



SASHA'S RECIPES

Fun things to try at home



Our Story



Sasha, aged 8 lives and goes to school in Tower Hamlets.

She started cooking aged 2 and wanted to share her favourite activity with her school friends during lockdown.

Together with her mum, Alison, and some helpers from Bromley by Bow Centre and Queen Mary University of London, they have been holding online cooking lessons for her friends and their families. Here you can see the cooking club in action!

We made this book so you can enjoy the recipes we have been learning to make. Have fun!



To find out more about Sasha's Cooking Club, visit:
www.youtube.com/watch?v=TrugpLKPTb0

Carrot Balls

Ingredients

- 1 cup dates (stone removed)
- ½ cup walnuts
- ½ cup pecans
- ¾ cup oats
- ½ tsp cinnamon
- ½ tsp nutmeg
- 1 teaspoon vanilla extract
- 1 carrot
- Unsweetened desiccated coconut for rolling



Make it

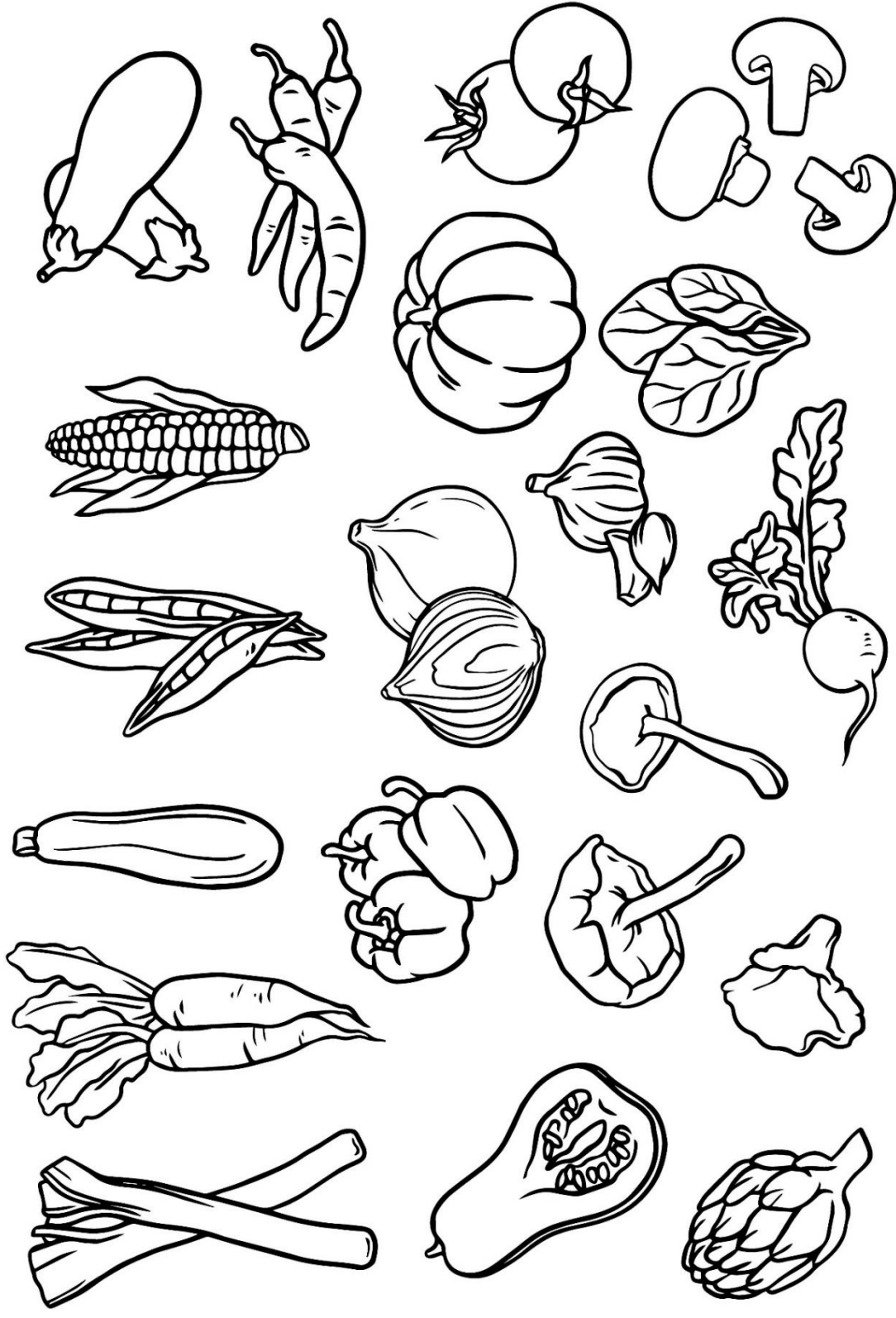
1. Peel and grate carrot.
2. Chop dates, walnuts and pecans into very small pieces (remember to ask an adult for help with a knife).
3. Add the carrot and all other ingredients into a bowl and mix well. The mixture should stick together. Add more dates if it does not stick.
4. Roll into small balls with hands.
5. Roll balls in coconut and put in the fridge.

Rate it



Serving size: 1 ball.

Can you identify and colour these vegetables?



Apple Doughnuts



Ingredients

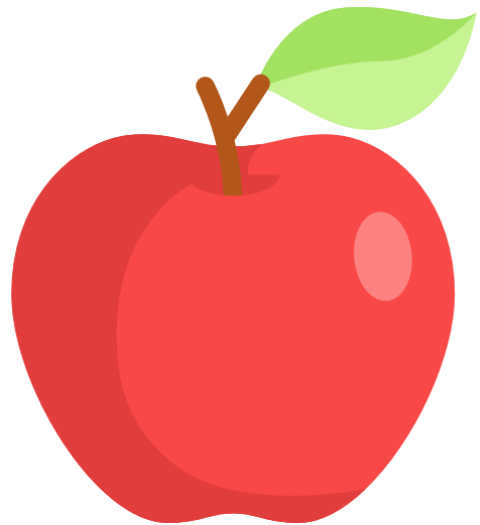
- 1 apple per person
- Fruit flavoured yogurt
- Peanut butter
- Blueberries
- Strawberries
- Granola (may contain nuts)

Make it

1. Cut the apples into horizontal slices
2. Remove the core from each apple slice using a round cutter or egg cup
3. Lay the apple slices flat on a plate
4. Chop strawberries into small chunks
5. Spread a layer of yogurt or peanut butter on each apple slice
6. Sprinkle with blueberries, strawberries and granola.

Serving size: 2 doughnuts.

Rate it



My Healthy Recipe

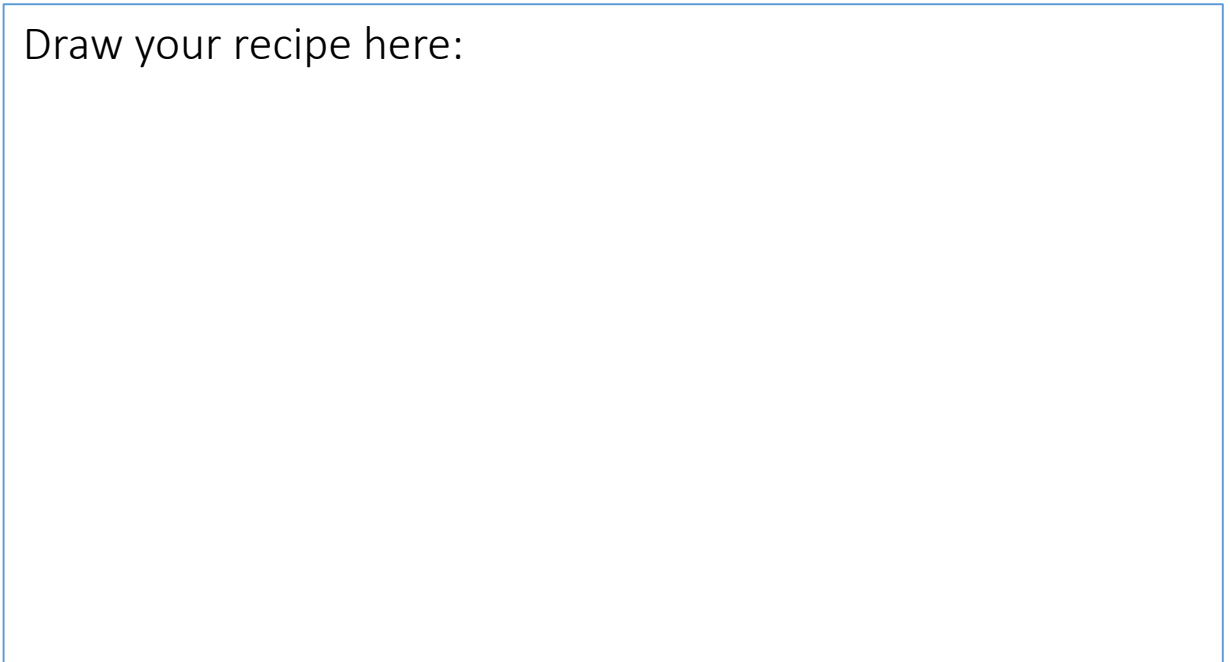
Ingredients

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Make it

1.
2.
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Draw your recipe here:



Rate it



Veggie Pasta Salad

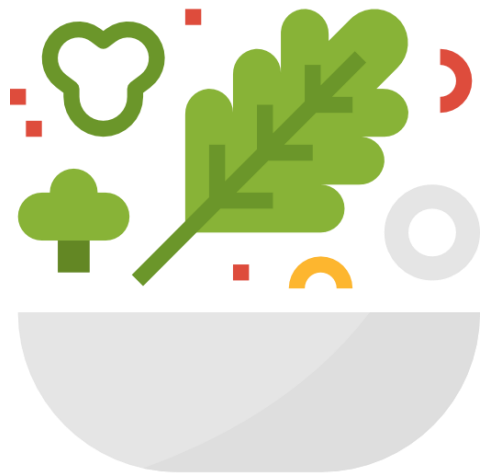


Ingredients

- 2 cups wholegrain pasta
- 6 Cherry tomatoes
- 30g feta cheese
- 1/2 can chickpeas
- 2 tablespoons pesto (*may contain nuts)
- 1 teaspoon olive oil
- Pepper
- Fresh basil leaves (optional)

Make it

1. Cook pasta according to packet instructions. Once cooked, drain and leave to cool.
2. Chop tomatoes and add to pasta.
3. Crumble feta into the pasta mixture.
4. Drain and rinse chickpeas and add to pasta.
5. Stir in pesto (to taste)
6. Season with pepper and add fresh basil leaves if you like. **Serving size:** small bowl.



Rate it



Fun Lucky Dip

Cut out these activities, fold and put them in a jar. When you are ready for some fun, pick one out and enjoy with your family!

Visit your local park with your family

Design a new healthy recipe – go to page 6

Draw a picture of your favourite memory

Play a game of tag

Play a game of sleeping lions

Build a den with your friends

Try a recipe from this book with the help of your parents

Write a story about a holiday adventure

Make up a dance routine to your favourite song

Prawn Tacos



Ingredients

Cabbage	½ teaspoon paprika
2-3 tablespoon soured cream	½ teaspoon cumin
Juice of ½ lime	½ teaspoon chili flakes (optional)
Fresh parsley	1-2 tablespoon olive oil
1 clove garlic	Tortilla wraps
Pepper to season	1 avocado
Cooked and peeled prawns	
½ teaspoon coriander	

Make it

1. Wash and shred the cabbage
2. Finely chop parsley and crush/finely chop the garlic
3. In a bowl, mix together soured cream, lime juice, parsley, garlic, and pepper. Put this to one side
4. In another bowl, mix together the prawns, and spices with some more pepper
5. Heat the oil in a frying pan. When hot, add the prawn mixture and fry the prawns for two minutes on each side
6. Warm the wraps in the microwave for 30 seconds or the oven for a few minutes (on a low heat)
7. Cut the avocado in half and either cut into chunks or scoop out and mash with a little bit of oil
8. When your wraps are warm, roll the prawns, soured cream, cabbage and avocado together. **Serving size:** 1 taco.

Rate it



Wordsearch

Find the healthy foods in the grid!

A	C	R	N	T	O	M	A	T	O	E	A	O	O
T	E	I	A	I	I	Y	U	A	E	F	I	S	H
S	R	S	L	S	N	R	Y	O	G	H	U	R	T
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Lettuce

Chicken

Chickpeas

Potatoes

Lentils

Banana

Tomato

Onion

Fish

Apple

Pasta

Sandwich

Yoghurt

Raspberries

Courgette

Milk

Noodles

Prawns

Our Research



Nicola and Meredith, REAL Child Health

Mina, Bromley by Bow

The REAL Child Health team are based at Queen Mary University of London. We use routine health data, interviews and focus groups to understand and improve child health in East London. If you are interested in getting involved with our future research and projects, please contact us at:

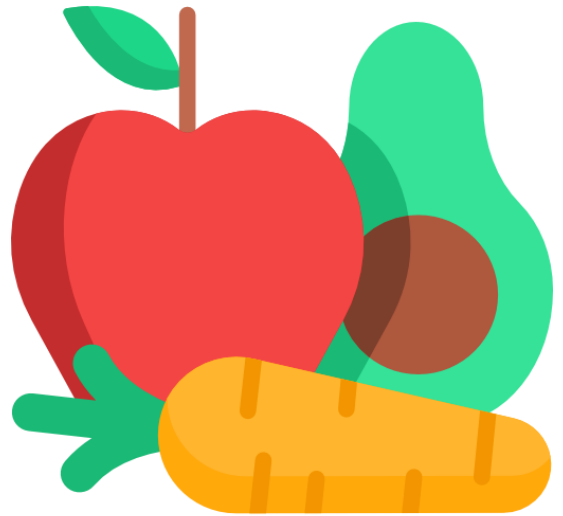
m.k.d.hawking@qmul.ac.uk

qmul.ac.uk/blizard/ceg/realhealth/childhealth

The Bromley by Bow Centre supports people and families to learn new skills, improve their health, build confidence and achieve their goals.

Mina and the Communities Driving Change team at the Centre worked with Sasha and Alison to help this idea become reality, we're excited to see what's next!

bbbc.org.uk



For more information go to:

www.qmul.ac.uk/blizard/ceg/realhealth/childhealth

www.bbhc.org.uk