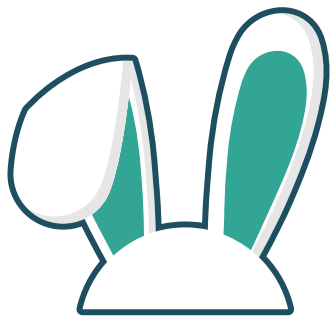


Easter

2nd - 5th April

Easter weekend is often enjoyed with family, friends and chocolate. Unfortunately children (and adults) often over indulge in chocolate and sometimes food during this celebration and forget about all the yummy



nutritious food. Try to provide a balance and give these non chocolate food ideas a go.

Serving food in a fun way can increase likelihood of children eating them.



Non Chocolate Easter Foods


Bunny faces - create bunny faces with cut up fruit & veg

Hot cross buns - fruit ones

Carrot dip - roasted carrot mashed with cream cheese

Easter bunny pikelets - use one pikelet for the face and a second cut in half for the ears. Decorate the face with fruit toppings such as sultanas berries and rock melon

Egg characters - boil eggs,
cut in half and use small bits
of veg to create faces

Bunny carrot sticks - make
carrots a favourite veg by
telling an Easter bunny story
 about the carrots



RECIPE

Easter Carrot Cupcakes

Ingredients

- 2 cups grated carrot
- 1 cups self-raising wholemeal flour
- 1 cups self-raising white flour
- 1 teaspoons ground cinnamon
- 1 teaspoons ground ginger
- 1/4 cup soft brown sugar
- 30ml vegetable oil
- 1 eggs, lightly beaten
- 300ml milk

Method

1. Pre-heat oven to 190 degrees
2. place grated carrot into a large bowl, sift in the flours, add cinnamon, ginger and brown sugar and mix well
3. combine the vegetable oil with the eggs and milk, pour this mixture into the dry ingredients and blend until just combined
4. Grease muffin tins and place patty cases into tins
5. Fill the patties 3/4 full with the mixture
6. Bake for 20 minutes or until golden



RECIPE

Easter Egg Dip with Carrot Sticks

Ingredients

- 2 hard boiled eggs
- 100g reduced-fat cream cheese
- 1 1/2 tablespoons low fat mayonnaise
- 1/4 teaspoon garlic powder
- 1/4 teaspoon fresh basil, minced
- 1/2 teaspoon apple cider vinegar
- 2 carrots

Method

1. Mash eggs well using a fork or push eggs through a coarse sieve or fine colander.
2. Blend in other ingredients and mix well.
3. Serve with carrots cut into dipping sticks

Make it Fun

Explain that carrots and eggs are the food that keeps the Easter bunny healthy so they can hop to everyone's house on Easter morning



Easter Games

Easter Bunny Hunt

Instead of collecting eggs, children collect Easter bunny puzzle pieces. Simply cut up a picture of the Easter Bunny to create your own puzzle pieces. On the back of each puzzle piece, provide a clue to the next piece or a challenge to complete before receiving the next piece.

Egg and Spoon Race

This is a game the whole family can get involved in. See who has the most steady hand in your family whilst running from the start to finish line.

Each time the "egg" is dropped, you must bunny hop back to the start line and start again. Instead of an egg, you can use a play dough shaped egg or even a small ball.

