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Colourful recipes

You will find recipes for

Rainbow fritters

Watermelon lemonade

Rainbow wraps

Mixed vegetable Roti

Tortilla pizza (different coloured toppings ie red peer, sweetcorn

3 berry smoothie

Other colourful ideas that I'm sure you don't need a recipe for...

Fruit salad

Variety of coloured jams/spreads on bread/toast

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Rainbow fritters

What you need:

- 100g plain flour or GF
- 1 teaspoon of baking powder or GF
- 100ml milk
- 1 medium egg
- 200g of veg – for this I used a mix of frozen peas, sweetcorn with a couple of spring onions and 4 baby plum tomatoes simply because that's what we had in.
salt and pepper to season



What to do:

1. Mix the flour, Baking powder and milk to make a batter
2. Add veg and mix
3. Heat pan with a little oil
4. Dollop a tablespoon of mixture into pan and squash them a little so they will cook through quicker.
5. You can tell when it's ready to be turned over as you can slide it around the pan really easily with a spatula
6. Once golden on both sides they are ready

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Watermelon lemonade

What you need:

- 1 litre / 4 cups sparkling water
- 300g / 3 cups cubed watermelon
- juice of 2 lemons
- 2 tsp honey

What to do

1. Add the sparkling water, watermelon, lemon juice and honey to a blender and blitz until smooth.
2. Strain the lemonade through a sieve into a jug to remove any seeds.
3. Serve immediately over ice and with a sprig of fresh mint.



Rainbow wraps

- Tortilla wraps
 - Grated carrot
 - Yellow pepper
 - Cooked beetroot
 - Spinach
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- Assemble wrap with little of everything and wrap!



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THREE-BERRY SMOOTHIE

-  6 strawberries, hulled, halved and frozen
-  1/2 cup blackberries, frozen
-  1/2 cup blueberries, frozen, plus 6 berries for garnish
-  1 to 1 1/4 cups apricot nectar

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Mixed vegetable Roti 15-20 Rotis

All-purpose flour - 1kg
Green bean - 40g
Carrot - 50g
Sweetcorn 40g
Water - 400ml
Cooking oil - 4 tablespoons



INSTRUCTIONS

1. Take the green bean, leeks, carrots, green chillies, and onions. Clean and wash them well. Chop them into small pieces.
2. Get ready with grated coconut, salt, sugar, baking powder, and water.
3. Take a large bowl and add all purpose flour. Also, add salt, baking powder, and sugar. Mix them well till totally combined.
4. Now add carrot, green bean, leeks, green chilli, onion, and grated coconut.
5. Mix them well and add the water.
6. Mix everything well using your fingers, knuckles, and palm.
7. Knead the dough for 4 or 5 minutes. The dough should be smooth and soft. Add water or flour as needed to adjust consistency.
8. Now add the cooking oil.
9. Again knead the dough for 1 or 2 minutes. The dough should be smooth and elastic but not sticky.
10. Now make the balls as you want and keep them aside for at least 1 hour before making the roti.
11. Grease a little oil on a floured surface. On the floured surface, use the rolling pin to roll out the balls until very thin.
12. Heat the skillet and place the thin dough layer on it. Flip and cook on the other side. It took one minute for each side under low flame.
13. This is how to make mixed vegetable roti recipe. Serve and enjoy this Sri Lankan style simple vegetarian roti.