge – serve with chopped veg or crackers.

“A supermarket used to make a lovely pepper dip about 20 years ago. Stopped making it so I decided to try myself. I like mine better now 😊” – Susan Doogan

Red Pepper and Aubergine Dip

4 aubergines
4 red peppers
Oil, for brushing
4 plump garlic cloves, crushed
½ teaspoon ground cumin
½ teaspoon paprika
Juice of 1 lemon
300ml Greek yogurt
Handful of fresh coriander

Lightly brush the aubergines and peppers with oil. Bake in the oven for 30 minutes/until tender. Remove and set the aubergines aside to cool. Put the peppers in a plastic bag, seal, and cook for 15 minutes. When the aubergines are cool enough to handle, halve lengthways and scoop the flesh into a food processor. Discard the skins. Halve, deseed, de-stalk, and peel the peppers, then add to the food processor with the garlic, cumin, paprika, lemon juice, and seasoning. Whizz to a purée. Add the yogurt and coriander and whizz briefly. Delicious served with pitta bread.

“A nice alternative to sandwiches. Keeps well in the fridge for a few days.” – Lesley Gray

Gary's Tapamole!

Avocado

Cherry tomatoes

Red onion

Olive oil

Lemon juice

Salt

Freshly-ground pepper

Cut avocado in half – discard seed but keep skin. Scoop out flesh and cut into small chunks. Roughly chop cherry tomatoes and onion and mix with avocado. Add salt, pepper, the juice from half a lemon and a drizzle of oil. Mix briefly, scoop into skins, and serve!

“This was a tapas dish I discovered during a trip to Valencia. O’le!” – Gary Bottoms

Rosemary Pecans

4 cups pecans

6 tablespoons butter, melted

1 tablespoon salt

1 tablespoon dried rosemary

½ teaspoon cayenne

Mix the lot together and whack onto a baking tray! Bake at 160°C/325°F for 15 minutes. Store in an airtight container.

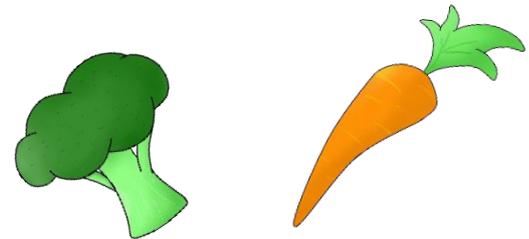
“We like them at Christmas time!” – Carolyn Haddow

Broccoli, Carrot and Peanut Salad

400g broccoli
250g grated carrot
150g salted peanuts
4 heaped tablespoons light mayo

Make sure that the carrot is thoroughly dried and there is no moisture in it (sometimes it is better to buy the pre-grated carrot from the supermarket). Rinse and chop the broccoli into bite-size pieces. Put a layer of carrot in the bowl; add a layer of broccoli on top. Sprinkle over about a third of the peanuts and put a dollop (about a third) of the mayo on top. Repeat this twice. Mix all the ingredients together (the layering ensures that you get an even distribution). Chill in the fridge and serve.

"I had got some broccoli to make another salad from a recipe book I had. There was some left over so I just mixed it with the carrots, peanuts and mayo I had and made a wee salad. The funny thing was that everybody agreed that was their favourite salad!" – Mary Berry



Curried Coleslaw

175g cabbage (white, red, or a mixture of both) shredded finely

1 onion, finely chopped

2 carrots, grated

75g sultanas

Bunch of coriander, roughly chopped

For the dressing:

3 tablespoons sunflower oil

1 tablespoon white vinegar

1 tablespoon lemon juice

Pinch of mustard powder

1½ tablespoons low-calorie mayonnaise

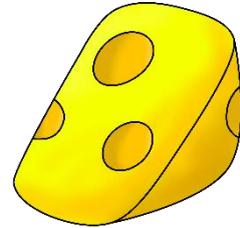
1-2 teaspoons curry powder

Mix together all the salad ingredients except the coriander in a large bowl. Place the oil, vinegar, lemon juice, and mustard in a small bowl, stir well, blend and season to taste. Pour over the salad and toss well. Mix the mayonnaise and curry powder together, add to the salad, and toss well. Add coriander to taste. Transfer the coleslaw to a deep salad bowl and garnish with a sprig of coriander.

Andy and Pat Anderson, Marks Tey, Colchester

Nana's Cheese Straws

100g self-raising flour
Pinch of salt
Pinch of mustard powder
50g margarine
75g cheddar cheese
1 egg, beaten
1-2 tablespoons poppy seeds, optional



Preheat oven to 180°C/Gas mark 4. Combine the flour, salt, and mustard powder. Rub in the margarine. Stir in the cheese and add beaten egg slowly until a stiff dough consistency is achieved (you may not need the whole egg.) Roll out to approximately ½cm thick and cut into straws.

Optional: Add a tasty and decorative touch by gently pressing poppy seeds onto the surface of each straw prior to baking
Bake for 10-15 minutes until crispy and golden

“My nana taught me to bake these as a child. Over 20 years later she taught my daughters and they love to spend time with her in the kitchen.” – Lilybank Resource Centre

Herbed Cheese Bread

225g self-raising wholemeal flour
Freshly-ground sea salt and pepper
1 level teaspoon mustard powder
1 level teaspoon fresh chopped chives
1 level teaspoon chopped parsley
100g grated cheddar cheese
25g butter or vegetable margarine
1 egg, beaten
150ml water

Grease a 450g loaf tin. Mix flour, salt, pepper, mustard, herbs and cheese in a bowl. Melt the butter/margarine and add to the flour with the egg and water. Mix well to form a soft dropping consistency. Spoon the mixture into the loaf tin and bake in the oven at 190°C/375°F/Gas mark 5 for 45 minutes or until golden brown and firm. Turn out to cool on a wire rack. Serve sliced and buttered.

Paul and Beverly Dyson, Drayton, Norwich

Focaccia Filled Bread

500g strong white bread flour
2 sachets dried fast-acting yeast
2 teaspoon salt
2 tablespoons olive oil
400ml cold water
Olive oil to drizzle
Fine sea salt to sprinkle
Rosemary

Place the flour, salt, yeast, olive oil and 300ml/10½fl oz of the water into a large bowl. Gently stir with your hand or a wooden spoon to form a dough then knead the dough in the bowl for 5 minutes, gradually adding the remaining water. Stretch the dough by hand in the bowl, tuck the sides into the centre, turn the bowl 180 degrees and repeat the process for about 5 minutes. Tip the dough onto an oiled work surface and continue kneading for 5 more minutes. Return the dough to the bowl, cover and leave to rise until doubled in size. Line large baking sheets with baking paper. Tip the dough out of the bowl. Flatten onto a baking sheet, pushing to the corners, then leave to prove for one hour. Preheat the oven to 220°C/425°F/Gas mark 7. Drizzle the loaves with oil, sprinkle with fine sea salt, make small holes with the end of a wooden spoon and insert rosemary then bake in the oven for 20 minutes. When cooked, drizzle with a little more olive oil. Once cool the loaf should be cut open and filled with cheese, ham, sundried tomatoes. (Any filling of choice.)

“I used to make this bread for my boys on a weekly basis when they were small. The bread is delicious as a sandwich or eaten with soup. I sometimes used the dough for pizza bases. Bread does not go soggy; makes lovely picnic food.” – Ann Kenny

Egg Muffins

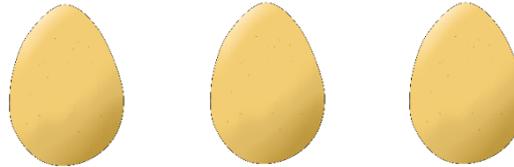
Omega 3 eggs and/or Trader Joe's Cage Free 100% Liquid Egg Whites

Onions

Broccoli

Peppers (green or red)

Coconut oil



Makes six muffins

Preheat oven to 400°F. Sauté the vegetables in a frying pan over a medium heat with the coconut oil. Stop the sautéing process about half-way through cooking. The veggies will finish in the oven. Divide vegetables evenly in a non-stick muffin pan. Mix the eggs and the egg whites in a bowl and pour into the tins. Only fill the tins $\frac{3}{4}$ of the way to the top – they will rise a little. Stir the vegetable and egg mixture briefly to disperse the vegetables evenly into the tins. Bake the egg muffins for approximately 20 minutes. Your cooking time may vary depending on the tin and the oven. Adjust accordingly. Once muffins have cooled, store in your refrigerator.

Claire Thould

Everyday Egg Muffins

12 eggs

Salt and pepper

Your choice of cooked meat, vegetables, and/or cheese

(A dozen ideas! Mushrooms, tomato, zucchini, sausage, bacon, cheese, ham, spinach, peppers, broccoli, carrots, and onions)

Preheat oven to 350°F. In a large bowl, mix all the ingredients. Pour into 12 muffin cups and bake for 20-25 minutes, until egg sets. Pop muffins out of pan to serve, refrigerate (up to two days) or freeze.

Claire Thould

Savoury Muffins, with/without added protein

50g grated high protein low fat cheese or normal low fat cheese,
75ml skimmed milk or lacto/dairy free alternatives (same goes for cheese, to up the protein you can add ½ scoop of unflavoured protein powder of choice to the milk and mix well)
150g approx. 1 nice sized courgette skinned and grated
3 medium eggs
Half a small red or white onion chopped (or leave out if preferred)
2 teaspoons of chopped coriander, fresh, dry or frozen (you can leave this out or add another herb of choice such as chives instead of onions etc.)
Salt and pepper to taste if preferred

Preheat oven to 180°C or Gas Mark 4. Add Ingredients to mixing bowl and mix together. Spoon the mixture evenly into a non-stick muffin tray. Bake in oven for 12 – 15 minutes until golden brown.

“This recipe is very versatile; you can add, swap, or change ingredients as preferred to taste. They can be stored in the fridge for a few days in an airtight container for quick snacks/lunches etc. They go fantastic with some homemade salsa. It’s a recipe where you can add unflavoured protein powder too, so handy for my post bypass lot and kids and adults who need extra protein supplements.” – Leigh



Potato and Onion Tart

375g pack ready-rolled shortcrust pastry
2 tablespoons olive oil
450g onions, thinly sliced
2 garlic cloves, crushed
3 tablespoons fresh thyme leaves or 1 tablespoon dried
750g floury potatoes, peeled and thickly sliced
2 eggs
200ml carton crème fraîche
2 tablespoons wholegrain mustard

Preheat oven to 220°C/200°C fan/Gas Mark 7. Use pastry to line the base and sides of a Swiss roll tin about 23x33cm/9x13". Heat the oil in a large frying pan and fry the onions for 8-10 minutes, until just beginning to caramelize. Stir in the garlic and most of the thyme and cook for a further 2 minutes. Scatter half into the pastry case. Parboil the potatoes in salted boiling water for 4-5 minutes. Drain well and arrange in the case. Scatter over the remaining onions. Beat together the eggs, crème fraîche, and mustard. Season well and pour over the vegetables. Scatter over the rest of the thyme and bake the tart for 20 minutes, until the filling has set and is golden. Serve the tart with a salad.

"A filling tart, delicious served hot or cold with salads."

Potato Scones

500g mashed potatoes
100g plain flour
50g butter
Pinch of salt

Use a griddle pan, frying pan can be used. The trick is not to let the mixture get dry. Boil the tatties and mash thoroughly. Add butter and salt. In a mixing bowl, mix in plain flour with the mashed tatties ensuring the mixture does not go dry. Empty onto a flat surface and use a rolling pin to roll out the mixture evenly to a desired height of about 3mm. Cut into triangle shapes, put each one onto the griddle or frying pan and cook both sides until brown. Serve whilst hot

“Coming from a large family I have always enjoyed a “tattie scone” as we call them. It reminds me of my childhood at the weekends we would have them with our Scottish fry up. Interestingly one of my great nieces who is only four loves them with roasted cheese or just with butter; it’s great how things pass down our generations.” – Elizabeth Johnstone

Quick and Healthy Pizza

For the base:

225g wholemeal self-raising flour

½ teaspoon of salt

1 teaspoon mixed herbs

2 tablespoons cooking oil

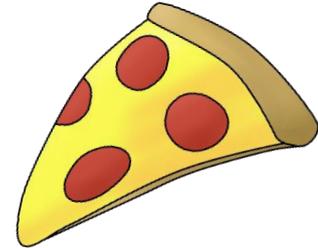
150ml water

For the topping:

2-3 tablespoons from a jar of tomato pasta sauce

80z mozzarella cheese

Any of the following toppings: Tomatoes, red/green/yellow peppers, olives, pineapple, sweetcorn, ham, tuna, onions, or anything else you fancy!



Sieve the flour into a bowl. Add the salt, herbs, oil, and water. Mix well with a blunt knife until it forms a dough. Roll it out onto a floured surface until it's thin. Spread the tomato sauce over the surface and add the toppings of your choice. Bake in the oven at 200°C for 20 minutes.

A. McBride

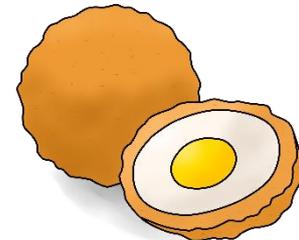
Curried Scotch Egg

350g pack of sausages (or sausage meat)
5ml spoon of medium-strength curry powder
115g breadcrumbs (packet or make your own!)
6 eggs

Preheat oven to 200°C/400°F/Gas Mark 6. Place four eggs in boiling water for 10 minutes. Skin the sausages and place the meat in a bowl. Add the curry powder and mix well. Drain the eggs and refresh well in cold water. Peel and pat dry with kitchen paper. Beat two raw eggs together in a bowl. Empty the sachet of breadcrumbs into another bowl. Mould the sausage meat around each cooked egg until all the meat had been used. Dip each moulded egg in the beaten egg and then roll in the breadcrumbs until well-covered. Place on a baking sheet and put in the oven for 25 minutes until golden, turning twice during the cooking time. Serve warm or cold.

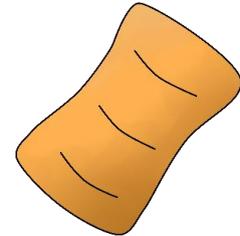
You can use any sausage meat or a flavoured sausage such as pork and leek and omit the curry powder – this is a matter of taste.

Paul and Beverly Dyson, Drayton, Norwich



Sausage Rolls

Readymade puff pastry
8 medium-sized pork sausages
Small onion grated
4 sun-dried tomatoes
1 medium egg
25g cheese of choice
Dried mixed herbs



Put the sausage meat, grated onions, cut up pieces of sun-dried tomatoes, grated cheese, and dried mixed herbs into a bowl. Mix together using your hands. Roll out puff pastry into an oblong shape. Put the sausage meat down the middle. Brush the edges of the pastry with beaten egg, and then fold pastry over the sausage filling and press to seal the edges. Use a fork to seal the edges down. Cut into 8 medium sized sausage rolls. Snip the pastry to let steam out, and brush with beaten egg. Sprinkle with cheese. Place on a large baking tray lined with baking paper. Preheat the oven to 200°C/fan 180°C/Gas Mark 6 and bake for 20-25 minutes.

*“This was a lovely recipe for my boy’s small hands on a picnic, keeps nice and moist very tasty.
Really nice with drinks, or more recently I use this for my book club food.” – Ann Kenny*

Pork and Apple Sausage Rolls

450g puff pastry (you can make your own, but I often use readymade from the supermarket)
400g sausage meat (or buy readymade sausages from the supermarket and take the meat out of the skins)
1 shallot, diced
1 crisp eating apple, finely diced
A few sage leaves, shredded
1 egg, plus an extra egg for glazing
Salt and pepper

Preheat the oven to 200°C. Fry off the diced shallot until soft and lightly golden. Add the diced apple and sage leaves and cook for 5 minutes. Allow to cool. Next, remove the sausage meat from the skins and place into a large bowl. Add the cooled shallot, sage and apple mixture. Crack the egg into the mixture and combine all the ingredients with your hands. Season with salt and pepper.

Now roll out your puff pastry sheet. Use a sharp knife to cut the pastry into sections; each section needs to be big enough to allow for a dollop of the filling to be wrapped in the pastry. Once you have put all the mixture on the sections, fold the pastry in half over the sausage meat, make two scores gently across the top of each sausage roll and use a fork to clamp down the edges. Beat your extra egg in a cup and brush over the tops of the sausage rolls. Put into your preheated oven for 15-20 minutes until crisp and golden and the sausage meat is completely cooked through.

“This is something that my mother in law has created a tradition of making for my kids’ birthday parties – they always get gobbled up straight away and are great either hot or cold, and equally good for picnics.” – Katherine Riach

For more recipes, visit: www.lochaberfarm.com

Maple, Sesame, and Mustard Sausages

Chipolata sausages (buy lots!)

Grain mustard

Maple syrup

Sesame seeds

Bake sausages in the oven until cooked and browned. Toss in the sausages with grain mustard, maple syrup, and sesame seeds. Return the sausages to the oven and bake for another 5 minutes.

“These are great hot but also good cold if they last that long!”

Pork and Sweetcorn Nibbles

1 tablespoon sunflower oil
500g pork mince
2 tablespoons light soy sauce
2 tablespoons sweet chili sauce
50g fresh white breadcrumbs
200g tinned sweetcorn, drained and patted dry with kitchen paper
5 tablespoons sesame seeds

Preheat the oven to 180°C/Gas Mark 4. Toast the sesame seeds in a dry pan until brown and tip into a large mixing bowl. Fry the spring onions in the oil until soft and add to the mixing bowl. Combine the remaining ingredients with the sesame seeds and spring onions and form into bite sized meatballs. Place the meatballs onto a lined baking tray and bake for 20 minutes until cooked through. Can be served hot or cold.

*“A firm family favourite, these always feature in our Easter picnic. Come rain or shine, they never fail to bring a smile.” –
Lilybank Resource Centre*

Thai Chicken and Noodles

450g chicken fillet
60ml olive oil
5ml caster sugar
150g mangetout
45ml runny honey
60ml lemon juice
1 red pepper
1 yellow pepper
2.5cm fresh root ginger
2.5ml salt
2.5ml curry powder
2.5ml turmeric
2.5ml black pepper
2.5ml ground ginger
2.5ml mustard powder
250g med egg noodles

Cut chicken into bite-size pieces and marinade in the sugar, salt, pepper, ground ginger, mustard powder, turmeric and curry powder. Leave in fridge for as long as you can. (Varies from overnight to 30 minutes with me!) Finely chop the ginger (can whiz in magimix), cut the veg into strips. Using half the oil, sauté the veg for 2-3 minutes and remove from the pan. Use the remaining oil and sauté the chicken in batches until golden brown. Return all chicken to the pan and add the fresh ginger, honey and lemon juice. Cover and simmer for 10-15 minutes until the chicken is tender. Meanwhile soak the noodles according to packet, drain and snip with scissors into smaller pieces. Mix with chicken and vegs, and serve warm or cold. (Original recipe also has 300g courgette and 75g cashews – but these are optional) - Reenie Sheriffs

Picnic Mini Frittatas

12 slices prosciutto (generous-sized slices)
1 tablespoon olive oil
1 onion finely chopped
6 eggs
100ml milk
90g grated parmesan
Pack of asparagus tips (min 12)

Heat oven to 180°C (fan 160°C). Grease a 12 space muffin tin and line each hole, covering the base and the sides with a slice of prosciutto. This can be fiddly, because you want to prevent leaks. Heat oil in a small frying pan and cook onion for 5 minutes until soft. Meanwhile, break the tips off the asparagus and set to one side. Finely slice the stalks and add to the onions and cook for a further 3 minutes. Leave to cool. Beat together eggs and milk and $\frac{3}{4}$ of the cheese. Divide the onion and asparagus mix between the 12 muffin spaces, pour in the egg mix equally; place an asparagus tip on top of each and sprinkle tops with rest of grated cheese. Cook 18-20 minutes until set. Allow to cool for a few minutes then remove from tin. Can be eaten warm or left to cool completely. Easily transported for a picnic.

“I first made these as a carb-light alternative to sandwiches when asked to provide a savoury contribution for home match teas at the local tennis club. They are a favourite for family picnics now.” – Dorothy Collison

Picnic Frittatas

100g sliced roasted peppers

300g cooked sliced potatoes

100g diced and fired smoked bacon

6 large eggs

150ml crème fraîche

50g grated manchego

1 heaped tablespoon chopped parsley

Mix first three ingredients and divide among a 12-hole muffin tin. Whisk eggs with crème fraîche, seasoning, cheese, and parsley. Divide among cases and bake at 180°C (160° fan) for 20 minutes until golden.

Beth's Tortilla Española with Chorizo

3 large potatoes sliced
1 large red onion chopped
1 red pepper chopped
½ a chorizo sausage chopped
4 tablespoons olive oil
4 beaten eggs
Salt and pepper
½ teaspoon paprika
4oz of grated mature cheese
1 baguette
6 vine tomatoes
Sliced manchego cheese
Mixed red and green olives
Drizzle of oil and balsamic vinegar

Cook the potatoes until tender in boiling water and drain before putting them in a large frying pan. Add olive oil, onion, peppers, salt and pepper and cook until soft but not caramelised. Add the chorizo and paprika, stir gently taking care not to mash up the potatoes. Add the cheese and beaten eggs. Cook on a low/medium heat, covering the pan with a lid, and cook gently making sure it doesn't stick to the bottom/sides of the pan. When the edges are golden, the top is mainly set but the middle still a little wobbly, transfer the pan to a medium/hot grill until top is golden brown. Once cooked, slide onto a plate and serve the tortilla warm or cold with the baguette, mixed olives, tomatoes, manchego, drizzled with olive oil and balsamic vinegar.

Beth Morrison

Sweet Plantain Meat Patty

2 sweet (yellow) plantains
1½ cups minced meat of your choice
1/3 cup all-purpose flour
Salt
Oil

Prepare minced meat with seasoning of your choice, i.e. (season salt, pepper, garlic, parsley, chili, onions, sweet peppers etc.). Then set aside to prepare plantain. Cut plantain into 3 sections and boil skin on for about 10 minutes. When ready, put into bowl for mashing. Add about 1 teaspoon of salt and mash with potato masher. After well mashed, begin to add flour in small portions (whole 1/3 cup may not be needed). Mix until firm enough to form small balls. Using ceiling paper, add flour to prevent balls from sticking and flatten your balls. Flatten enough for it to hold the meat without breaking apart. Add a small portion of meat in centre, and fold ceiling paper over for closing. Fold over plantain to cover meat, then repeat process. Adding about 2- 3 inches of oil, add plantains into hot oil. After about a minute, turn plantain over to fry other side. Leave to cool and enjoy.

“Not only is it delicious, but it’s from the melting pot of America. Being from and living around different cultures, I have been around all sorts of food. This one in particular is special, because my god mother, who is from Puerto Rico, makes it just for me all the time.” – Keyiana Puryear

Honey Chicken Wraps

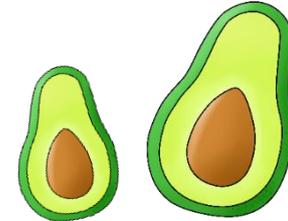
1 garlic clove
15ml light soy sauce
15ml honey
15ml oil
15ml hoisin sauce
1 chicken breast
½ small onion
½ red pepper
Topping 2 spring onions, slices cucumber
4 tortilla wraps and 4x5ml hoisin sauce

Place the soy sauce, honey, hoisin sauce, and oil into a small bowl. Add the crushed garlic. Cut the chicken into 5mm strips and place into a bowl with the other ingredients. Heat the oil and fry the chicken until white; add chopped onion and red pepper. Place wraps between sheets of paper in microwave; cook on high for one minute. Place wraps on a board and spread each with a spoonful of hoisin sauce, then a quarter of the chicken mix. Place a small handful of spring onion and cucumber on top of the chicken. Turn in the end of the wrap and roll up.

*“My daughter made this in her H.E class and it’s been a big hit at home; quick, easy, and very tasty.
Wrap in tinfoil to eat on the hop.” – Anita Pattullo*

Julie's Coronation Chicken with Mango and Avocado

4 chicken breasts
2 ripe avocados
2 ripe mangoes
2 limes
Bunch of watercress
Red chilli – deseeded and shredded
15g toasted flaked almonds



Season chicken and heat 2 tablespoons oil in frying pan. Sauté until golden on both sides and then add 2fl oz of water, cover and let chicken cook. When cooked leave to cool and then slice. Mix all ingredients for dressing together except mint leaves. Taste for seasoning and heat. Peel mangoes and cut into slices, cut avocados into slices and cover in lime juice and season. Toss the watercress with mango and avocados, chilli and rest of lime juice and 2 tablespoons of olive oil. Put salad on a big platter and add chicken. Drizzle some dressing over and scatter almonds on top. Serve rest of dressing in a jug.

“When my eldest son, David, got married to Lorna. Over the summer we entertained Lorna’s relatives and got to know everyone; it was a special time. This easy and colourful dish became very popular to have outside on the patio in the summer evenings with a glass of white wine.” – Julie Taylor

Tropical Chicken

2 medium-sized cooked chickens
1 bunch of spring onions
Tin of sliced peaches
Half a pint of mayonnaise
1 teaspoon ground ginger
5 teaspoons orange juice
Salt and pepper to taste

Remove flesh from the chickens and cut into bite-sized pieces. Trim and diagonally slice the spring onions. Place the chicken, spring onions, and peaches into a large bowl. Combine together the mayonnaise, ground ginger, and orange juice and season with salt and pepper, then pour over the chicken, spring onions, and peaches and stir until all is well-coated. Transfer to a serving dish.

Andy and Pat Anderson, Marks Tey, Colchester

Anzac Biscuits

125g margarine or butter
2 teaspoons golden syrup
¾ cup sugar
1 teaspoon bicarbonate of soda
¾ cup plain flour
1 cup rolled oats
1 cup coconut
1 cup walnuts (chopped)

Heat oven to 300°F/160°C/Gas Mark 3. Grease baking trays. Melt margarine, sugar, and syrup into a pan over low heat and stir. Mix flour, oats, coconut, and walnuts in a large bowl. Stir in melted margarine, syrup, and sugar. Add bicarbonate of soda to two tablespoons of boiling water and then stir into mixture. Put teaspoons of the mixture onto baking trays, leaving lots of space between them as it spreads. Bake for 25-30 minutes until golden brown. Allow to cool for a few seconds then put on wire rack until cold; will keep for several days stored in a tin. They are delicious at first when crisp but I think even better when a little soft and chewy!

*“My mother used to make these when I was a child and they are now great favourites with my family.
Especially good when you need a boost.” – Marie McDougall*

Robyn's Cookies

125g butter
125g brown sugar
125g caster sugar
1 egg
1 teaspoon vanilla extract
225g self-raising flour
½ teaspoon salt
200g chocolate chips



Makes 12 cookies

Preheat oven to 180°C or Gas Mark 4. Cream butter and sugars. Once creamed, combine in the egg and vanilla. Sift in the flour and salt then add the chocolate chips. Roll into walnut sized balls, place on greased baking tray. Bake for 7 minutes for soft, gooey cookies or 10 minutes for crispy, crunchy cookies. Take out of oven and leave to harden slightly. They are great to eat warm!

"My name is Robyn Souter and I am 15 years old. I love to bake these cookies for family and friends. They are so quick and easy to make. You can use different types of chocolate chips such as white, dark or milk. They taste delicious and don't last long in our house!" – Robyn Souter

Muesli Biscuits

100g vegetable margarine
50g demerara sugar
15ml (1 tablespoon) honey
50g self-raising wholemeal flour
175g muesli
1 egg

Cream together margarine and sugar. Mix in the remaining ingredients to form a firm dough. Roll the dough into smooth balls the size of walnuts. Place well apart on a greased baking sheet. Flatten them slightly with the palm of your hand. Bake in the oven at 190°C/375°F/Gas Mark 5 for 15 minutes or until crisp and golden brown. Leave to cool on a wire rack. This should produce around eighteen biscuits.

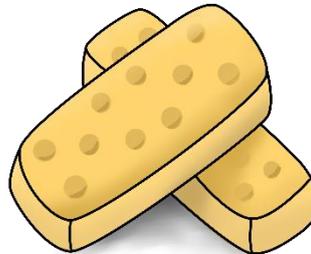
Paul and Beverly Dyson, Drayton, Norwich

Shortbread

150g plain flour
50g caster sugar
100g butter

Stir the flour and sugar. Squeeze in the butter (using the palm of the hand.) Roll onto floured surface and cut into desired shape. Place onto a greased baking tray and cook at Gas Mark 4 for 12-17 minutes (depending on the size.) Sprinkle with caster sugar straight out the oven.

"It's my Grandma's recipe and is perfect with a cup of tea." – Bethany Hall



Shortbread

175g self-raising flour

50g sugar

100g butter

2 teaspoons ground rice for sprinkling

Cream butter and sugar until almost white and gradually add the flour. Squeeze the whole mixture into a large ball. Remove from the ball and dust in ground rice. Press into an 8" square tin and smooth using a fork make pinpricks all over. Bake in the oven at 160°C, 325°F or Gas Mark 3 for 25 minutes. Remove, dust with caster sugar and cut into 12 fingers or into round shapes. Cool for 15 minutes in the tin. Place on a rack until cold, store in airtight tin.

“Shortbread reminds me of New Year when we used to have large family and friend gatherings come to the house to celebrate. My mum and dad would spend all day cooking preparing for the big event so that everyone had plenty to eat; shortbread was always there which folks had along with their dram.” – Elizabeth Johnstone

The Usual Place Shortbread

250g corn flour
250g icing sugar
250g plain flour
½ lb butter

Mix the plain flour and corn flour together. Using a rubbing in method or food mixer combine plain flour and corn flour together until it resembles fine very breadcrumbs. Add icing sugar and mix well. Work the mixture into a firm dough. Roll out the dough to ¼ inch thick and cut into the required shapes. Place on baking sheet and bake at 180°C for 12 minutes. Sprinkle with caster sugar and cool on a wire rack. Store in an airtight container.

“The Usual Place is a community café in the heart of Dumfries. We are fully accessible with a changing places toilet. We provide vocational training for young people with additional support needs in Hospitality, Retail and Facilities Services. Our customers love our shortbread and we are frequently asked for the recipe. We make it in many different shapes and it is particularly popular when sandwiched together with jam!” – The Usual Place

Scottish Tablet

Teacup of milk

Large tin condensed milk

900g sugar

100g butter

Melt butter and sugar. Add condensed milk and the teacup of milk. Stir and turn up the heat and keep stirring until it reaches boiling point. Turn the heat low and stir for 45 minutes. Remove from heat and beat 60 times with a wooden spoon. Put a wee bit on a plate to see if it sets then it's ready to be put into the shallow trays. If you would like to make it more crispy then add a drop of vanilla extract and a table spoon of syrup at the last moment and stir for a couple of minutes off the heat. Score the surface marking into squares and allow to set and get cold.

"Best washed down with Irn Bru." – Elizabeth Johnstone

Lilybank Microwave Tablet

125g unsalted butter
450g granulated sugar
170g evaporated milk

(Timings based on 750w microwave)

Place all the ingredients into a large bowl and heat in the microwave on full power for 3 minutes. Stir well. Heat for another 3 minutes on full power. Stir well. Heat for another 3 minutes on full power. Stir well. Heat for a final 3 minutes on full power then beat well with an electric whisk or wooden spoon for 1 minute. Pour into a shallow baking tray which has been greased and lined with baking parchment and allow to set before cutting into squares to serve.

“These are made by the Lilybank baking group for our fundraising events and always sell out very quickly!”

Lilybank Resource Centre

Apple and Custard Cake

400g baked apples
250g butter
250g self-raising flour
½ teaspoon baking powder
4 large eggs
1 teaspoon vanilla extract
250g golden caster sugar
Icing sugar for dusting



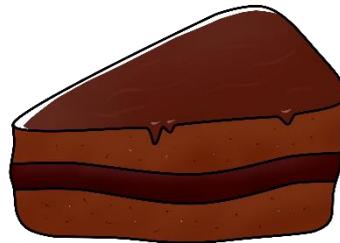
Skin, core, and slice the apples. Place in a large pot on a medium heat, cover with 50g of either caster sugar or light brown sugar and one tablespoon of water. Stir and cover for several minutes until the apples soften. The apples can then be flavoured by adding one teaspoon of cinnamon, nutmeg, or ginger. Carefully drain off the juices before letting it cool. Butter and line a 23cm loose-bottomed or springform cake tin. Heat the oven to 180°C/160°C fan/Gas Mark 4.

Reserve three tablespoons of the custard in a bowl. Beat the rest of the custard together with the butter, flour, baking powder, eggs, vanilla, and sugar until creamy and smooth. Spoon one third of the mix into the tin, add some of the apples, then dot with one third more cake mix and spread it out as well as you can. Top with some more apples, then spoon over the remaining cake mix, leaving it in rough mounds and dips rather than being too neat about it. Scatter the rest of the apples over the batter, then dot the remaining custard over. Bake for 40 minutes until risen and golden, then cover with foil and bake for 15-20 minutes more. It's ready when a skewer inserted into the middle comes out clean. Cool in the tin, then dredge with icing sugar when cool.

Michelle Morrison

Easy Chocolate Cake

175g self-raising flour
2 tablespoons cocoa powder
1 teaspoon bicarbonate of soda
150g caster sugar
2 eggs beaten
150mls sunflower oil
150mls semi-skinned milk
2 tablespoons golden syrup
75g butter (for butter icing)
175g icing sugar (for butter icing)
Milk (for butter icing)



Grease a 20.5 cm (8 inch) deep sponge tin. Line the base with greaseproof paper, then grease the paper. Sift the flour and bicarbonate of soda together twice to ensure a thorough mix. Then place into a mixing bowl with all the other ingredients. Beat the mixture in an electric mixer for 3-4 minutes until light in colour. Pour the mixture into the tin and bake for 25-30 minutes or until a skewer inserted into the cake comes out clean. Leave the sponge to cool in the tin for 5 minutes, then turn out onto a wire tray. When cold, beat the ingredients for the butter icing together and spread onto the top of the cake. You can also cut the sponge in half and sandwich the two halves together with jam and more butter icing.

“My name is Louise and I’m 8 years old. This recipe is so easy even I can make it. I’m on a gluten free diet so Mum and I use gluten free self-raising flour. One of my friends is also dairy-free and Mum used almond milk instead of semi-skimmed to make me a birthday cake we could both eat and share with our friends. It was delicious! Mum and I also use this recipe to make chocolate cupcakes and at Christmas time she used it to make a chocolate yule log.” – Louise Colquhoun

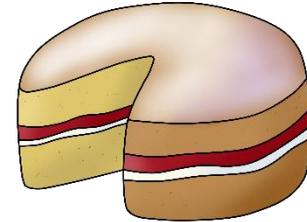
Salted Cashew Chocolate Brownies

90g plain flour
1 ½ teaspoons baking powder
200g 85% dark chocolate (cut or broken into large chunks)
150g milk chocolate (cut or broken into large chunks)
200g unsalted butter (cut into small cubes)
3 eggs
2 teaspoons vanilla bean paste
210g soft light brown sugar
70g salted cashew nuts (roughly chopped)

Preheat oven to 170°C fan. Loosely line a small baking tray with non-stick baking paper. It should come over the edges so that when the brownies are cooked you can use the paper edge to lift the whole thing out. Place a glass mixing bowl on top of a pan of gently simmering water. Put most of the chocolate into the bowl and let it gently melt, stirring occasionally with a wooden spoon. Watch the water and turn down the heat if it goes above a gentle simmer. Reserve a good couple of handfuls of chocolate chunks for stirring through at the end. Meanwhile, sift the flour of baking powder together in a large bowl. In a separate bowl, whisk together the eggs, vanilla bean paste, and brown sugar. Whisk until the mixture has thickened a little and turned slightly pale. This should take a few minutes. Once the chocolate has melted, remove from the heat (be careful of the hot steam when you lift the bowl) then add butter and gently stir into the melted chocolate until the butter has completely melted. Fold the egg mixture into the chocolate mixture until combined. Fold the flour mixture into the chocolate mixture until completely combined then stir in the nuts. Pour the mixture into the lined baking tray and use a wooden spoon to evenly spread it out and into the corners. Sprinkle the remaining chocolate chunks evenly over the tray and swirl with a spoon to gently submerge. Bake for 15-20 minutes. There should still be a wobble when you gently shake the tin. If testing with a cake skewer you want it to come out gooey. Leave to cool in the tin then slice into 12 dessert-sized squares or 24 mini bites. -Catherine Devaney, www.akitcheninfife.com

Victoria Sponge

225g self-raising flour
225g caster sugar
4 eggs
225g soft butter or margarine
2 teaspoons baking powder
Strawberry or raspberry jam
Double whipped cream (optional)



Preheat the oven to 180°C/350°F/Gas Mark 4. Grease and line 2 x 20cm/8in sandwich tins. Mix eggs, flour, baking powder, butter, and sugar together. Divide the mixture evenly between the tins. Place the tins on the middle shelf of the oven and bake for 25 minutes; look after 20 minutes to check. The cakes are done when light golden and coming away from the edge of tin. Then take out of oven and out of tins then leave to cool. When completely cool spread with jam and whipped cream then put other sponge on top and sprinkle with icing sugar.

“My Gran used to make this cake for me and it brings back very happy memories.” – Jason Guthrie

Victoria Sandwich Cake

175g margarine

175g caster sugar

175g self-raising flour

½ teaspoon baking powder

3 eggs

Jam/chocolate spread/icing/filling of choice

Preheat oven to 180°C (165°C fan). Put all ingredients into a bowl and beat until smooth. Spoon the mixture into two baking tins and level the tops. Bake for 20-25 minutes, then turn out the cakes and leave to cool. Once cool, sandwich together with the filling of your choice.

“This is my big sister’s recipe; a family favourite!” – Ren McCreadie

Dashing White Sergeants

6oz margarine
4 tablespoons syrup
12oz white chocolate
4oz raisins
4oz glacé cherries
4oz ground almonds
2oz coconut
16oz digestive biscuits (crushed)
White chocolate to cover

In a bowl over a saucepan of hot water gently melt the margarine, syrup and white chocolate. (You can also use a microwave to melt these ingredients). Stir in the remaining ingredients. Transfer the mixture into a Swiss roll tin (12x 9 inches) and press down. Cover with a thin layer of melted white chocolate. Chill until firm. Cut into fingers.

“We had a magical holiday in Orkney. I got this recipe from the owner of a coffee shop at St Margaret’s Hope after tasting this delicious tray bake. It’s a very old recipe as you can see by the imperial units of measurement. It is named after the dance and the owner of the coffee shop told me it comes from the time when ceilidhs were regularly held in village halls and every woman brought a tray of baking. She found it in a RNLI recipe book which she bought at a jumble sale.” – Anne Haddow

Lemon and Coconut Tray Bake

110g margarine
110g caster sugar
2 large eggs
55g self-raising flour
110g coconut
Greased and lined tin, 11" x 7"

Heat oven to 160°C/Gas Mark 3. Beat together all ingredients except coconut until well mixed. Stir in coconut. Spread in baking tin. Bake in oven for 20 minutes or until springy to touch. Cool on wire rack. When cold spread with lemon curd and sprinkle with coconut.

"I got this recipe from the lovely mother of a very dear friend. She died 30 years ago, but every time I make and eat this, I think about her. Happy memories." – Mairi Shiels

Chewy Granola Bars

160g oats

95g light brown sugar

½ teaspoon salt

¼ teaspoon cinnamon

320g made up of almonds, dried apricots, raisins, sesame seeds, pumpkin seeds, linseed, chocolate chips... whatever you like!

60g your choice of nut butter

6 tablespoons/90ml melted butter/coconut oil

60ml honey

15ml water

Preheat the oven to 170°C. Grease a square baking tin, line with baking parchment and grease the paper lightly. Mix all of the dry ingredients together in a bowl. Whisk together the wet ingredients. Combine the wet and dry ingredients and press the mixture firmly into the tin; make sure it is evenly packed. Bake for about 30 minutes – you want it to be a light golden brown colour – watch carefully so it doesn't get too brown. Allow to cool in the tin, but keep them on the parchment. Allow to cool fully before cutting into bars. Store in an airtight tin; will keep for a good few days (if they last that long!)

“We live on a farm and often pack picnic lunches for the weekend days when we are out in the fields. This recipe has recently become a firm favourite and is dead easy to throw together in advance of your picnic. (You need to allow a little time to let it cool properly, so it's often good made the night before.)” – Katherine Riach

For more recipes, visit: www.lochaberfarm.com

Sticky Muesli Bars

60g porridge oats
20g puffed rice cereal
20g muesli
50g dried apricots, chopped finely
20g sultanas
50g butter
60g golden syrup
10g demerara sugar
50g milk chocolate

Combine the oats, puffed cereal, muesli, apricots and sultanas in a mixing bowl. Gently heat the butter, sugar, and golden syrup in a pan until the sugar is dissolved. Add the chocolate and stir until melted. Stir the mixture into the dry ingredients until well combined and press into a well lined tin. Refrigerate until cooled, then cut into bars to serve

“Adapted from my eldest daughter's first foods cookbook, this recipe has grown and developed as my daughters grew up and added their own favourite ingredients.” – Lilybank Resource Centre

Easy Blueberry Scones

350g self-raising flour
¼ teaspoon salt
1 teaspoon baking powder
85g cold butter, cubed
4 tablespoons golden caster sugar
150g blueberry full-fat yogurt
4 tablespoons full-fat milk
1 teaspoon vanilla extract
1 egg beaten with 1 tablespoon milk, to glaze

Preheat oven to 220°C/200°C fan/Gas Mark 7. Put the flour, salt, and baking powder into a food processor, then add the cubed butter and process until combined. Pulse in the sugar, tip into a large bowl, then make a well in the middle. Warm the yogurt, milk and vanilla in a pan until hot – don't worry if it looks a bit lumpy! Once hot, tip into the bowl with the flour mixture and work in using a cutlery knife. Stop as soon as all the ingredients are combined. Tip the dough onto a floured surface and use floured hands to fold the dough over a few times to make it smooth. Roll out dough to approximately 4cm thick and use a scone cutter to stamp out your scones. Brush the tops with the egg wash then bake for approximately 12 minutes until risen and golden.

“Enjoyed by everyone who likes a tasty but low fat treat.” – Lilybank Resource Centre

Cheese Scones

1 lb self-raising flour
1 level teaspoon of salt
A good shake of ground pepper
2 level teaspoons of baking powder
6oz flour
4fl oz sunflower oil
2 medium eggs
Approx. 4fl oz milk (any will do)

Makes approx. 12

Sieve together the flour, salt, pepper, and baking powder into a large bowl and add the grated cheese. In a jug, measure out the oil and add in the eggs and milk and whisk with a fork. Pour liquid into flour, stirring with a knife until it forms a soft dough – add more milk if required. Turn out onto a floured surface and gently pat out until approx. 22cm deep. Cut with scone cutter and place on a floured tray. Bake in a hot oven 200°C for 10 minutes or until golden brown. If in doubt tap bottom of scones – if they sound hollow, they are done.

“One of the Tweedie staple foods. Popular choice for morning coffee. Especially good with homemade soups. Ideal toasted or topped with cream cheese, smoked salmon, or your favourite picnic treat.” – Edzell Tweedie

Lemon Curd Scones

450g self-raising flour
1 level teaspoon baking powder
50g caster sugar
100g butter
2 free-range eggs
A little milk
Lemon zest
4 tablespoons lemon curd

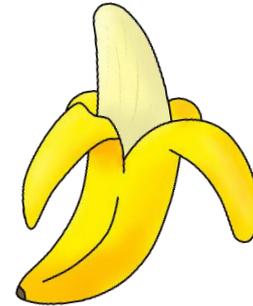
Preheat the oven to 220°C/200°C Fan/Gas Mark 7. Lightly grease two baking trays. Put the flour, baking powder, and sugar in a large bowl. Add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs. Crack the eggs into a measuring jug, then add enough milk to make the total liquid 300ml/10fl oz. Stir the egg and milk into the flour – you may not need it all – and mix to a soft, sticky dough. Add lemon curd to taste and zest. Turn out onto a lightly-floured work surface, knead lightly. Roll out to a rectangle about 2cm³/₄in thick. Cut into as many rounds as possible with a fluted 5cm/2in cutter and place them on the prepared baking trays. Brush the tops of the scones with a little extra milk, or any egg and milk left in the jug. Bake for 12–15 minutes, or until the scones are well risen and a pale, golden-brown colour. Lift onto a wire rack to cool. Eat as fresh as possible.

“My granny used to make scones every day sometimes instead of bread.

My take over the years for picnics or hillwalking I have added different ingredients, this one is lemon curd, sometimes I use grated fresh ginger, raisins, or just make them plain.” – Ann Kenny

Banana Bread

100g coconut oil at room temperature, plus extra for greasing
150g coconut palm sugar
2 eggs, beaten
2 very ripe bananas, peeled and mashed with a fork
3 tablespoons almond milk or rice milk
150g white or wholegrain spelt flour, sifted
2½ teaspoons mixed spice
½ teaspoon fine sea salt
2 teaspoons baking powder
60g walnuts, roughly chopped
20g chia seeds



Preheat the oven to 180°C/160°C fan/350°F/Gas Mark 4. Grease a 1kg (10cm by 20cm) loaf tin and line the base and sides with baking parchment. Place the coconut oil and the sugar in a large bowl and cream together until light and fluffy, then beat in the eggs by hand or with an electric hand-held mixer a little at a time, followed by the mashed banana and almond or rice milk, until well-combined. Combine the remaining ingredients into the coconut oil and sugar mixture, until it just comes together. Don't over-mix as it will make the banana bread tough. Transfer the mixture to the lined loaf tin and bake for about 50 minutes, or until a skewer inserted into the middle of the loaf comes out clean. If the top is browning too quickly, cover it with foil. Remove from the oven and let it cool in the tin for 10 minutes, then turn it out onto a wire rack to cool completely. The cake is best eaten the day it's made, but will keep for up to three days in an airtight container and it can be frozen for up to two months. Serve with anything you like; coconut oil, jam, or nut butter work well!

"It's amazing!" – Jon Bolton

Auntie Mary's Fruit Loaf

8oz mixed fruit
250ml milk
4oz margarine or butter
4oz sugar
10oz self-raising flour
1 teaspoon baking powder
1 egg

Put the mixed fruit, margarine or butter, and sugar in pot, mix well and bring to boil. Leave to cool. When cool, add the flour, baking powder, and egg. Put the mixture into two greased loaf tins and bake at 150°C for one hour.

“My Auntie Mary always enjoyed baking and her fruit loaf was always a favourite with the family. I’ve made it myself and it’s always delicious. She’s happy to share it with a wider audience, so here it is!” – Ann Kirkwood

Oatmeal and Raisin Spelt Muffins

100mls olive oil
2 large eggs
2 ripe bananas
150g raisins/sultanas
100g white spelt flour
50g wholemeal spelt flour
40g rolled oats and extra for sprinkling
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon ginger (optional)
1 teaspoon baking powder
1 teaspoon baking soda
2 tablespoons of honey or maple syrup (increase or reduce to taste)

Preheat oven to 170°C. Put paper muffin cases in 12-hole muffin tin. In a large bowl mix the maple syrup or honey in a bowl with the oil and mix together. Add the eggs one by one, beating the mix after each egg. Add the mashed bananas and mix. Add the spices, baking powder, baking soda, and salt to the bowl and mix. Add the flour to the bowl and mix. Add the sultanas and oats to the bowl and mix. Fill each muffin hole ¾ full then sprinkle over some oats. Bake for 20 minutes before allowing to cool briefly and removing from moulds.

You can vary the ingredients to include carrots, blueberries, raspberries, apple, seeds and nuts, other dried fruits e.g. apricots or figs or whatever else you might fancy.

“I discovered this recipe when I was looking for healthier eating options, primarily lower salt and refined sugar content, after discovering I had high cholesterol and blood pressure. I always keep these in the freezer for when I need a treat.” Pat Graham

Snickers Squares

200g of smooth peanut butter
100g of caster sugar
200ml of golden syrup
100g Special K flakes
100g coconut flakes
1 teaspoon vanilla sugar
200g of chocolate

Makes about 20 squares

Place the chocolate in a bowl over a small simmering saucepan of water and allow to melt gently. In another saucepan, over a gentle heat, melt together the peanut butter, sugar, and golden syrup until runny and smooth. In a large mixing bowl, toss the Special K flakes, flaked coconut, and vanilla sugar until combined. Pour the peanut butter mixture over the dry ingredients and using a wooden spoon stir until everything is nicely combined. Turn the mixture out into a 2 inch deep baking dish and spread out evenly pressing down with the back of the spoon. Pour over the melted chocolate and place in the fridge for a few hours until firm.

Reenie Sheriffs

Mars Bar Cake

6 Mars Bars
3 tablespoons of golden syrup
50g butter
3 mugs rice crispies
200g chocolate

Chop up your Mars Bars and butter into small chunks and add to a pot. Add the golden syrup to the pot. Heat the pot on a low heat until the butter and Mars Bars have melted. Stir in the rice crispies. Pour the mix into a baking tray and press until all areas of the tray are covered. Melt the chocolate in a microwave or pan of hot water (whichever you prefer). Pour the chocolate onto your mix, again ensuring all areas are covered. Leave to harden and cut into slices.

Nikki Gribben

Gluten-Free 'Ferrero Rocher'

100g gluten free rice pops (from supermarkets such as Sainsbury's)

150g hazelnuts

200g Nutella

250g good quality gluten free chocolate such as Green & Black's, Lindt, or Belgian chocolate buttons/chips

Put the Nutella into a bowl and pop it in the freezer for 10 minutes to harden a little. While it is in the freezer, roughly crush the rice pops and place in a bowl. Take the Nutella from the freezer and, with clean hands, mould it around one whole hazelnut to form a small ball. Drop this into the bowl with the crushed rice pops. Make sure that it is evenly coated. Put these balls onto a plate and pop them into the fridge. In another bowl, crush the hazelnuts and leave aside. Now break the chocolate into squares or place a bowl of buttons/chips in the microwave and melt them in short bursts of no more than 30 seconds at a time. (Suggest 30 seconds, then 25, 20, 15, and so on.) If you have a food thermometer, dark, bittersweet chocolate should be melted until the temperature is 31-32°C (88-90°F), milk chocolate to 29-30°C (84-86°F), and white chocolate to 28-29°C (82-84°F). If the chocolate becomes too hot, brush it up the side of the bowl until it cools. Once melted and at the correct temperature, add the crushed hazelnuts and give it a stir through. Take the balls out of the fridge, adding them one at a time to the bowl with the crushed hazelnuts and chocolate. Place in a small chocolate case until set.

Nikki Gribben

Coconut Ice

340g desiccated coconut
340g icing sugar
400g condensed milk
Food colouring (optional)

Place the condensed milk into a mixing bowl and add icing sugar. Beat well then mix in the desiccated coconut. The mixture will get firm and difficult to stir but persevere until everything is all combined. Divide the mixture into two (add optional food colouring to each) 8 inch square tins and spread allow to set over night.

“An easy and delicious sweetie for all.” – Elizabeth Johnstone

Healthy Lemonade

½ cup coconut nectar/coconut sugar (honey can be used as a substitute)

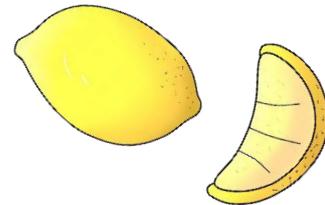
5 cups water

4 lemons and two limes, juiced

1.5cm piece fresh ginger, grated

Add coconut nectar/coconut sugar/honey, fresh ginger and one cup of water to a small saucepan. Bring to the boil, stirring frequently. Remove from the heat and once sufficiently cooled, add to a glass pitcher, adding the fresh lemon and lime juice and the remaining four cups of water. Place in the fridge to chill. Serve with ice cubes, garnished with a lemon or lime slice.

Lilybank Resource Centre



Lemonade

2 ½ lemons

50g white caster sugar (golden sugar affects the final colour of the lemonade)

A small bunch of mint

250ml cold water (for stage 1)

300ml cold still or sparkling water (for stage 2)

Cut one of the lemons into chunks and put into a food processor or blender. Add the juice of the remaining 1 ½ lemons, any leftover juice from the chopping board, the sugar, and a little of your cold water. Whizz to a purée, then add the rest of the water (either still or sparkling water, depending on whether you like it still or fizzy.) Check the taste and add a little more sugar if required. Pour into a suitable picnic bottle or container, and add a few sprigs of mint and some slices of cucumber. Pop in the fridge until ready to serve.

“This is so quick and easy and tastes so much better than readymade. It is seriously refreshing for a hot day.” Katherine Riach

For more recipes, visit: www.lochaberfarm.com

Smoothies

This recipe is designed for people with swallowing difficulties (dysphagia)

For a mango and honey smoothie:

Tinned or fresh mango (if using fresh, peel skin and cut flesh from stone)

Whole yogurt

Clear honey (to sweeten)

Milk

Double cream

Nutilis Clear

For a banana, orange, and ginger smoothie:

Peeled banana

Orange juice

Vanilla yogurt or pouring yogurt

Ground ginger (to taste)

Milk

Nutilis Clear



Place all ingredients except Nutilis Clear into a blender and blend until smooth. If your smoothie has lumps or seeds please sieve before thickening. Then add Nutilis Clear and blend for ten seconds. Pour into a glass and serve.



I am Laura. I have a condition called Cornelia de Lange Syndrome. Keeping an eye on my diet is very important. I love most food, including things that I shouldn't eat! I like to eat with my fingers, but do encourage me to use my special spoon.

Photo of Laura in her baking class - she loves to stir the mixture and lick the spoon when finished; it's her reward!

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