

Fantastic Flapjack

Melissa (10 years) thought carefully about what drinks are healthy when she drew her favourite healthy lunchbox. She also put a home-made flapjack in her lunchbox, and we have included a recipe below.

Ingredients

- 125g stoned dates
- 100 ml weak black tea
- 250g Swiss-style muesli
- 125 g butter, melted
- 1 sharp dessert apple, grated



TOP TIPS It is really important for everyone (including children) to stay well hydrated. Offer your child a drink with every meal and snack – children between 1 and 5 years should have 6-8 drinks per day. They may need more in hot weather or if they are very active.

Water and milk are the best choices. Semi-skimmed milk should only be given after 2 years of age, and skimmed milk should not be given until after 5 years.

Fruit juice and smoothies can count towards your 5-a-day. However, make sure you only buy 100% pure fruit juice (not juice drinks). Because of the natural sugar in juice, it is best to stick to only one glass per day, and to serve them at mealtimes. For young children, fruit juice should be diluted (the ratio is 1 unit of juice to 10 units of water).

Other drinks (such as fizzy drinks, sports drinks e.g lucozade, and juice drinks) are full of sugar, which rot teeth and tend to make children hyper-active.

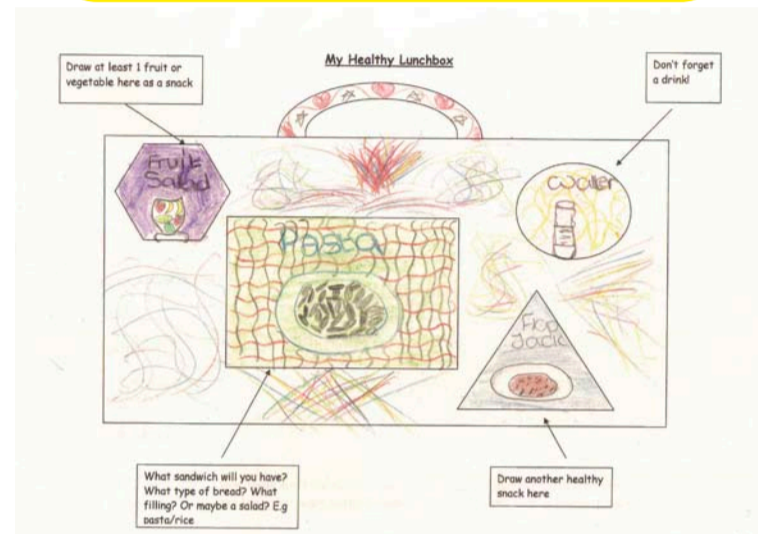
METHOD

1. Place the dates in a bowl, pour over the tea and leave to soak for 30 minutes.
2. Meanwhile, line a shallow 23 cm (9 inch) square tin with nonstick baking paper.
3. Mix together the muesli and butter in a bowl, then add the apple. When the dates are softened, puree them with a blender or mash them with a potato masher. Stir the dates into the muesli mix.

4. Spoon into the prepared tin and smooth over the top lightly.

5. Bake in a preheated oven, 180C (350 F), Gas mark 4, for 40 minutes until just cooked but still moist. Allow to cool slightly before cutting into 8 pieces, then leave to cool completely.

6. Store in an airtight container for up to 3 days (5 days in a refrigerator) or wrap individually and freeze for up to one month.



NOVEMBER 2008

sat 1	sun 16
sun 2	mon 17
mon 3	tue 18
tue 4	wed 19
wed 5	thur 20
thur 6	fri 21
fri 7	sat 22
sat 8	sun 23
sun 9	mon 24
mon 10	tue 25
tue 11	wed 26
wed 12	thur 27
thur 13	fri 28
fri 14	sat 29
sat 15	sun 30