

FOOD FESTIVAL

By Aspens

Easy Peasy Muffins

Basic Ingredients

2 Eggs, 125 ml oil, 250ml Milk, 250g Sugar, 400g Self Raising Flour

Method

Remember to wash your hands well before following the basic method below. Add additional toppings to create your own customised muffins. For chocolate muffins, replace 30g flour with cocoa powder



Heat oven to 200°C. Line muffin trays with paper muffin cases. In a large bowl beat eggs lightly and add vegetable oil and semi-skimmed milk.



Beat until just combined then add sugar and whisk until you have a smooth batter.



Sift in self-raising flour then mix until just smooth. Be careful not to overmix the batter. You can add 100g of toppings and fillings here



Fill muffin cases two-thirds full and bake for 20-25 mins, until risen, firm to the touch and a skewer inserted in the middle comes out clean.



Leave the muffins in the tin to cool for a few mins and transfer to a wire rack to cool completely.

Activity Four Baking



Welcome back to school, we hope you had a fantastic summer break. For those of you just starting school we would like to introduce you to the Aspens monthly newsletter. We hope you find it fun & informative!

Save money, Save time, Save hassle.

HELP YOUR CHILD SOAR WITH A SCHOOL MEAL!

And it could be FREE!! Check to see if your child is now eligible.

Fuel your child with energy!

All Reception, Year 1 and Year 2 meals are FREE!!

Ask at the office to find out more!

Free school meals

Every **Key Stage One** pupil is entitled to a free school meal, under a Government programme called **Universal Infant Free School Meals**. There is no need for you to apply for this, it will save you time and money every day on making packed lunches, and in our experience pupils who take up their school meals become more adventurous and open to trying new foods.

Free School Meals are available to Key Stage Two pupils whose families receive:

- Universal Credit and your household income after tax is less than £7,400 per year (not including any benefits you get)
- Child Tax Credit, as long as you are not getting Working Tax Credit and have an annual income of less than £16,190
- Income-related Employment and Support Allowance
- Income Support
- Income-based Jobseeker's Allowance
- The guaranteed part of Pension Credit
- Asylum seeker support.
- It is also available to looked-after children, pupils who have been adopted and those whose parents are currently serving military personnel.

What's in season?



AUBERGINE FUN FACTS

1. AUBERGINES COME IN VARIOUS COLOURS, NOT JUST THE TYPICAL PURPLE. SOME VARIETIES CAN BE GREEN, WHITE, OR EVEN STRIPED! IT'S LIKE A COLOURFUL RAINBOW IN THE GARDEN.
2. THEY CAN HAVE DIFFERENT SHAPES TOO, RANGING FROM SMALL AND ROUND TO LONG AND SLENDER, LIKE DIFFERENT CHARACTERS IN A VEGETABLE WORLD.
3. AUBERGINES BELONG TO THE SAME FAMILY AS TOMATOES AND PEPPERS, CALLED THE "NIGHTSHADE" FAMILY. IT'S LIKE THEY'RE COUSINS IN THE VEGETABLE WORLD.
4. CUT OPEN AN AUBERGINE, AND YOU'LL SEE IT'S SPONGY INSIDE. THIS PART CAN SOAK UP FLAVOURS WHEN IT'S COOKED, MAKING IT GREAT FOR DISHES LIKE CURRIES AND STIR-FRIES.
5. AUBERGINE PLANTS HAVE BEAUTIFUL PURPLE FLOWERS BEFORE THEY GROW THE VEGGIES. IT'S LIKE THEY'RE WEARING PRETTY DRESSES FOR A GARDEN PARTY.



THE BIG COUNT

We have fruit and vegetables EVERYWHERE! Can you count how many of each we have?

Do you know what they are? Write them underneath the picture.

