

Honey Pot Day Nursery News from the Kitchen March

Recipe of the Month

Raspberry oat tray bake

- 150g punnet fresh raspberries
- 50 butter, plus extra for greasing
- 75g maple syrup or honey
- 200g rolled oats
- 50g ground almonds
- $\frac{1}{2}$ tsp almond extract

INSTRUCTIONS:

1. Heat oven to 220C/200C fan/gas 7. Grease a 20cm x 20cm baking tray. Mash the raspberries roughly in a bowl and set aside.
2. In a medium saucepan, melt the butter and syrup/honey with a pinch of salt. Take off the heat, then stir in the oats, ground almonds and almond extract. Mix until they are coated in the butter and syrup/honey mixture.
3. Press half the oat mix in an even layer in the baking tray. Spread the mashed raspberries on top, then spoon the remaining oats on top and smooth with the back of a spoon. Bake for 10-12 mins or until golden. Remove from the oven and leave to cool before slicing into 16.

Workshop of the Month

This month's workshop we made Valentine's Day cookies with the children. Each nursery made heart shaped cookies and decorated them for that special someone. Here is a picture of some of the cookies made by the children in Bebington.



General News

- This month Honey Pot day nursery was awarded the Eat Better Do Better Outstanding food award. We are only the 39th nursery/childminder in Britain to achieve this award which we extremely proud of.
- During March we will be celebrating St Patrick's Day. We will be changing the menu that week to influence some Irish classics such as Irish stew, soda bread, colcannon and Irish Barmbrack Cake.
- This month's workshop we will be baking a selection of breads including Rye bread, Soda bread and Potato bread.