



BROUGHT TO YOU
BY MY FOOD BAG



ACTIVITY BOOK

Fun activities to keep
kids happy & busy



**RECIPE
INSIDE:**

Caramel
Chocolate
Mini
Cheesecakes



CARAMEL CHOCOLATE *mini* CHEESECAKE

MAKES 12

INGREDIENTS

Filling

250g cream cheese,
at room
temperature
300g cream
1/4 cup salted
caramel sauce
1/2 cup salted
caramel sauce
Biscuit Crumb
100g butter, melted
1 pack superwine
biscuits

Topping

1 pack dark chocolate
drops
1/2 Tbsp oil

Allergens

Contains gluten, milk, soy

INSTRUCTIONS

Before you start

Line a 12-cup muffin tin with cupcake liners. Remove cream cheese from the fridge to come to room temperature.

Prep cheesecake

Place cream cheese, cream and first measure of caramel sauce in a large bowl or bowl of your stand mixer and use electric beaters to whip for 1 minute, until thick and stiff peaks form.

Make cheesecake

Dollop 1/2 Tbsp of caramel sauce into the bottom of each muffin cup. Then fill with cream cheese, spreading out evenly, leave at least 1cm space at the top for the biscuit crumb.

Prep crumb

Melt butter in a small pot on low heat, until melted. Crush remaining biscuits either in a food processor or in a sealed plastic bag using a rolling pin, until biscuits resemble breadcrumbs. Add butter and biscuits to a large bowl and stir to combine; it will be a wet sand looking mixture.

Finish cheesecake

Press into the top of the muffin cups and smooth out flat with the back of a spoon. Place in the freezer to chill for at least 2 hours.

Make topping

When ready to serve, melt chocolate. Place chocolate and oil measure in a heatproof bowl over a pot of simmering water and stir, until melted.

Serve

Remove cheesecakes from tray and let sit for 10 minutes, then peel off paper. Arrange on a serving dish and drizzle over melted chocolate.

WORD *search*

See how many of the vegetables listed below you can find in the grid. Words go forwards, backwards, vertically and diagonally.

B	E	G	A	B	B	A	C	M	O	O	S	T	P	R
R	O	P	U	S	L	A	R	L	E	T	T	U	C	E
O	V	E	G	E	P	S	T	A	B	L	A	E	S	P
C	G	R	O	H	S	A	U	Q	S	W	N	T	U	P
C	U	C	U	M	B	E	R	I	N	A	M	M	O	E
O	E	A	R	I	C	P	A	A	N	G	P	A	R	P
L	D	U	T	E	N	S	A	R	G	K	E	P	I	E
I	P	L	P	U	E	R	S	T	I	U	C	N	U	C
C	U	I	M	B	R	E	R	N	O	S	S	O	N	H
I	E	F	O	N	H	N	S	N	B	R	E	A	N	C
S	L	L	E	T	R	S	I	T	A	U	R	C	E	A
S	W	O	E	O	E	O	I	P	E	T	C	A	O	N
R	N	W	C	R	N	C	A	D	R	R	O	T	C	I
S	A	E	N	D	Y	R	A	D	A	I	S	H	E	P
S	B	R	U	S	S	E	L	S	P	R	O	U	T	S

ASPARAGUS
BROCCOLI
BRUSSEL SPROUTS
CABBAGE
CARROT

CAULIFLOWER
CELERY
CORN
CUCUMBER
LETTUCE

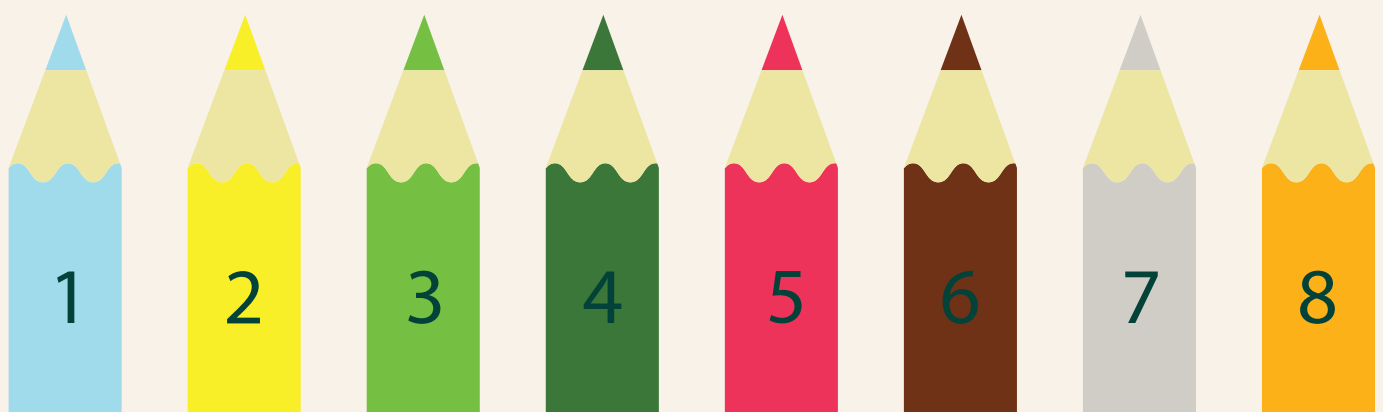
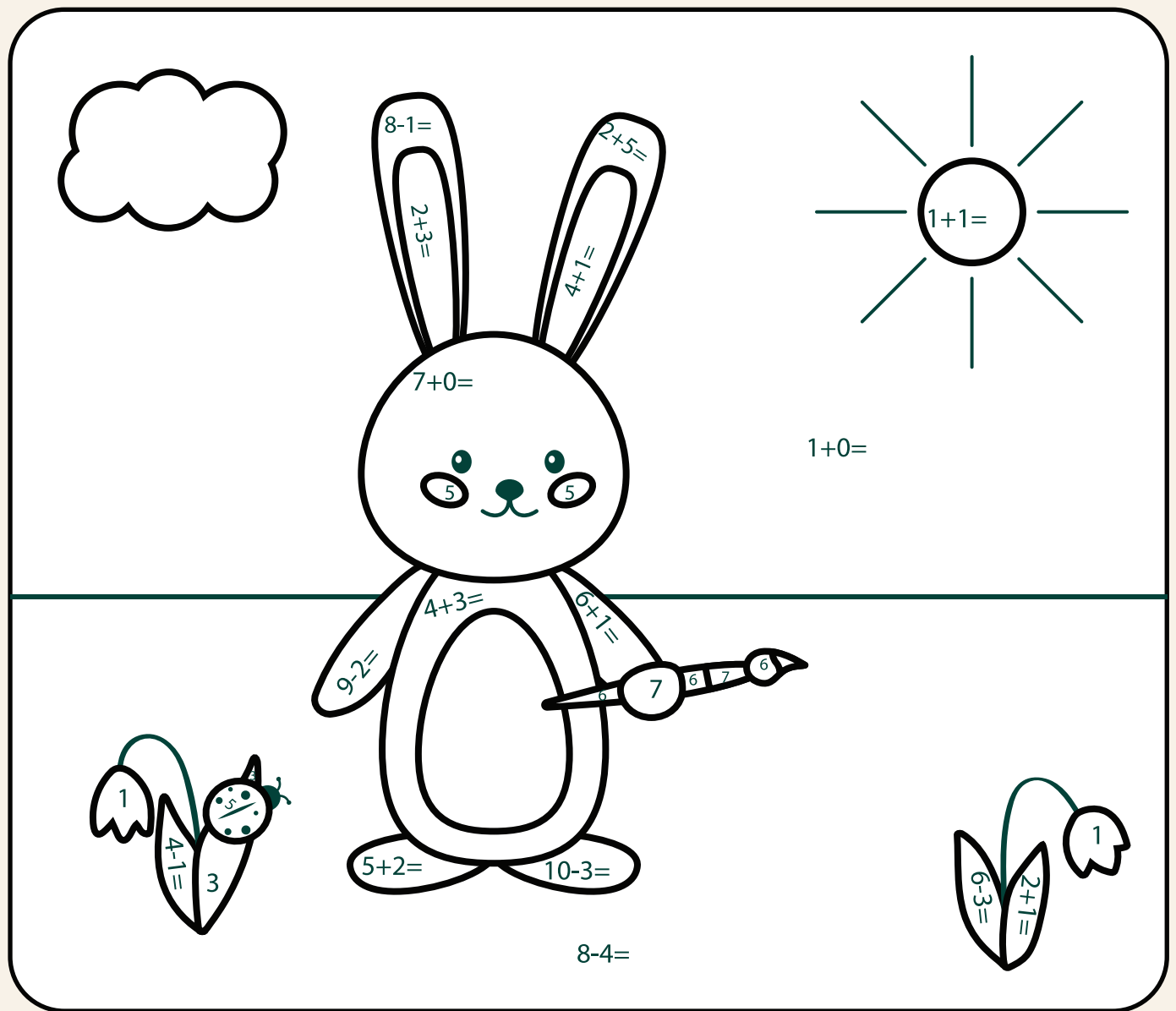
ONION
PARSNIP
PEAS
PEPPER
POTATO

PUMPKIN
RADISH
SPINACH
SQUASH
TURNIP

COLOUR & CUT!

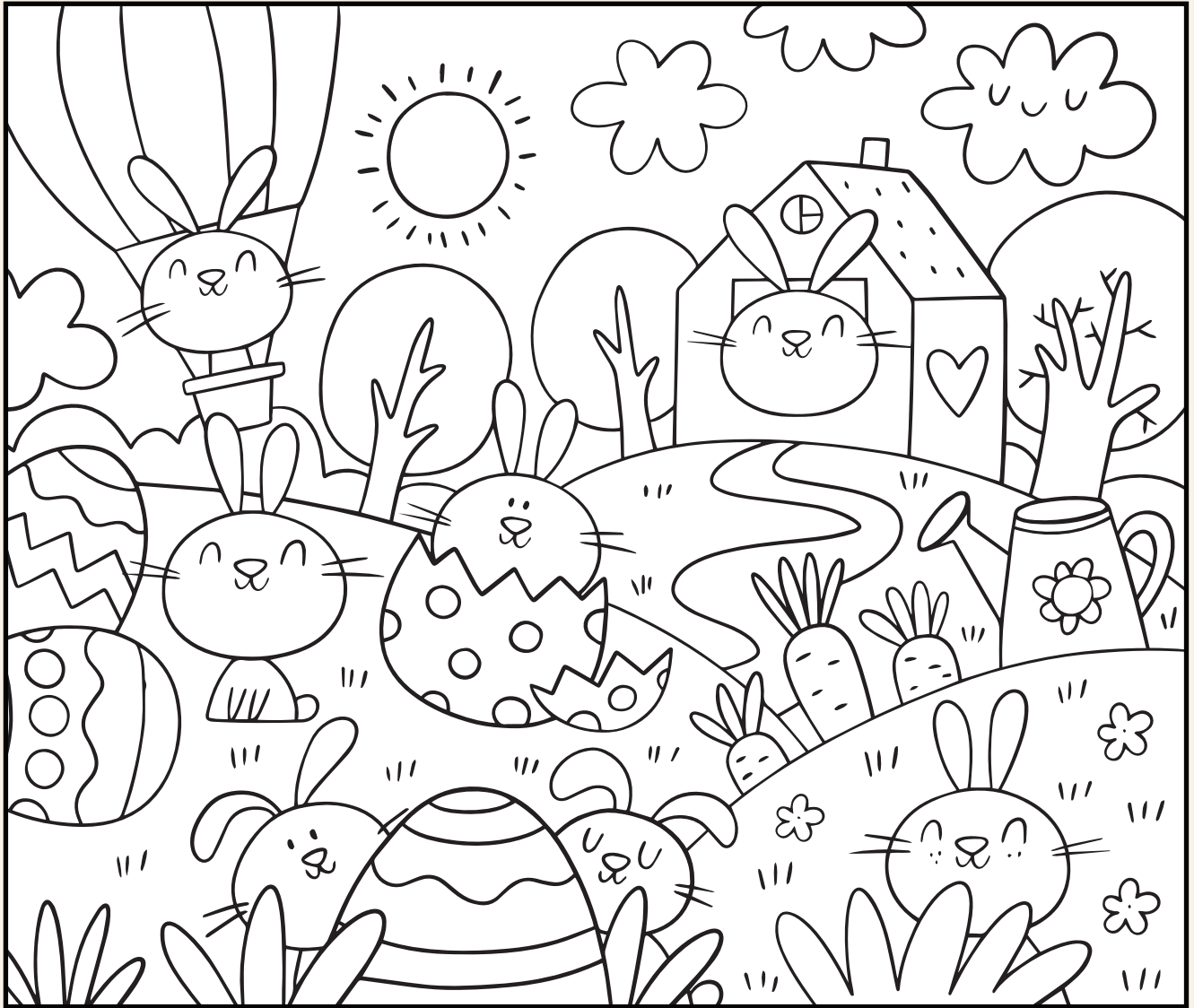


SOLVE & COLOUR



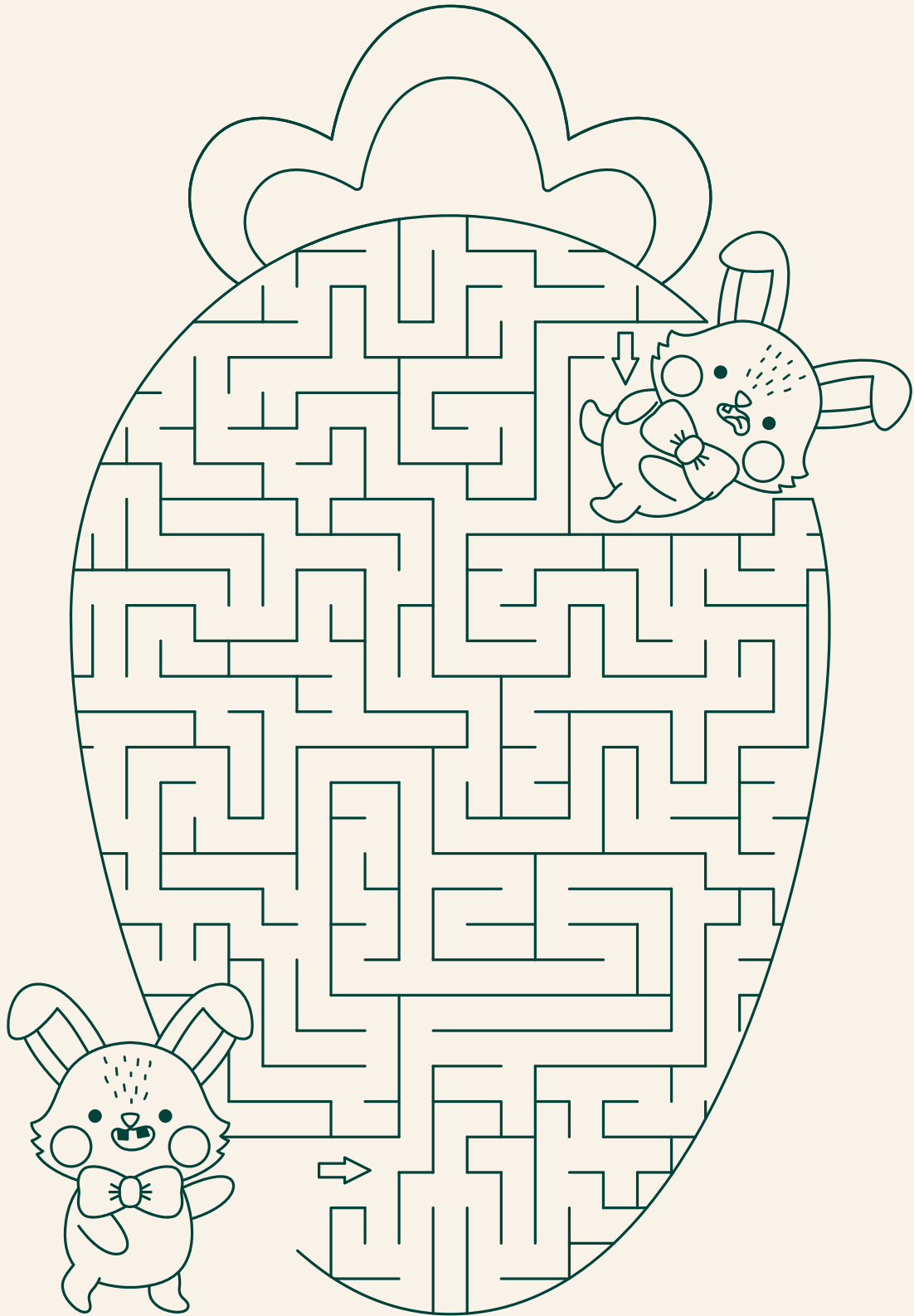
HIDE & SEEK

How many do you see?

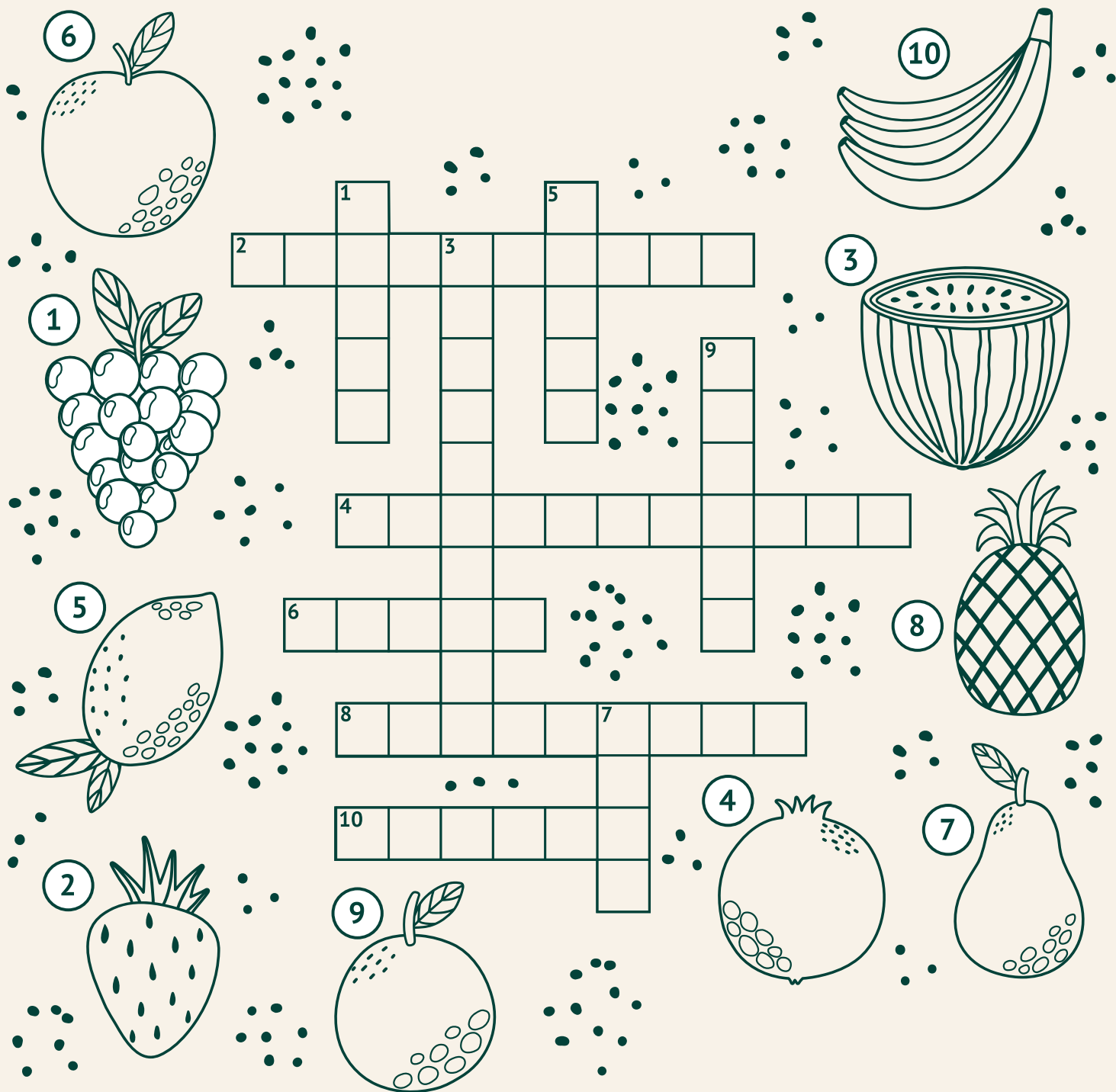


A-MAZE-ING!

Can you find your way through the carrot?



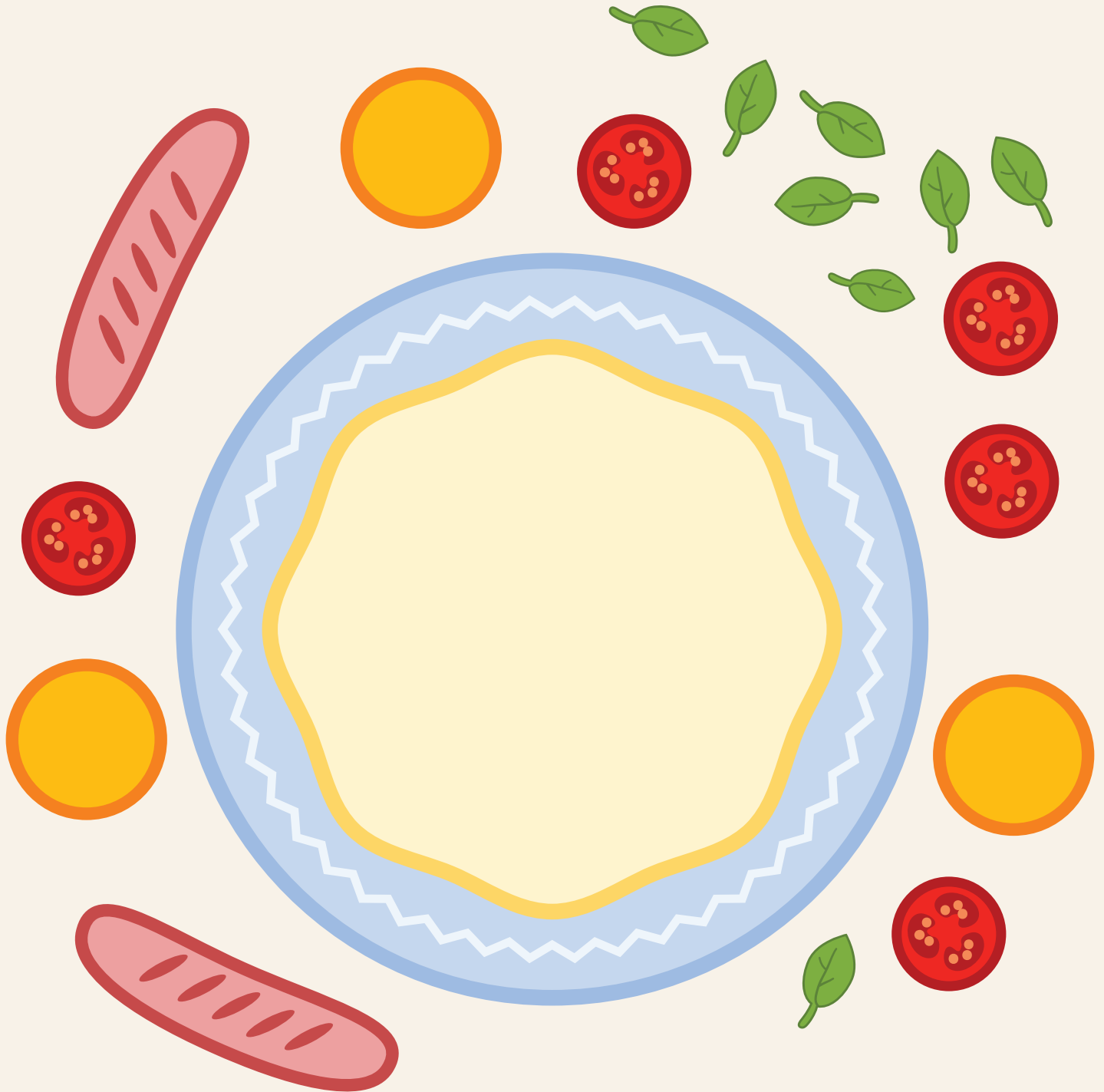
FRUITS!



1. Grape 2. Strawberry 3. Watermelon
4. Pomegranate 5. Lemon 6. Apple 7. Pear
8. Pineapple 9. Orange 10. Banana

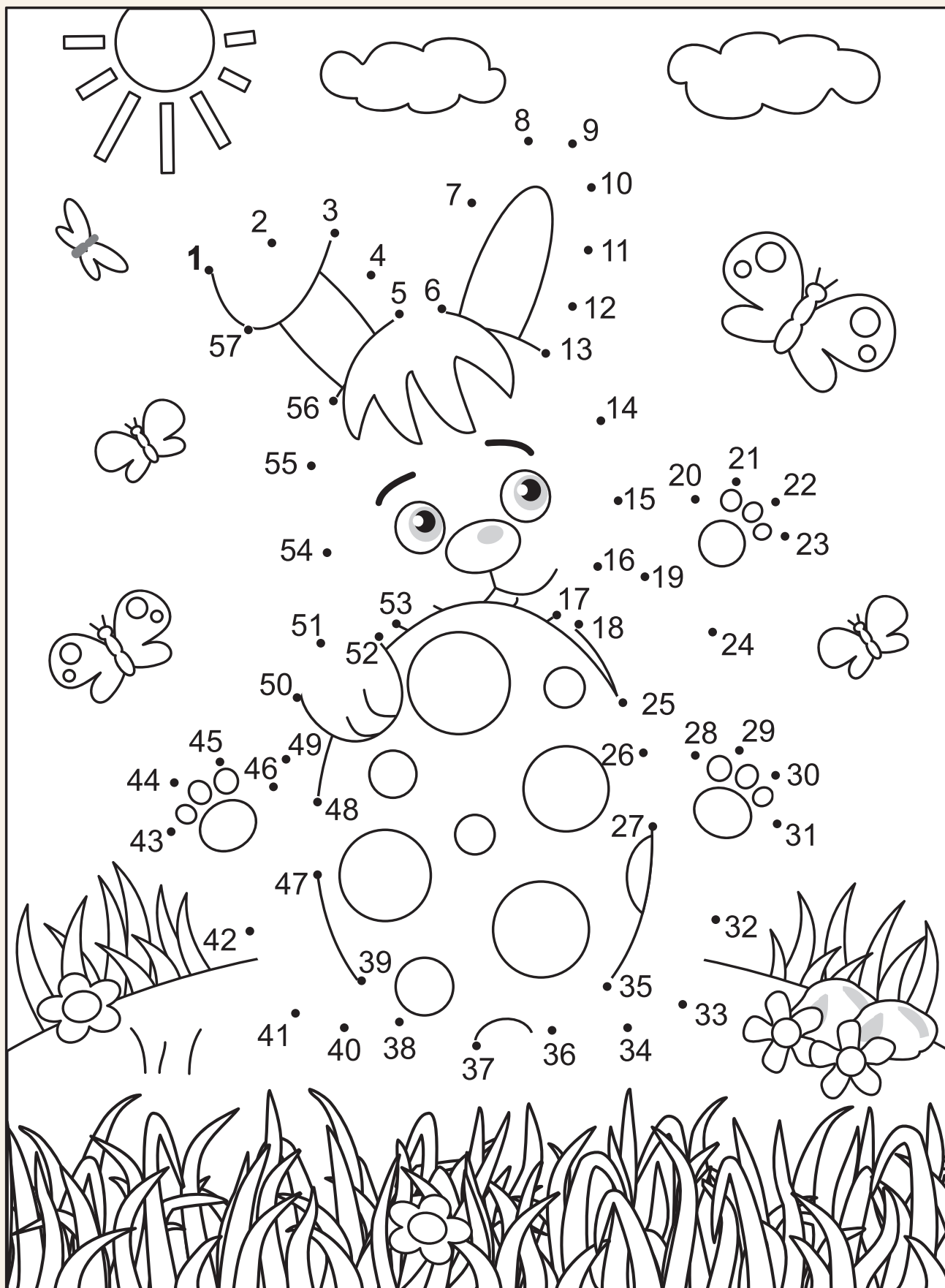
CUT & *glue*

Use example or your imagination!



CONNECT THE DOTS

Connect the dots on the bunny and egg and colour it in!





**WHAT'S YOUR
FAVOURITE FOOD?**