

THE BONUS
FREEBIE
E-BOOK

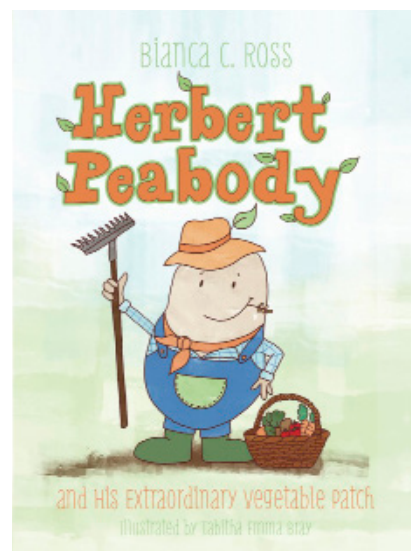
THE
Herbert Peabody
KIDS COOKBOOK



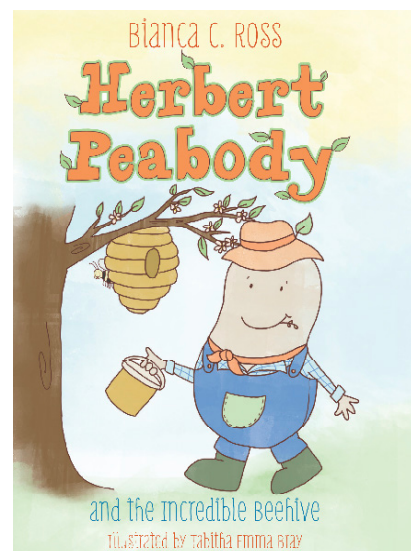
EASTER FOOD

BIANCA ROSS AND TABITHA BRAY

OTHER TITLES IN THE HERBERT PEABODY SERIES



Herbert Peabody and His
Extraordinary
Vegetable Patch



Herbert Peabody and
The Incredible Beehive

Farmer Herbert Peabody has been helping children know, grow and love their food through his series of vegetable patch adventures.

And Herbie is committed to inspire kids to taste fresh produce, because he knows the yummiest dishes use the freshest veggies and fruits.

So Herbie's author, Bianca C Ross, and illustrator, Tabitha Emma Bray, have teamed up to bring Herbie's favourite recipes into your kitchen.

Each recipe in the Herbert Peabody Cookbook e-book series uses at least one fruit or vegetable, so children can see fresh produce being combined into delicious meals.

Little cooks will make a mess, but if a cluttered kitchen shows our next generation how to create delicious meals and eat well, it's worth every spill. Some kitchen equipment needs adult supervision, and if there are any allergy concerns with the recipes, seek qualified medical advice.

We hope you enjoy Herbie's Cookbook e-book series!

THE Herbert Peabody EASTER FOOD COOKBOOK

Bianca C Ross and Tabitha Emma Bray



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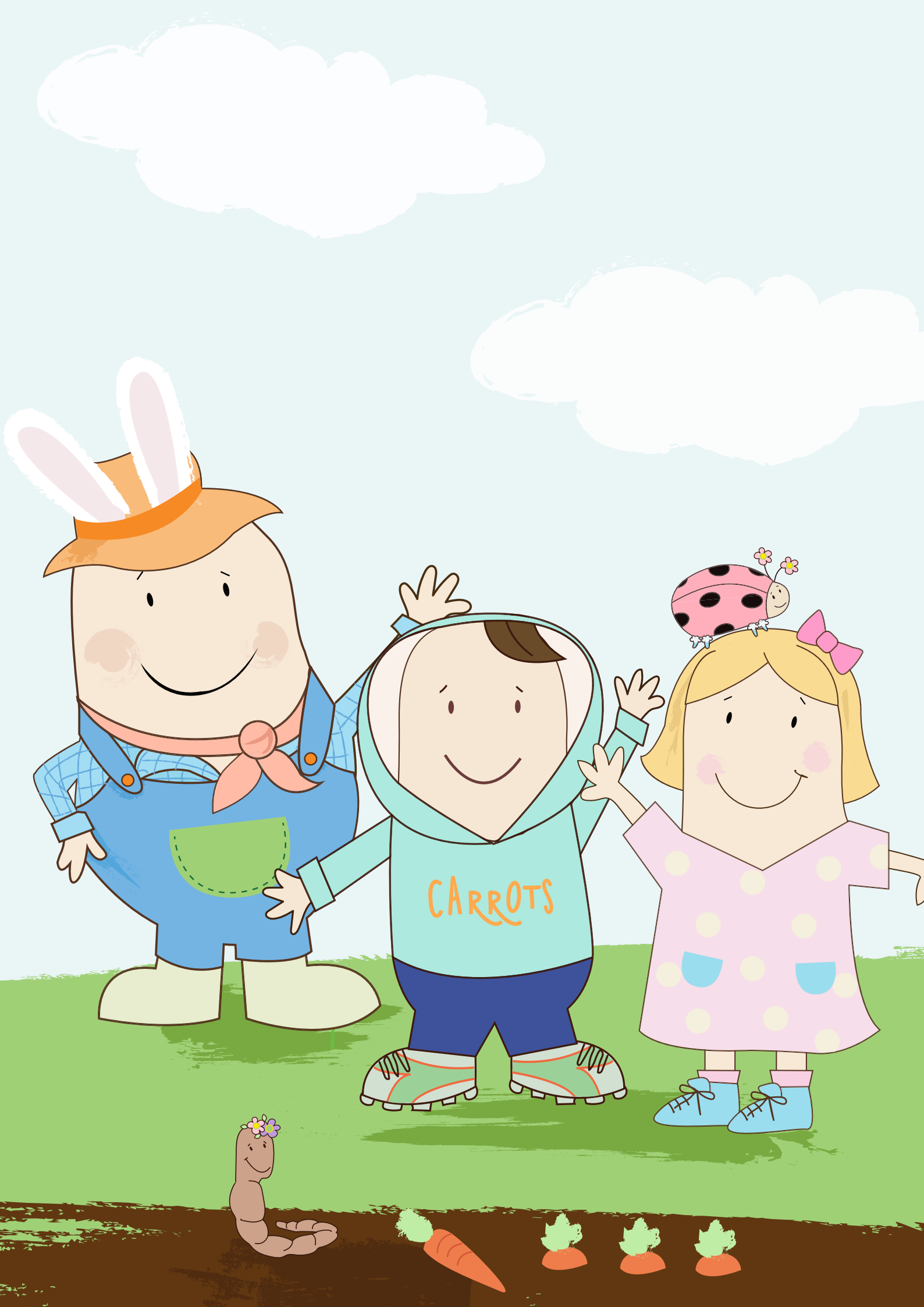
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Share your creations on our facebook group-
Herbert Peabody's Cooking Club for Kids
or tag with #herbertpeabodycooks

www.herbertpeabody.com



A NOTE FROM HERBIE

Dear Cooks,

Easter brings an exciting change in season, and the veggie patch at Mulberry Tree Farm is brimming with delicious new produce, waiting to be picked.

While Worm and Ladybug keep an eye on what's growing, Clementine and Digby have been testing some new recipes.

And, here they are! Each recipe contains at least one fruit or vegetable, with gluten and lactose free options. And all come with a Seal of Yum approval!

We've included a printable Easter basket for you to cut out and decorate too.

Have fun in the kitchen, and I wish you and your loved ones a very Happy Easter!

Love from,

herbert



It's Easter time

And with this brings

Catch ups with friends

And **Easter Egg** things.

Family gatherings

Picnics too

And we've made something

Especially for **you!**

It's a recipe book

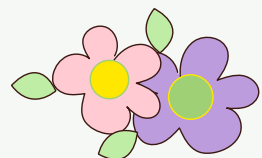
For the time of year

When you can **make dishes**

For those you hold dear.

The things you make

Will suit any **occasions**



With ingredients covering
Avocado to raisins.

We've sorted breakfast

And lunch and tea

And an Easter drink
For **You and Me!**

So **happy Cooking**

For this holiday

And we wish you many blessings

This EASTER day!

Love from,

Herbie, Clementine, Digby,

Ladybug and Worm.



DIGBY'S CARROT & APRICOT BALLS

Orange is my favourite colour, and when I dreamed of two yummy orange ingredients, I had to make a recipe! I hope you like it.

Gluten free and Lactose free - MAKES 24

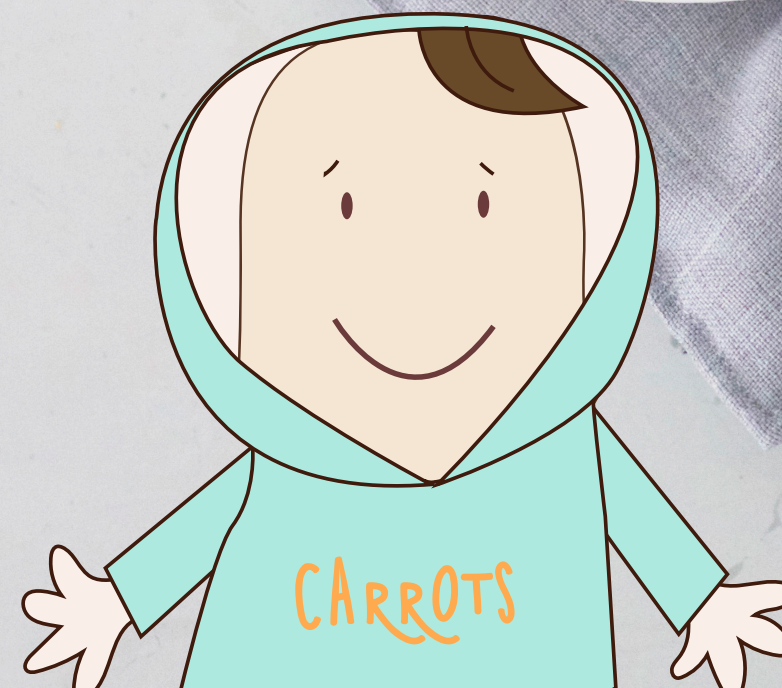
Ingredients:

3 Carrots, $\frac{3}{4}$ cup dried apricots
 $\frac{3}{4}$ cup dates, $1\frac{1}{2}$ cups desiccated coconut
3 tablespoons honey, $\frac{3}{4}$ cup oats and $\frac{1}{2}$ cup almonds

1. Peel carrots, chop in quarters and place in food processor
2. Roughly chop dried apricots and dates and place in food processor
3. Mix all dry ingredients in a bowl and place in food processor
4. Add the honey to the mix
5. Blitz for 30 seconds, then shake. Blitz for another 30 seconds
6. Remove mixture and roll into small balls
7. Roll half the balls in desiccated coconut, or if you're a coconut nut, coat them all!

DIGBY'S TIP:

If you have a nut allergy, substitute the almonds for more oats.





CLEMENTINE'S AVOCADO BUNNIES

I love the Easter Bunny, and I love Easter eggs. So here's a twist on Easter eggs for every meal!

Gluten free. Lactose free - MAKES 2 BUNNIES

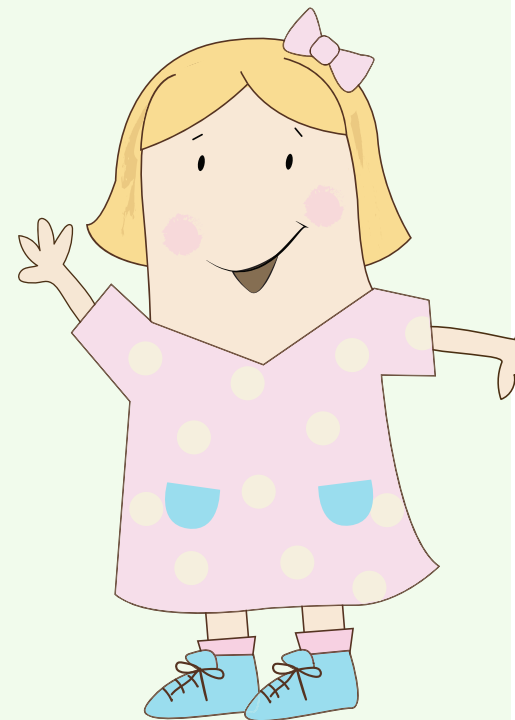
Ingredients:

1 egg, 1 carrot, 1/2 avocado

1/2 cup baby spinach (washed),

4 sultanas or raisins

1. Boil the egg in a saucepan until it is hard (7 - 9 minutes) Cool and slice widthways.
2. Cut the avocado in half lengthways, setting one half aside. Remove pip and slice lengthways to make two bunny bodies. Place on plate
3. Peel and slice carrot in half length ways, and in half length ways again to make four ears. Place on plate to join top of the avocado bodies
4. Stack two slices of egg where the carrot ears and avocado bodies join.
5. Place 2 sultanas on each bunny for the eyes
6. Tear a very small piece of baby spinach to make a nose for each bunny. Arrange remaining spinach to make a spot for your bunnies to sit!



HERBIE'S HOT CROSS TOAST

With so much going on this Easter holiday, I wanted a quick and easy recipe take on one of my favourite Easter treats. And here it is!

Gluten free option and Lactose free - SERVES 6

Ingredients:

6 Slices Fruit Bread, or gluten free fruit bread
3 eggs, 1/2 cup coconut milk, 2 tablespoons honey,
3 tablespoons cocoa, extra honey to drizzle
desiccated coconut to sprinkle
coconut oil for cooking

1. Combine eggs, coconut milk, honey and cocoa and beat lightly. Pour into a wide bowl
2. Heat coconut oil in a fry pan on medium heat
3. Take one slice of fruit bread, and lay in egg mixture. Turn over and repeat for the other side, so both sides are coated.
4. Place coated fruit bread in fry pan and cook until egg mixture begins to bubble. Turn and cook on other side for 1- 2 minutes.
5. Repeat steps 3 and 4 for each piece of fruit bread
6. Arrange cooked fruit bread on plates, and with extra honey, mark a cross on each piece.
7. Sprinkle each honey cross with desiccated coconut





LADYBUG'S BANANA ICE CREAM EGGS

I was thinking of how to make yummy banana even more delicious,
and I came up with this frosty, chocolatey idea!

Gluten free. Lactose free - MAKES 12

Ingredients:

For the filling:

2 Bananas mashed

For the chocolate:

1 1/2 cups cocoa

1 cup Honey (or rice malt syrup or maple)

2/3 cup Coconut Oil (melted)

TO MAKE :

1. Mash banana in a bowl and set aside.
2. In another bowl, mix cocoa, honey and melted coconut oil.
3. Spoon the chocolate mix into Egg shaped molds, coating the sides, and not completely filling in.
4. Then spoon a little mashed banana into the middle of each egg.
5. Keep a little chocolate aside for sticking the two sides of the egg together.
5. Freeze your eggs for at least 4 hours.
6. Once set, pop them out of the mold, and coat them in a little chocolate and stick the two sides together.
7. Freeze again for about an hour.
8. Then eat and enjoy or keep aside in the freezer for a frosty easter treat.

WORM'S MUD CHOCOLATE

Dark brown chocolatey mud is my favourite! And I've made a special recipe so you can enjoy it too!

Gluten free.. Lactose free option - SERVES 4

Ingredients:

2 cups coconut milk

2 teaspoons cocoa

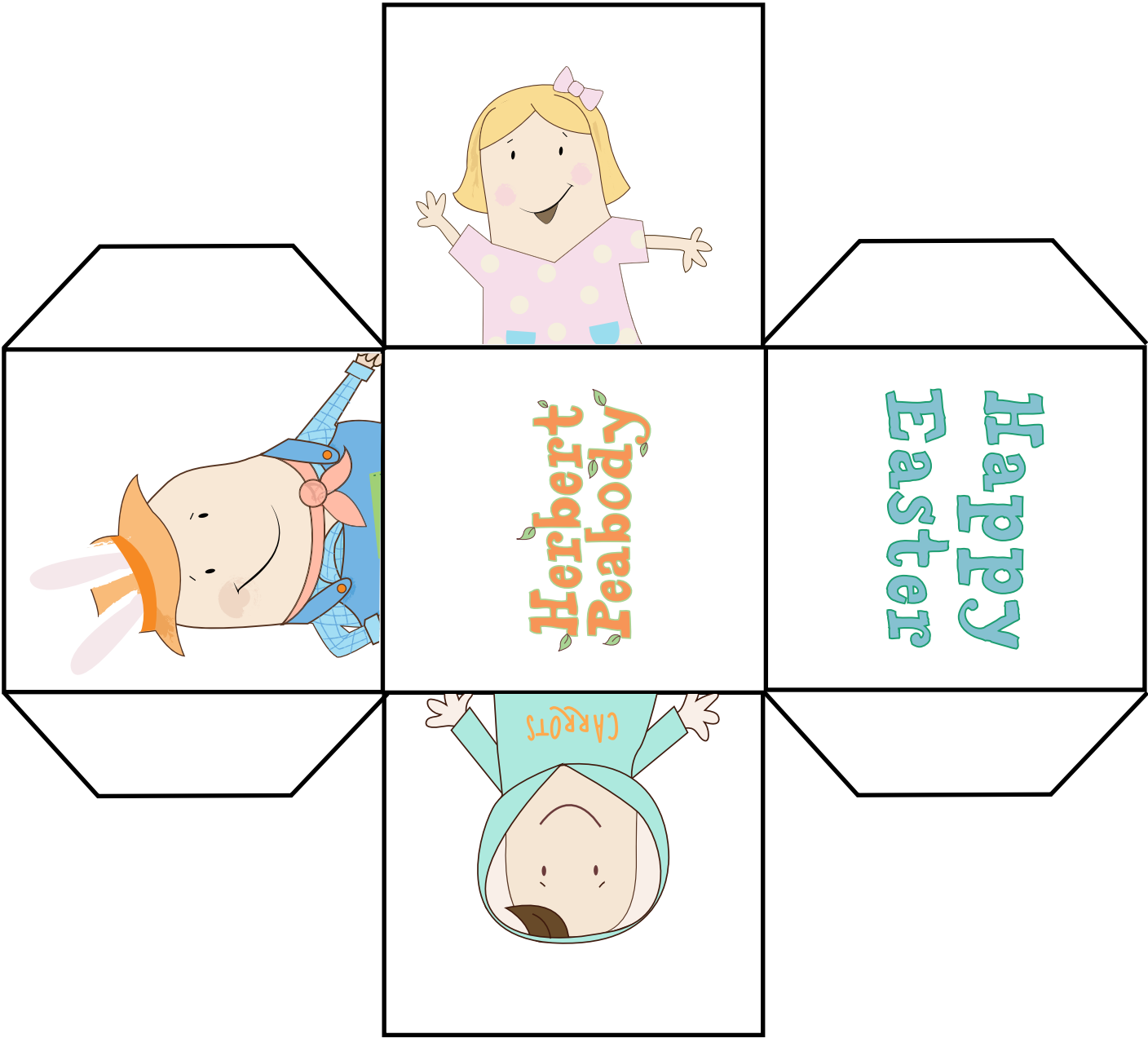
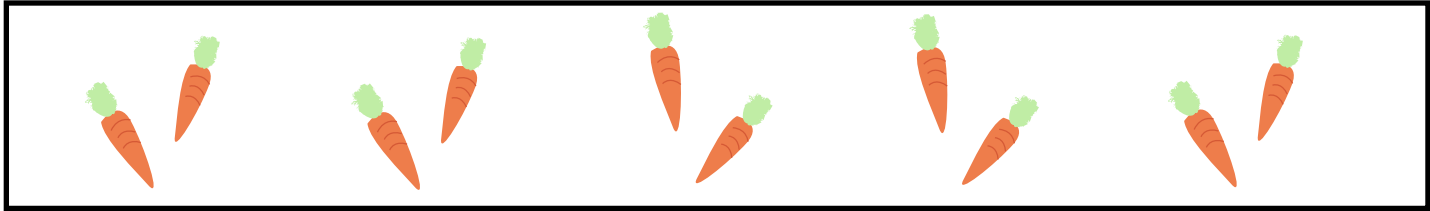
4 Easter eggs, or lactose free equivalent

4 tablespoons orange juice

1. Combine coconut milk, cocoa and Easter eggs in a saucepan. Stir over a low heat until combined.
2. Add 4 tablespoons orange juice and stir.
3. Serve in your favourite mugs and sip your chocolatey mud drink!



Printable Easter basket



Herbert
Peabody