BURTON STREET'S RECIPES FOR SUCCESS



RECIPES FOR SUCCESS

MAIN GOALS

- PRACTICE HEALTHY EATING
- COOK MORE HEALTHILY
- EASY TO FOLLOW RECIPES
 YOU CAN MAKE AT HOME
- NUT FREE RECIPES
- £5 TO £10 BUDGET
- QUICK TO PREPARE AND MAKE
- GOOD FOR HEALTHY SNACKING OR ADDING TO A MAIN MEAL



MINI CHEESE & TOMATO QUICHES

First get your equipment













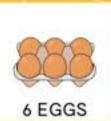








- Then, preheat your oven to 180C (Fan)
- Now, get your ingredients



















Crack the eggs into a bowl and whisk







Add 3 tablespoons of milk and mix







Grate the cheese and add to the mix





Chop the tomatoes and add to the mix



Add 1 teaspoon of mixed herbs



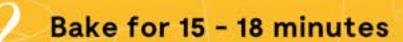


Mix it all together 🔵 🥜



Spoon the mixture into the muffin tray -





Remove using oven gloves



Allow to cool & enjoy!

MINI CHEESE & TOMATO QUICHES



I would add ham and mushrooms for a tasty snack.
Nicole

I had mine for tea with salad, coleslaw and potato.

Phil





They're quite easy to make, once you know how. Try adding different veggies like broccoli & spinach!

David

Great for vegetarians! Stacey



BANANA & BLUEBERRY MUFFINS

First get your equipment











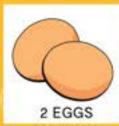


Then, preheat your oven to 180C (Fan)

OVEN GLOVE

Now, get your ingredients













Mash bananas in a bowl with a fork



Crack the eggs into a bowl and mix in vanilla oil







Mix together into a smooth yellow batter 🔵 🥜



Add flour, mix again for 30 - 60 seconds



Place muffin cases in a tray and fill each about

3/4 full with mixture ___





Remove using oven gloves



Allow to cool & enjoy!



BANANA & BLUEBERRY MUFFINS



They sound nice, blueberries were juicy. Stacey

Nice and tasty- Good with a cup of tea

Nicole





My house mates enjoyed them!

David

They were right nice, the flavours went togther well. Phil

