



Recipe from Mother of Nguyen Ryan Hoang Lam, class Play & Learn 6



Recipe for Strawberry Muffins

This recipe makes 12 regular muffins, or 24 mini muffins

Ingredients:

- 1 cup strawberries, chopped (you can substitute strawberries with any fresh fruits you have on hand);
- 1/2 cup caster sugar;
- 2 cups (all-purpose) flour;
- 2 teaspoons baking powder;
- 1/4 teaspoon salt;
- 1/2 cup milk;
- 1/4 cup canola oil (or olive oil/ any vegetable oil);
- 3 eggs;
- zest of 1 orange.

Preheat oven to 200°C. Line 12 cups muffin pan with paper liners.

1. In a small bowl, add 1 tablespoon of sugar to the chopped berries. Set aside.

2. In a large bowl, mix the flour, the rest of the sugar, baking powder, and salt.

3. In bowl or measuring cup, mix together milk, oil, eggs, and orange zest. Add to the flour mixture.

4. Drain the juice off the berries and fold into batter, mix until just combined. Don't overwork the batter as the berries might get crushed.

5. Divide the batter into the muffin wells and bake for 15 minutes, or until a toothpick inserted into the centre of the muffins comes out clean. Let muffins sit in the pan for 5 minutes, then transfer onto a rack to cool.



Hope mothers will enjoy this recipe.

Jenny Lam



Pumpkin Mi Sua (handmade noodle)

Recipe form Mother of Aaliyah Chuan
Class: Play & Learn 3

Ingredients:

- Mi Sua 50gram
- Fresh pumpkin 20gram
- Oil (little)
- Salt (little)



Direction:

1. Remove pumpkin seeds and steam in rice cooker for around 20 min until it getting soft through. Then pour into blender with broth and blend to pureen condition.

2. Boil some water in a wok and cook mi sua for 1 min; drain and set aside.

3. Pour the pumpkin pureen into saucepan, stir while cook with medium heat; bring into a boil (to avoid become over starchiness), then continue cook for 5 min in low heat.

4. Pour over hot mi sua and serve immediately.

It was so delightful to meet Helene in Shanghai for our Annual Asia Instructor Training Camp.

As we are chit chatting during one of our buffet lunch about how rich and sophisticated our food are today. We also shared some very homemade yet absolutely yummy recipes and I really love this simple sandwich and would like to share it with you...

Tan Leelian

All you need is:

- 2 slices of Bread (any kind)
- 1 big spoonful of peanut butter
- A few thin cut slices of apples
- A few slices of bananas
- A thin spread of cranberry sauce or and fruit jam of your choice.

Place the first slice of bread at the bottom on a serving plate and spread it with the peanut butter then place the apples and then the bananas and top it with the cranberry sauce or jam and the other slice of bread.

Have a big bite and enjoy!

Back to Basic Sandwich



By Helene Freda
(Senior Programmer
Gymboree USA)



Mummy's Best recipe



Spinach Macaroni and Cheese

One of my favourite fun, healthy recipes is actually from an Australian website where it showcase tons of Kids healthy meal. Not only the recipe taste good but it's so easy to make that even my kids, Kate (7 years old) and Hana (4 years old) can share the cooking experience with me.

In this issue I would like to share with you our favourite recipe: Spinach Macaroni and Cheese.

Ingredients:

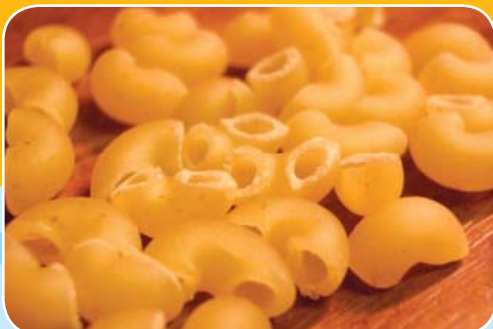
- 400g macaroni
- 2 cups (500ml) milk
- 1 cup (250ml) single (pouring) cream
- 1 ½ cup (180g) grated cheddar
- 1 ½ tablespoon Dijon mustard
- sea salt and cracked black pepper
- 150g baby spinach leaves
- 1 cup (120g) grated cheddar, extra

Direction:

Preheat oven to 200°C (390°F). Cook the macaroni in a saucepan of boiling, salted water for 10-12 minutes or until al dente. Drain and return to the pan. Add the milk, cream, cheddar, mustard, salt, pepper and spinach and mix to combine. Spoon into 4 x 1 ½ cup-capacity (375ml) ovenproof dishes, top with extra cheddar and bake for 10-15 minutes or until the cheese is melted and golden.

Do check out www.kidspot.com.au for more fun and healthy recipes.

By Tan Leelian



Banana porridge

Recipe from Mother of Aloa, class Play & Learn 6, Music III, Art II

Total time for preparation and cooking: Takes me around 10 minutes only!

Ingredients:

- 2 - 3 sweet bananas
- Approximately 200-250ml of full cream milk
- 3 - 4 table spoons of Oat Bran (Annam gourmets OAT BRAN hot cereal)



Direction:

1. Put the milk into the saucepan, simmer the milk until just warm

2. Chop up the bananas (or your little ones favorite fruits) into small pieces.

3. Mix banana together with the milk, stir for less than a minute.

4. Then add the oat bran together, keep stirring until the mixture thickens. (You may add more milk or oat bran to your liking.)

5. When most of the milk has been mixed in well, the job is done! Just take off the heat, and let it cool down a bit before serving.

By Amaryska Kamionko



'Tis The Season!

Prepare your favourite holiday recipes with the help of your little gourmet!

Measuring and mixing ingredients in the kitchen supports your child's language development and fine motor skill while creating lasting family traditions

"May your walls know joy, may every room hold laughter, and every window open to great possibility."

Mary Anne Radmacher

