

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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Vegetables with rich, deep colour are an excellent source of antioxidants to keep the brain cells healthy. It's easy to sneak veggies into spaghetti sauces, soups and on homemade pizzas, just like this colourful rainbow pizza!



THE NO.1 CHILDREN'S COOKERY AUTHOR

Rainbow pizza

Prep: 20 minutes **Cook:** 25 minutes **Makes:** 1 rainbow pizza

Ingredients

For the dough

150g self-raising flour
135g natural yoghurt
Pinch of salt

Toppings

50g chopped tomatoes
1 tbs sundried tomato paste
135g mozzarella, sliced
6 cherry tomatoes, quartered
1 red onion diced
4 tbs sweetcorn
100g broccoli fleurettes

Method

1. Preheat the oven to 200 fan.
2. Mix the flour, yoghurt & salt together until you have a soft dough. Knead out to a rectangle about 25 x 13cm.
3. Place on a baking sheet lined with baking paper.
Mix the tomatoes & sundried tomato paste together in a bowl. Spoon over the base. Top with the mozzarella slices.
4. Cook the broccoli in boiling water for 3 minutes. Drain & run under cold water. Arrange the tomatoes, broccoli, onion & corn in neat rows.
5. Baked for 25 minutes until the base is cooked & the cheese has melted. Slice into triangles.



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

