



Hello again!

Welcome to Kids in the Kitchen 2! Thank you for the great feedback on the first recipe book, so happy you got to try out some new recipes!

This time, my daughter, Robin (11yrs) has chosen your recipes. She even made me share my very very secret pizza recipe with you! I put the salad in, that was the deal :)

Take care in the kitchen, especially with the hot stove and oven! And don't forget to tidy up afterwards!

Have fun,

Irene and Robin xx

BTW, if you would like to take a pic of your creations and send them to me, I will post them for you on our social media. Send them to our email: [renuanaturalhealth@gmail.com](mailto:renuanaturalhealth@gmail.com)





## Mango Oat Smoothie

2 servings

5 minutes

### Ingredients

2 cups Frozen Mango  
1 Banana  
1/4 cup Oats  
2 cups Unsweetened Almond Milk  
2 tbsps Hemp Seeds  
1/4 Lemon (juiced)

### Directions

- 1 Throw all ingredients into a blender. Blend well until smooth.
- 2 Divide into glasses and enjoy!

### Notes

**No Banana,** Sweeten with raw honey, maple syrup or soaked dates instead.

**Storage,** Refrigerate in a mason jar or other air-tight container up to 48 hours.

**More Protein,** Add more hemp seeds or spoonful of nut butter.

**No almond milk,** Use any milk you like



## Grilled Grapefruit with Cinnamon

2 servings

15 minutes

### Ingredients

1 Grapefruit  
1 tbsp Maple Syrup  
1/2 tsp Cinnamon

### Directions

- 1 Heat grill to moderate hot.
- 2 Slice your grapefruit in half and remove the seeds. Use a knife to carve each half of the grapefruit around the circumference and through the individual sections to make it easier to eat. Brush the flesh of each half with maple syrup and sprinkle with cinnamon. Place under the grill for 5 to 10 minutes or until the flesh turns golden brown. Keep a close eye to avoid burning!
- 3 Remove grapefruit from grill and let cool for 5 minutes. Be careful as the caramelized maple syrup can be very hot! Dig in with a spoon. Enjoy!

### Notes

Coconut Lover, Sprinkle with shredded coconut after baking.

Magical Touch, Sprinkle with a pinch of sea salt before eating.

Leftovers, Wrap leftovers in saran and store in the fridge. Reheat before eating.



## Apple Crisp Yogurt Bowls

4 servings

20 minutes

### Ingredients

2 Apple (cored, chopped)  
2 cups Oats (rolled)  
1/4 cup Maple Syrup (or honey)  
2 tsps Cinnamon  
400 grams Unsweetened Coconut Yogurt

### Directions

- 1 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 2 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

### Notes

**Leftovers,** Refrigerate separately in an airtight container for up to three days.

**Serving Size,** One serving is equal to 100g of coconut yogurt and 1/2 cup of apple crisp mixture.

**Additional Toppings,** Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.

**No coconut yogurt,** Use plain Greek yogurt instead





## Spinach & Sausage Egg Muffins

4 servings

30 minutes

### Ingredients

1 tsp Extra Virgin Olive Oil  
 175 grams Pork Sausage (casing removed)  
 4 cups Baby Spinach (chopped)  
 6 Egg  
 3 tbsps Water  
 1/8 tsp Sea Salt  
 3 stalks Green Onion (scallion leaves, chopped)

### Directions

- 1 Preheat your oven to 180°C and grease a muffin pan with the oil.
- 2 In a pan over medium-high heat, cook the sausage until no longer pink, about 5 to 8 minutes. Break it up into little pieces as it cooks. Drain the excess drippings from the pan and stir in the spinach. Cook until the spinach has wilted then remove the pan from heat to let cool slightly.
- 3 In a mixing bowl whisk the eggs together with the water and sea salt. Fold in the green onion.
- 4 Divide the sausage mixture evenly into the muffin tins and pour in the egg mixture. Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight container for up to three days.

**Serving Size,** One serving is two egg muffins.

**More Flavor,** Use milk of choice instead of water. Add chili flakes, black pepper or hot sauce to the eggs.

**Make it Vegetarian,** Omit the sausage.

**No Sausage,** Use ground pork, turkey or chicken instead. Season the ground meat with additional salt.

**No Spinach,** Use kale or chard instead.



## Coconut Courgette Chips

4 servings

20 minutes

### Ingredients

- 1 tbsp Coconut Oil
- 1/4 cup Organic Coconut Milk (canned, full fat)
- 1/4 cup Coconut Flour
- 1/2 tsp Sea Salt
- 2 Courgette (medium, sliced into strips)

### Directions

- 1 Preheat the oven to 200°C. Line a baking sheet with foil and coat with oil.
- 2 Pour the coconut milk into a small bowl. In a separate bowl, combine the coconut flour and salt.
- 3 Dip each courgette strip in the coconut milk, letting the excess liquid drip off. Transfer to the bowl of salted coconut flour and coat well, shaking off any excess flour. Place onto the baking sheet. Bake for 12 to 15 minutes or until golden brown, gently flipping halfway.
- 4 Remove from oven and enjoy!

### Notes

**No Coconut Milk,** Use eggs instead.

**Leftovers,** Refrigerate in an airtight container for up to five days. Reheat in the oven for best results.

**Additional Toppings,** Add paprika, chili powder or spices of your choice to the coconut flour.

**Extra Crispy,** Substitute half of the coconut flour with breadcrumbs or shredded coconut. Drizzle the courgette strips with oil before baking.



## Homemade Ketchup

24 servings

30 minutes

### Ingredients

3 cans Chopped Tomatoes  
 1/4 cup Water  
 3 tbsps Maple Syrup  
 1 1/2 tbsps Apple Cider Vinegar  
 1/2 tsp Onion Powder  
 1/2 tsp Garlic Powder  
 1/2 tsp Sea Salt

### Directions

- 1 Combine all ingredients in a large saucepan over medium heat. Lower the heat and simmer for 30 minutes.
- 2 Let cool and transfer to an airtight container. Enjoy!

### Notes

**Leftovers,** Refrigerate in an airtight glass container for up to two weeks or freeze in an ice cube tray for up to two months.

**Serving Size,** Each serving is approximately two tablespoons.

**More Flavour,** Add chilli powder or smoked paprika





## Best Pizza Ever

6 servings

3 hours

### Ingredients

1 kilogram Strong Flour (or pasta 00 flour)  
 200 grams Spelt Semolina  
 1 tsp Fine Sea Salt  
 15 grams Dry Yeast  
 1 tbsp Castor Sugar  
 1/4 cup Olive Oil  
 650 milligrams Water (luke warm)

### Directions

- 1 Sieve flour and salt on to the work surface.
- 2 Mix yeast, sugar, olive oil into the warm water and leave to stand for a few minutes.
- 3 Make a well in the flour and pour the wet mixture into the well, gradually bringing the flour in from the sides, into the liquid.
- 4 Keep mixing and when it is all mixed, knead for about 15-20 mins until you have a smooth, springy dough.
- 5 Place back in the bowl, cover with a damp, clean tea cloth and place in a warm place (I put mine in the hotpress) for about an hour - hour and half, until the dough has doubled in size.
- 6 Knead again on a lightly floured surface to push out air. Use now or freeze for later.
- 7 Divide into 6 pieces and roll with your cupped hand into 6 evenly sized balls. Use a rolling pin to roll into a large pizza base. Place on your pizza tray/stone now.
- 8 Top with tomato sauce or passata, mozzarella cheese and toppings of your choice. Bake in a hot oven 220C, until the under base is cooked, slightly golden!
- 9 Sprinkle your cooked pizza with oregano, fresh basil or rocket leaves and a drizzle of chili oil for extra fanciness! Enjoy

### Notes

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**No spelt semolina,** Use wholemeal flour instead.

**Using a dough mixer,** Put the dry ingredients into the mixer bowl. Let the wet ingredients stand a minute before adding to the flour. Using the dough hook, knead until the dough has come together, is smooth and springy.

**Don't Get Stuck!,** Roll out your pizza base and get it onto your pizza tray quickly. Then add the tomato sauce, cheese and toppings!



## Simple Salad

4 servings

10 minutes

### Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar
- 1/2 head Green Lettuce (roughly chopped)
- 2 Tomato (medium, sliced)
- 1 Cucumber (sliced)

### Directions

- 1 In a small bowl, whisk together the olive oil and vinegar.
- 2 Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

### Notes

**No Red Wine Vinegar,** Use apple cider vinegar or white vinegar instead.

**No Lettuce,** Use spinach, kale or mixed greens instead.

**More Toppings,** Add sliced red onion, olives, crumbled feta, bell peppers, blueberries and/or avocado.

**On-the-Go,** Keep dressing in a separate container on the side. Add just before serving.





## Banana Oat Chocolate Chip Cookies

12 servings

25 minutes

### Ingredients

3 Banana (large, ripe, mashed)  
 1/2 cup Sunflower Seed Butter  
 1/4 cup Coconut Oil  
 1 tsp Vanilla Extract  
 2 cups Oats (large flake)  
 1/3 cup Unsweetened Shredded Coconut  
 1 tsp Baking Powder  
 1/4 tsp Cinnamon  
 1/4 tsp Sea Salt  
 1/2 cup Organic Dark Chocolate Chips

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, combine the mashed bananas, sunflower seed butter, coconut oil and vanilla. Mix well, then add the oats, shredded coconut, baking powder, cinnamon, sea salt and chocolate chips. Mix again until all ingredients are evenly distributed.
- 3 Drop spoonfuls of the dough onto the baking sheet and flatten them gently with a fork. Bake for 15 to 17 minutes.
- 4 Remove the cookies from the oven and let them cool on the baking sheet. Enjoy!

### Notes

**Serving Size,** One serving is equal to one large cookie.

**No Chocolate Chips,** Use raisins, dried cranberries, chopped figs or cacao nibs instead.

**No Sunflower Seed Butter,** Use tahini, peanut butter or almond butter instead.

**Leftovers,** Store in an airtight container in the fridge up to five days, or in the freezer for up to three months.