

Cucumber Bh And Yogurt

Ingredients

Cucumber

Mint

Spring onions

And Yogurt

- 1 Chop up the herbs
- 2 put it in the bowl

- 3 Add the yogurt and mix it together

# Stone Age Fruit Salad Recipe

## You will need:

pears  
apples  
black berries  
rasberries  
blueberries  
strawberries  
knife  
chopping board  
apple juice  
and cups  
(plastic)  
Jug (ml)



## STONE AGE

## Instructions:

1. Wash your hands
2. get a cup and fruit
3. get the fruits you want and cut them carefully
4. and then put 100ml of apple juice in and then put the fruits in the plastic cup
5. Put them in the fridge for 1 to 2 minutes.
6. and serve.

By Eleanor and Paige

Year 9:

## Energy Balls

### Ingredients:

- 100g mixed chopped nuts
- 75g raisin raisins
- 1tbsp cocoa powder
- 1tbsp honey
- 50g desiccated coconut
- 2tbsp peanut butter
- 1tbsp ground Almonds

### Equipment:

- Weighing Scale
- tbsp
- wooden spoon
- mixing bowl
- grease proof paper
- tray (for putting them on)

### Method:

1. put all of the ingredients in the bowl except for the desiccated coconut.
2. Make sure you mix all of them ~~thoroughly~~ thoroughly so that they all stick together after.
3. Roll them up into middle sort of sized balls.
4. Then once you have made some balls roll them into the desiccated coconut.
5. Then let them go in the fridge for 20 mins to cool down.