



Sunday Setup – WEEK 4

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RECIPES & INGREDIENTS

BREAKFAST – BREAKFAST COOKIES *[original recipe x 2]*

- 6 bananas
- 400g rolled oats
- 200g smooth peanut butter
- 100g runny honey
- 2 tsp ground cinnamon
- 80g chocolate chips *(optional)*

SNACKS – YOGHURT POT CAKE *[original recipe x 2]*

- 300g yoghurt
- 100g self-raising flour
- 350g caster sugar
- 150ml sunflower oil
- 6 eggs
- 250g fresh raspberries

SNACKS – MINI CRUSTLESS QUICHE

- Olive oil
- 6-8 ham slices
- 8 eggs
- 150ml milk
- 300g mixed vegetables
- 12 cherry tomatoes
- 100g Cheddar cheese

SHOPPING LIST

FRUIT & VEG

- 6 bananas
- 250g raspberries
- 300g mixed vegetables *(choose whichever you prefer)*
- 12 cherry tomatoes

MEAT & FISH

- 6-8 ham slices

FRIDGE/FREEZER

- 300g yoghurt *(I used natural yoghurt)*
- 150ml milk *(whole or semi-skimmed)*
- 100g Cheddar cheese

EVERYTHING ELSE

- 14 eggs
- 400g rolled oats
- 200g smooth peanut butter
- 80g chocolate chips *(optional)*

STORECUPBOARD

- Sunflower oil
- Olive oil
- Ground cinnamon
- Runny honey
- Caster sugar
- Self-raising flour

happy cooking, Sarah x

EST  2013

FUSS FREE FAMILY FOOD

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