

# Lunchbox Laughter

## Christmas All Packed Up



### Special Turkey Sandwich

**Ingredients:**

1 granary roll  
50g turkey breast  
1 teaspoon cranberry sauce  
½ teaspoon low fat mayonnaise  
1 thin slice stuffing  
Handful salad

**Equipment:**

Chopping board  
Knife  
Teaspoon

**Method:**

1. Halve granary roll. Spread one side with cranberry sauce and the other with mayonnaise.
2. Slice the turkey and stuffing and place in sandwich.
3. Stuff with salad – Christmas bap all packed up!

### Christmas Cookies

**Ingredients:**

50g porridge oats  
75g wholemeal flour  
½ teaspoon bicarbonate of soda  
½ teaspoon ground mixed spice  
75g butter  
2 apples  
50g sugar  
Coloured icing pens

**Equipment:**

Oven and oven gloves  
Baking trays  
Weighing scales  
Mixing bowl  
Spoon  
Knife and chopping board  
Potato masher

**Method:**

1. Preheat the oven to 190°C. Line two baking trays with greaseproof paper.
2. Peel and chop apple, place in a pan and add sugar and 2 tablespoons water. Place the lid on top of the pan and heat over a gentle heat until softened. Mash using a potato masher and set aside to cool.
3. Mix together the oats, flour, bicarbonate of soda and mixed spice.
4. Cream the margarine in a bowl and beat in the apple purée, a little at a time. Beat into the oat mixture.
5. Place teaspoons of the mixture on a baking sheet, leaving a space of about 5cm round each one.
6. Bake the biscuits for 10 – 15 minutes or until golden.
7. Leave the biscuits on the baking trays until they are cool and firm.
8. Decorate the biscuits with icing drawing festive characters or scenes on them.

### Christmas Smoothie

**Ingredients:**

1 cup mixed red berries  
½ glass apple juice  
½ glass orange juice  
Pinch cinnamon  
Pinch nutmeg

**Equipment:**

Cup  
Glass  
Hand blender or smoothie maker

**Method:**

1. Place all ingredients into a smoothie maker (or jug and hand blender).
2. Blend until smooth.