

# Table Treats

MAKING MEAL  
TIMES FUN

## TEA LIGHT HOLDERS

Family dinner's can so often feel like a war-zone! Soft lighting can calm everyone's mood down at the dinner table.

Add a twinkle to your table and help your children design their own candle/tea-light holder.

Use a recycled glass jar - for tea-lights it is best to use short, wide mouthed jars for easy access.

Use glass paint pens to decorate the outside and allow to dry.

Fill the little jar with water and float the tea-light on top!

Alternatively you could cover the bottom with sand



- Family meals can help children to expand the number of words they know – even more than being read to!
- Eating together helps children to develop conversation and social skills that will set them up for life.
- If you get takeaway food from time to time try to eat it together around a table and turn off the TV, tablet devices and mobile phones.
- If you're feeling adventurous why not pack some soup in a thermos and take your family meal into the great outdoors (even just the backyard!).





## FAMILY DINNERS

# PUMPKIN AND APPLE SOUP

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What you will need:

- 750g butternut pumpkin flesh – skin and seeds removed and chopped into large pieces
- 1 onion – peeled and chopped
- 2 cloves of garlic – peeled and crushed
- 3 apples – unpeeled but core removed and chopped into large pieces
- ½ tsp nutmeg

SERVES 4

This delicious soup makes a great base for a snack or a hearty meal. Keep it simple or add your own favourite extras for more flavour or texture. Great way to use local, seasonal fruit and veg in one pot!

Easy to freeze into individual portions

How to make it:

1. Place all ingredients into a large heavy-based saucepan and cover with 1.5 litres of water\*.
2. Bring to the boil then simmer until soft, around 20 minutes.
3. Allow to cool slightly, blend using either a blender, hand-held blender or mash with a potato masher.
4. Before serving add a dollop of natural yoghurt, a handful of sunflower and pumpkin seeds or some chunks of feta cheese.

\*Or use a salt reduced vegetable stock