

# SUPERPOWERED SNACKS



Power up like the pups of PAW Patrol: The Mighty Movie with these superfood treats!

MAKE WITH PARENTAL GUIDANCE



## BLUEBERRY PANCAKES

**Ingredients:**  
150g blueberries  
200g self-raising flour  
1 tsp baking powder  
300ml milk  
1 egg  
Knob of butter  
Maple syrup  
Sunflower oil  
Pinch of salt

**Method:**  
Mix together the flour, baking powder and salt. Beat the egg with the milk and whisk into the flour mixture to make a smooth batter. Add the knob of melted butter and half the blueberries. Fry the batter in the oil in pancake-sized portions and cook for three minutes on each side. Serve with the maple syrup and the rest of the blueberries!



## HEALTHY BAKED SALMON

**Ingredients:**  
2 salmon fillets  
1 clove minced garlic  
1 sliced lemon  
Splash of olive oil  
Sprinkle of Italian herb seasoning  
Salt and pepper

**Method:**  
Place the salmon fillets on a baking sheet and season with the salt and pepper. Stir together the olive oil, garlic, herbs and the juice of half the lemon. Spoon the sauce over the salmon, then put a slice of lemon on the top of each fillet. Bake them at 400 degrees for 12-15 minutes and serve!



## PUNCHY TOMATO SALSA

**Ingredients:**  
4-6 peeled and finely chopped tomatoes  
½ finely chopped red onion  
1 chopped small garlic clove  
½ juiced lime  
½ chopped bunch of coriander  
Small splash of white wine vinegar

**Method:**  
Mix all the ingredients together in a bowl, then refrigerate until ready and serve with a big bowl of nachos!



## BANANA AND PEANUT BUTTER COBBLER

**Ingredients:**  
1 mashed ripe banana  
¼ cup peanut butter  
¼ cup apple sauce  
½ cup raw pecans  
3 cups rolled oats  
1 tsp cinnamon  
¼ tsp salt

**Method:**  
Mix together all the ingredients then pour onto a parchment paper-lined baking sheet. Bake at 300 degrees for 40 minutes, making sure to stir every 10-15 minutes. Cool and enjoy!



## CHERRY FROZEN YOGURT

**Ingredients:**  
2 cups plain yogurt  
1 cup diced fresh or frozen pitted cherries  
¼ tsp vanilla extract  
2 tbsp sweetener  
3 tbsp chocolate chips (optional)

**Method:**  
Stir together the yogurt, vanilla extract, and sweetener. Add the cherries (and chocolate chips, if you want an even sweeter treat!), seal in an airtight container and freeze. Make sure to thaw 15-30 minutes before serving!



## ZINGY SAUTEED SPINACH

**Ingredients:**  
8-10 cups spinach  
2 tbsp olive oil  
2-3 thinly sliced garlic cloves  
Zest of half a lemon  
Pinch of sea salt

**Method:**  
Fry the olive oil, garlic and lemon zest in a pan for one minute, stirring regularly. Add the spinach in batches, stirring as it wilts. Sprinkle with sea salt and serve!



## ORANGE & VANILLA SHAKE

**Ingredients:**  
2 oranges  
1 cup ice  
1 tsp vanilla extract  
½ cup milk

**Method:**  
Grate ¼ tsp orange zest then peel and halve the oranges, removing any seeds. Add the fruit into a blender with the milk, vanilla extract, orange zest and the ice. Blend until smooth and serve immediately for a delicious shake!