

Make “reading-fuel” snacks

THE WEEK
Junior
Summer of
READING
2023

This summer *The Week Junior* is celebrating books with the *Summer of Reading* campaign. Reading is a great way to escape to a world of adventure, learn something new or have a good laugh. You'll need fuel for a big reading session, though, and here are some delicious snacks to boost your energy levels. For inspiration on great books to read, visit theweekjunior.co.uk/summerofreading



WARNING!
Take care when using a hot oven and ask an adult for help if you need it.

Energy-boosting flapjack

What you need

(Makes 12)

- 125g rolled oats
- 50g butter (or coconut oil), melted
- 1 tbsp maple syrup, agave syrup or honey
- Baking tin
- Baking paper
- Large mixing bowl
- Tablespoon

Optional ingredients

You can change this recipe to include your favourite dried fruits and seeds. Choose one or two, such as:

- 2 tbsp seeds (pumpkin/sesame/sunflower or a mixture)
- 2 tbsp dried cranberries
- 2 tbsp raisins
- 40g desiccated coconut
- 20g chopped nuts, such as pecans or hazelnuts



Instructions

- 1 Preheat the oven to 180°C. Then take the baking tin and line it with a sheet of baking paper.
- 2 Place the oats in a large mixing bowl. Carefully add the melted butter or coconut oil to the oats.
- 3 Choose your favourite ingredients (such as pumpkin seeds and cranberries) and sprinkle them in the mixing bowl. Then add the maple syrup (or agave syrup or honey) to the oat mixture and give everything a good stir with a spoon.
- 4 When everything is thoroughly combined, pour the mixture into the baking tin. Use the back of the spoon to flatten and level the oat mixture so that it cooks evenly.
- 5 Place in the oven for 25–30 minutes, until it is lightly golden.
- 6 Allow the flapjack to cool in the tin then slice into squares. Enjoy with your favourite book.

Blueberry and chocolate smoothie



Joy Skipper

This recipe is from Joy Skipper. She is a member of the Guild of Food Writers and a registered nutritionist based in Oxfordshire, England.

What you need

(Serves 2)

- 150g blueberries
- 1 tbsp Greek yoghurt
- 1 tbsp cacao powder (optional)
- 200ml milk (or non-dairy version)
- Pinch of ground cinnamon
- 1 tsp maple syrup (optional)
- Blender/smoothie maker
- Glass



Instructions

Place the blueberries and yoghurt in a small blender. Add the cacao powder if you are using it. Blend until you have a smooth paste. Now add the milk (or non-dairy version) and a pinch of cinnamon. Blend the mixture again until smooth. If you would like a little more sweetness you can add the maple syrup and blend again. Pour the mixture into a glass, find a comfy spot and curl up with a good book.

Want more ideas like this? Head to theweekjunior.co.uk/activityhub