



Mr. Willow's cheesy spinach bread sticks – to cook with your child. **Please take a copy**

Recommendations:

- Choose to use home-grown and organic ingredients as possible.
- After the age of 6 months wheat products like plain breadsticks can be introduced as finger foods. After 8 -10 months depending on the child's developmental stage different varieties can be added such as these particular recipes.
- Home-made breadsticks can be very simply made and can be conveniently frozen for future use.



Quick Glance Ingredients Key

Suitable for:



Wheat and Gluten free diet. Use gluten free flour.



Dairy free diet. Omit the cheese and use water instead of milk.



Nut free diet.



Egg free diet



Vegetarians

Ingredients

400g strong bread flour

2 tablespoons olive or sunflower oil

280 ml/ ½ pint tepid milk or water

1 ½ rounded teaspoons quick acting dried yeast

200g grated cheese.

60g fresh or frozen spinach

Pinch of sea salt (optional)



Super Foods for Super Kids- Cooking with your child

Instructions

Cook the spinach for 2 minutes in minimum boiling water strain well and leave to cool. Press or squeeze a little to ensure as dry as possible. Chop well or cut with scissors so there are no stringy bits.

Mix all the ingredients together except the cheese in large food processor and knead slowly for 10 -15 minutes. (This can easily be done by hand), Add half of the cheese. Mix again for a few minutes.

Cut into walnut sizes pieces. Spread the remaining cheese around and roll the pieces into long thin sausage shapes through the cheese. Place on an oiled baking tray or use Teflon non-stick liners. Prove for 20-30 minutes in a warm place until double in size.



Place in hot oven 180* for 15 - 20 minutes until lightly browned. Cool on a baking sheet. They freeze well and only take a few minutes at room temperature to defrost. Alternatively pop in a microwave or toaster for a few seconds.

Dietary Information

- These bread sticks are suitable for children from 8 months. Consider blending/liquidising the spinach if your child is still weaning.

