



Sunday Setup – WEEK 6

WWW.TAMINGTWINS.COM



RECIPES & INGREDIENTS

BREAKFAST – BREAKFAST COOKIES

- 3 bananas
- 200g rolled oats
- 100g smooth peanut butter
- 50g runny honey
- 1 tsp ground cinnamon
- 40g chocolate chips *(optional)*

SNACKS – YOGHURT POT CAKE

- 150g yoghurt
- 250g self-raising flour
- 175g caster sugar
- 75ml sunflower oil
- 3 eggs
- 125g fresh raspberries

SNACKS – MINI CRUSTLESS QUICHE

- Olive oil
- 6-8 ham slices
- 8 eggs
- 150ml milk
- 300g mixed vegetables
- 12 cherry tomatoes
- 100g Cheddar cheese

FRUIT SALAD

- Blueberries
- Raspberries
- Mango
- Lime

SHOPPING LIST

FRUIT & VEG

- 3 bananas
- 125g raspberries
- 300g mixed vegetables *(choose whichever you prefer)*
- 12 cherry tomatoes
- blueberries
- raspberries
- mango
- lime

MEAT & FISH

- 6-8 ham slices

FRIDGE/FREEZER

- 100g yoghurt *(I used natural yoghurt)*
- 150ml milk *(whole or semi-skimmed)*
- 100g Cheddar cheese

EVERYTHING ELSE

- 11 eggs
- 200g rolled oats
- 100g smooth peanut butter
- 40g chocolate chips *(optional)*

STORECUPBOARD

- Sunflower oil
- Olive oil
- Ground cinnamon
- Runny honey
- Caster sugar
- Self-raising flour

happy cooking, Sarah x

EST  2013

FUSS FREE FAMILY FOOD

WWW.TAMINGTWINS.COM