



## Cheese and Apple Pirate Ships

### Ingredients

6 red or green eating apples  
250g cheddar cheese

### Equipment

Knife  
Cocktail sticks  
Apple corer or apple slicer  
Plain paper  
Felt-tip pens  
Scissors  
Glue or sticky tape

### Method

1. Wash and core the apples.
2. Cut the apples into quarters using a sharp knife. Take care when you are cutting the apples, ask an adult for help if you need it.
3. Cut the cheese into small cubes.
4. Slide the cubes of cheese, one at a time, on to a cocktail stick. This will be the mast of the ship.
5. Stick the cocktail stick and cheese into the apple ship.
6. Cut a small rectangle of paper for the pirate's flag. Design and decorate your own flag and fold it in half around the top of the cocktail stick.
7. Your cheese and apple pirate ships are now ready to enjoy!

## Swashbuckle Smoothie

### Ingredients

1 cup baby leaf spinach  
 $\frac{1}{2}$  avocado  
1 banana  
 $\frac{1}{2}$  mango  
2 cups water

### Equipment

Blender  
Knife  
Chopping board  
Cups

### Method

1. Two hours (or more) before cooking with the children, cut the banana into slices and put it in the freezer.
2. With the children, peel and cut the avocado and mango.
3. Add the spinach, avocado, frozen banana, mango and water to the blender, then blitz until smooth.
4. Pour the smoothie into cups to serve.



## Pieces of Eight Cookies

### Ingredients

150g soft butter/spread  
150g icing sugar  
2 egg yolks and 1 egg white  
30g milk powder  
60g plain flour  
Half tsp vanilla essence  
350g cornflour  
Red fondant icing  
White and black tubes of writing icing  
Icing sugar (for dusting surfaces)

### Equipment

Mixing bowl  
Wooden spoon or silicon spatula  
Piping bag with large star shaped nozzle  
Baking tray  
Rolling pin  
Small round cookie cutter  
Wire cooling rack

### Method

1. Set the oven to 160°C.
2. Put the butter, icing sugar and eggs in a large mixing bowl and mix using either a wooden spoon or the spatula.
3. Mix until you have a creamy, smooth batter. Avoid overmixing, as this will put too much air into the mixture.
4. Add the vanilla essence, milk powder and plain flour, then mix until everything is well combined.
5. Put  $\frac{3}{4}$  of the cornflour in the bowl and mix together with the other ingredients. Add the rest of the cornflour, a bit at a time, until you have a solid, tough cookie dough consistency. The stiffer the consistency the better.
6. Take a small handful of cookie dough and shape into a small, flat cookie shape. You may want to use a rolling pin or cookie cutter to get a round shape.
7. Bake the cookies in the oven on a baking tray, for 12-14 minutes, until soft to the touch. The cookies are ready when they start to turn a little bit golden around the edges.
8. Once the cookies have cooled on the tray, place on a wire cooling rack. When they are fully cooled, the cookies can then be decorated.
9. To decorate, dust the work surfaces with a small amount of icing sugar. Roll out small amounts of red fondant icing and mould to form the hat shape.
10. Use the writing icing pens to decorate the cookies with the pirate's spotty hat, face and eye patch.

