

Brain Boosting Recipes From the No.1 Children's cookery author Annabel Karmel

In partnership with Edx Education

Edx Education is excited to announce its partnership with the UK's no.1 children's cookery author Annabel Karmel. The food expert is supporting Edx Education's 'Learning through Play' philosophy with a selection of exclusive 'Brain Boosting Recipes'.

Children of all ages can benefit from creative play and for this they need to be fuelled on the right foods. Eating habits and tastes are formed from an early age, so it's crucial to introduce a good variety of nutritious foods at the earliest possible opportunity.

Drawing on her 28 years of recipe expertise, Annabel has cooked-up four delicious brain boosting recipe cards for under-fives to fuel their learning and development and most importantly, play!



Brain boosting recipes for kids

in partnership with Edx Education

The yolk of an egg is rich in Choline, which is vital for the creation of memory cells deep within the brain. Eggs are also high in protein and contain iron, folate and vitamin A – all of which are important for growth, repair and development of cells.



THE NO.1 CHILDREN'S COOKERY AUTHOR

Frittata with broccoli & cherry tomatoes

Prep: 20 minutes **Cook:** 20 minutes **Makes:** 6 portions

Ingredients

- 1 tbsp olive oil
- 1 red onion sliced
- ½ red pepper, diced
- 80g tender stem broccoli spears
- 75g cherry tomatoes quartered
- 2 tbsp fresh basil, chopped
- 50g parmesan, grated
- 5 large eggs, beaten
- 2 tbsp milk

Method

1. Preheat the oven to 180C Fan. Line a 20cm square baking tin with baking paper.
2. Put the onion and red pepper on a baking sheet. Add the oil and season. Roast for 15 minutes.
3. Blanch the broccoli for 4 minutes in boiling water. Drain and refresh with cold water.
4. Mix the eggs, milk and parmesan together in a bowl. Add the basil, cooked vegetables and tomatoes. Pour into the tin and arrange the broccoli on top.
5. Bake for 15 to 20 minutes until lightly golden and just set in the middle.
6. Leave to cool slightly and slice into triangles or fingers.



For more recipes visit:
annabelkarmel.com/brain-boosting-recipes

