

BURTON STREET'S RECIPES FOR SUCCESS

**Quick
& easy**



**Easy
read**

**Simple, fun
recipes**

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

1 First get your equipment



2 Then, preheat your oven to 180C (Fan)

3 Now, get your ingredients



4 Grease your tray with oil  



5 Crack the eggs into a bowl and whisk   

6 Add 3 tablespoons of milk and mix   

7 Grate the cheese and add to the mix   

8 Chop the tomatoes and add to the mix   

9 Add 1 teaspoon of mixed herbs  

10 Mix it all together  

11 Spoon the mixture into the muffin tray  

12 Bake for 15 - 18 minutes

13 Remove using oven gloves 

14 Allow to cool & enjoy!

MINI CHEESE & TOMATO QUICHES



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

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



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

1 First get your equipment



2 Then, preheat your oven to 180C (Fan)

3 Now, get your ingredients



4 Mash bananas in a bowl with a fork   

5 Crack the eggs into a bowl and mix in vanilla oil    

6 Mix together into a smooth yellow batter  

7 Add flour, mix again for 30 - 60 seconds   

8 Place muffin cases in a tray and fill each about

3/4 full with mixture   

9 Bake for 15 - 18 minutes

10 Remove using oven gloves 

11 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
together well.

Phil

