

B-well™

# Cooking for kids

YUM  
YUM

COOKBOOK

ENERGY  
BALANCING  
MEALS



OVERALL HEALTH  
DEVELOPMENT FOR  
MIND + BODY



QUICK. EASY  
& CONVENIENCE

# Cooking for Kids

The **B-well™ Cooking for Kids Cookbook**, an exciting exploration through delicious, colourful, playful and homey recipes aimed at children, their special and unique nutritional needs, eating behaviours and risks.

The **recipes, health tips and ingredients** have been created and designed to aid convenience for busy people, therefore most recipes can be prepared before and stored until needed for a quick and healthy fix. The recipes are flavour-filled and are easy to adapt to suit and accommodate the whole family, especially because we believe that sharing a meal is an excellent opportunity to encourage good practice and eating habits.

You will also find some great inspiration and practical activities within the method for \*little fingers\* to contribute their help and get involved in the process of food preparation. Thus, providing a fun way for kids to **mould and develop** a love for good food and healthy ingredients.

Special considerations have been made to accommodate the natural challenges faced when feeding children: fussy eaters, busy parents, hyperactivity, brain fuel for mental awareness, nutrient filled and still be fun, tasty and familiar.

tasty

YUM  
YUM



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# Star Qualities

## AN EDUCATIONAL GUIDE TO FEEDING YOUR CHILDREN + FAMILY

There is a common consensus that the best way to attain the full spectrum of macro and micronutrients required for optimal health, growth and development is by diversifying the foods we take in.

Children especially, require these to accommodate their **growing bodies, developing brains** and **increased biological demands**. Commercial foods are laced with sugars, additives and can be highly processed too. The best route to grant more control is when you cook at home and you know exactly what you're putting into your dish.

As parents and guardians know, infants and toddlers can be fussy eaters. Young children's innate preference for sweet foods doesn't help, especially when sugars lead to hyperactivity and other implications. This is why we have made sure to provide foods sweetened naturally to maintain balanced energy and satisfy at the same time. There are lots of **hidden veg foods** in order to deliver important phytonutrients, macro nutrients, like fats, proteins, carbohydrates, and micronutrients, like vitamins and minerals. the macronutrients like **fats, proteins, carbohydrates**, and micronutrients, like **vitamins** and **minerals**.

We have included some high functional ingredients in each recipe, these will fall under the following categories that act as a guide and educational tool when you feed your children and family.





Get the kids involved and find the icons in each recipe to see their star quality!

Enjoy and happy creating!

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**BRAIN BOOSTING  
& MEMORY  
DEVELOPMENT**



**ENERGY  
BALANCING  
FOODS**



**TIME-SAVING  
& CONVENIENT**



**HIDDEN  
VEGETABLES**

Packs  
Phytonutrients



**GROWTH &  
DEVELOPMENT**

Strong Bones,  
Teeth and Hair



# Lucky Nana Snug Mug



SOMETHING QUICK, SOMETHING  
YUMMY + SOMETHING SWEET...



10 MINUTES



1-2  
MINI MUGS



"easy-peasy"

# Lucky Nana Snug Mug

WHO KNEW SUCH DELICIOUS GOODNESS CAN BE MADE.  
**NO SUGAR + EGG + DAIRY + OIL + OVEN NEEDED.**  
JUST AN EASY MASH, MIX AND MICROWAVE AWAY FROM A HAPPY  
MOMENT. GREAT FOR BREAKFAST IF YOU MAKE WITH  
OATS. ADD BERRIES AND GET CREATIVE.



POWERED  
BY CANOLA!

## INGREDIENTS:

- 1 Tbsp **B-well™ Thick & Creamy Mayonnaise** ← 
- 3 Tbsp all purpose or gluten-free flour
- 1 small/medium ripe banana, *mashed up* ← 
  - ½ tsp ground cinnamon ← 
  - 1 Tbsp plant milk
  - ½ tsp baking powder
  - ½ tsp vanilla essence
  - 1 pinch salt
  - 1 Tbsp of chopped nuts like walnuts/pecan/almond flakes ←  
  - 1 tsp granulated sugar/coconut nectar, *optional for sweeter version*
  - 2 Tbsp vegan choc chips, *optional*

## HOW TO MAKE:

1. Combine the mashed banana, the **B-well™ Thick & Creamy Mayonnaise**, vanilla essence and milk in a microwave-safe mug until well combined. Then stir in flour, sugar, cinnamon, salt and baking powder until blended and smooth for about 20 sec.
2. Sprinkle the choc chips and optional nuts on top.
3. Microwave on high for 2 min. Allow to cool, even if it seems undercooked it will continue to cook while cooling.
4. Sprinkle some coarse sea salt on top, and enjoy with vegan cream cheese, butter, ice cream or as is! Enjoy!

# Eggie Veggie Fried Rice



CRAMMED  
WITH  
PROTEIN!



15 MINUTES



4-6  
SERVINGS



“easy-peasy”



# Eggie Veggie Fried Rice



WHEN THE KIDS ARE HUNGRY, MOM'S BUSY AND A HEALTHY MEAL IS REQUIRED, WHY NOT MAKE SOME **VEGGIE EGG FRIED RICE**. PACKED WITH **PROTEIN** (FROM EGGS), AN ARRAY OF VEG. FROM WHAT'S IN THE FRIDGE AND SOME EASY **LEFTOVER RICE**. EASY, TASTY, MADE FROM LEFTOVERS TO BECOME SOMETHING NEW!

## INGREDIENTS:

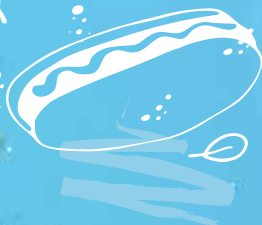
- 3 Tbsp **B-well™ Pure Canola Oil/Grapeseed Oil** ←
- 2 cups **frozen mixed veg**, thawed or mix of chopped veg. in small parts (bell pepper, carrots, zucchini, peas) ←
- 4 large **eggs** (opt for free-range eggs) ←
- 3 spring/green onions, *finely chopped*
- 1 tsp Sriracha chilli sauce, *optional for some heat*
- 1 tsp toasted sesame seed oil, *optional* ←
- 4 cups leftover jasmine rice/cooked & chilled rice
- 2 Tbsp soya or tamari sauce
- 1 medium red onion, *diced*
- 3 cloves garlic, *minced*
- salt and pepper, *to taste*



## HOW TO MAKE:

1. In a small bowl, crack 3 eggs and whisk together. Beat the last egg in a separate bowl.
2. Heat a large wok or sauté pan with 1 Tbsp of the oil over medium high heat. Add the 3 beaten eggs and stir quickly to scramble them for about a minute. Transfer the eggs to a dish and wipe off the excess oil with a paper towel.
3. Drizzle the remaining 2 Tbsp of oil in the pan over medium high heat. Add the red onions, stirring constantly and cook them for about 2 min. Add the mixed vegetables and cook for another minute.
4. Add the cooked rice into the pan and cook for a few minutes, breaking big lumps up, cook until the rice is heated through and loosened. Beat the last single egg and pour over the rice and stir to coat the rice with the egg. Cook for another 2 min.
5. Add the soy sauce, green onions, hot sauce and sesame oil (if using) and stir to distribute the sauces. Add the 3 scrambled eggs and stir to mix again, season with salt and pepper to taste. Serve immediately! Hmm... steamy and delicious eggie fried rice!

# Chicky Mayo Salad Subs



25 MINUTES

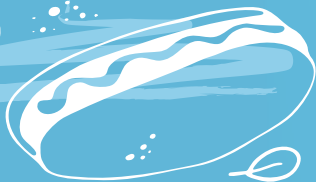


4

FOOTLONGS



“easy-peasy”



# Chicky Mayo Salad Subs



TURN YOUR LEFTOVER CHICKEN INTO THE CREAMIEST, MOST TASTY CHICKEN FILLER FOR HOWEVER YOUR CREATIVITY FLOWS. JUST ADD B-WELL™ CANOLA MAYONNAISE! AND THIS IS A SURE CROWD PLEASER TO UTILIZE ALL YOUR LEFTOVER SUPPLIES, KEEP HUNGRY MOUTHS AT BAY AND SAVE SOME TIME. WINNING!

POWERED BY CANOLA!

## INGREDIENTS:

- 1 cup **B-well™ Thick & Creamy Mayo**
- ¼ cup fresh parsley, *finely chopped*
- 1 tsp lemon juice
- ¼ cup fresh dill, *finely chopped*
- ½ tsp apple cider vinegar
- 2 cloves garlic, *minced*
- 1 tsp Dijon mustard
- ½ tsp fine red chilli powder
- ¼ tsp salt
- a couple cracks of pepper



## FILLING:

- 2 ½ cups leftover rotisserie/roasted chicken, *pulled/roughly chopped*
- 1 cup halved seedless red grapes or ½ cup dried cranberries/raisins
- 2 large celery sticks, *finely chopped*
- 1 large red onion, *finely chopped*
- ¼ cup pecans/walnuts, *almond slices, roughly chopped*
- green leaf lettuce
- 6 footlong sub rolls
- cheese, *grated (optional)*



## HOW TO MAKE:

1. In a medium bowl, add the **B-well™ Thick & Creamy Mayonnaise** with all the dressing ingredients. *\*Little fingers: mix until well combined\**
2. In a large bowl, add the chicken, grapes, celery, onion and nuts.
3. Now combine the dressing mixture into the salad mix and gently stir until mixed.
4. Cover bowl and refrigerate for an hour to allow flavours to soak in.
5. Remove from fridge and rest until room temperature. Fill each footlong sub and serve with fresh lettuce leaves, or grated cheese over and stick in the oven at 200°C for 5 min until cheese melts! Cut in half/thirds. Easy, simple and oh so yummy.

TIP:

The filling freezes well for your convenience and easy-prep.

Can be frozen up to 1 month, allow to thaw to room temperature before serving.

Salad items are only by suggestion, play around or use what salad items you have in your fridge. Think: tomatoes, grated carrots, apple pieces, avocado, mushrooms, cabbage, peppers, etc. perfect for fussy eaters.

# Moment Made Mini Pizzas



30 MINUTES



8-10  
MINI PIZZAS



“easy-peasy”





# Moment Made Mini Pizzas





THESE PIZZAS ARE HARD TO SAY NO TO AND VERY EASY TO MAKE!  
GET KIDS INVOLVED IN THE **DOUGH, TOMATO SAUCE** SPREADING  
+ DECORATING WITH **TOPPINGS!** CREATIVITY, ACTIVITY AND  
AN ALL-IN-ONE MEAL! BLESS.

## INGREDIENTS:

### BASE:

- B-well™ Extra Virgin Olive Oil Spray
- 1 cup plain Greek yoghurt 
- 1 ¾ cup self-raising flour
- 1 Tbsp chia seeds, optional 

### TOPPINGS:

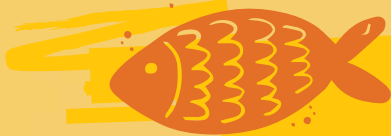
- 1 cup marinara/pizza sauce
- ½ cup mozzarella cheese, grated 
- ½ cup cheddar cheese, grated 
- CHOICE: Pepperoni slices/bacon bits/fresh basil/mushrooms etc.

POWERED  
BY OLIVE!

## HOW TO MAKE:

1. Preheat the oven to 200°C and spray some B-well™ Extra Virgin Olive Oil Spray onto an oven or pizza tray. Set aside.
2. Mix the flour and yoghurt together, knead until a smooth, soft dough is formed – for about 3 min.
3. Roll the dough out on a floured surface. Using a large cookie cutter or the rim of a glass, cut out little circles to create small and round pizza dough bases, repeat until all the dough is used.
4. Lightly dust mini bases with some flour and press down slightly to flatten, then transfer to the greased pizza tray.
5. Add some marinara/pizza sauce and your favourite toppings, topped with grated cheese and herbs of choice.
6. Bake for 10 min, until the crust is golden brown. Using a large spatula, transfer the pizza to a cutting-board and let sit 5 min.
7. Serve & ENJOY!

# Scrumpitious Salmon Fingers



16-20  
FINGERS



50 MINUTES



“easy-ish”

# Scrumptious Salmon Fingers



## INGREDIENTS:

- **B-well™ Extra Virgin Olive Oil**
- 400 g cooked salmon or 2 cans of tinned salmon, *drained* ←
- Kosher salt
- freshly ground black pepper
- 2 spring/green onion, *finely chopped*
- ½ cup peas/frozen peas, *thawed* ←
- ¼ cup fresh flat leaf parsley, *minced*
- 1 lemon, *juice and zest*
- ¼ tsp paprika
- 3-4 slices stale bread, *crusts removed* or 1 cup panko bread crumbs

- 60 g cheddar or parmesan cheese ←
- ½ cup plain flour
- 2 eggs, *lightly beaten* ←

## YUMMY DIPPING SAUCE:

- 1 cup **B-well™ Thick & Creamy Mayonnaise**
- 60 ml chutney or sweet chilli sauce
- ¼ lemon, *for zest*
- 1 Tbsp lemon
- black pepper, *to taste*

POWERED BY OLIVE!

## HOW TO MAKE:

1. Preheat the oven to 200°C.
2. Break bread slices into the food processor, add grated cheese, add 2 Tbsp of **B-well™ Extra Virgin Olive Oil**, season with salt and black pepper. Blitz until you have 1 cup of bread crumbs. Place the bread crumbs on an oven pan and toast for 5 min until lightly browned. Remove from oven, spread half in a plate and keep ½ cup aside.
3. In a big bowl, coarsely flake the salmon using a fork. Add the chopped spring onion, parsley, lemon zest, paprika and 2 Tbsp of lemon juice, peas and the ½ cup of breadcrumbs. Season with salt and pepper. Gently stir, do not overmix.
4. Using wet/oiled hands, take 2 heaped Tbsp of the mixture and shape into fingers. Place on a baking tray and chill for at least 15 min to set.
5. Sprinkle the flour in a plate and turn each finger in the flour until evenly coated, dip in some lightly seasoned and beaten egg, letting any excess drip off, turn in breadcrumbs until its well coated. Place each finger to a baking tray.
6. If baking, lightly drizzle the fish fingers with olive oil and bake for 8-10 min, turning halfway through, until golden crisp. If frying, heat **B-well™ Extra Virgin Olive Oil** in a large frying pan over medium heat. Cook the salmon fingers for 2-3 min each side, until golden. If freezing, put tray in the freezer – once frozen, you can pop them into a container. Bake for 15-20 min from frozen.

## SAUCE:

Mix all the ingredients together, and enjoy with the fish fingers.

# Omega Brain Booster BROWNIES



10-12  
SERVINGS



45 MINUTES



“easy-ish”



# Omega Brain Booster BROWNIES



OMEGA-3 FATTY ACID IS A KNOWN BRAIN BOOSTING SUPERFOOD. IT'S EVEN LINKED TO BRAIN DEVELOPMENT + FUNCTION, MAKING IT PERFECT FOR A GROWING, BUSY MIND AND MEMORY. SO, WE'VE ADDED SOME OF THE HIGHEST OMEGA-3 POWER PACKING INGREDIENTS TO MAKE THE ULTIMATE MOST YUMMY FOOD: CHOCOLATEY, SCRUMPTIOUS, & ALLERGY FREE.



POWERED BY CANOLA!

## INGREDIENTS:

- 3 Tbsp ground flaxseed
  - ½ cup coconut cream
  - 1 Tbsp vanilla
  - **B-well™ Canola Baking Spray**
  - ½ cup **B-well™ Pure Canola Oil**
  - 1 cup all-purpose gluten-free flour (standard AP flour, optional)
  - 2/3 cup cacao/cocoa powder
  - ½ cup dark chocolate chips or 1 slab 85% dark chocolate, *finely chopped*
  - pinch of salt
  - ½ cup walnuts, *chopped (optional)*
  - 1 tsp baking powder
  - 1 Tbsp hemp seeds
  - berries, *optional*
- Combine for creamy flax egg*

## HOW TO MAKE:

1. Spray some **B-well™ Canola Baking Spray** into a square 20x20 cm pan. Preheat your oven to 180°C.
2. In a small bowl, combine the flaxseed powder and coconut cream. Allow to sit.
3. In a large mixing bowl, sift and combine all of the dry ingredients: flour, sugar, cacao, baking soda and salt. *\*little fingers can help mix\**
4. Add wet ingredients: **B-well™ Pure Canola Oil**, flax egg mixture and vanilla extract.
5. Fold in the hemp seeds and walnuts, the dough will be thick and doughy. Use greased or wet hands to press into the greased pan. *\*little fingers can help pat batter down\**
6. Bake 20-25 min, until the edges and top are crisp (*your choice of mushy to crisp ratio*).
7. **WITHOUT TOPPING:** cool, and then cut into squares.  
**WITH TOPPING:** add the dark chocolate chips/chopped pieces into a bowl and a heaped tsp of icing sugar. Heat the coconut cream and add the heated cream into the bowl, slowly stirring until all the pieces are melted and you have smooth chocolate spread. Pour over brownies, spreading evenly. Allow to cool, then cut into squares.
8. Serve with ice cream, berries and sprinkles. Keep leftovers covered and at room temp. Can be frozen for up to 2 months, allow to thaw to room temp before serving.



# Neo Veggie Nuggets

PACKED  
WITH  
YUMMY  
VEGETABLES  
& NUTRIENTS!



12  
NUGGETS



1HR 15MIN



“foodie”

# Neo Veggie Nuggets

THESE FRITTER-STYLED CUTLETS ARE EASY TO MAKE, EASIER TO EAT AND A PERFECT SNACK OR ULTIMATE FINGER FOOD FOR KIDS & ADULTS. **SOYA FREE** **NUT FREE + VEGAN.** MAKE LOTS, FREEZE UNTIL LATER.



## INGREDIENTS:

- 1 tsp **B-well™ Pure Canola Oil** ←
- **B-well™ Fry-Well Oil**
- 3 medium potatoes, *boiled and mashed* ←
- 2 ½ cups frozen mixed veg, *thawed & drained*
- 1 medium onion, *finely diced* ←
- 1 Tbsp ginger, *minced*
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp turmeric powder
- 1 tsp garlic powder
- ½ tsp paprika

- ¼ tsp white pepper
- juice of 1 lemon/lime
- ¼ cup cilantro, *finely chopped*
- 1 tsp salt
- ¼ cup Tbsp corn flour
- ¼ cup of water
- 1 cup breadcrumbs (*or sandwich crust cut-offs that have been lightly toasted to make crumbs*)

## HOW TO MAKE:

1. First steam the green beans, peas, corn and carrots until tender but not mushy. Drain the water and pat dry the vegetables to pick up excess moisture.
2. Heat the **B-well™ Pure Canola Oil** in a skillet or large pan. Add the onions and ginger and stir-fry until the onions start to soften.
3. Add the paprika, ground coriander and turmeric powder, stir into the onions, then add the peas, carrots, corn and green beans. Cook for another 2-3 minutes until tender.
4. **OPTIONAL:** *Place the cooked veggie mixture in a food processor and pulse 3-4 times for 5 sec each. You don't want a paste. Some bits of the veggies should still be visible.*
5. Add the mashed potatoes and chopped coriander to the veggie mix and stir well to combine. Add salt to taste, the white pepper and lemon juice.
6. Turn off the heat and stir in ½ cup of the breadcrumbs to absorb any wetness. Cover with a foil and let it rest in the fridge for 15–20 min.
7. Heat about 1 cup of **B-well™ Fry Well Oil** in a pan over medium heat. If baking, preheat the oven to 200°C.
8. Take a Tbsp of cutlet mixture and mould to the shape of choice. Mix the cornflour with the water in a flat bowl to make a smooth batter, fill another bowl with the leftover breadcrumbs. Dip the cutlet in the cornflour mixture and then coat in breadcrumbs.
9. Shallow fry the cutlets in small batches till crisp and golden. Drain on a paper towel. If baking: bake for 30–35 min or until it is golden brown in colour. Flipping over halfway. Serve hot and crunchy with your favourite sauce or some **B-well™ Mayonnaise**.

# Veggie Power Pocket Pies



16 MINUTES



16  
POCKETS



“easy-ish”






# Veggie Power Pocket Pies



GETTING KIDS TO EAT THEIR VEG HAS NEVER BEEN EASIER, ESPECIALLY WHEN THIS **SAVOURY VEGGIE MIXTURE** IS HELD IN A CRUNCHY POCKET. BEST FOR **PICNICS, AFTER-SCHOOL HUNGER PANGS, "HANGRY" MOMS + DADS** AND EVEN AS THE **ULTIMATE STARTER**.

## INGREDIENTS:

- 2 Tbsp **B-well™ Extra Virgin Olive Oil**
- 2 Tbsp **B-well™ Original Tangy Mayonnaise** (add as egg wash) 
- 16 rice paper wrappers 
- 1 cup red onion, *diced*
- 4 fire roasted red pepper, *diced* 
- 2 cups *sweet potato, peeled and diced* 
- 6 cups *cabbage, thinly sliced/shredded* 
- ½ tsp cumin powder
- 1 tsp paprika
- salt and pepper, *for seasoning*
- poppy/sesame seeds, *for sprinkling*
- 1 tsp crushed garlic
- 1 tsp Worcestershire sauce 
- 1 Tbsp *agave/honey (local is cool!)*

POWERED  
BY OLIVE!

## HOW TO MAKE:

1. Preheat your oven to 200°C.
2. While your oven is preheating, prep all the vegetables you'll be using.
3. In a large skillet, heat the **B-well™ Extra Virgin Olive Oil**, then add the onion and garlic. Caramelize until fragrant.
4. Add the cabbage, sweet potato and the red pepper.
5. Sauté for 15 min until caramelized and cooked through, and set aside.

## THE POCKETS:

1. Soak the rice paper in water to soften, then rest on a clean kitchen towel to remove excess moisture, keep this quick or else paper will stick.
2. When manageable, lay flat on a cutting board: Add 1 full scoop of the veggie mixture and wrap.
3. Fold the rice paper into a pocket, making sure the filling is secure inside (*don't pull too hard, rice paper may break*). Lay on a greased oven tray.
4. Keep repeating until you no longer have any veggie filling.
5. Using a brush, egg or **B-well™ Mayonnaise** wash the top of each pocket, and sprinkle with some sesame seeds.
6. Put the tray into the oven and bake for 20 min until golden brown.
7. Serve as is, or with your favourite dip – we love some **B-well™ Mayonnaise**.



# 'PNB' Smash cookies



THESE  
CRUNCHY  
DELIGHTS  
OFFER A  
PROTEIN  
PERK, A  
SWEET TREAT,  
AND A HEALTHIER  
SNACK...



20 MINUTES



6-10  
COOKIES



"easy-peasy"

# 'PNB' Smash Cookies



POWERED BY CANOLA!

THESE CRUNCHY DELIGHTS OFFER A PROTEIN PERK, A SWEET TREAT AND A HEALTHIER SNACK FOR THOSE RAVENOUS CRAVINGS OR AN ENERGY BOOST FOR MOMS AND KIDS ALIKE. QUICK TO MAKE MEANS THESE HANDY COOKIES ARE PERFECT FOR PARTIES + CAKE SALES + SNACK TABLES!



## INGREDIENTS:

- B-well™ Canola Baking Spray ←
- 1 tsp baking powder
- 1 egg/1 Tbsp ground chia seeds ←
- ¾ cup coconut nectar sugar/½ cup brown sugar
- 1 cup sugar-free peanut butter (*crunchy or smooth*) ←

## HOW TO MAKE:

1. Preheat the oven to 180°C and spray a baking tray with B-well™ Canola Baking Spray and set aside.
2. In a medium mixing bowl, combine all your ingredients and mix very well. If using ground chia seeds; if the batter is too thin, add an extra tablespoon.
3. Using a tablespoon, scoop a spoonful of cookie batter, roll into a ball and place onto the prepped baking tray, leaving at least 2 finger spaces between cookie edges. Flatten in crisscross pattern with a fork. Repeat until dough is finished.
4. Bake your cookies for 8-10 min until light brown. Do not over bake. Remove from the oven and let cool in their baking tray for a minute, then transfer the cookies to a rack to cool completely. Serve with a glass of milk or tea. Enjoy.





# 'New' Tella Choc Hazelnut Spread.

QUICK+EASY TO MAKE AND PACKED  
WITH HAZELNUT HEALTH POWER



25 MINUTES



1 1/2  
CUPS



"easy-peasy"

# 'New' Tella Choc Hazelnut Spread.







WHO SAYS YOU HAVE TO COMPROMISE ON YOUR KIDS HEALTH, ESPECIALLY WHEN THE 'DESIRED GOODS' ARE SUGAR + PALM OIL-LADEN.

THEY WILL LOVE THE TASTE AND YOU WILL LOVE THE CONVENIENCE. SO QUICK AND EASY TO MAKE AND PACKED WITH HAZELNUT HEALTH POWER.

POWERED  
BY CANOLA!



## INGREDIENTS:

- 3 Tbsp **B-well™ Pure Canola Oil** 
- 3 cups raw hazelnuts or 1 ½ cups pure hazelnut butter 
- 1 tsp vanilla extract/essence
- 6 Tbsp raw cacao powder 
- 4 ½ Tbsp unrefined coconut sugar 
- ¼ tsp fine Himalayan salt

## HOW TO MAKE:

1. Roast the hazelnuts for 10-12 min in the oven at 180°C or until the skin begins to crack.
2. Remove from the oven and while still warm remove the skins from the nuts by rolling them in a cloth or paper towel. Don't mind if there are still some skins left on.
3. In a food processor, blend/pulse the nuts, scraping the sides down in between, until you achieve a creamy and smooth consistency.
4. Keep the blender on while you slowly feed the **B-well™ Pure Canola Oil**, cacao, vanilla, coconut nectar and salt, making sure to scrape down the sides to assure everything is well blended.
5. All done, store in an airtight glass jar. Let 'little fingers' lick the spoon, store in refrigerator for up to 1 month.





# Sweet Potato & Berry Waffles



30 MINUTES



4-6  
WAFFLES



"easy-peasy"










# Sweet Potato & Berry Waffles



POWERED BY CANOLA!

SOMETIMES ALL WE NEED IS SOMETHING SWEET OR SOMETHING SAVOURY AS OUR CRAVINGS SWAY – KIDS ARE NO DIFFERENT. SO WHY NOT GIVE THEM SOME NATURAL SWEETNESS THAT WON'T SPIKE UP THEIR BLOOD SUGAR LEVELS, PACKED WITH PHYTONUTRIENTS FOR OPTIMAL GROWTH + DEVELOPMENT TOO. THESE WAFFLES ARE ALL THAT, THEY ARE SUGAR-FREE AND FILLED WITH LOW GI GOODNESS TO SATISFY THEIR PALLET AND APPETITE.

## INGREDIENTS:

- **B-well™ Canola Cooking Spray**
- 1 large sweet potato, cooked ←  
- ½ cup rolled oats ← 
- ½ cup flour (gluten free, optional)
- ½ cup unsweetened plant milk
- 1 cup blueberries ←  
- 2 free-range eggs ←  
- 1 tsp baking powder
- ¾ tsp cinnamon
- ¼ tsp salt

## HOW TO MAKE:

1. Set waffle iron to preheat.
2. Combine cooked sweet potato and oats in a blender. Blend until well combined.
3. Pour egg and milk into the blender with the sweet potato and oat base. Blend until well combined.
4. Add the rest of ingredients. Blend until fully pureed.
5. Spray waffle iron with **B-well™ Canola Cooking Spray**. Pour 1/3 cup batter into waffle iron and sprinkle some blueberries into the batter.
6. Cook for 4-5 min.
7. Let waffles cool on a baking rack.
8. Serve with your favourite toppings or sides and ENJOY!

TIP:

Waffles can be frozen for up to 3 months in a ziplock bag. Stick in toaster on defrost to reheat and eat. Add a superfood to the batter before baking, like green matcha powder/moringa/maca/lacuma/chia seeds.



# easy Nana Pancakes



25 MINUTES



6

PANCAKES



“easy-peasy”

# easy Nana Pancakes






POWERED BY CANOLA!


WHOLE FOODS ARE THE WAY TO GO, ESPECIALLY WHEN IT COMES TO ENERGY. THE KEY IS TO TAKE IN FOODS THAT ENERGIZE THE BODY + MIND, WITHOUT PEAKING HYPERACTIVITY. THESE ARE THE THICKEST & CREAMIEST, CHOCOLATE MOUSSE-FILLED, PANCAKEY GOODNESS! PACKED WITH **NATURAL PROTEIN** **SUGARS**, **FIBRE** + **GOOD FATS** FOR THE MOST HEALTHY, MOREISH TREAT FOR ANYTIME IN THE DAY!

## INGREDIENTS:





### PANCAKES:

- **B-well™ Canola Cooking Spray**
- 2 medium to large ripe bananas ←  
- 2 eggs ← 
- 2 Tbsp whole-wheat/gluten free/oat flour
- ¼ tsp cinnamon

### OPTIONAL EXTRAS:

- Berries of choice: strawberries, blueberries, raspberries
- walnuts and pecan nuts ← 
- mint, for garnish

### CHOCO-CADO MOUSSE:

- ¼ tsp salt
- 5 medjool dates, *pitted and finely chopped* ←  
- ½ cup cacao powder
- 1 tsp vanilla essence
- 2 avocados ←   

## HOW TO MAKE:

1. In a large bowl, little fingers can help mash the banana with a fork until smooth. Add the egg and flour to the mashed banana and whisk to combine.
2. Spray a pan with **B-well™ Canola Cooking Spray** and heat over medium low heat.
3. Pour some batter, about a 1/3 cup into the hot pan, with a spatula lightly and evenly spread the batter. Cook until the edges firm up and bubbles appear in the center, for about 2-3 min and you can slide spatula under the pancake.
4. Flip the pancake and cook for another 1-2 min until the pancake is cooked through. Repeat for the remaining batter.
5. **MOUSSE:** Scoop out the avocado and all the ingredients in a food processor and blend until super smooth and creamy.
6. Grab a spoon and scoop into banana pancakes, sprinkle some nuts and berries, then roll, drizzle with some maple syrup/honey.
7. Serve immediately with topped with yoghurt and berries or other toppings of choice. Can be stored in an airtight container in the fridge for 2 days. Best to enjoy fresh!



A top-down view of a recipe graphic for Zucchini Muffins. The background is a solid light green. The title 'Zucchini Mama Muffkins' is written in a large, green, cursive font, with a small zucchini icon above the word 'Zucchini'. Below the title, there is a cluster of five golden-brown muffins in pink paper liners, surrounded by several pecans and some green onion slices. To the right of the muffins, a whole green zucchini is shown. At the bottom, another whole green zucchini is shown, along with a pile of shredded green onions on the left. In the bottom right corner, there is a vertical stack of icons: a plate and fork, the number 8, the word MUFFINS, an alarm clock, the text 1HR 20 MIN, and four circles (two filled, two empty) with the text 'easy-ish' below them.

# Zucchini Mama Muffkins



8  
MUFFINS



1HR 20 MIN



“easy-ish”



# Zucchini Mama Muffins



ZUCCHINI CONTAINS RICH AMOUNTS OF **CALCIUM**, **MAGNESIUM**, **PHOSPHORUS** AND **B-COMPLEX VITAMINS**. THESE ELEMENTS ARE CRUCIAL FOR **STRONG AND HEALTHY BONE, GUM + TEETH DEVELOPMENT**, AS WELL AS **NUTRIENT TRANSPORT**, **IMMUNE SYSTEM STRENGTHENING** AND **OVERALL HEALTH**. WE "DOSE" THESE IN THE MOST SCRUMPTIOUS MUFFINS! PERFECT FOR LUNCHBOXES, PICNICS + BREAKFAST.

## INGREDIENTS:

- 1 tsp vanilla essence
- 1 ½ cups white whole wheat flour
- 1 cup chopped walnuts or pecans (optional) 
- ½ cup Greek yoghurt, plain unsweetened 
- 1/3 cup **B-well™ Pure Canola Oil** 
- ¾ cup honey 
- 1 egg 
- 1 cup grated zucchini 
- 1 tsp baking soda
- 1 tsp cinnamon 
- ¼ tsp salt



## HOW TO MAKE:

1. Preheat oven to 170°C.
2. In a large mixing bowl, cream the **B-well™ Pure Canola Oil** and honey. Add egg, zucchini, yoghurt and vanilla, mix on low until combined.
3. Combine dry ingredients and add to batter. Mix on medium speed just until combined, then stir in nuts.
4. Spray a standard size muffin tray or get \*little fingers\* to place muffin cups in to the tray. Equally distribute the batter in to each cup. Bake for 50-55 min or do a knife test until it comes out clean.
5. Allow to cool 15 min in the pan before removing and cooling on a wire rack.
6. Serve immediately with your favourite nut butter, jam, butter or enjoy as is! Store in an airtight container for up to a week or freeze and thaw to room temperature before serving.

# Family Filler



WINNER  
WINNER,  
LEFTOVER  
DINNER...



2HR 45MINS  
(+Dough)



4-6  
PORTIONS



"so-so"



# Family Filler

GRAB YOUR LEFTOVERS AND WHAT'S LAYING IN THE FRIDGE! A CROWD PLEASER, A TUMMY TEASER. A WINNER WINNER, LEFTOVER DINNER!



## INGREDIENTS:

### For the Soft Rolls Dough:

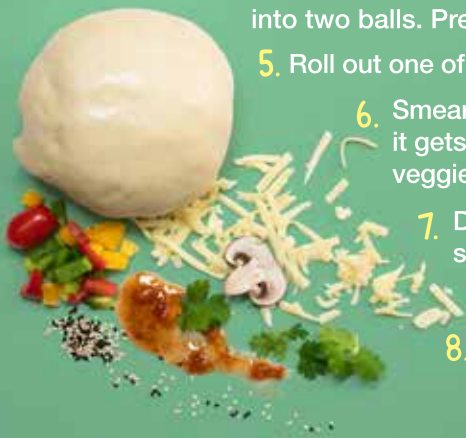
- 3 Tbsp B-well™ Pure Canola Oil 
- 1 ½ sachet instant yeast
- ½ cup warm milk
- ½ cup warm water
- 2 Tbsp sugar
- 1 tsp salt
- 1 large egg, *lightly beaten*
- 3 cups flour
- egg wash/B-well™ Mayonnaise 

### For the filling:

- B-well™ Thick & Creamy Mayo 
- 1 ½ cups leftover chicken/veggie mix/bolognaise, *shredded if meat. Can also use mixed chopped veg. or 2 cans drained tuna* 
- ½ tsp black pepper
- 4 Tbsp chutney or pasta sauce
- ¼ cup fresh coriander/parsley
- ¼ tsp salt
- 1 cup cheese, *grated* 

## HOW TO MAKE:

1. In a large bowl, whisk the warm milk, yeast, and 1 Tbsp of sugar together and let sit until bubbly.
2. Whisk flour and salt together and set aside. Add in rest of sugar, milk, oil and lightly beaten egg to water/yeast mixture. Whisk to combine.
3. Slowly add in flour until a dough forms. Knead for 10-15 min until smooth. Dough is sticky. *\*Little fingers can help with dough too\**
4. Place in lightly oiled bowl, cover and rise for about 2 hours or until doubled in size. Punch down dough to release air and cut into two balls. Preheat oven to 200°C.
5. Roll out one of the balls into a circle and score pastry.
6. Smear with chutney/pasta sauce of your choice until it gets absorbed. Now spread the leftover chicken, veggies, cheese and herbs.
7. Drizzle B-well™ Thick & Creamy Mayo and sprinkle some salt and pepper. Roll end points into the center and secure.
8. Brush tops with egg wash and bake for 15 min or until golden brown. Serve with sauce of your choice in the ring's center.





# Lucky Rice Balls

aka  
ARincini!



4-6  
BALLS



30 MINUTES





"so-so"



# Lucky Rice Balls aka Arancini

HERE IS A CREATIVE + DELICIOUS WAY TO REPURPOSE THAT LEFTOVER RICE INTO A CRISPY BALL OF WHATEVER, ALONG WITH OTHER LEFTOVERS TO ADD TO A FILLING,




## INGREDIENTS:

- **B-well™ Fry-Well/Pure Canola Oil** 
- 2 cups leftover cooked rice 
- 1 cup parmesan cheese/nutritional yeast
- 1 tsp garlic powder
- 1 tsp salt
- ¼ cup parsley, *finely chopped*
- ¼ tsp red chili (*optional*)
- ¼ tsp pepper

- 1 cup breadcrumbs
- all-purpose flour, *for breading*
- 3 eggs, *keep one aside*  

## FILLING:

- mozzarella cheese, small cubes (*or any cheese in your fridge*)
- OR
- leftover bolognese/shredded chicken mayo 

## HOW TO MAKE:

1. Place a large heavy-bottomed pot over medium heat and add enough **B-well™ Fry-Well/Pure Canola Oil** for deep frying.
2. Combine the rice, parmesan cheese, chopped parsley, garlic powder, salt, pepper, chilli and 1 egg in a medium bowl and use your hands to thoroughly combine the mixture.
3. Form each arancini by taking a small portion of the mixture, squeezing it firmly and stuffing one cube of mozzarella inside each ball. Repeat this process to form 8 arancini or as many as your mixture allows.
4. Whisk together the remaining eggs. Place the flour, beaten eggs and breadcrumbs into separate shallow bowls. Carefully dip each arancini ball into the flour, then into the egg and finally the crumbs, ensuring the rice is completely coated. Set aside.
5. To test if the oil is ready, drop in a few breadcrumbs in the pot – if they sizzle and float, it is ready. Carefully lower in the arancini with a slotted spoon, in batches of four, and deep-fry for 8 min, or until golden and crispy.
6. Transfer to a double layer of kitchen paper to drain. Enjoying with a sauce, like marinara or mayonnaise sandwich dip.







# Mini Burger Buns



2 HOURS



15  
ROLLS



“foodie”

# Mini Burger Buns



THIS EASY DOUGH RECIPE PRODUCES SOFT BUNS FOR MINI SLIDERS, IT WILL HAVE LITTLE FINGERS BUSY, WHILE WORKING THEIR FINE MOTOR SKILLS.

## INGREDIENTS:



- 2 Tbsp **B-well™ Canola and Olive Oil Blend**
- 4 cups all-purpose flour, *keep ½ cup aside*
- 2 Tbsp sugar/honey/coconut nectar
- sesame seeds, *optional for topping*
- 1 sachet instant yeast
- 1 ½ cups warm water
- 1 tsp salt

## HOW TO MAKE:

1. To a large mixing bowl or the bowl of a stand mixer, combine the instant yeast with the warm water, sugar and stir until it bubbles slightly. Then mix in 2 cups of the flour, the salt and oil and combine.
2. Keep mixing and gradually add the remaining flour except the extra flour in the stand mixer/bowl. Turn the mixer on until incorporated or keep kneading until a solid dough ball forms that bounces back slightly when touched. Now add the reserved flour. You are looking for it to not be sticky.
3. Remove the dough ball from bowl. Spray some **B-well™ Canola Baking Spray** to grease the bowl well and then place the dough back into the bowl.
4. Cover and let it rise for 45-60 min or until doubled in size.
5. Once doubled, punch down dough and then divide the dough into 12 equal pieces or smaller, and form the dough into round balls.
6. Place each ball, seam side down, into a greased 22×35cm baking pan.
7. Cover pan and let it rise for another 30 min, until the rolls are slightly touching. While rising, preheat the oven to 200°C.
8. Brush some milk/egg/melted vegan butter over the top of the rolls and sprinkle some sesame seeds over. Bake for 15-17 min until lightly browned.
9. Remove from oven and serve immediately hot with butter. Can be stored for up to 3 days in a paper bag, or frozen in a zip-lock bag for up to 3 months. Thaw for a few hours or microwave for easy use.



# Baby Beefy BURGERS

TRULY A  
'FUN-2-EAT'  
EXPERIENCE



12  
SLIDERS



50 MINUTES



"SO-SO"

# Baby Beefy Burgers



WITH THE RICH FLAVOUR OF BEEF, PROVIDING HIGH AMOUNTS OF PROTEIN + IRON + ZINC FOR GROWING BODIES & OPTIMAL HEALTH. WITH SOME LOCAL SOUTH AFRICAN FLAVOUR AND LOTS OF HIDDEN VEG. THESE BURGERS ARE TRULY A 'FUN-2-EAT' EXPERIENCE.



## INGREDIENTS:

### PATTIES:

- B-well™ Cooking Olive Oil
- 500 g lean minced beef/ostrich, organic and high quality
- 1 onion, finely chopped
- ½ green pepper, finely chopped
- 3 Tbsp chutney
- 1 Tbsp ground coriander
- 6-7 Tbsp bread crumbs (or more)



- 1 egg, beaten
- a handful parsley, chopped
- 3 handfuls basil, chopped
- ½ tsp salt
- black pepper corns
- 12 sesame topped mini slider burger buns, halved  
(\*Find recipe in cookbook)
- 12 thin slices of white cheddar

POWERED BY OLIVE!

### BURGER SAUCE:

- 3 Tbsp B-well™ Thick & Creamy Mayo
- 2 Tbsp tomato ketchup



- 1 tsp Tabasco® Chipotle Sauce
- 1 tsp Worcestershire sauce
- ¼ of an iceberg lettuce

## HOW TO MAKE:

- BURGER PATTIE:** Combine the onions and green pepper together. Add the beef/ostrich mince and mix well. Add the coriander, chutney, bread crumbs, egg, parsley, basil and mix well. Add the salt and ground black pepper. Make sure the mixture is firm enough to hold its form while cooking. Separate the mixture into 12 balls, then press down into patties. Place on a lightly oiled plate and chill in the fridge for at least 15 min.
- BURGER SAUCE:** Mix all the burger sauce ingredients together, add the finely chopped lettuce and mix, then season to taste. Refrigerate until needed. Place frying pan on a high heat. Splash your mini patties with B-well™ Cooking Olive Oil then into the pan, pressing down with a slotted spatula. After 1 min, flip the patties and add a slice of cheese to the top. Add a tiny splash of water to the pan and place a heatproof bowl over the patties to melt the cheese - 30 sec is good. At the same time, toast some of the split slider buns in another pan until lightly golden. Repeat for the remaining burgers.
- ASSEMBLE:** Build each burger by adding a ¼ of the burger sauce to the bun base, then top with a cheesy mini burger patty, a slice of tomato/cucumber. Rub the bun top with a tsp of ketchup, add some avo and onion slices then press together.
- Serve up with your favourite side, or the roasted sweet potato fries (find recipe in booklet). Enjoy, savour, devour and have fun!



# Chicken Balls

With  
Mushroom &  
White Bean Filling



25  
BALLS



1 HOUR



“easy-ish”



# Chicken Balls

## With Mushroom & White Bean Filling



THESE ABSOLUTELY HARD-TO-RESIST CHICKEN MEATBALLS ARE PACKED WITH **HIDDEN VEGGIES**. THEY'RE **ALLERGY-FREE** AND FILLED WITH **FIBRE**. FUN COLOURS & FLAVOUR.

**POWERED BY OLIVE!**



### INGREDIENTS:

- **B-well™ Extra Virgin Olive Oil Spray**
- 500 g ground chicken ←
- 1 small onion, *finely chopped* ←
- 1 cup kale/baby spinach, *finely chopped* ←
- 1 can white kidney beans, *drained* ←
- 2 Tbsp fresh parsley, *finely chopped*

- ½ - ¾ cup oat flour ←
- 1 tsp vegetable stock (*powder*)
- ½ zucchini, *grated* ←
- 3 cloves of garlic, *minced*
- salt and pepper
- ½ tsp ground cumin
- ½ carrot, *grated* ←

### HOW TO MAKE:

1. Using a nut bag or a muslin cloth, squeeze out the liquid of the grated carrot and zucchini and then add to a large bowl.
2. Spread the ground chicken on a plate and pat dry to collect any moisture, then add the ground chicken, onion, kale, white beans, oat flour, garlic, cumin, vegetable stock, salt and pepper into the large bowl with the zucchini and carrot.
3. Using a fork, mash the ingredients together, then add the beans and mash it into the mixture. Keep mixing until well combined. Alternatively, add all the content to a food processor and pulse to mince and mix the ingredients together. Do not over blend.
4. Add the oat flour to the mixture.  
It must be able to form, but still be soft and moist.
5. Using your hands, form the mixture into balls about 3-4 cm in diameter. Spray some **B-well™ Extra Virgin Olive Oil Spray** on to a baking tray and place the meatballs onto it.
6. Bake the meatballs at 180°C for 45 min. Can also be stuck to a kebab stick, frozen and then popped onto a grill or to a braai. Can also be tossed into a broth, with ramen noodles, into a creamy sauce or stew, or used in lunchboxes, picnics, padkos or in a wrap.



# Spaghetti Bolognese



FOR EVERY  
GROWING  
PHASE!



IHR 25MIN



6  
SERVINGS



"easy-ish"

# Spaghetti Bolognese



THE BOLOGNESE IS VEGAN, THEY'LL LOVE IT & THEY'LL NEVER KNOW!

## INGREDIENTS:

### For meaty filling:

- 3 Tbsp **B-well™ Cooking Olive Oil**
- 1 onion, *diced* 
- 340 g soya mince, *dried small pieces*
- 500 g button/brown/porcini/shiitake mushrooms, *sliced and diced*
- 2 handfuls of barley 
- 3 cloves garlic, *finely chopped*
- 2 Tbsp tomato puree
- 1 cup vegetable stock
- 2 cans chopped plum/Italian tomatoes
- 1 tsp paprika
- ¼- ½ tsp cayenne pepper
- ½ tsp salt

- 1 tsp dried basil
- ½ tsp cumin powder
- 1 tsp black pepper
- 1 stick of cinnamon
- ½ tsp oregano
- 1 Tbsp Worcestershire sauce
- 2 tsp soya sauce
- 1 ½ Tbsp maple syrup
- 1 cup frozen peas, *rinsed* 
- ½ cup fresh coriander
- 3 Tbsp plant milk or even some coconut cream
- 500 g spaghetti of choice

POWERED  
BY OLIVES!

## HOW TO MAKE:

1. Add the mushrooms into a food processor and pulse until chopped into small bits, or finely chop mushrooms by hand.
2. In a sauce pan, heat up the **B-well™ Cooking Olive Oil**, add half the chopped garlic and the onions and sauté until braised, then add the chopped mushrooms, salt and pepper. Sauté until mushrooms have browned.
3. Add the Worcestershire, soya sauce and rest of garlic to the onion and mushrooms and stir. Cook for 3 min or until the mixture dries.
4. Now add in the canned tomatoes, the tomato paste, veg broth, soya mince, basil, oregano, paprika, cayenne pepper, cumin, maple syrup and stick cinnamon. Stir to combine then add two handfuls of barley and the frozen peas.
5. Bring to a boil, replace lid and reduce heat to low. Simmer for about 30 min, stirring occasionally, until the soya mince has cooked and peas are soft. Remove from heat and remove cinnamon stick.
6. In the meantime, cook and prepare the spaghetti according to package instructions and drain.
7. When the sauce is cooked, stir in the milk and serve immediately on a bed of spaghetti, or all mixed in. Add sea salt and black pepper to taste, garnish with fresh coriander and serve hot!
8. Cool before freezing, can be frozen for up to 3 months.

# Mac & Cauli Cheese cups



LUSH &  
CREAMY  
WITH  
**HONEY  
FLAVOURS!**



24 MINUTES



6  
SERVINGS



“foodie”

# Mac & Cauli Cheese cups



POWERED  
BY OLIVES!

A MEMBER OF THE SOUL FOOD FAMILY, MAC 'N CHEESE HAS FOUND ITSELF IN MOST HOUSEHOLDS AS AN EASY GO-TO, CROWD-PLEASER. THIS SIMPLE RECIPE IS NOT ONLY **ABSOLUTELY DELICIOUS**, **CREAMY** + **LUSH** WITH HOMEY FLAVOURS – **IT HIDES ALL THE VEGETABLES!**

## INGREDIENTS:

- 2 Tbsp **B-well™ Extra Virgin Olive Oil**
- 2 cups of dried macaroni
- 3 cups cauliflower, *separated into florets*
- 1 tsp salt
- 1 tsp lemon juice
- ¼ tsp onion powder
- ½ cup unsweetened plant-based milk of choice
- ¾ cup carrots, *chopped*
- ¼ cup nutritional yeast
- 3 cloves garlic, *minced*
- 1 tsp pepper
- ½ tsp paprika
- pinch cayenne pepper
- 1 cup water
- breadcrumbs, *optional*
- herb garnish of choice

## HOW TO MAKE:

1. Cook macaroni al dente, according to package instructions, drain, and set aside.  
*\*If you plan to bake in the oven, cook till extra al dente.*
2. Add the **B-well™ Extra Virgin Olive Oil** to a saucepan over low heat, add minced garlic and sauté. Allow to cook for a few minutes until the garlic is tender and not browned.
3. Add the 1 cup of water to the saucepan, along with the carrots. Once the water is boiling, add in the cauliflower and lower the heat to a simmer (*the water will not cover the cauliflower, and that's okay*). Cook about 10-15 min, until very soft.
4. Transfer the entire contents of the saucepan into a blender. Season with salt, pepper, nutritional yeast, lemon juice, paprika, onion powder and a pinch of cayenne pepper (*if desired*), to your blender.
5. Blend until very smooth and creamy, with a texture similar to traditional cream sauce.
6. Pour the blended mixture into the empty pot. Heat the sauce over medium heat, stirring with a whisk until it thickens, for 3-5 min. Slowly whisk in plant-based milk.
7. Pour sauce over your cooked macaroni noodles. Then to a greased/lined muffin tray, scoop in some of the saucy macaroni and sprinkle with bread crumbs.
8. Bake at 180°C for 10 min, or until crumbs are turning golden brown.
9. Garnish, serve with some playful greens and peas and enjoy!



# Kids Creative Corner

While mom or dad gets cooking, kids can get creative! Here are some fun, food related activities to keep them happy, busy and actively involved when their little fingers aren't helping with the cooking.

Have fun!



**COLOURING FUN**



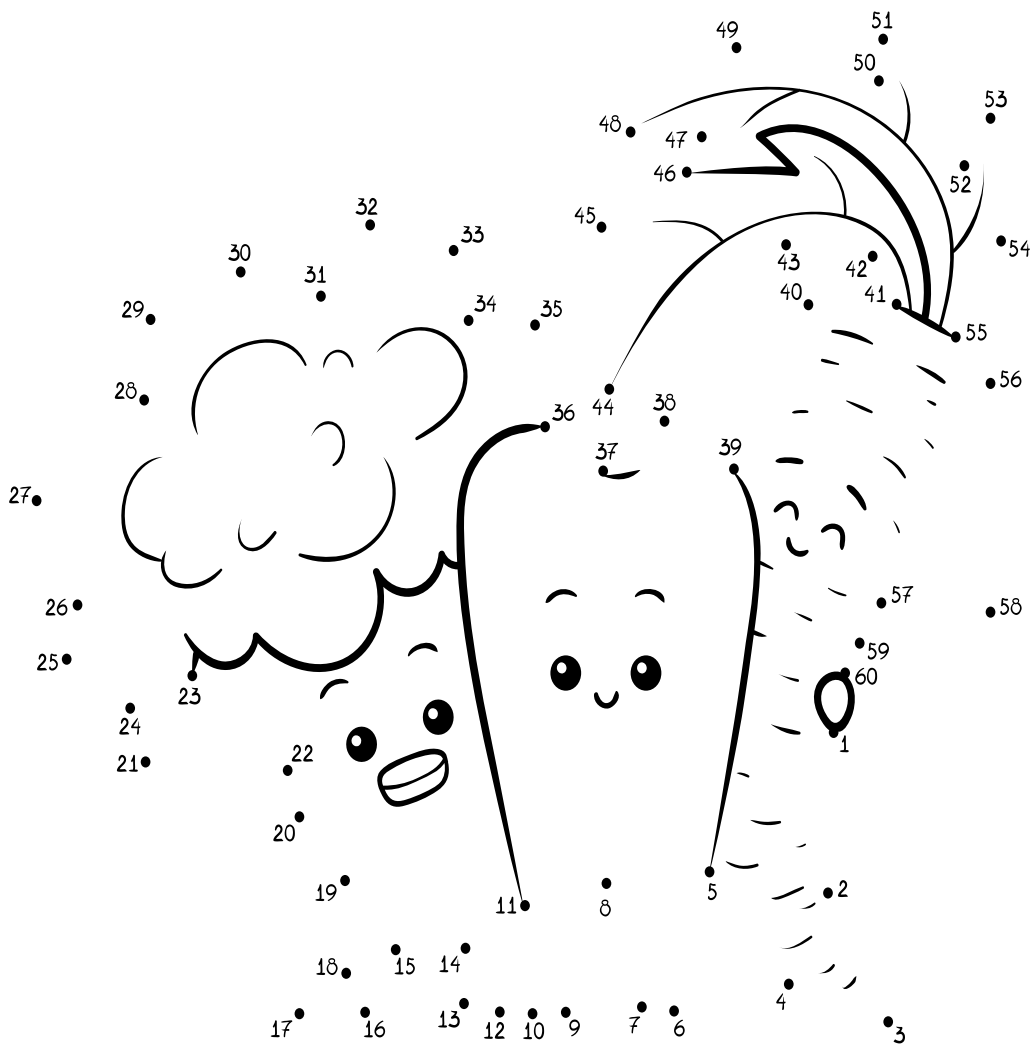
**FOLLOW  
THE LINE**

WORD  
ARABNLE  
PUZZLES  
RZANEBL

**WORD  
SEARCH**



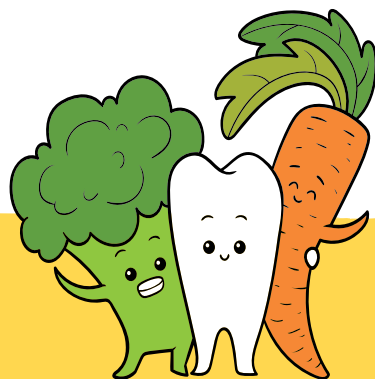
**DOT-2-DOT**

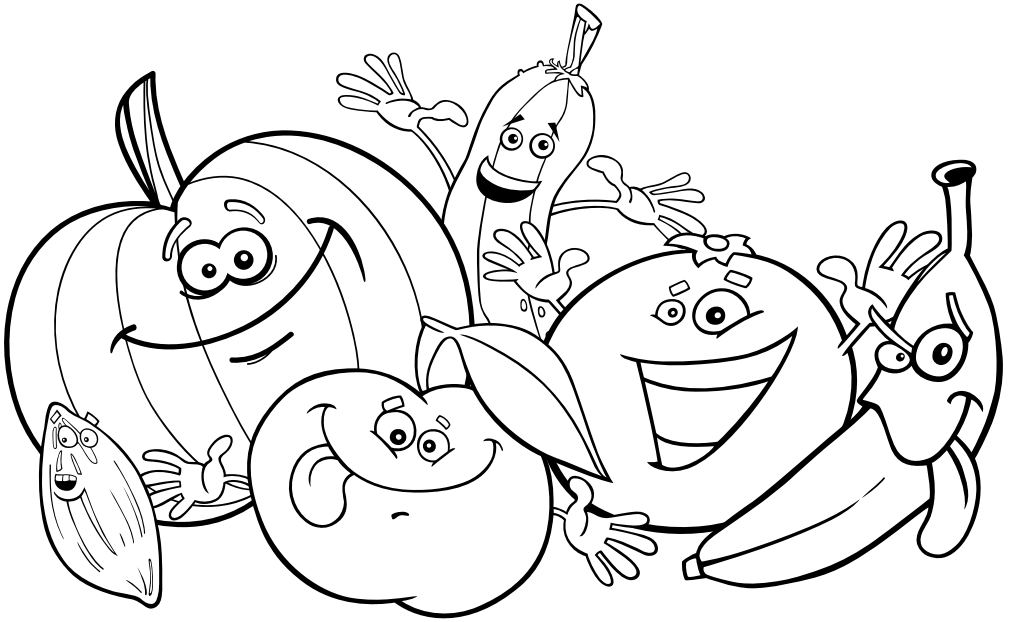
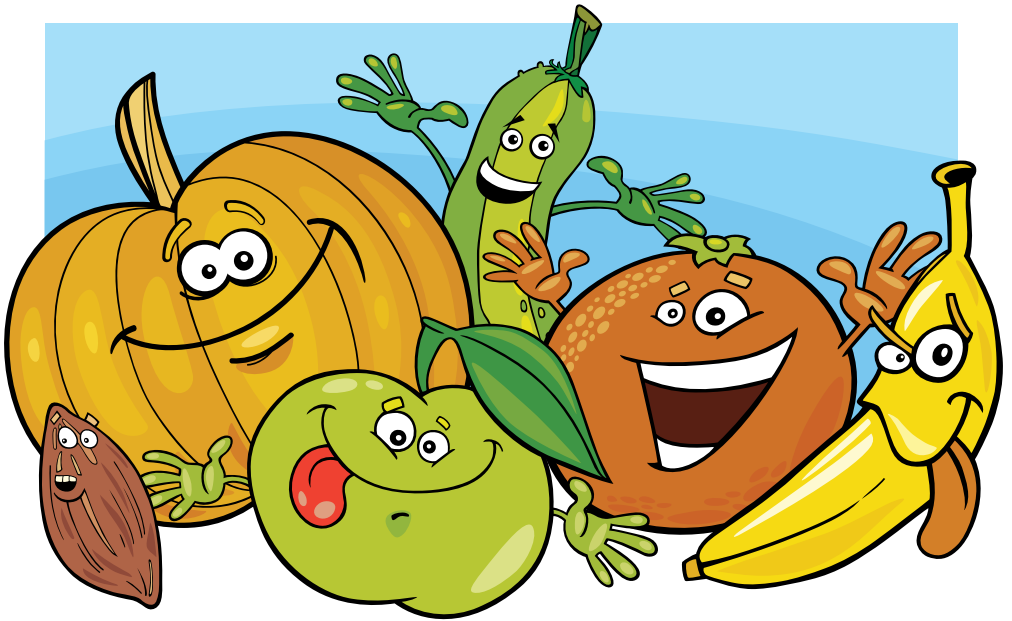


Kids  
CORNER

## "DOT-2-DOT"

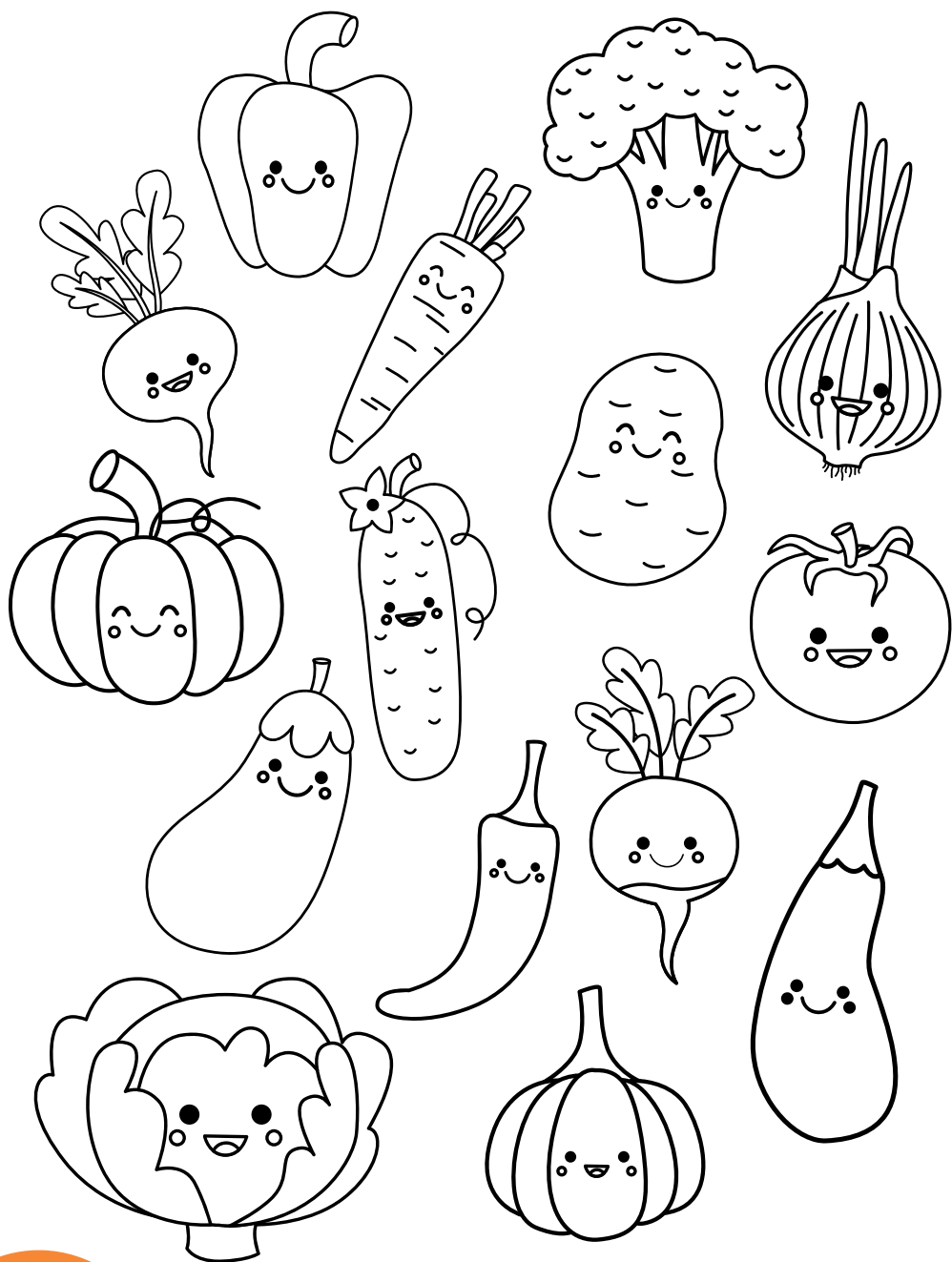
Connect the dots,  
complete the picture!





Kids  
CORNER

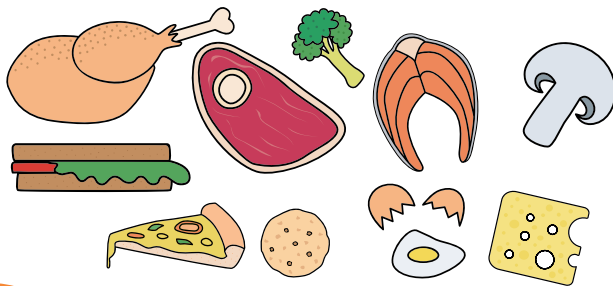
"COLOUR ME" #1



Kids  
CORNER

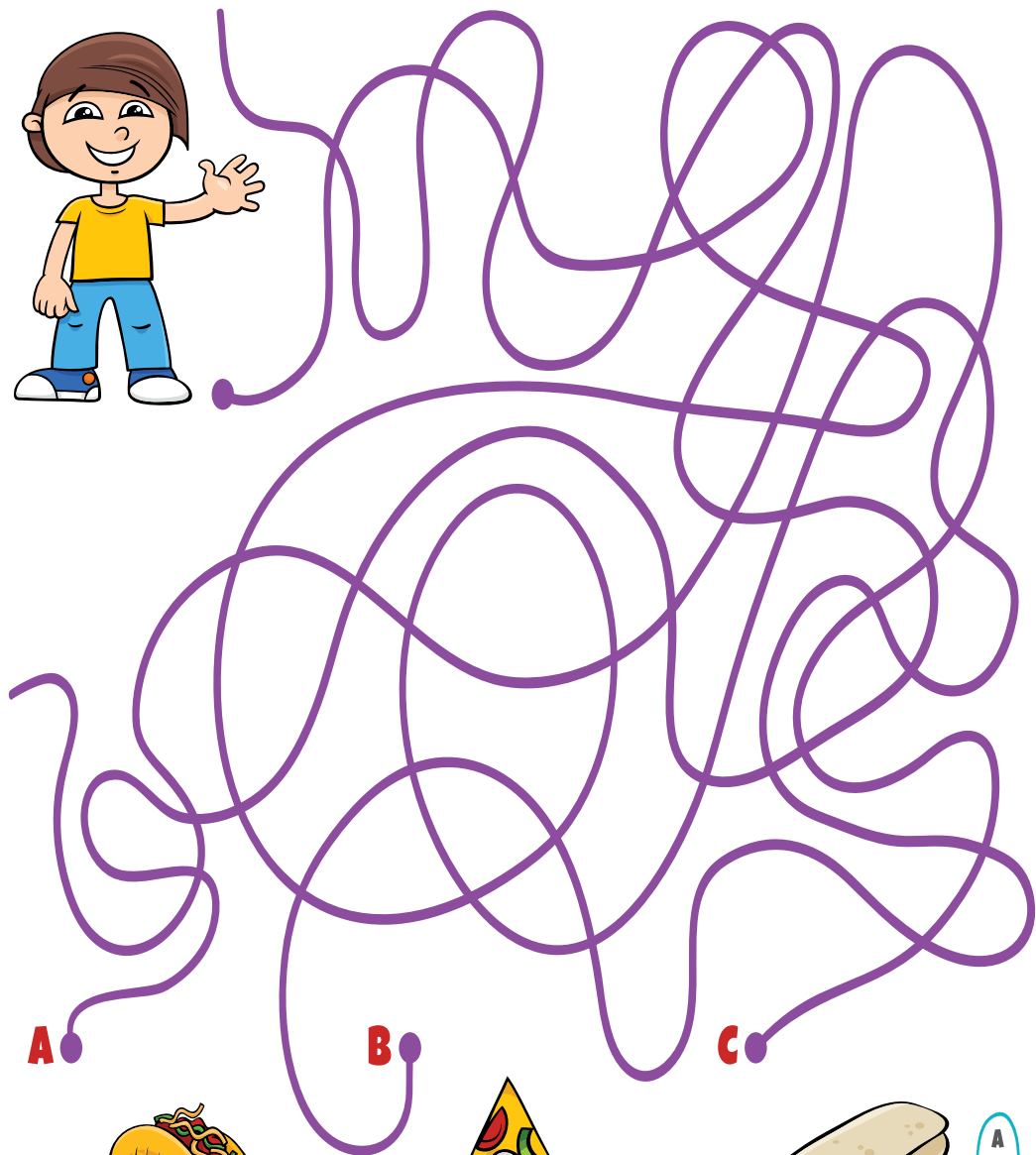
"COLOUR ME" #2

E	C	O	O	K	I	E	C	K	B
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Y	H	C	I	W	D	N	V	S	N
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R	O	E	L	A	O	I	Z	M	I
B	C	K	E	C	O	K	O	C	E





Kids  
CORNER

" FOLLOW THE LINE "



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