

Garden To Table

Surprise Mummy and Daddy with this blooming pretty treat.

Flower pot cake

MAKES

4



Follow these steps

1. In a bowl, add avocado, banana, milk, cocoa powder, maple syrup and vanilla extract. Stir until all the ingredients are well-combined. For a quick way to achieve a smoother consistency, use a blender.



2. Pour the mixture equally into 4 small ramekins or new, clean pots. Chill in refrigerator for about 30 minutes.



3. Place mixed nuts/seeds in a resealable bag. Crumble into small pieces using a rolling pin to make the 'soil'.



4. Top chilled pudding with crushed nuts/seeds. Insert an artificial flower before serving.



TIP! Make your own flowers. Cut out flower or petal shapes from coloured paper or felt, and attach to stems made from straws, wooden skewers or chopsticks.



Cooking Vocabulary

Cooking with children is a good way to build their **language and literacy skills**. Read the recipe aloud and describe what you are doing as you go. As children listen and watch, they will be better able to match the words to the ingredients and cooking processes.

→ WHAT YOU'LL NEED

- 1 cup mashed avocado (about 2 medium avocados)
- 1 cup mashed banana (about 3 medium bananas)
- ½ cup low-fat milk
- 5 tbsp cocoa powder
- ¼ cup maple syrup or honey
- 1 tsp vanilla extract
- ½ cup mixed nuts/seeds (almond, peanuts, pumpkin, etc.)



Maple syrup or honey



Vanilla extract



Mashed banana



Mashed avocado



Cocoa powder



Low-fat milk



Mixed nuts/seeds

Facts About Fat

➤ **Good fats** are an important part of your child's diet. Foods that contain good fats include oils with the Healthier Choice Symbol (e.g. canola or sunflower), avocado, eggs, nuts and seeds, and oily fish like salmon. Remember to offer these in moderation to avoid weight gain.

Find out more at www.healthhub.sg/programmes/76/introduction-to-fats