

COOKING FOR KIDS

Session 1: 10am – 11am / Sweet Chocolate Balls

Ingredients

(makes approx. 30 Chocolate Balls)

- 1 packet marie biscuits, crushed
- 2 tablespoon cocoa powder
- 1 can condensed milk

Optional for the coating and serving suggestions

(you can use what you have in your pantry)

- Cocoa powder
- Dessicated coconut
- Rainbow sprinkles
- Crushed peanuts
- Chocolate flakes
- Mini patty pans for serving

Session 2: 11.30am – 12.30pm / Savoury Rice Balls

Ingredients

Seasoned Rice

- 2-3 cups cooked short grain rice
- 2 pinches of Salt
- 1 tablespoon sesame oil
- 1 small packet of seaweed (any type)

Fillings (your choice of fillings)

Tuna rice balls filling:

- 1 can Tuna (150 gram)
- Good amount mayonnaise
- 1-2 pinches salt
- Few cracks of black pepper
- $\frac{1}{3}$ whole finely diced chili pepper (Optional)

Beef/Chicken Rice Balls filling:

- 100 grams cooked minced beef/chicken
- $\frac{1}{2}$ of small carrot –finely diced
- $\frac{1}{2}$ tablespoon soy sauce
- Few cracks of black pepper
- $\frac{1}{4}$ tablespoon honey or sugar