


## INGREDIENTS

## Cookies

110 g butter, at room temperature ${ }^{\wedge}$
1 cup caster sugar ^
1 egg ${ }^{\wedge}$
1 tsp vanilla (optional) ^
2 cups plain flour ${ }^{\wedge}$
Flour for dusting $\wedge$

## Icing

2 cups icing sugar ^
50 g butter, at room temperature ${ }^{\wedge}$
2 Tbsp hot water ^
Food colouring (see recipes on the right) ^

## Natural Food Colouring

$1 / 2$ tsp ground turmeric (yellow) ^ $1 / 4$ cup frozen raspberries (pink) ^ $1 / 4$ cup frozen blueberries (purple) ^ $1 / 2$ cup water ^
$\wedge$ Pantry staple

## Cookies

1. Preheat oven to $180^{\circ} \mathrm{C}$. Line an oven tray with baking paper.
2. In a large bowl, or bowl of your stand mixer, use electric beaters to cream together first measure of butter and sugar, about 3 minutes.
3. Beat in egg and vanilla.
4. Add flour, half at a time, mixing until incorporated.
5. Dust bench and rolling pin with flour and roll dough 1 cm thick. Use cookie cutters to cut into shapes, then place on a lined oven tray. Re-roll any off-cuts.
6. Bake for about 8-10 minutes, until cookies are just starting to turn slightly golden on the bottom (tops of cookies will have no colour).
7. While cookies bake, place icing sugar and second measure of butter in a large bowl or bowl of your stand mixer. Use electric beaters to beat for about 2 minutes, until combined. Add hot water and beat a further 3 minutes, until light and fluffy. Split icing into bowls (depending on how many colours you want) and add a few drops of different coloured food colouring to each bowl. Mix each bowl for a further minute, until combined.
8. Once cookies have cooked, transfer to a wire rack to cool completely before decorating.

## Natural Food Colouring

1. Pick your desired colour and place that ingredient, along with the water, in a small pot and bring to the boil on medium heat. Cook for about 2 minutes, until reduced slightly. Keep an eye on your pot as the water will evaporate quickly.
2. For turmeric mixture, use 1 tsp in icings to add a yellow hue.
3. For either berry mixture, you will need to strain out the remaining berries. Place a strainer on top of your bowl and pour in your berry mixture. Use a spoon to push through as much liquid as you can, avoiding pressing seeds/chunks through. Use 1 tsp of this liquid in your icings to colour it.

## CONNECT THE DOTS

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


## FUN FOODIE QUIZ

Test your knowledge of all things food!

- What ingredient makes bread rise?

6 What fruit are raisins made of?
2
What bright red fruit has all its seeds on the outside?

7What food comes in button, oyster, shiitake, portobello \& porcini varieties?

3
What food is used as the base for guacamole?
4
What is the sweet substance made by bees?
5
What is New Zealand's national fruit?

8 Dairy products are generally made from what common liquid?

- Bananas are high in which essential

10
Which vitamin is know for its immune-boosting properties?

## COLOURING IN

Have fun colouring in these Easter-themed pictures. Make the Easter Eggs as colourful as you can!



## WO RD SEARCH

See how many of the vegetables listed below you can find in the grid. Words go forwards, backwards, vertically and diagonally.
$\begin{array}{lllllllllllllll}B & E & G & A & B & B & A & C & M & O & O & S & T & P & R\end{array}$ $\begin{array}{lllllllllllllll}R & O & P & U & S & L & A & R & L & E & T & T & U & C & E\end{array}$ $\begin{array}{lllllllllllllll}O & V & E & G & E & P & S & T & A & B & L & A & E & S & P\end{array}$ $\begin{array}{lllllllllllllll}C & G & R & O & H & S & A & U & Q & S & W & N & T & U & P\end{array}$ C U C U M B E R I N A M M O E $\begin{array}{lllllllllllllll}O & E & A & R & I & C & P & A & A & N & G & P & A & R & P\end{array}$ $\begin{array}{lllllllllllllll}\mathbf{L} & \mathrm{D} & \mathbf{U} & \mathbf{T} & \mathbf{E} & \mathbf{N} & \mathbf{S} & \mathbf{A} & \mathbf{R} & \mathbf{G} & \mathrm{K} & \mathrm{E} & \mathbf{P} & \mathbf{I} & \mathbf{E}\end{array}$ I $\quad \mathbf{P} \quad \mathbf{L} \quad \mathbf{P}$ U
 $\begin{array}{lllllllllllllll}\text { I } & E & F & O & N & H & N & S & N & B & R & E & A & N & C\end{array}$ $\begin{array}{llllllllllllllll}S & L & L & E & T & R & S & I & T & A & U & R & C & E & A\end{array}$ S W O E O E O I P E T C A O $\begin{array}{llllllllllllllll}R & N & W & C & R & N & C & A & D & R & R & O & T & C & I\end{array}$ $\begin{array}{lllllllllllllll}S & A & E & N & D & Y & R & A & D & A & I & S & H & E & P\end{array}$ $\begin{array}{lllllllllllllll}S & B & R & U & S & S & E & L & S & P & R & O & U & T & S\end{array}$

| ASPARAGUS | CAULIFLOWER | ONION | PUMPKIN |
| :--- | :--- | :--- | :--- |
| BROCCOLI | CELERY | PARSNIP | RADISH |
| BRUSSEL SPROUTS | CORN | PEAS | SPINACH |
| CABBAGE | CUCUMBER | PEPPER | SQUASH |
| CARROT | LETTUCE | POTATO | TURNIP |

## SPOT THE DIFFERENCE

There are $\mathbf{5}$ differences between the pictures below. Can you spot them all? Colour in all the fruit and veggies when you're done!

*See the solution on the back page.

## A-MAZE-ING!

Can you find your way through the Easter egg?


CROSSWORD PUZZLE Complete the crossword, then fill in the letters to reveal the keyword.


SOLUTIONS

FUN FOODIE QUIZ

1. Yeast
2. Strawberry
3. Avocado
4. Honey
5. Kiwifruit
6. Grapes
7. Mushrooms
8. Milk
9. Potassium
10. Vitamin C

SPOT THE DIFFERENCE



