

Fun Ideas for Under 5s!

great
prospects

Cooking with Pumpkins

Recipes on the back!

0-1 years...



Mash or puree cooked pumpkin for your baby to taste and trail their fingers through.

1-2 years...

Help your child to scoop out the middle of your pumpkin and make pumpkin soup. Encourage your child to use a spoon to feed themselves.



2-3 years...



Make pumpkin cupcakes with your child, encouraging them to help stir, pour and measure.

3-4 years...

Layer ingredients into a jar to make these delicious looking pumpkin cheesecakes!



These activities will help your child to...

- * develop hand eye coordination
- * strengthen big and small muscles
- * begin to understand changes that occur when ingredients are mixed and cooked
- * develop independence skills
- * try new foods

Have fun whilst learning!



Pumpkin Puree...

Peel and seed the pumpkin and cut into evenly sized cubes. Put the cubes in a steamer or colander set over a pan of simmering water and cook for 10 mins. Test with the point of a knife and cook for a further 5 mins if not cooked through. Mash and leave to cool.

Alternatively, to microwave the pumpkin, cut it in half (no need to peel it or cut out the seeds) and sit cut-side up in the microwave. Cook for 20 mins, then check the flesh is soft by poking it with a fork. Keep cooking if you'd like it softer. Scoop the flesh into a bowl, then mash and leave to cool.

Pumpkin Soup...**Ingredients:**

* 1/2 medium sized pumpkin

* 1/2 medium onion, chopped

* 1/4 cup cream

* 1-2 tbsp butter

Preparation

Remove the seeds, peel and chop the pumpkin into small cubes. In a saucepan, melt the butter and start frying the onions. When they soften, add the pumpkin cubes and continue to sauté till they start turning brown. Now add 3 cups of water and season to taste. Let the pumpkin cook till completely soft – it'll start getting mushy. Let the cooked pumpkin cool to room temperature before grinding it into a puree. If your baby is having pumpkin for the first time and you want the soup to be perfectly smooth, you can strain the puree. Put the pumpkin puree in a pan and add the fresh cream. Allow it to boil on a low flame and then turn the heat off. Pour into bowls and enjoy!

Pumpkin Cupcakes... (makes 12)**SPICE MIX**

- 1 1/2 teaspoons ground cinnamon
- 3/4 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg

CUPCAKES

- 195 grams SR flour
- 115 grams unsalted butter, at room temperature
- 200 grams brown sugar
- 2 large eggs
- 1 1/2 teaspoons vanilla extract
- 1 cup pumpkin puree

Preparation

1. Beat butter with brown sugar, vanilla, eggs, and a whole cup of pumpkin puree to make these cupcakes flavourful and moist inside.
2. Gently combine the spice mix, the cupcake mixture and with the flour and fill each muffin cup 3/4 full – there should be just enough for 12 cupcakes.
3. Bake cupcakes until a knife comes out clean when inserted into the middle of a cupcake, 20 to 25 minutes at 160° C.

Pumpkin Cheesecakes...**Ingredients**

- 1 cup pumpkin puree
- 1 cup whipped cream cheese, or non-whipped at room temperature
- 1 teaspoon pumpkin pie spice
- 3 tablespoons brown sugar
- 2 cups heavy whipping cream
- 2 tablespoons powdered sugar
- 2 ½ cups of crushed biscuits
- jars

Preparation

1. In a large bowl, mix together the pumpkin, cream cheese, pumpkin pie spice and brown sugar with an electric mixer until thoroughly combined, about 2 minutes.
2. In a separate bowl, or in the bowl of a stand mixer, beat the heavy cream and powdered sugar until light and fluffy, about 5 minutes.
3. Layer the ingredients into mason jars in this order: crushed biscuits, pumpkin cream cheese mixture, whipped cream. Continue to layer to fill the jar, at least 2 layers of each ingredient. Serve chilled.

