

DIY SUPERHERO RECIPE

HIPPO BLUE
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COLOUR ME IN!

YOU WILL NEED:

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

INGREDIENTS HEROES PIZZA:

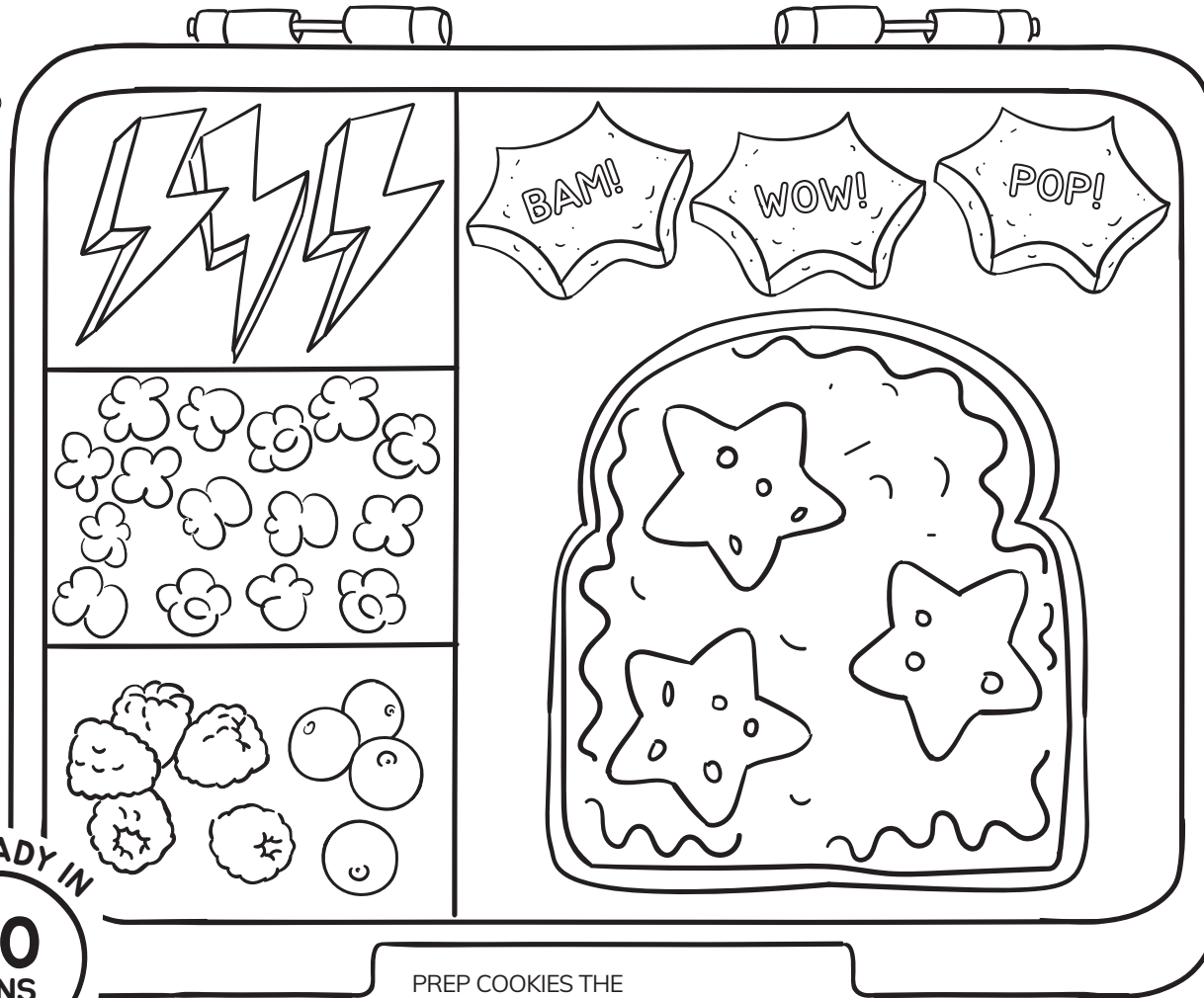
- X 1 BREAD SLICE
- 1 Tbsp TOMATO PASTE
- 2 Tbsp SHREDDED CHEESE
- X 3 PEPPERONI SLICES

SUPER PEANUT BUTTER COOKIES:

- 3 Tbsp OAT FLOUR
- 1 Cup PEANUT BUTTER
- 1 Tbsp MAPLE SYRUP
- 1 Tsp VANILLA EXTRACT
- 1 EGG
- 2 Tbsp GROUND FLEXSEED
- COOKIE ICING

RAW SNACKS:

- HANDFUL BLUEBERRIES
 - HANDFUL RASPBERRIES
 - POPCORN
 - X 1 CANTALOUPE
- FULL OF VITAMINS & ANTIOXIDANTS



READY IN
30 MINS

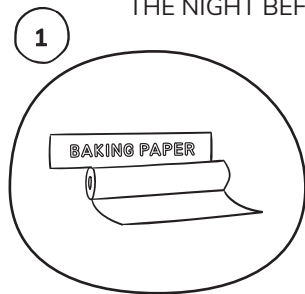
PREP COOKIES THE NIGHT BEFORE 40 MINS

DIY
**SUPERHERO
 RECIPE**

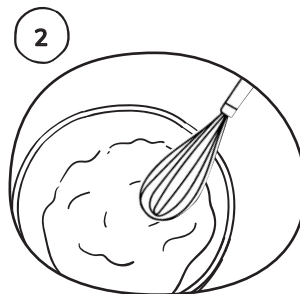
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START WITH THE COOKIES
 THE NIGHT BEFORE

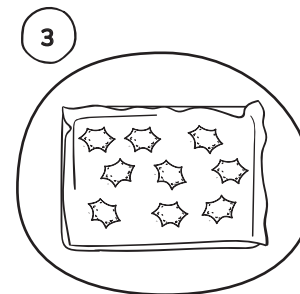
METHOD



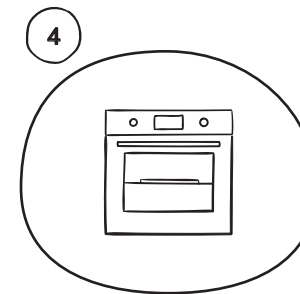
Preheat the oven to 190 degrees and line a tray with baking paper.



Add all ingredients to a bowl and mix well. Scoop dough (approx. 1 1/2 tbsp per cookie) onto baking paper

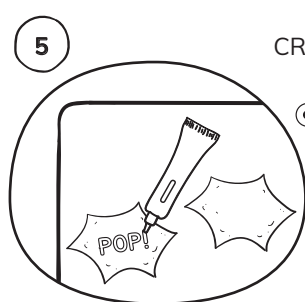
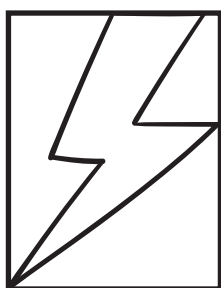


Flatten the tops of the cookies using a flat surface like the bottom of a glass, shape into Pow bubble using your cookie cutter



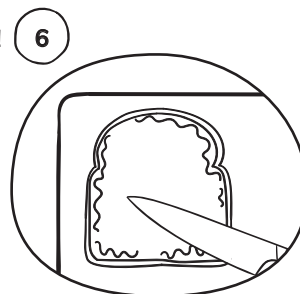
Bake for 8-10 minutes, or until bottoms of cookies have browned. They will continue to harden as they cool.

Handy Tip:
 Cut rectangle shapes first and then give the lighting bolt shape!

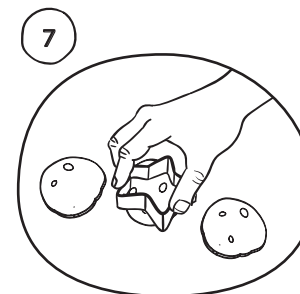


Write POP! WOW! BAM! in the cookies using cookie icing.

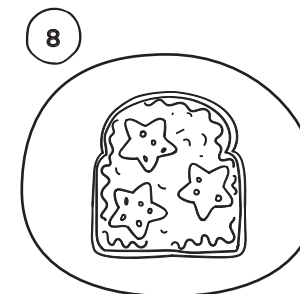
GET CREATIVE!



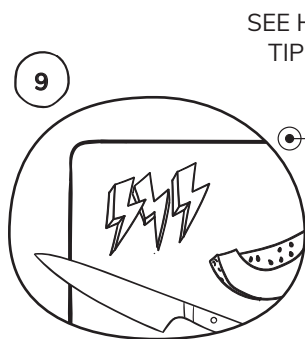
Spread tomato sauce in the bread slice, add the shredded cheese on top



Shape pepperoni into star shapes using your cookie cutter and place it on top of your pizza bread

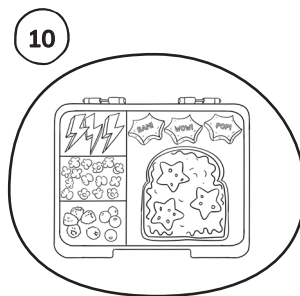


Bake around 5 min or until cheese is melted



Cut slices of cantaloupe and shape them into lighting bolts using your kitchen knife.

SEE HANDY TIP BOX



Make some popcorn and place all of your Superhero bento lunch items into your bento.

COLOUR IN THE RECIPE AS YOU GO!