

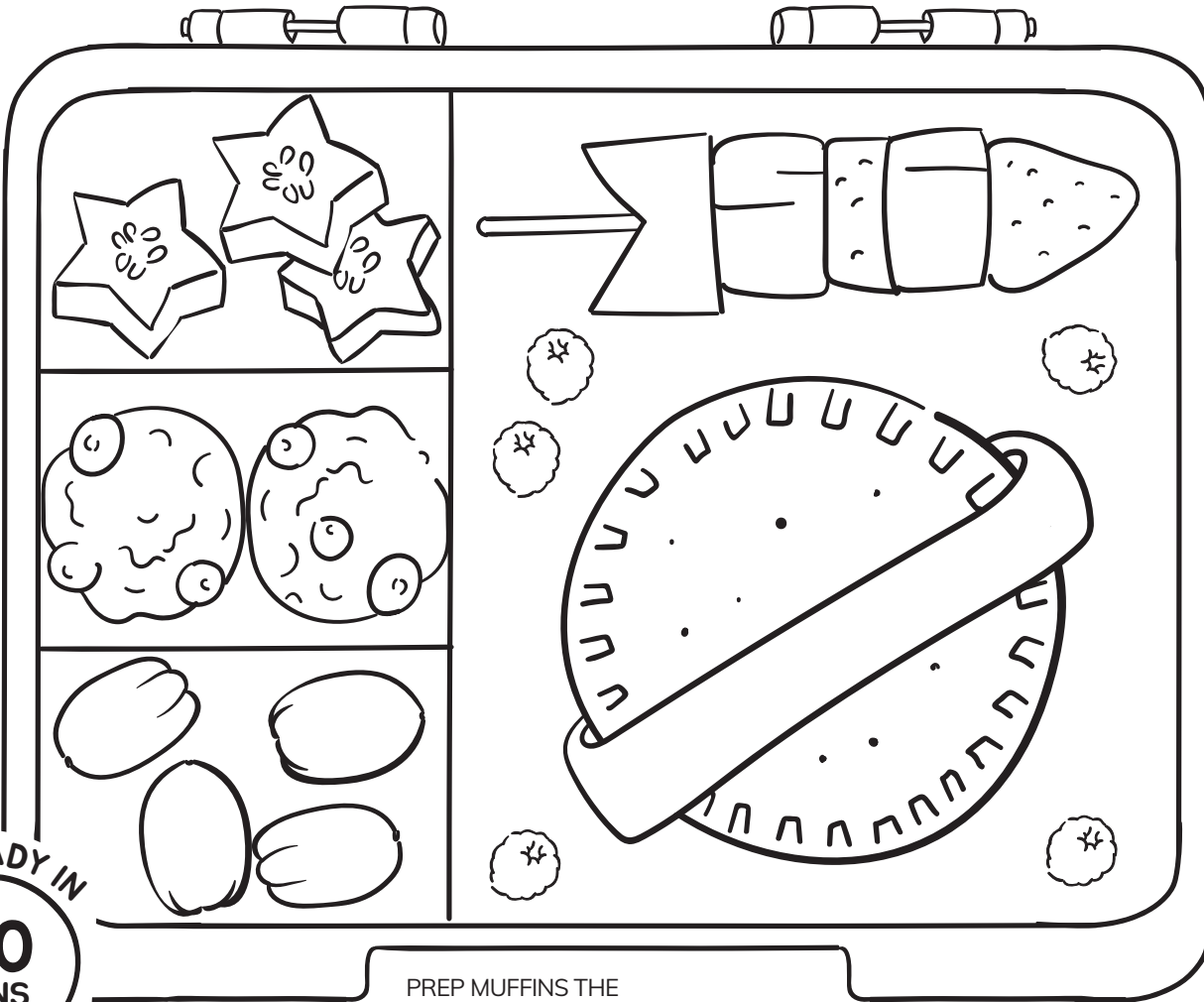
DIY SPACE RECIPE



COLOUR ME IN!

YOU WILL NEED:

Child safety - All use of knife and hot kitchen appliances must be done by an adult.



READY IN
30 MINS

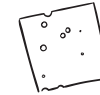
PREP MUFFINS THE NIGHT BEFORE 90 MINS

INGREDIENTS

SPACE SANDWICH:



X 2 BREAD SLICE



X 2 CHEESE SLICE



X 1 HAM SLICES



SPREAD OF MAYONNAISE

CROWN CUTTER WORKS BEST WITH SOFT BREAD



SPRINKLE PEPPER



SPRINKLE SALT

OUT OF THIS WORLD MUFFIN:



1 1/2 CUP OAT FLOUR



1/2 CUP COCONUT SUGAR



1 1/2 TSP BAKING POWDER



1/4 TSP SALT



3/4 CUP MILK



1/4 CUP APPLE SAUCE



1/4 CUP COCONUT OIL



1/2 TSP VANILLA EXTRACT



1 EGG



1 CUP BLUEBERRIES

RAW SNACKS:



X 1 CUCUMBER



HANDFUL RASPBERRIES



X 4 CHERRY TOMATOES



X 1 BANANA



X 1 CANTALOUPE



X 1 STRAWBERRY

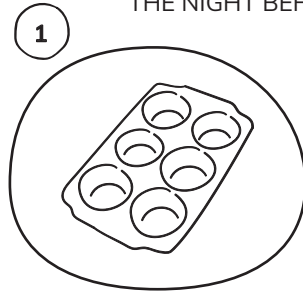
FULL OF VITAMINS & ANTIOXIDANTS

DIY
**SPACE
RECIPE**

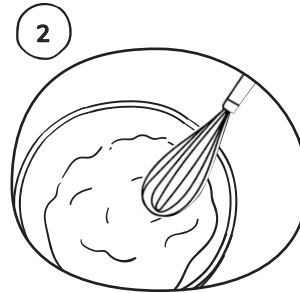
**HIPPO
BLUE**
hippoblue.com.au

START WITH THE MUFFINS
THE NIGHT BEFORE

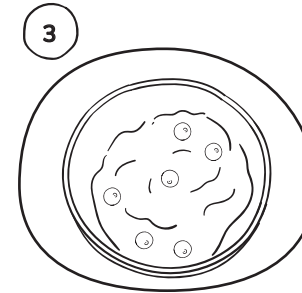
METHOD



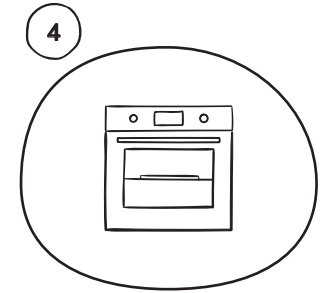
1 Preheat the oven to 200 degrees.
Grease a mini muffin tray.



2 Whisk together the dry ingredients.
Pour all of the wet ingredients
(except blueberries) and mix.

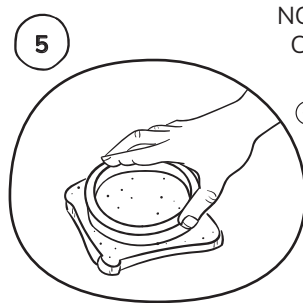


3 Fold in blueberries to the mix.
Add to muffin tray until the batter
fully reaches the top.

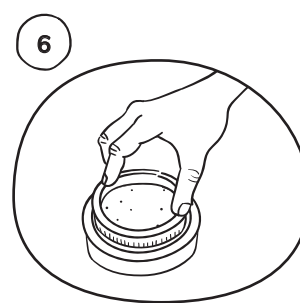


4 Bake for 12-15 min or until
the tops of the muffins bounce
back when gently touched.
Careful not to burn. Cool.

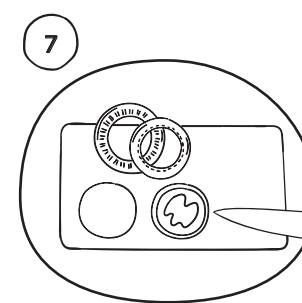
Handy Tip:
If you don't have or
don't like cucumber
you can use apples or
watermelon!



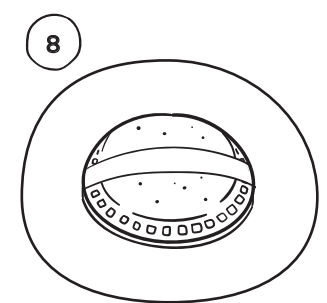
5 Place your Pie Maker big circle
onto bread slices & press firmly
until you cut all the way through.



6 Press Pie Maker small
circle onto ham slice and Swiss
cheese slice

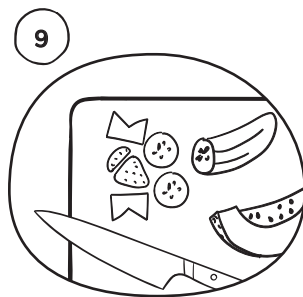


7 Spread mayonnaise on bread &
stack with the ham and cheese,
press firmly with your Pie Maker

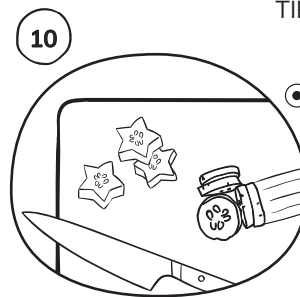


8 Whitt your kitchen knife, cut
another slice of Swiss cheese into
saturn ring shape and place it on
top of your pie.

COLOUR IN THE
RECIPE AS YOU GO!

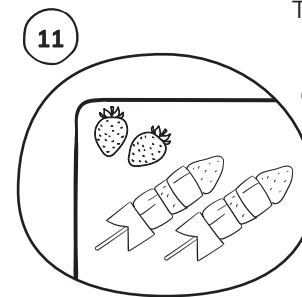


9 Slice bananas and Strawberries
into medium size pieces, Cut
cantaloupe into M shapes



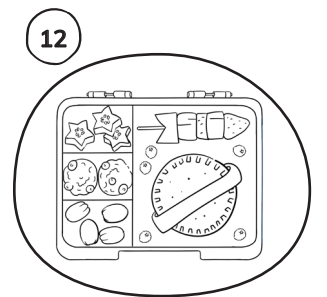
10 Cut cucumber slices star shapes,
using a star cutter, or if your
confident, your kitchen knife

SEE HANDY
TIP BOX



11 Gather cantaloupe, bananas &
strawberries, slide onto skewers to
get a rocketship shape.

SEE HANDY
TIP BOX



12 Place all of your Space bento lunch
items into your bento.