

Recipes inspired by

# yummy

Lucy Cousins' book of favourite nursery stories.

## Goldilocks' Perfect Porridge



Not too hot, not too salty  
but just right!

Ask an adult to help you with the measuring and cooking.

### Ingredients

- 50g porridge oats (or 1 mug full)
- 350ml milk or water, or a mixture of the two (or 2 mugs)
- 1 mashed banana

1. Put the oats in a saucepan and pour in the milk or water. Bring to the boil and simmer for 4-5 minutes, stirring from time to time and watching carefully that it doesn't stick to the bottom of the pan. Add a pinch of salt.
  - Or you can try this in a microwave: Mix the oats, milk or water and a pinch of salt in a large microwaveproof bowl, then microwave on High for 5 minutes, stirring halfway through. Leave to stand for 2 minutes.
2. To serve. Pour into bowls, mash banana into porridge.

For other exciting ideas try adding dried apricots, frozen raspberries or even chocolate drops!

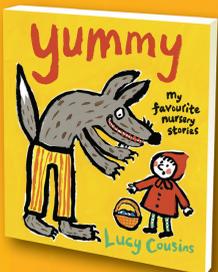


All recipes are for informational and/or entertainment purposes only; please check ingredients carefully if you have any allergies and, if in doubt, consult a health professional.

WALKER BOOKS

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## Henny Penny's Freshly Squeezed Lemonade

Is there anything better than refreshing lemonade on a hot day?  
Here is an easy and delicious recipe for fresh-squeezed  
lemonade – just like the kind Henny Penny  
likes to make!

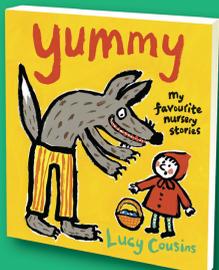
Ask an adult to help you  
with the measuring.



### Ingredients

- 1 ¼ cup sugar
- 1 ½ cups fresh-squeezed lemon juice
- 5 cups cold water
- lemon slices for garnish

1. Squeeze enough lemons to make 1 ½ cups of juice – remember to take out any seeds.
2. Pour the juice into a large pitcher and combine with sugar and water.
3. Stir well until all the sugar is dissolved.
4. Add a few lemon slices.
5. Chill and serve over ice.



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## Three Little Pigs' Gingerbread

By the hair on my chinny chin chin, this is the best gingerbread around! Don't leave any for the wolf!

Ask an adult to help you with the measuring and using the oven.

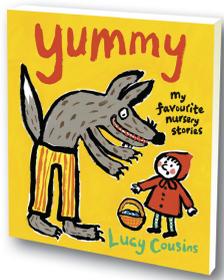
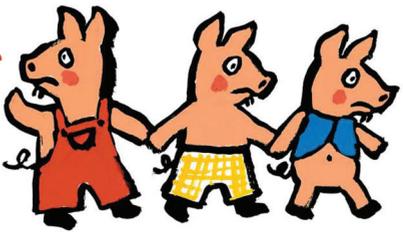


### Ingredients

- |                       |                           |
|-----------------------|---------------------------|
| 350g plain flour      | 1 tsp bicarbonate of soda |
| 175g soft brown sugar | 1/2 tsp ginger            |
| 100g butter           | 1/2 tsp cinnamon          |
| 4 tbsp golden syrup   | pinch of salt             |
| 1 egg                 |                           |

1. Mix all the ingredients together in a large bowl until they are well combined.
2. Refrigerate the mixture for a minimum of 1 hour.
3. Preheat oven to 180°C.
4. On a lightly floured surface, use a rolling pin to roll out the dough until it is 5mm thick.
5. Use cookie cutters to cut the dough into shapes – you could make them pig shaped!
6. Place the unbaked cookies on a cookie sheet lined with baking parchment and bake for 6 to 9 minutes.

When the cookies have cooled you can decorate them with pink cake icing if you like to make them into gingerbread pigs!



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## Little Red Riding Hood's Chocolate Brownie Cake

This lovely chocolate cake would be perfect to take in a basket to your granny, like Little Red Riding Hood did. Just beware of wolves!

Ask an adult to help you with the measuring and using the oven.

### Ingredients

100g butter

175g caster sugar

75g brown sugar

125g cooking chocolate

1 tbsp golden syrup

2 eggs

1 tsp vanilla essence

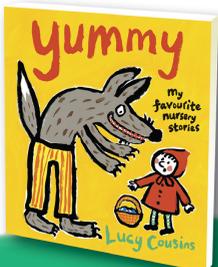
100g plain flour

1/2 tsp baking powder

2 tbsp cocoa powder



1. Preheat oven to 180°C. Grease and line a 20cm cake tin.
2. Place the butter, caster sugar, brown sugar, chocolate and golden syrup in the pan. Melt gently on a low heat, stirring until it is smooth and lump-free.
3. Remove the pan from the heat.
4. Break the eggs into the bowl and whisk with a fork until light.
5. Add the eggs, flour, baking powder, cocoa powder and vanilla essence to the chocolate mixture and mix thoroughly.
6. Put the mixture into the greased and lined cake tin and place on the middle shelf of the oven. Bake for 25-30 mins.
7. Remove and allow to cool for 20-30 mins.
8. Cut into slices and serve with cream, ice cream or fresh fruit.



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