

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

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This recipe is a brain-boosting triple threat! • Blueberries are a powerhouse of energy and nutrients • Yoghurt can help keep brain cells in good form for sending and receiving information • Breakfast filled with oats provides excellent energy for the brain that kids need first thing in the morning.



THE NO.1 CHILDREN'S COOKERY AUTHOR

Baked oatmeal cups with blueberry yoghurt

Prep: 20 minutes **Cook:** 25 minutes **Makes:** 12 oatmeal cups

Ingredients

225g small porridge oats
75g maple syrup
50 ml sunflower oil
Pinch of salt
15g desiccated coconut
2 eggs whites

Blueberry Yogurt

150g blueberries
1 tsp maple syrup
2 tbsp water
300g natural plain yoghurt

Fresh blueberries, raspberries and pomegranate seeds to decorate.

Method

1. Preheat the oven to 160C Fan. Grease a muffin tin with sunflower oil. Measure the oats, syrup, oil, salt and coconut together in a bowl.
2. Add the egg whites and stir until the mixture comes together. Divide between the sides and over the base of the muffin holes.
3. Bake for 25 minutes until golden and crisp. Transfer to a wire rack to cool.
4. Put the blueberries, maple syrup and water into a saucepan. Heat until the blueberries are just about to soften. Remove from the heat. Blend until you have a smooth puree. Sieve the puree into a bowl. Leave to cool. Once cold add the yoghurt and mix well.
5. Divide the mixture between the cups. Decorate with the fruits.



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

