

Seaside Jelly Cups

A super fun seaside snack that kids can help make!



10 Minutes



5 Minutes



4 servings

Ingredients:

- 4 Clear cups
- 1 pack of Blue jelly (any brand you like; prepare as per packet instructions)
- 1 pack of Vanilla biscuits (crushed – these become the “sand”)
- 1 can of Whipped cream (for the foamy beach waves)
- 1 pack of Life Saver lollies (for floating rings)
- Tiny Teddies (for the swimmers)
- 4 Mini beach umbrella pick

Instructions:

- Prepare the blue jelly following the packet instructions.
- Pour it into clear cups until they're about $\frac{3}{4}$ full.
- Place in the fridge to set completely.
- Crush vanilla biscuits in a bowl.
- Once the jelly has set, spoon a layer of crushed biscuits onto one side of the cup to look like a sandy beach.
- Add a small swirl of whipped cream along the edge of the “water” to make foamy waves.
- Place a Life Saver lolly on top of the jelly so it looks like a floating ring.
- Add a Tiny Teddy inside or near the lolly so it looks like it's swimming!
- Stick a small beach umbrella pick into the “sand” for a fun summer vibe.



Red and Yellow Sushi

A colourful, fun sushi recipe using red and yellow rice!



20 Minutes



45 Minutes



6 servings

Ingredients

For the rice

- 3 cups cooked sushi rice
- 1 tbsp rice vinegar
- 1 tsp sugar
- A pinch of salt
- Red food colouring or beetroot juice
- Yellow food colouring or turmeric

For the fillings:

Option 1:

- 1–2 chicken breast fillets
- Salt & pepper
- Oil spray
- Avocado slices

Option 2:

- Cucumber sticks
- 1 small tin of tuna in springwater or brine (drained)
- 1 tbsp mayo (optional)

Other

- Nori sheets
- Bowl of water (for sealing)
- Rolling mat (optional)

Instructions

1. Prepare the Sushi Rice

- Mix rice vinegar, sugar, and salt together.
- Fold this mixture into the warm cooked rice.

2. Colour the Rice

- Divide rice into two bowls.
- Red rice:
 - Add beetroot juice or red colouring and mix.
- Yellow rice:
 - Add turmeric or yellow colouring and mix.

3. Make the Air-Fried Chicken Strips

- Slice chicken into thin strips.
- Season lightly with salt and pepper.
- Spray with oil.
- Air-fry at 190°C for 8–10 minutes, shaking halfway, until golden and cooked through.
- Let cool slightly before adding to sushi.

4. Prepare Other

Ingredients

- Slice avocado and cucumber.
- Mix tuna with mayo if using.

5. Build the Sushi Rolls

- Lay a nori sheet shiny-side down.
- Spread red rice on one half and yellow rice on the other.
- Add your chosen filling across the centre:
- Roll tightly using hands or a rolling mat.
- Seal the edge with a little water.

6. Slice & Serve

- Use a sharp knife dipped in water to cut into neat slices.
- Enjoy with soy sauce, mayo, or simply as they are.



Red & Yellow Fruit & Veggie Platter

A fun, vibrant platter made entirely from red and yellow fruits and vegetables – sweet, crunchy, and super easy to assemble!



20 Minutes



5 Minutes



10 servings

Ingredients

Red Fruits

- Strawberries
- Watermelon cubes or balls
- Red apples (sliced)
- Raspberries
- Red grapes
- Cherries (pitted for kids)

Yellow Fruits

- Corn kernels
- Yellow capsicum strips
- Baby yellow tomatoes

Yellow Fruits

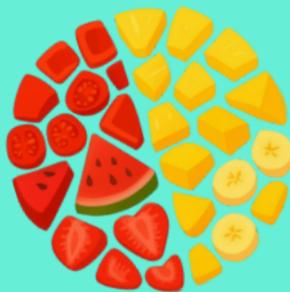
- Pineapple chunks
- Mango slices
- Yellow peaches or nectarines
- Banana slices
- Honeydew

Red Veggies

- Cherry tomatoes
- Red capsicum strips
- Radish slices

Optional Dips

- Vanilla yoghurt
- Hummus
- Cream cheese dip
- Honey yoghurt dip



Instructions

1. Prep the Fruit

- Wash all fruits well.
- Slice or cube larger items like watermelon, mango, apples, and peaches.
- Remove seeds, pits, and stems for safety (especially for kids).

2. Prep the Veggies

- Wash thoroughly.
- Slice capsicum, carrots, and radishes into kid-friendly strips or rounds.
- Steam corn lightly if preferred, or serve fresh and crisp.

3. Build the Platter

Choose a large, flat tray or board. Assemble as desired, you can create a flag shape!