

Tooth friendly recipes and ideas for celebrations



Watermelon Jack-o-lantern

Carefully carve out a large mouth shape with pointy teeth and scoop out some of the flesh. Carve out the eyes and do the same. Fill the mouth with the chopped watermelon and other chopped fruit such as fresh pineapple, apple and other melons.

<https://realfood.tesco.com/recipes/watermelon-jack-o-lantern.html>

Scary Jacket Potatoes!

Simply carve out spooky faces into the raw potato before cooking.



Witches' Broomsticks

Easy to make using just 3 ingredients:

Cheese strings

Pretzel sticks

Fresh chives

<https://momfoodie.com/witches-broomstick-snacks-easy-halloween-party-snacks/>

HALLOWEEN

Tooth friendly recipes and ideas for celebrations



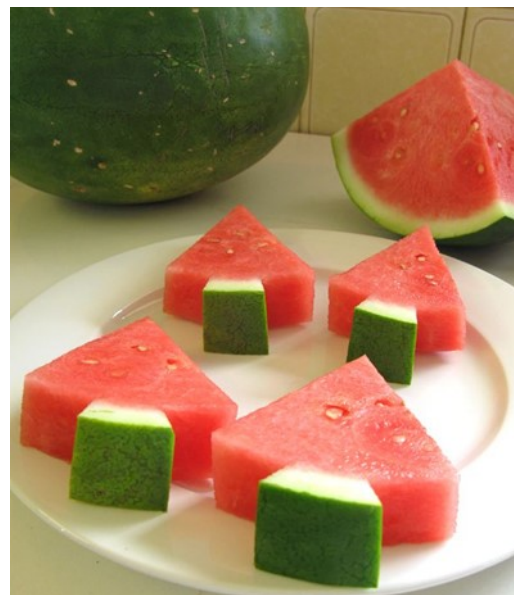
These easy pitta bread trees taste great with guacamole and some chopped pepper .



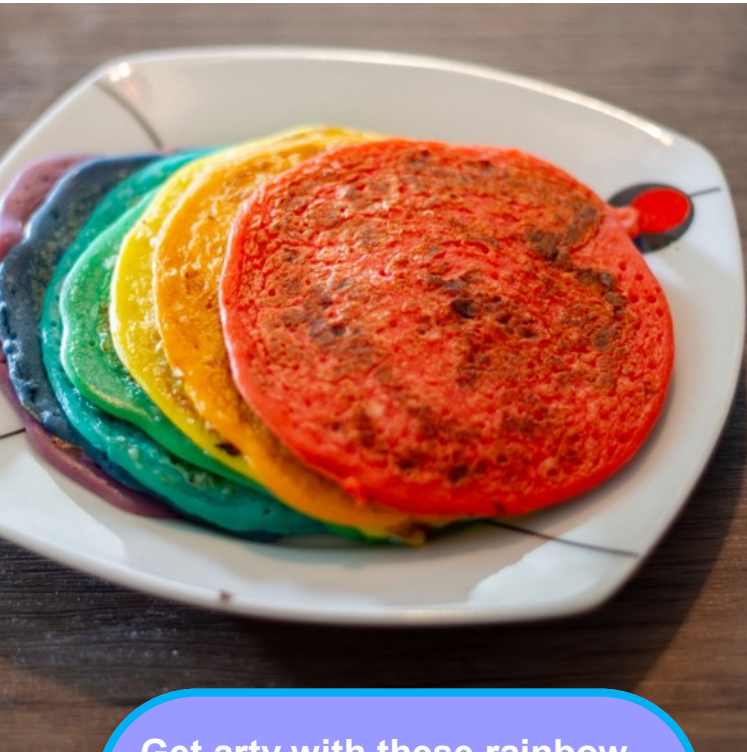
Christmas



Have fun with fruit and vegetables this Christmas. What other ideas can you come up with?



Tooth friendly recipes and ideas for celebrations



Basic pancake recipe (makes 12)

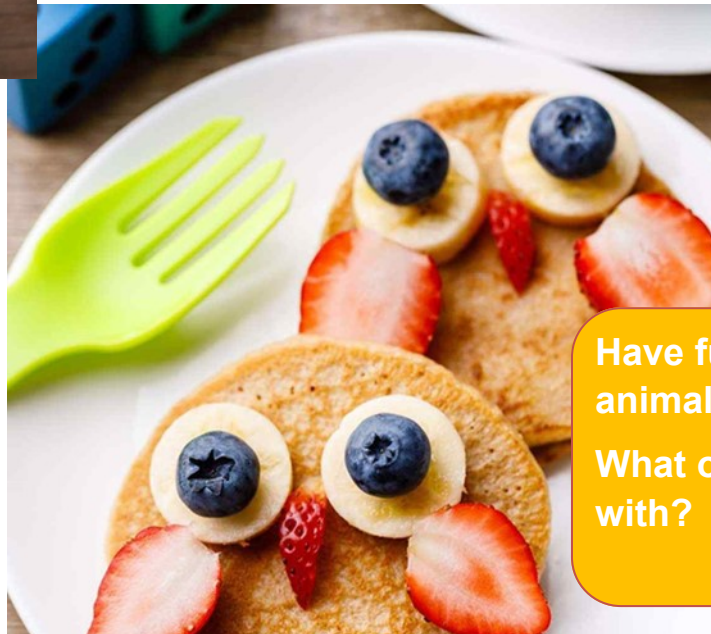
<https://www.bbcgoodfood.com/recipes/easy-pancakes>

100g plain flour, 2 large eggs, 300ml milk or milk alternative, 1 tbsp sunflower or vegetable oil, plus a little extra for frying

1. Whisk ingredients together in a bowl
2. Heat a frying pan over medium heat with a splash of oil
3. Pour a small amount in the pan and swirl around to edges
4. When edges crisp flip over and cook on the other side

Pancake Day

Get arty with these rainbow pancakes. Make the pancake batter as shown above and separate out evenly over 7 bowls (or however many food colouring colours you have). Add a few drops of food colouring to each bowl and mix. Continue to step 2 above.



Have fun with fruit and make different animals.

What other ideas can you come up with?

Tooth friendly recipes and ideas for celebrations



Have a go at creating the popular crispy spring rolls.

<https://www.deliciousmagazine.co.uk/recipes/quick-spring-rolls/>

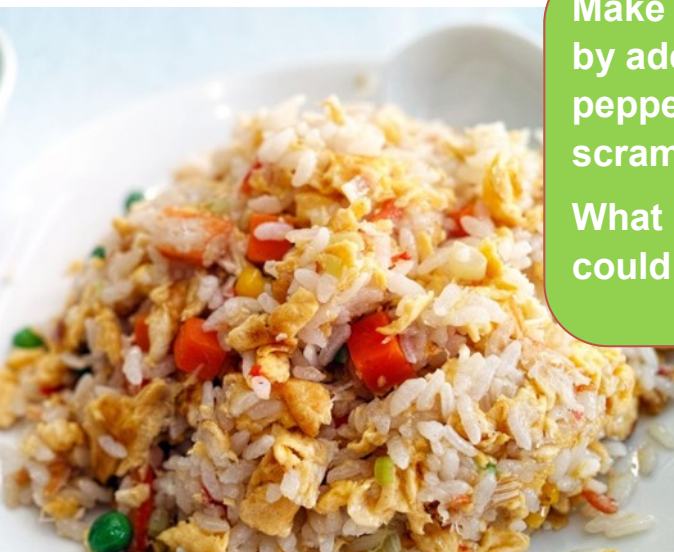
*keep it tooth friendly and leave out the sweet chilli sauce



Try these lettuce wraps as a lunch or dinner idea.

<https://andreasrecipes.com/chinese-chicken-lettuce-wraps/>

Chinese New Year



Make a meal out of rice by adding peas, chopped pepper, sweetcorn and scrambled egg

What other ingredients could you add?

This simple chicken chow mein dinner idea is a great way to get some vegetables in your children's diet

<https://www.bbcgoodfood.com/recipes/chicken-chow-mein>



Tooth friendly recipes and ideas for celebrations



عيد



Raita

Make this simple dip as a snack to dip slices of pita bread or vegetable sticks.

Mix together plain yoghurt with mint leaves, diced cucumber and a pinch of salt. You could add other spices such as cumin or chilli powder to give it a little kick.



Chana Chaat

What You Need

- 1 1/2 cups soaked and boiled kabuli chana
- 1/2 cup paneer (optional)
- 1 cucumber
- 1 spring onion
- 2 tablespoons tomato sauce
- 1 teaspoon chaat masala
- 1 teaspoon chopped dhanial leaves

8 Steps to make Chana Chaat

1. Cut the paneer in small cubes.
2. Peel the cucumber and cut it in small pieces too.
3. Chop the spring onion.
4. Put the kabuli chana, paneer, cucumber and spring onion in a bowl and mix them.
5. Add the tomato sauce and chaat masala and mix well.
6. Sprinkle the dhanial leaves on top.
7. Put it in the fridge.
8. Serve chilled.

<https://mocomi.com/chana-chaat-recipe/>

Check out this simple and fun samosa recipe...

<https://www.mummycooks.co.uk/blogs/recipes/vegetable-samosas>

Tooth friendly recipes and ideas for celebrations



Black dal

- 1 tbsp ghee
- 1 small onion, peeled and roughly chopped
- 3 large cloves garlic, peeled and roughly chopped
- 1/2 thumb-sized piece fresh ginger, grated
- 1 tbsp ground cardamom
- 1 tbsp garam masala
- 1/2 tbsp ground turmeric
- 1/2 tsp ground cinnamon
- 1 400g chopped tomatoes
- 1 x 400g tin kidney beans (in water)
- 1 x 400g tin of black beans (in water)
- 3 heaped tbsp natural yoghurt
- 1 tbsp freshly chopped coriander leaves

<https://www.netmums.com/recipes/black-dal>

DÍWALÍ



Chapatis

Just 3 ingredients to make this simple Indian flat bread:

- 100g wholewheat flour (or chapatti flour)
- 4 tbsp water (cold)
- 1 tbsp vegetable oil (or ghee)

<https://www.netmums.com/recipes/chapatis>

Chicken Tikka

- 1/2 tub of natural yoghurt (medium sized)
- garlic (4x cloves), crushed
- fresh ginger (1.5 inches, peeled and chopped or grated)
- 1 small onion
- 1.5 tsp chilli powder (or less to taste)
- 1 tbsp ground coriander
- 4 chicken breasts (skinned and boned)
- 1 large onion (thinly sliced into rings)
- 2 large tomatoes, sliced
- 2 tbsp coriander leaves

<https://www.netmums.com/recipes/chicken-tikka>



Tooth friendly recipes and ideas for celebrations



Red lentil pancakes

The food prepared by Sikhs is always vegetarian so that anyone can come and eat together.

Why not try these lentil pancakes...

https://www.bbc.co.uk/food/recipes/red_lentil_pancakes_05590

Buddha Bowl

Create your own rainbow coloured dish using a selection of fruit, veg and seeds!

Can you think of a food that is each colour of the rainbow?

Other cultural foods



Falafel

These tasty, gluten-free falafel are delicious served in pitta bread with salad and hummus

<https://www.netmums.com/recipes/falafel>

