

for the shallow 12 bun tin

Chocolate and Courgette Buns

Makes 12

Equipment Work mat; Lakeland i can cook 12 cup shallow bun tin; 12 paper cup cake cases; Lakeland i can cook silicone bowl scraper; Lakeland i can cook electronic scales; cup; Lakeland i can cook grater; Lakeland i can cook mixing bowl; tablespoon; fork; 2 teaspoons; Lakeland i can cook oven gloves for the adult to use.

Ingredients 6 level tbsp (40g) grated courgette; 8 level tbsp (110g) self raising flour; 6 level tbsp (110g) caster sugar; 2 level tbsp (20g) cocoa powder; ½ tsp orange extract (optional); 2 tbsp (30ml) vegetable oil; 2 medium eggs

1. Ask an adult to preheat the oven to 160°C (fan)/180°C / Gas 4. Wash your hands and put on an apron. Line the bun tin with paper cases.
2. Put the flour, sugar and cocoa together in the bowl and mix gently.
3. Break the eggs into the cup then beat up with the fork. Now add the vegetable oil and mix again. If using the orange extract add this too.
4. Put the oil and egg mix and the grated courgette into the bowl with the dry ingredients and mix well using the bowl scraper.
5. Using the two spoon method heap some mixture onto one of the teaspoons and push it into a paper cases with the other until you have filled all 12 with mixture.
6. Ask a grown up to put you buns into the oven for 12-15 minutes. Leave to cool.

Serve with a glass of fruit juice. You could ice them for a special occasion.

For the shallow bun tin

Baked Omelettes

Makes 12

Equipment Work mat; Lakeland i can cook 12 cup shallow bun tin; pastry brush: Lakeland i can cook silicone bowl scraper; Lakeland i can cook electronic scales; cup; measuring jug; i can cook grater; i can cook safety scissors; Lakeland i can cook mixing bowl; 2 tablespoons ; fork; Lakeland i can cook oven gloves for the adult to use.

Ingredients 2tbsp (10g)chopped fresh herbs such as chives or flat leaf parsley; 2 tbsp (40g) sweet corn; 2 tbsp (40g)grated carrot; 2 tbsp (20g)grated hard Italian cheese – like parmesan; black pepper; 2 large eggs; vegetable oil for preparing the bun tin.

1. Ask an adult to preheat the oven to 160°C (fan)/180°C / Gas 4. Wash your hands and put on an apron. Brush the cups of the bun tin with the vegetable oil.
2. Put the herbs into the measuring jug and snip them into small pieces with the scissors.
3. Break an egg into the cup and beat up with the fork then add to the chopped herbs. Repeat. (This means if one of the eggs isn't good you don't spoil your mixture)
4. Now add all the other ingredients to the jug and mix well with the fork.
5. Pour the eggy mixture a little at a time into the 12 bun tray until all the cups are evenly filled.
6. Ask a grown up to put the omelettes into the oven for about 15 minutes. Leave to cool.

Great for picnics and lunch boxes.