



# FAMILY FAVOURITES



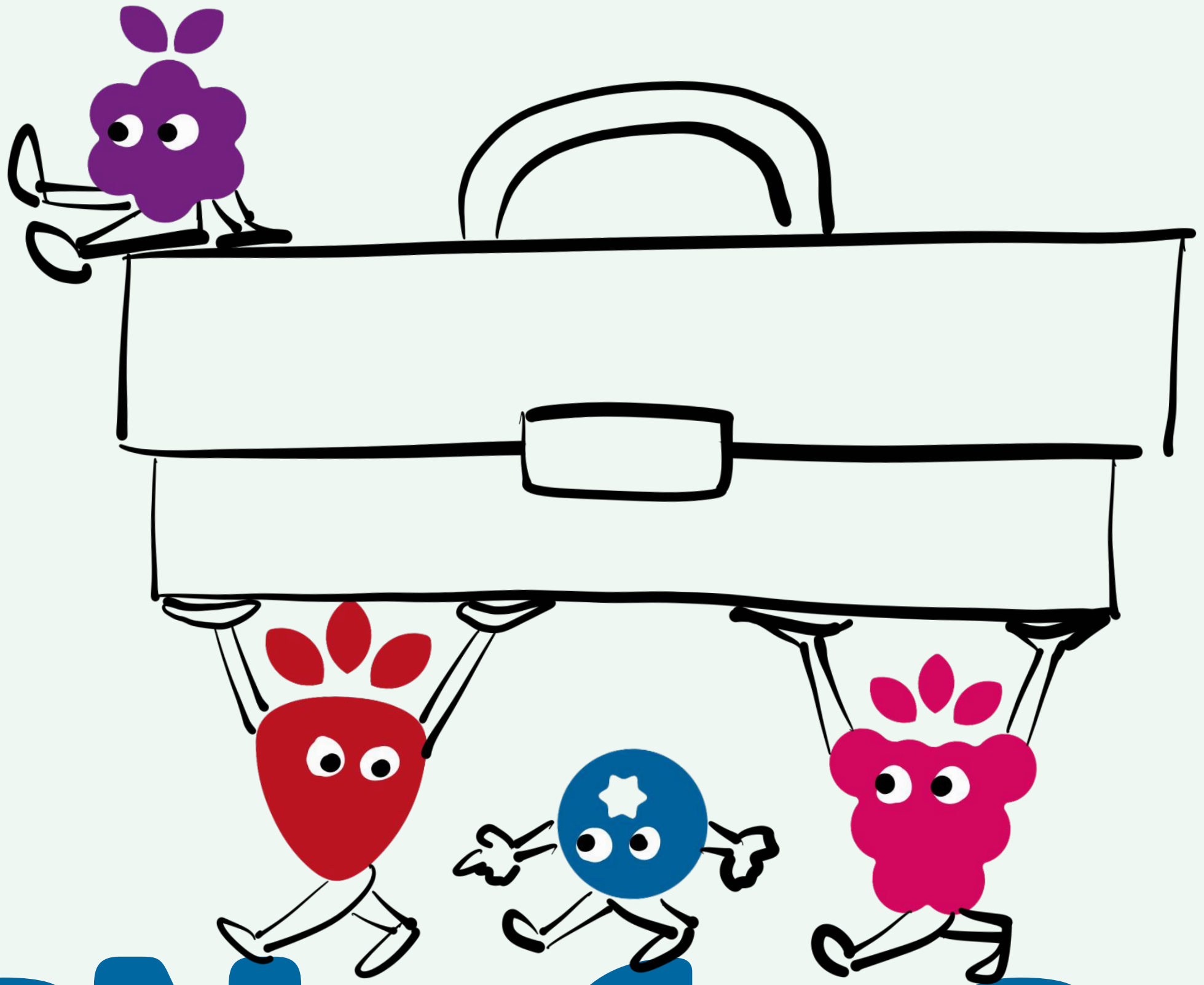
**Cooking is the perfect way to get children interested in and excited about food, as well as having fun in the kitchen.**

**Berries are not only tasty, they're also incredibly nutritious. We have lots of recipes perfect for a quick breakfast before school, brightening up lunch boxes, healthy snacking or feeding a hungry family at the weekend.**

**In this book are some of our favourite recipes filled with delicious, healthy berries and we want to encourage parents and children to experiment making them together.**

**We hope you love the recipes as much as we do. And if you try them, tell us about it.**





# SNACKS & LUNCH BOXES

**Whether you're looking for a quick snack during the day or something to pack up for lunchboxes, we've got you covered.**

Makes approx 450g · Prep 10mins

# BLACKBERRY & BEETROOT HUMMUS



**This twist on hummus is a real hit for in between mealtimes when children get slightly peckish! The burst of pink colour is a great addition to brighten up anyone's day.**

## Ingredients

2 garlic cloves, roughly chopped  
2 tbsp olive oil  
400g can chickpeas, drained  
75g cooked beetroot  
(not in vinegar), roughly chopped  
100g blackberries  
3 tbsp tahini  
2 tsp lemon juice  
Handful roughly chopped parsley  
Crackers, celery, peppers,  
cucumber sticks to serve

## Method

1. Heat the oil in pan, add the garlic and cook for around 30 seconds just to soften the garlic. Remove from the heat.
2. Place the chickpeas in a blender or food processor and blitz to a coarse paste. Add the oil and garlic, beetroot, and blackberries and blend again until smooth. Stir in the tahini, lemon juice, parsley and season to taste with salt and pepper. Serve with the vegetables and crackers.

### Cook's tip

Store in the fridge for up to 5 days. If you haven't any olive oil try rapeseed. Don't have a food processor; simply mash all the ingredients in step 2 together - get your work out at the same time!

Makes 20 · Prep 10mins

# BLUEBERRY & PEANUT BUTTER BALLS



**When in need of a burst of energy, these fruity snacks fit the bill! This recipe is great fun and children will love rolling up the balls. Make a batch and store in the fridge for a few days for the whole family.**

## Ingredients

160g roughly chopped dates  
100ml water  
120g blueberries  
120g peanut butter  
60g oats  
50g toasted sesame seeds

## Method

- 1.** Place the dates and water in a small pan, cover and simmer for 2-3 minutes. Stir, mixing to a paste and cook for a minute or so more to make a thick paste. Remove from the heat. Add the blueberries crushing them slightly, then mix in with the peanut butter and oats.
- 2.** Once cool enough to handle, wet your hands slightly, and roll into 20 even sized balls. Put the sesame seeds on a plate and roll each ball to coat. Store in an airtight container in the fridge for up to 5 days.

### Cook's tip

Toasting seeds really enhances the flavour. You can buy ready toasted sesame seeds, but it's easy enough to toast your own - heat in a pan for 1-2 minutes until golden, keep moving them round to get even colour and cool before using. You can use any type of nut butter here to change up the flavour. And of course you could use raspberries, strawberries or blackberries instead of blueberries.

This recipe is easily halved should you want to make less.

Makes approx 325g · Prep 10mins · Cook 5mins

# BERRY NUT BUTTER



**Peanut butter and jelly is a classic toast combo. So here it is in one healthy spread that is so easy to whip up after school or for a breakfast treat.**

## Ingredients

200g hazelnuts –  
or you can use almonds,  
cashew, peanuts  
Pinch salt  
125g raspberries –  
blueberries or strawberries  
also work well  
2 tsp honey or maple syr-  
up or to taste (use vegan  
maple syrup to make the  
recipe vegan)

Make it vegan with  
vegan maple syrup

## Method

- 1.** Preheat the oven to 200C/fan oven 180C/gas mark 6. Place the nuts on a baking tray and toast for around 5 minutes until golden. You can also do this in a pan but keep them moving round to ensure even cooking. Set aside to cool. If the nuts have their dark papery skins still attached roll them around in your hands to loosen and discard them.
- 2.** Whilst the nuts cool, place the berries in a pan, roughly crush with a fork, cover and cook gently for a couple of minutes until they have released their juices. Remove the lid and continue cooking for a minute or two more to create a sticky jam. Leave until cool.
- 3.** Blend the nuts in a food processor or blender - you can't do this by hand. It will take several minutes for the nuts to break down and release their oil and you will need to stop and scrape down a few times but eventually you end up with a soft shiny paste.
- 4.** Stir in the salt and berries, taste and add honey or maple syrup if required. Store in an airtight container in the fridge for up to a week.

### Cook's tip

You don't have to roast the nuts beforehand but it does enhance the flavour.

Serves 3 · Prep 5mins

# BERRY ENERGY SNACK POT



**Makes a single snack pot, perfect for school lunchboxes!  
Prep ahead on Sunday for the start of the week for all the family.**

## Ingredients

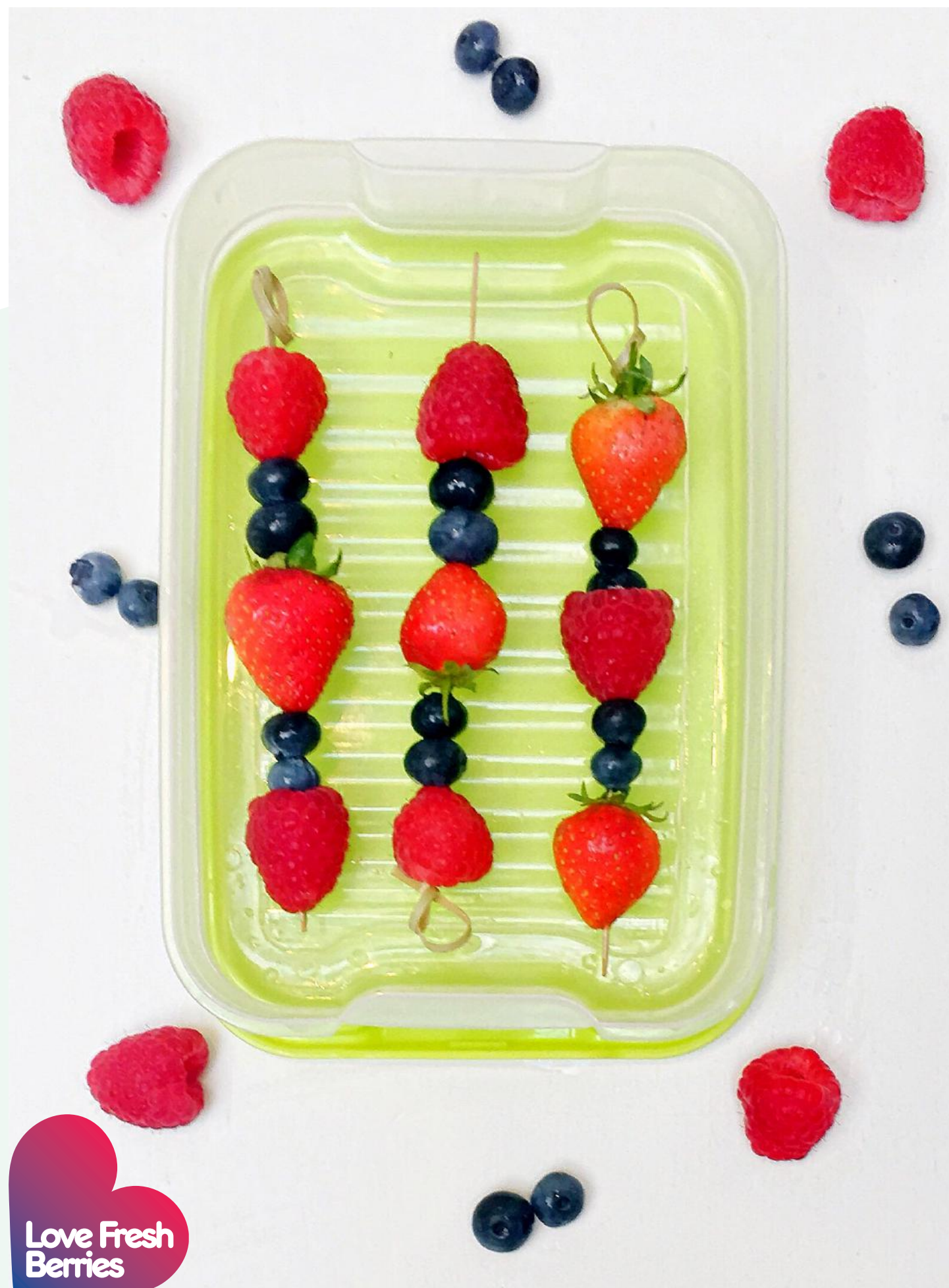
3-4 strawberries, sliced  
2-3 tbsps natural yogurt  
(or vegan yogurt)  
4-5 raspberries, plus a few  
extra for garnish  
4-5 blueberries, plus a few  
extra for garnish  
2 dried apricots sliced, or can  
used dried dates or mango.  
Sprinkle of seeds –  
chia, flaxseed, linseed.

## Method

1. Slice the strawberries across ways forming strawberry circles. Place these at the base of the pot.
2. Spoon over the natural yogurt.
3. Scatter the raspberries over the next layer. These can also be mashed, but save a few whole ones to add at the end.
4. Sprinkle over some mashed or roughly chopped blueberries, again saving a few whole ones.
5. Add in the sliced dried apricots.
6. Sprinkle over some chia seeds, flaxseeds or linseeds.
7. Top with the leftover whole raspberries and blueberries.

Makes 3-4 · Children aged 4+

# BERRY SKEWERS



**Get crafty with children and make these berry skewers. Supervision is needed for this one as little hands will need to take care with the ends of the sticks!**

## Ingredients

Children's small fruit skewers  
or cocktail sticks

A selection blueberries, raspberries,  
strawberries, blackberries

Natural yogurt dip

## Method

1. Place a selection of berries in different pots.
2. This recipe is all about involving children, so we recommend doing one as a demonstration and then observing and letting them put the berries onto the skewers.
3. Once done, they can then be eaten as they are or dipped into natural yogurt.



Makes approx 10 · Prep 5mins · Cook 5mins

# TRI-BERRY SNACK-TIME PANCAKES



**Make a big batch of these pancakes for the whole family!**

**You can even save the batter and freeze the coulis for a later date too**

## Ingredients

### For the pancake

200g self-raising flour (can opt for wholegrain flour)

1 tsp baking powder

1 free range egg

250-300mls of semi-skimmed or your usual milk

A little drizzle of oil for the pan

A few handfuls of blueberries (around 7 for each pancake)

### For the coulis

100g raspberries

5-7 (around 80g) strawberries

A few drops vanilla extract (not essential)

4 tbsp of natural yogurt

3 large strawberries chopped up to top the pancakes

Optional: A few sprigs of mint to garnish

## Method

1. Sift the self-raising flour into a large bowl with the baking powder and make a well in the middle (you may need to press some of the grains through the sieve with a spoon if using wholegrain flour).
2. In a separate jug crack the egg and whisk it together with the milk. Add the milk mixture to the well in the middle of your flour and whisk the whole mixture together until you have a smooth batter. Set the mixture aside.
3. Heat a drizzle of oil in a saucepan and, once hot, add a thick dollop of your pancake mixture into the middle of the pan.
4. Dot a few of the blueberries on top of the mixture as it cooks and once it's browning nicely, flip your pancake and cook it on the other side.

### For the coulis

5. Add all ingredients (bar the extra strawberries and the mint) to a mixer and blend until the ingredients have combined.
6. Run the mixture through a sieve to get a smooth mixture (or you can leave it as it is to add in some extra texture).
7. Add a couple of spoonfuls on top of your blueberry pancakes and then scatter on some chopped strawberries and mint to garnish.

Serves 8 · Prep 40mins · Rise 1hr 15/20 mins · Cook 12-15mins

# SWEET STRAWBERRY, BASIL & BALSAMIC PIZZAS



**Try this new flavour combo as a dessert rather than the usual main course. Fun to make with children and a great talking point after a summery barbecue!**

## Ingredients

300g strong white bread flour  
¼ teaspoon salt  
2 tbsps caster sugar  
1½ tsp fast action dried yeast  
25g butter, melted  
1 egg, beaten  
150 ml warm water

## Topping

125g pack goats cheese log, cut into 8 slices  
450g strawberries, hulled, halved or quartered  
Handful basil leaves  
25g butter, melted  
2 tbsps caster sugar  
4 tps balsamic glaze or balsamic vinegar

## Method

1. Add the flour, salt, sugar and yeast to a large mixing bowl and stir together. Add the melted butter, beaten egg and warm water and mix to a soft but not sticky dough.
2. Knead the dough for 5 minutes on a lightly floured surface until smooth and elastic. Put into a bowl and cover the top with oiled clingfilm. Leave in a warm place for 1 hour or until doubled in size.
3. Knead the dough for a second time then cut into 8 pieces. Roll each piece out to a rough shaped circle with a diameter of about 12.5cm with a rolling pin then put on to 2 oiled baking sheets. Crumble a slice of cheese over each pizza then top with the strawberries and basil leaves torn into pieces.
4. Cover loosely with oiled clingfilm and leave to rise for 15-20 minutes until beginning to puff up around the edges. Preheat the oven to 220C/fan oven 200C/gas mark 7.
5. Remove the clingfilm and drizzle the pizzas with the butter and sprinkle with the sugar. Bake for 12-15 minutes until the pizzas are golden and the bases are dry.
6. Drizzle with the balsamic glaze or vinegar and serve warm.

Serves 4 · Prep 5 mins · Cook 8 mins

# BLUEBERRY FETA HOTCAKES WITH BACON AND HONEY



**Make these fluffy hotcakes from scratch  
as the perfect weekend indulgence!**

## Ingredients

400g self raising flour  
1 tsp baking powder  
Pinch of sea salt  
4 eggs, beaten  
400ml milk  
150g Feta cheese crumbled  
150g blueberries  
250g smoked streaky bacon  
2 tablespoons of honey  
(or maple syrup)  
150g blueberries to decorate

## Method

- 1.** Mix the dry ingredients together, then the eggs and milk. Pour the milk and egg mix slowly into the dry mix and whisk to combine. Then add the blueberries and feta cheese.
- 2.** Heat a large frying pan up until medium - high, add a splash of oil and add a couple of large spoonfuls of batter in the pan for each pancake. You can make one large hotcake per person, or you can do a few smaller ones.
- 3.** Cook for about 4 minutes on each side until golden brown. Then place on a plate and top with two slices of bacon, a few more blueberries and a drizzle of honey.

Serves 4 · Prep 10 mins · Cook 30 mins

# SUPERBERRY KALE & ROASTED GARLIC BRUSCHETTA



**If you are looking to try something a little different on toast, look no further than this recipe. Serve as a light lunch or snack to feed the whole family.**

## Ingredients

1 large fresh garlic bulb  
3 tbsps virgin olive oil  
4 slices sour dough bread, halved  
75g shredded kale, rinsed well with cold water, drained  
100g blackberries  
2 tbsps balsamic vinegar  
2 tsps pomegranate molasses, optional  
25g toasted hazelnuts, roughly chopped  
Sea salt flakes and coarsely ground black pepper

## Method

- 1.** Preheat the oven to 190C/fan oven 170C/gas mark 5.  
Put the whole unpeeled garlic on to a piece of foil, drizzle with 1 tablespoon of the oil then wrap in the foil to enclose completely. Cook on a baking sheet for about 20-25 minutes or until it feels soft when squeezed.
- 2.** Unwrap the garlic, separate into cloves then peel away the skins, finely chop the soft creamy garlic flesh to a rough paste or blitz in a food processor. Spoon into a small bowl.
- 3.** Preheat a ridged frying pan, brush one side of all the pieces of bread with a little oil then toast in the hot pan, oiled side downwards for 2 minutes or until browned. Brush the tops with a little more oil then turn over and cook the second side. Wrap in a clean tea cloth and keep hot.
- 4.** Heat a non-stick frying pan, add the rinsed kale to the dry pan and cook for 2-3 minutes until just beginning to wilt. The water clinging to the kale will be enough to keep it from sticking. Add the blackberries, balsamic vinegar, pomegranate molasses, if using and cook for 1 minute.
- 5.** Spread the garlic puree over the griddled bread then top with the kale and blackberry mix and sprinkle with the toasted hazelnuts, salt flakes and pepper. Serve immediately.

Makes 12 · Prep 20 mins · Cook 25 mins

# BLUEBERRY GLAZED PORK PIES



Love Fresh  
Berries

**These smart looking pies are made with ‘cheat’ ingredients, a pack of chilled pastry, sausage meat and readymade stuffing - whip up for the kids in no time!**

## Ingredients

### Pies

½ x 130 g pack dried sage and onion stuffing mix

500g readymade chilled short-crust pastry

Little flour for rolling

3 spring onions, sliced

400g good quality pork and herb sausages, skins removed

Freshly ground black pepper

1 egg, beaten to glaze

### Topping

175 g blueberries

2 tbsps red wine vinegar

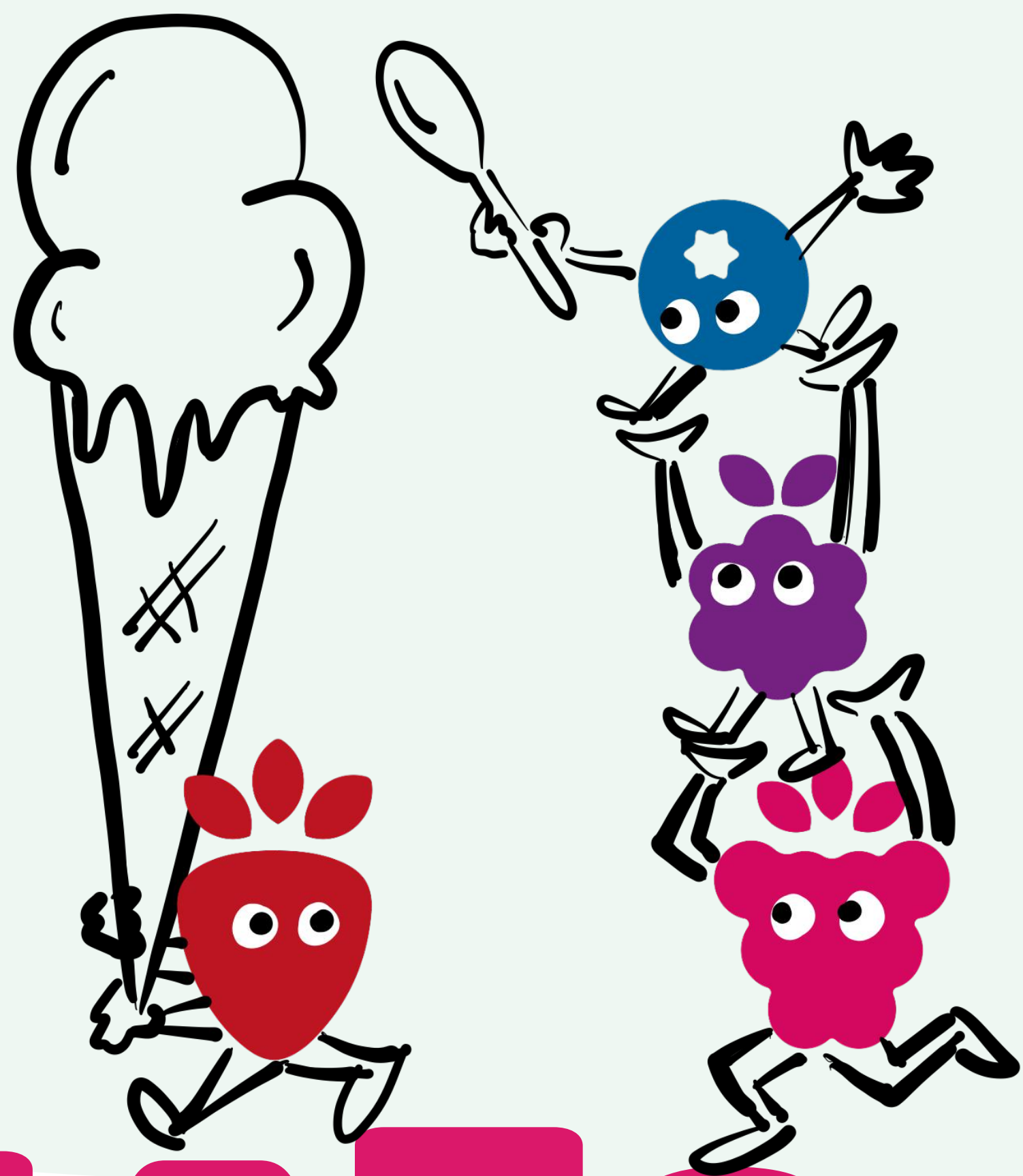
2 tbsps redcurrant jelly

2 tsp cornflour

12 tiny rocket leaves to garnish, optional

## Method

1. Make up the stuffing mix with half quantity of boiling water and leave to stand as the pack directs.
2. Roll the pastry out thinly on a lightly floured surface then cut out 11.5cm circles using a plain biscuit cutter or a small coffee cup saucer as a guide. Press into a 12 section lightly buttered, muffin tin so that the pastry stands a little above the top of the tin in a wavy edge. Re-roll pastry as needed until you have 12 circles.
3. Mix the spring onions with the sausage meat and a little pepper then mix with the stuffing. Divide between the pastry cases and press into an even layer with the back of a spoon.
4. Brush the top edges of the pastry cases with a little beaten egg then bake in a preheated oven, 180C/fan oven 160C/gas mark 4 for about 25 minutes until the top edge of the pastry is golden and the filling is cooked through. Leave to cool for 15 minutes then loosen and transfer pies to a cooling rack.
5. Add the blueberries, vinegar and redcurrant jelly to a small saucepan, cook, stirring for 4-5 minutes until the blueberries are soft.
6. Mix the cornflour with a little water until a smooth paste, stir into the blueberries and cook until the juices have thickened. Leave to cool then spoon over the pies.



# TREATS

**Berries give a burst of freshness, nutrition  
and flavour to any sweet treat.**

**Try these delicious desserts and tasty  
treats to brighten up your day.**

Serves 4 · Prep 20mins · Cook 10-12mins

# MINI BERRY PASTIES



**Berry pasties are the perfect sweet snack to make with little fingers. They require lots of mixing, sprinkling, brushing and whisking, making them a real adventure!**

## Ingredients

### Pastry

200g plain flour  
100g butter  
 $\frac{3}{4}$  tbsps ice cold water  
1 tsp of cinnamon (optional)

### Filling

1 cup blackberries  
1 cup raspberries – cut in half  
1 tsp lemon zest  
1 tbs fresh lemon juice  
3 tbsps cornflower  
1-2 tbsp caster sugar (depending on taste)  
1 egg yolk  
Icing sugar for dusting

## Method

1. Rub the butter into the flour and cinnamon until the mixture resembles fine breadcrumbs. Add the water and combine to make dough. Refrigerate for 1 hour before making the pasties.
2. Preheat oven to 190C/fan oven 170C/gas mark 5. In a small bowl, mix together cornflower, sugar and lemon zest. Set aside.
3. In another bowl, coat the berries with lemon juice. Sprinkle with the cornflower mixture.
4. Roll out the dough to 1/8 inch thickness. Cut out circles using an 11cm cutter. Fill centre of dough circle with a dessert spoon of the berry filling.
5. In a small bowl, whisk the egg yolk. Brush the edge of the dough circles with the egg and fold in half. Seal the edges with a fork.
6. Brush with egg wash and cut a small slit in the top of each pie to let out steam.
7. Bake for about 20 minutes, or until golden brown. Cool to room temperature and dust with icing sugar.

Makes 8 · Prep 20mins · Cook 10-12mins

# MINI BERRY BAKES



**This is a great recipe to whip up with kitchen cupboard staples. Filled with vitamin C, perfect in their lunchbox or as an after-dinner treat.**

## Ingredients

150g porridge oats  
150ml of your usual milk  
2 ripe bananas  
2 tbsp smooth peanut butter  
2 handfuls of raspberries  
(about 15 in number)  
2 handfuls of blueberries  
(about 15 in number)

## Method

1. Pour the oats into a mixing bowl.
2. Pour over the milk.
3. In a separate dish mash the two ripe bananas.
4. Mix the smooth peanut butter into the banana mix.
5. Mix the banana and peanut mix into the oats and milk mixture.
6. Mash the raspberries in a cup and then stir into the oat based mixture.
7. Finally add the blueberries - as they are of chopped up slightly.
8. Either spoon the mix into cupcakes papers or pour onto a flat tray and then sliced up into oaty squares.
9. Cook in an 180C/fan oven 160C/gas mark 4 oven for 15-18 minutes and then allow to cool.



Makes 10 · Prep 15mins · Freeze overnight

# SUMMER BERRY SWIRLED LOLLIES



**Berry swirled lollies provide a delicious burst of refreshing flavour to enjoy with your children as the weather warms up. Make a big batch and pop them into the freezer.**

## Ingredients

75g blackberries  
150g raspberries  
4 tps runny honey  
300g flavoured Greek yogurt –  
vanilla, honey or coconut

## Method

1. Mash blackberries on a plate with 2 tps of the honey using a fork.
2. Do the same with the raspberries and another 2 tps of the honey on a second plate.
3. Layer alternate spoonfuls of mashed fruits with the yogurt in plastic shot glasses.
4. Add lolly sticks and freeze overnight.  
To serve, dip moulds briefly in warm water, then lift out of the moulds and serve.

Serves 18 · Prep 30mins · Cook 5-8mins

# SUMMER BERRY BUTTONS



**These dainty little sponge cakes are filled with crême fraiche swirled with lemon curd and chopped strawberries, what's not to like!**

## Ingredients

3 medium eggs  
75g caster sugar  
75g self-raising flour  
3 tbsp lemon curd  
250ml full fat crême fraiche  
100g strawberries, hulled, chopped

## Method

1. Preheat the oven to 190C/fan oven 170C/gas mark 5.  
Line two large baking trays with non-stick baking paper.
2. Add the eggs and sugar to a large bowl and set this over a saucepan one third filled with simmering water, making sure that the base of the bowl is not touching the water. Use a handheld electric mixer to whisk the eggs and sugar together until very thick, the whisk will leave a trail on the surface when lifted above the mixture. If your electric mixer is on a stand then whisk the eggs and sugar in the fitted bowl (not on the pan of water) but it will take a few minutes longer.
3. Sift the flour over the surface and using a large spoon, fold in gently in a figure of eight movement, being careful not to knock out the air, until there are no traces of flour. Spoon or pipe the mixture using a 1 cm plain piping tube into circles about 4 cm in diameter, then bake for 5-8 minutes, alternating the baking sheets after 4 minutes so that all the sponge cakes colour evenly.
4. Take out of the oven and sprinkle with a little caster sugar. Slide paper and mini sponge cakes on to a wire rack and leave to cool.
5. When ready to serve, fold the lemon curd into the crême fraiche until only just mixed then spoon over the undersides of half the cakes. Top with spoonfuls of chopped strawberries then the remaining biscuits. Best served within a few hours of assembling biscuits together.

Serves 2 · Prep & Cook 15mins

# BLUEBERRY & BERGAMOT POPCORN WITH SALTED CARAMEL



**Nothing is more exciting than waiting for corn to pop!  
Add caramel, lemon zest and blueberries for the ultimate  
bowl of yummy popcorn.**

## Ingredients

50g popping corn  
50g sugar  
½ tsp bergamot lemon  
or lemon zest  
100g blueberries, half  
roughly chopped  
Sprinkling of sea salt

## Method

1. Place the corn in a lidded pan (a clear lid is helpful so you can see how much corn has popped) and heat over a medium heat until the corn has stopped popping, shaking the pan occasionally – this will take several minutes. Once it has all popped spread it out on a baking sheet.
2. Place the sugar in a small heavy based pan over a medium heat to melt, swirling it gently round to ensure any remaining crystals have melted. It will melt to a light caramel, let it darken slightly before removing from the heat.
3. Quickly scatter the lemon zest and blueberries over the popcorn and drizzle over the caramel then stir to mix. You will get some clumps and some smaller pieces.
4. Sprinkle with the sea salt and serve warm or cool and pack into bags or pots. Best eaten the same day but it will stay reasonably crisp for a day or two.

Makes 12 · Prep 20mins · Chill 3hr 30mins

# MINI RAINBOW JELLIES



**These tiny jellies are just three bites big, so perfect for a children's birthday party. Make them in plastic shot glasses that can be easily picked up in the supermarket.**

## Ingredients

35g pineapple jelly tablet

Little blue food colouring

½ x 35g lime jelly tablet

4 strawberries, sliced

## Method

- 1.** Make up the pineapple jelly with water as the pack directs. Pour half into a jug and add a drop of blue food colouring to darken the jelly slightly.
- 2.** Allow the jelly to cool slightly. Pour the darker coloured jelly into the base of 12 plastic shot glasses then chill in the freezer for 15 minutes or until just set.
- 3.** Make up the lime jelly as the pack directs using half the amount of water. Leave to cool.
- 4.** Pour the lime jelly over the set coloured pineapple layer, then put back in the freezer for 15 minutes or until set.
- 5.** Press a slice of strawberry into each jelly then pour over the remaining uncoloured pineapple jelly to fill each glass. Chill in the fridge for about 3 hours or until set.

Makes 9 · Prep 10mins

# CRISPY RASPBERRY CAKES



**Adding fresh berries to your crispy cakes makes them that bit more luscious! Here is our slightly healthier but no less delicious version. Make these vegan and use golden syrup in place of the honey, vegan dark chocolate and vegan rice krispies.**

## Ingredients

40g coconut oil  
30g honey  
50g white chocolate  
150g raspberries, leave 9  
whole and roughly chopped  
the rest  
50g rice krispies

## Method

1. Line a bun or muffin tin with 9 paper cases or reusable silicon ones.
2. Place the coconut oil, honey and chocolate in a pan and melt gently, stirring to stop the chocolate catching.
3. Remove from the heat and stir in the raspberries and rice krispies.
4. Mix well until everything is evenly coated.
5. Spoon the mixture into the paper cases, top each with a whole raspberry and leave to set in the fridge for around 30 minutes.

### Cook's tip

As these contain fresh fruit they will go soft quite quickly. Store in the fridge and eat within 24 hours.

Makes 4 · Prep 5mins plus freezing time

# HEALTHIER STRAWBERRY ICE CREAM



**Pop leftover fresh berries in the freezer and you'll be able to make this an instant treat, super fast. Try it with any berries, adjusting the amount of honey or syrup according to how sweet you and your children like it.**

## Ingredients

200g strawberries, hulled and chopped

1 ripe banana

½ tsp lemon juice

2 tbsp low fat yogurt

½ - 1 tbsp honey or maple syrup (optional)

Make it vegan with plant based yogurt and maple syrup

## Method

Freeze the strawberries overnight then simply add all the ingredients to a blender or use a stick blender to blitz into ice cream. Serve immediately in scoops, in a cone or freeze for later.

### Cook's tip

If you don't have a blender simply mash the fresh unfrozen strawberries with the banana and other ingredients and still freeze until firm enough to scoop.

This is a great way to use a glut of fruit - just size up the recipe accordingly. Ripe fruit is often sweet already so taste before adding all the honey or maple syrup.

This works well with raspberries too.

Serves 6 · Prep 10 mins · Cook 20 mins

# STRAWBERRY SANDCASTLE



**Bring the beach to your home by serving these bite sized British strawberries, dipped in dark glossy chocolate flavoured with just a hint of orange!**

## Ingredients

### 'Sand' Biscuits

225g gluten free flour  
Large pinch of fine salt  
1 vanilla pod, slit lengthways,  
seeds scraped from pod  
55g icing sugar  
110g butter, diced  
1 egg yolk  
2-3 tsps water  
6 ice cream cones  
55g butter

### Chocolate Strawberries

200g dark chocolate,  
broken into pieces  
Finely grated zest of  
2 medium oranges  
2 tsps light olive oil  
500g strawberries,  
chilled

## Method

1. To make the sand biscuit, preheat the oven to 180C/fan oven 160C/gas mark 4. Add the flour, salt, vanilla seeds and icing sugar to a bowl or food processor. Add the butter and rub in until fine crumbs. Add the egg and just enough water to mix to a soft dough.
2. Roll the dough out between two sheets of non-stick baking paper, slide on to a baking sheet then cook for 20 minutes.
3. For the strawberries, add the chocolate, orange rind and olive oil to a bowl set over a saucepan of gently simmering water, making sure that the water doesn't touch the base of the bowl. Heat until just melted then stir until smooth.
4. Strain the chocolate through a fine sieve into a bowl, if liked then dip the strawberries into the chocolate and put on to a tray lined with non-stick baking paper. Put in a cool place to set.
5. Crush the biscuit and ice cream cones into fine crumbs. Melt the butter in a small saucepan, mix in 225g of the crumbs then pack into 6 small buttered mini buckets or dariole moulds. Chill 10 minutes then loosen and turn out on to small plates. Scatter extra crumbs on to the plates then arrange the strawberries on top, adding little flags or plastic spoons if liked.

### Cook's tip

If you're short of time then cheat and use two bars of your favourite brand of flavoured chocolate.

Serves 10 · Prep 15mins · Cook 1 hr 15 mins

# VEGAN RASPBERRY COCONUT & BANANA LOAF



**If you are a vegan family, or even if you're not, try this loaf. The raspberries add moisture and a tang to the creamy coconut flavour. Serve in thick slices**

## Ingredients

50g coconut oil  
50ml vegetable oil  
100ml agave or maple syrup  
175g spelt or plain flour  
1 ½ tsp baking powder  
75g ground almonds  
125g desiccated coconut  
3 medium, ripe bananas, peeled  
Finely grated zest 1 lime  
175g raspberries  
30g coconut flakes

## Method

1. Line a 900g loaf tin with non-stick parchment. Preheat the oven to 180C/fan 160C/gas mark 4.
2. Melt the coconut oil in a small pan or microwave and stir in the vegetable oil and agave. Sift together the flour and baking powder and then stir in the ground almonds and desiccated coconut.
3. Blend the bananas and lime zest in a food processor or mash and mix by hand. Add the oil mix and blend again and then stir in the dry ingredients. Gently mix in ¾ of the raspberries and pour the mix into the tin.
4. Top with the coconut flakes and remaining raspberries pressing them gently into the mixture. Bake for 1 hour 15 minutes, but check the top after an hour and cover lightly with foil if beginning to brown too much. Cool in the tin. Keeps well in an airtight container for 3-4 days.



Serves 4-6 · Prep 10mins · Cook 30mins

# GIANT STRAWBERRY CHOC CHIP COOKIE



**This is a fun sharing treat or pudding served warm with ice cream. Get your kids to grab a spoon and let them all dig in!**

## Ingredients

100g oats  
50g ground almonds  
½ tsp baking powder  
50g coconut sugar or brown sugar  
60g coconut oil, melted  
1 egg, beaten  
2 tbsp milk  
½ tsp vanilla extract (optional)  
50g dark, milk or white chocolate, roughly chopped  
125g strawberries, hulled and chopped  
Ice cream to serve

Make it vegan with plant based milk, vegan chocolate and ice cream.

## Method

1. Preheat the oven to 180C/fan 160C/gas mark 4.
2. Base line a 20cm round tin or ovenproof dish.
3. Place the oats in a food processor and blitz to a small crumb. Add the ground almonds, baking powder and sugar and blend just to combine.
4. Melt the coconut oil in a pan. Remove from the heat and stir in the oat mixture with all remaining ingredients, except the strawberries.
5. Spread the mixture in the tin or dish, scatter over the strawberries and bake for 25-30 minutes until golden and just set. Cool slightly before serving with scoops of ice cream on top for everyone to share.

### Cook's tip

**Make double of these and freeze one before baking to cook later straight from the freezer – just add an extra 5 minutes cooking time.**

**If you don't have a food processor to blitz the oats, substitute half the oats with any type of flour.**

**Any type of dairy or plant based milk can be used.**

**You can also use melted vegetable margarine or butter in place of the coconut oil.**

Serves 4 · Prep 15mins · Stand 15mins · Cook 15mins

# CHOCOLATE BERRY PANCAKES WITH MINTED YOGURT



**Chocolate and strawberries are the perfect pair, and this delicious take on traditional pancakes makes an ideal weekend breakfast, or weekday dessert.**

## Ingredients

### Pancakes

100g plain flour

15g cocoa

1 egg

1 egg yolk

1 tbsp vegetable oil plus extra for frying

250ml semi skimmed milk

### Filling

170g carton fat free Greek yogurt

142g small carton ready made long-life custard

4 tsps fresh chopped mint

175 g raspberries

225g strawberries, sliced

50g dark chocolate, optional

## Method

1. To make the pancakes, sift the flour and cocoa into a bowl, add the egg and egg yolk, 1 tablespoon of the oil then gradually whisk in the milk until smooth. Leave to stand for 15 minutes.
2. For the filling, mix the yogurt, custard and chopped mint together. Mix the berries together in a separate bowl. Melt the chocolate if using to decorate, in a bowl set over a small saucepan of gently simmering water.
3. To cook the pancakes, heat a little oil in the base of an 18cm pan, pour the excess out of the pan into a bowl then add 2-3 tablespoons of the pancake batter to the pan, tilt pan to swirl the batter over the base in a thin layer then cook until browned on the underside. Turn the pancake over and cook the second side then slide out of pan and keep hot on a plate while you cook the remaining mixture until you have 8 pancakes.
4. Fold the pancakes into quarters, spoon in the yogurt mix and berries, arrange in pairs on serving plates and drizzle with melted chocolate, if using. Serve immediately.



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inspiration from us.**

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