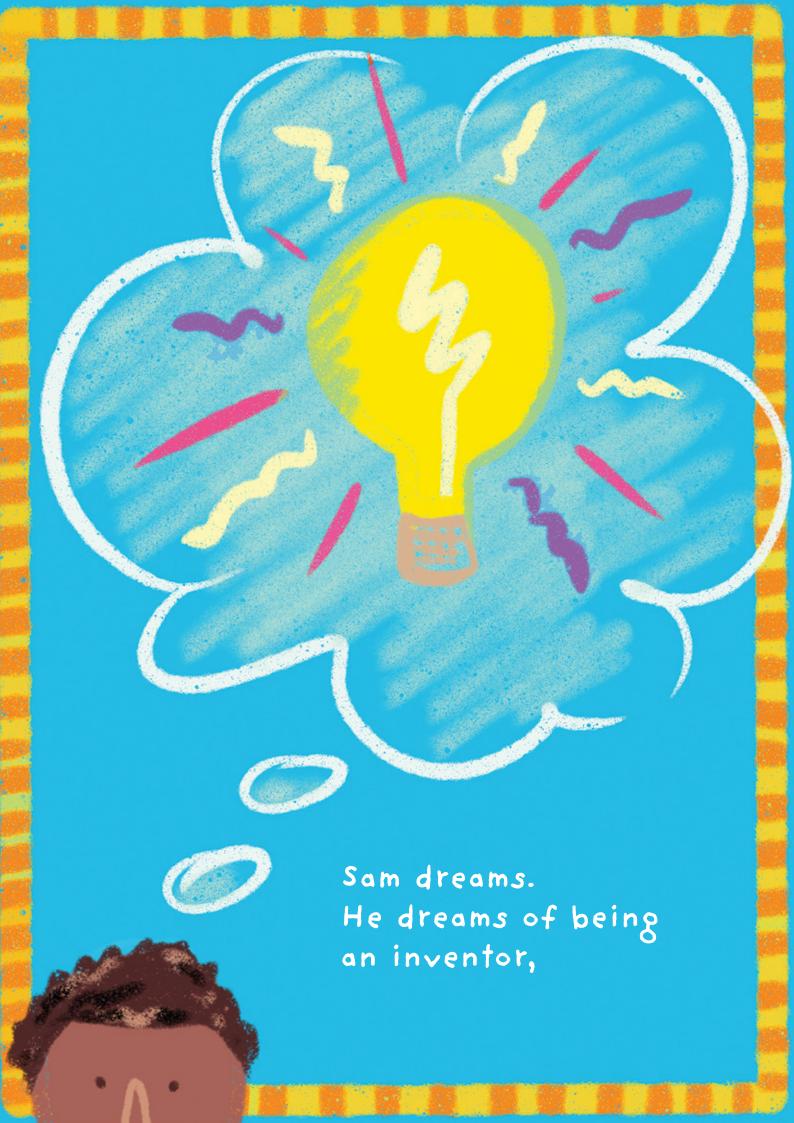
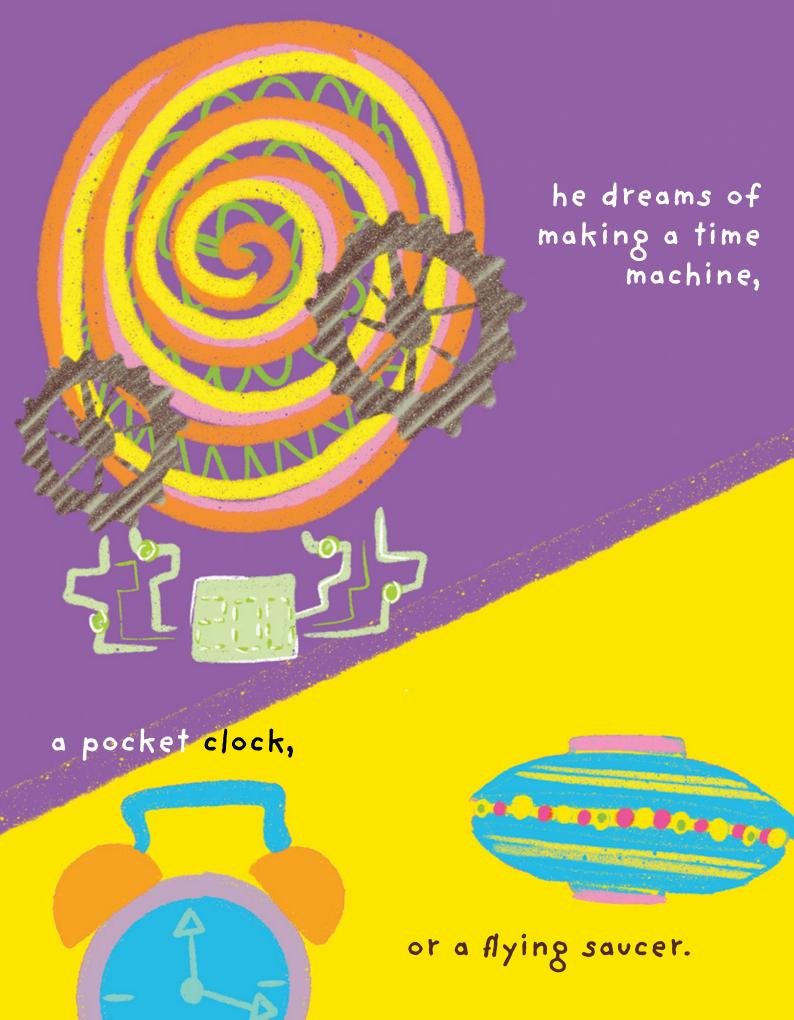
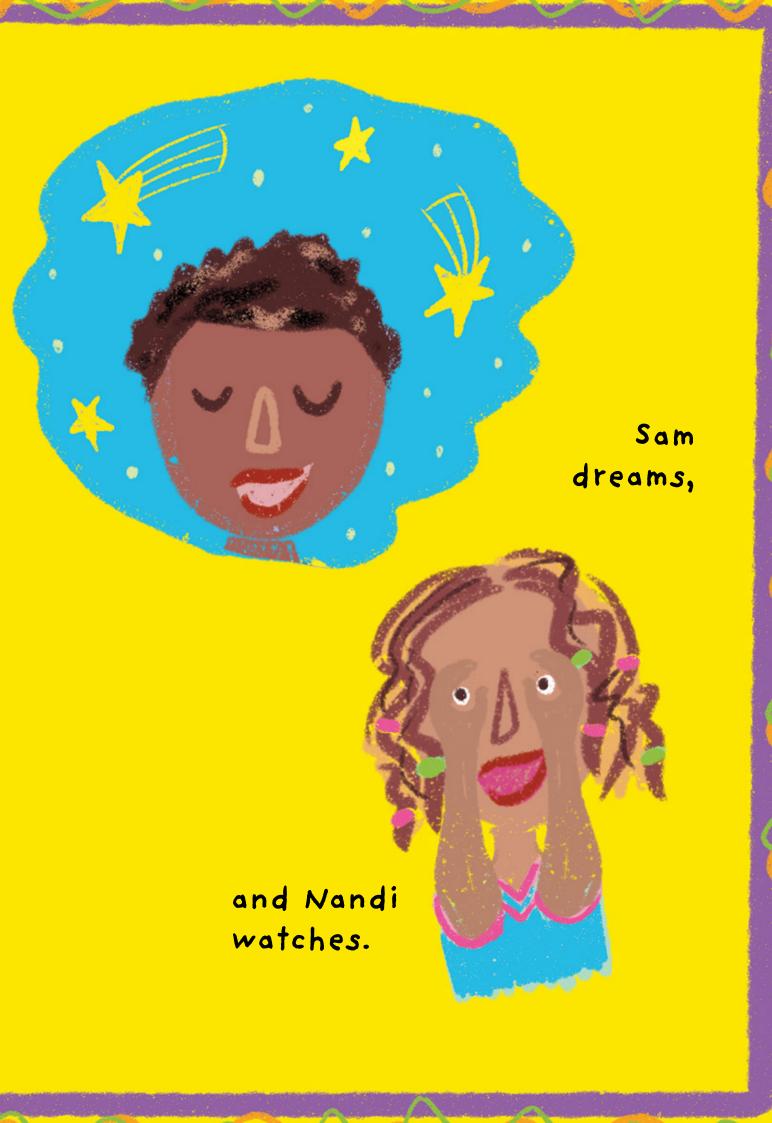
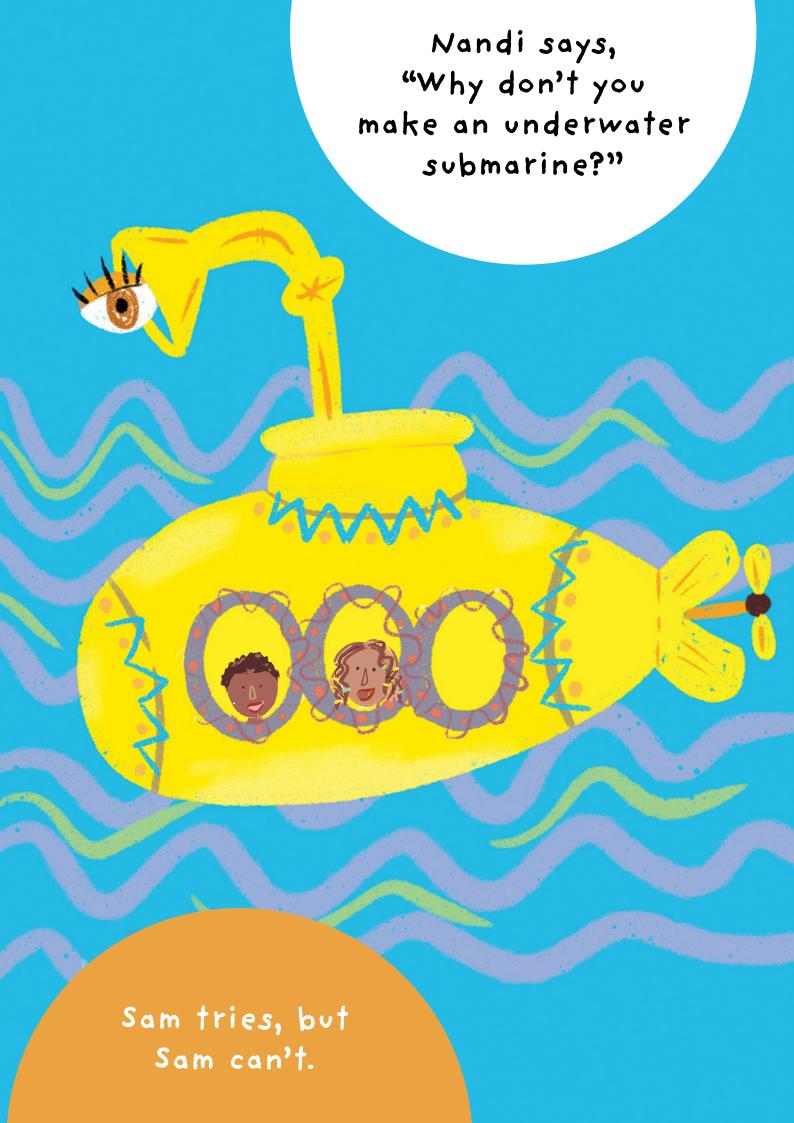
NESTLÉ for HEALTHIER KIDS EAMS

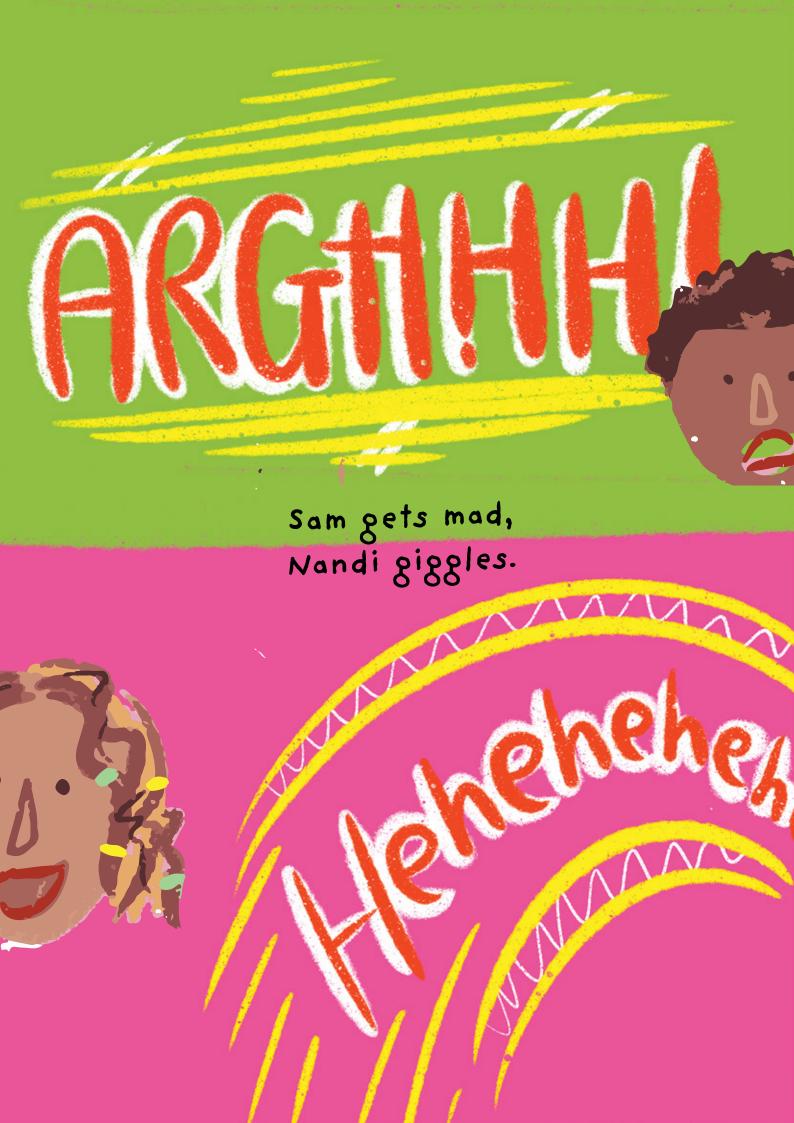
















Sam likes his rocket.

Sam is happy, Nandi is nervous.



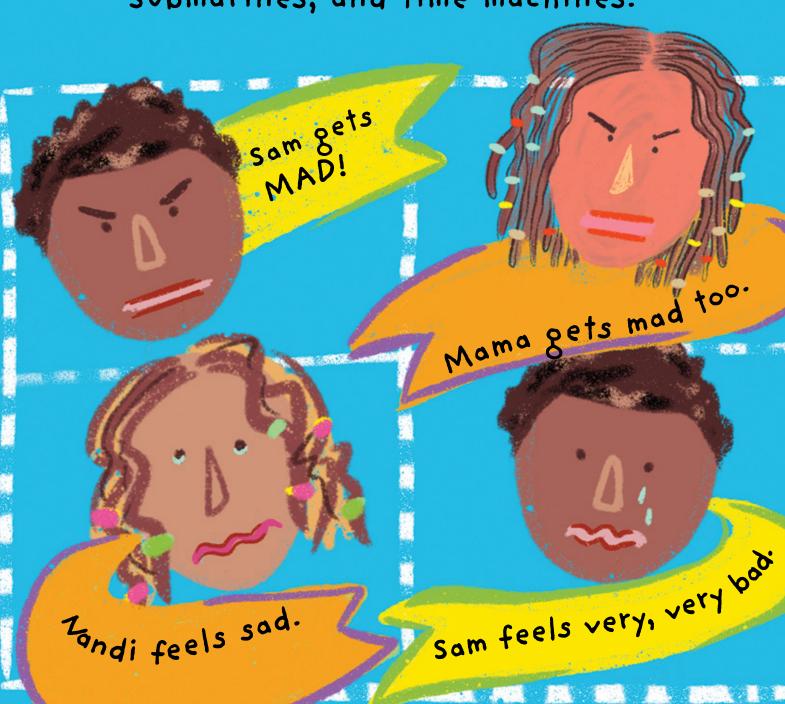


Sam presses GO.

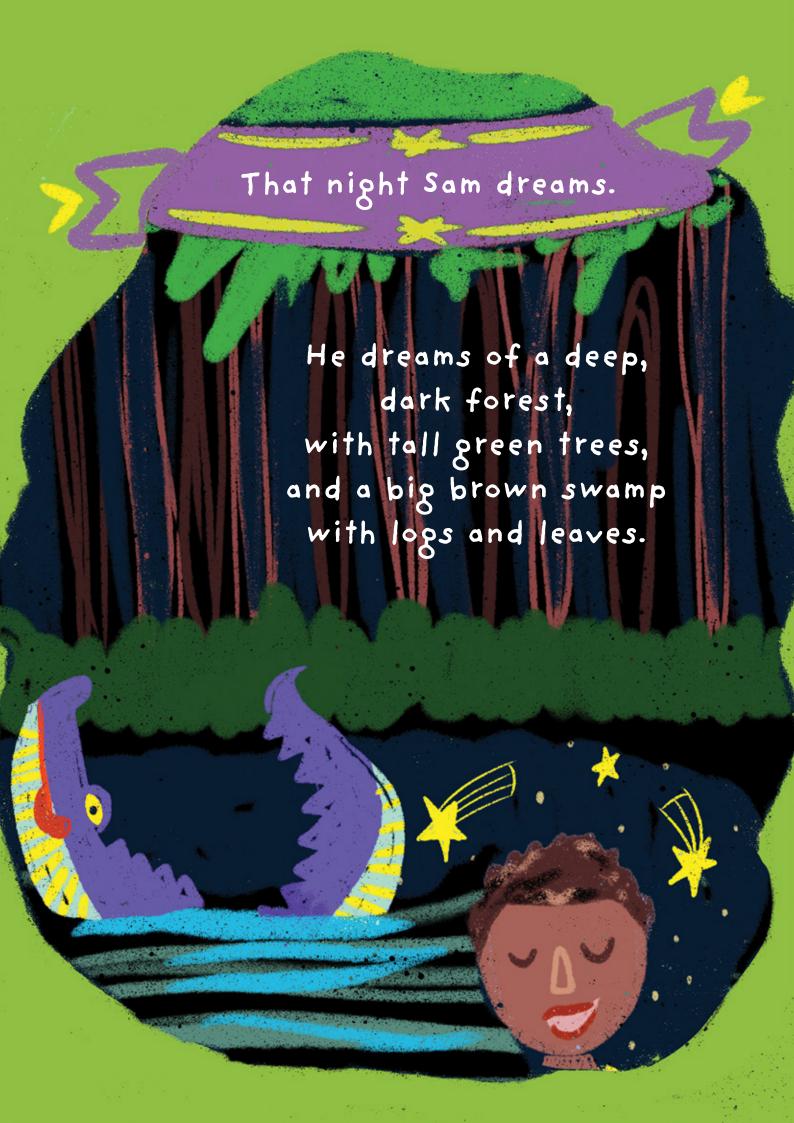


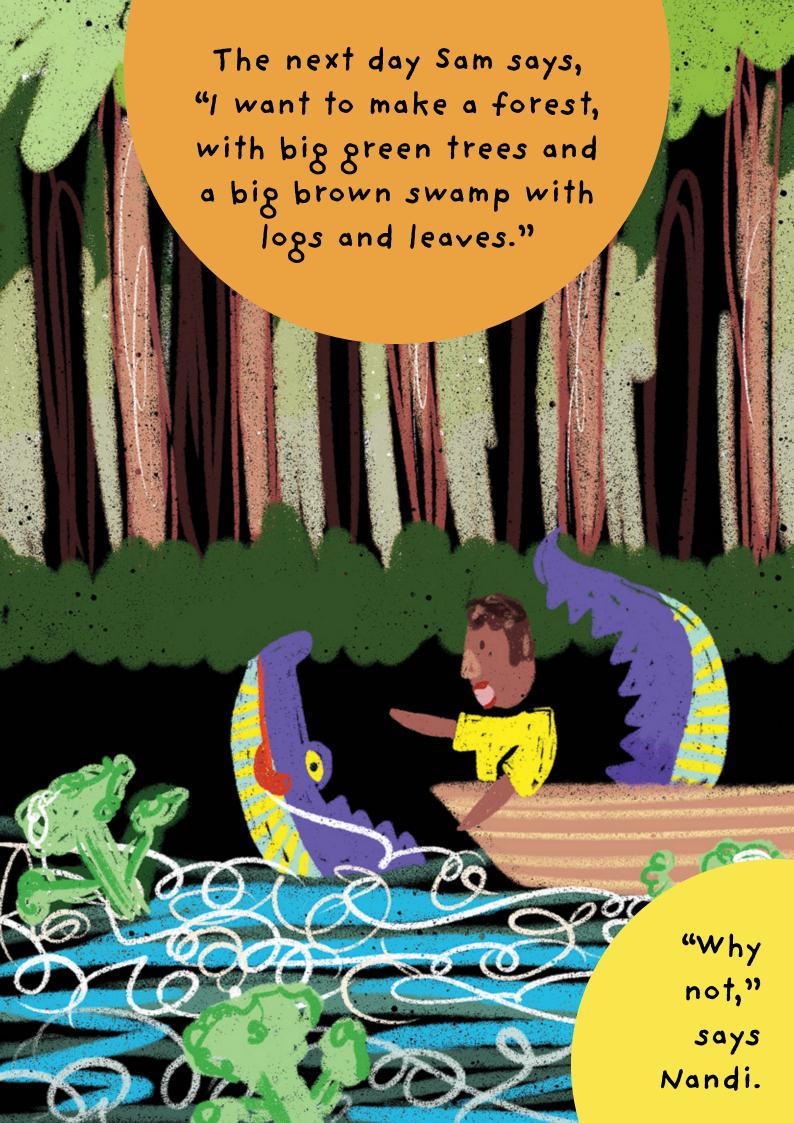
And Nandi shouts, "NO!"













"Boil NESTLÉ
MAGGI 2 MINUTE
NOODLES, while
it's cooking, do
some doodles.

Cook some broccoli, boil and strain, dripperty drop, it sounds like rain.



Add some beef and soya sauce, and before you know it, you've got your first course."



"NESTLÉ MAGGI 2
MINUTE NOODLES,"
says Sam,
"that's my favourite."
"I know," says Nandi,
"that's why we've
made it."



NESTLÉ for HEALTHIER KIDS

NESTLÉ MAGGI 2 MINUTE FANCY FOREST NOODLES

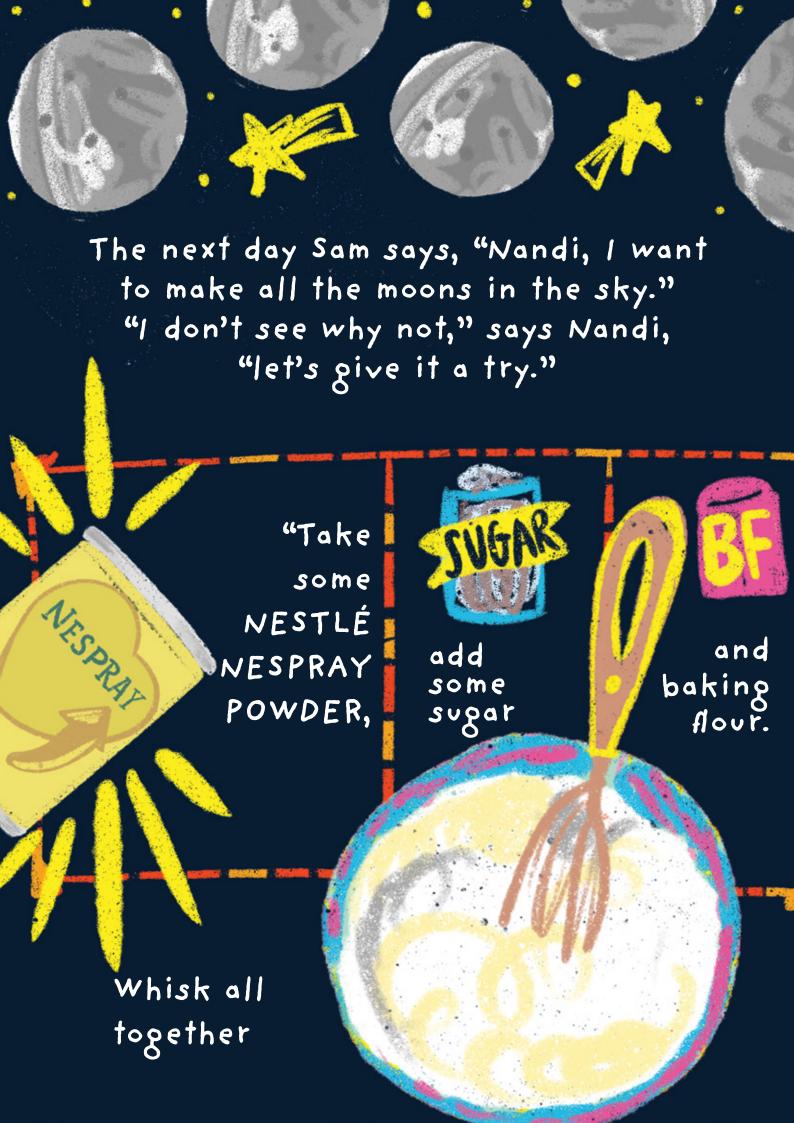


Recipe makes 2 servings.

	BEEF FLAVOURED NESTLÉ MAGGI 2	OIL (FRYING)2 TBLS
	MINUTE NOODLES 2 PACKETS	MAGGI SOY SAUCE 60 ML
	BEEF STEAK, CUT INTO THIN STRIPS 300 GR	LAZENBY WORCESTERSHIRE SAUCE
	BROCCOLI FLORETS 2 CUPS	TOASTED SESAME SEEDSITBLS
	SMALL ONION, THINLY SLICED 1/2 ONION	GINGER GROUND 1/2 TSP
		CORN FLOUR2 TSP
	GARLIC, THINLY SLICEDILARGE CLOVE	SALT AND PEPPER

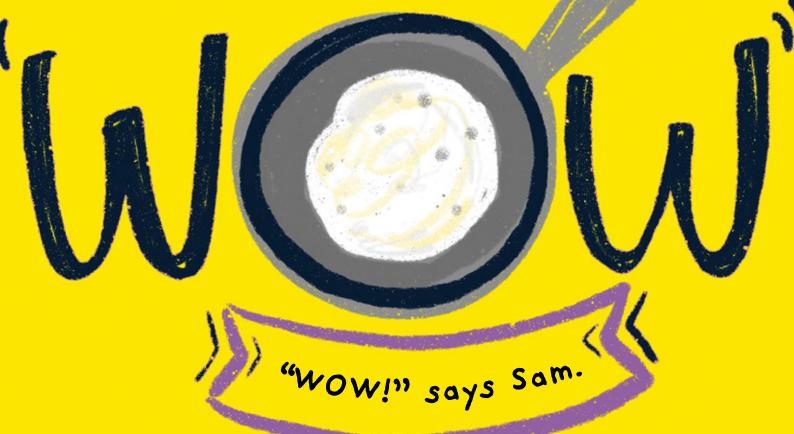
- Cook the noodles as per the packet instructions, strain and reserve the stock.
- Fry the broccoli on a med/high heat in 1 tbls oil for approx. 2 minutes, remove broccoli from pan.
- In the same pan, fry the onions in 1 tbls oil for approx. I minute, add the beef and season with salt. Stir-fry for 2 minutes then add the garlic and return broccoli back to pan.
- Mix I cup of the reserved stock with the soy sauce, Worcestershire sauce, ginger and corn flour.
- Pour the sauce over the beef and cook on med/high heat for 2-3 minutes until sauce has thickened. Pour the beef mixture over the noodles, top with toasted sesame seeds. Serve!







and before you know it, you'll have a big moon."



"A moon," says Nandi.
Sam laughs, and Nandi
laughs too.

INGREDIENTS

NESTLÉ NESPRAY BIG MOON FLAPJACKS



Recipe makes 6 hotcakes.

NESTLÉ NESPRAY POWDERED DRINK,	COOKING OILI TBLS
PREPARED AS PER RECIPE INSTRUCTIONS I CUP	VANILLA ESSENCE I TSP
FLOUR 1 CUP	LARGE BANANA SLICEDxI
BROWN SUGAR 1.5 TBLS	HONEY
BAKING POWDER2 TSPS	CHIA SEEDS
EGG, LIGHTLY BEATEN×I	PINCH OF SALT



Combine the flour, sugar, baking powder and salt together.



In a separate bowl, combine the NESTLÉ NESPRAY, egg, oil and vanilla essence together.



Add the wet ingredients to the dry ingredients and whisk together until the batter is smooth.



Using a 60ml cup measure, pour the batter into a medium hot, lightly greased pan.



Cook until golden brown on each side.



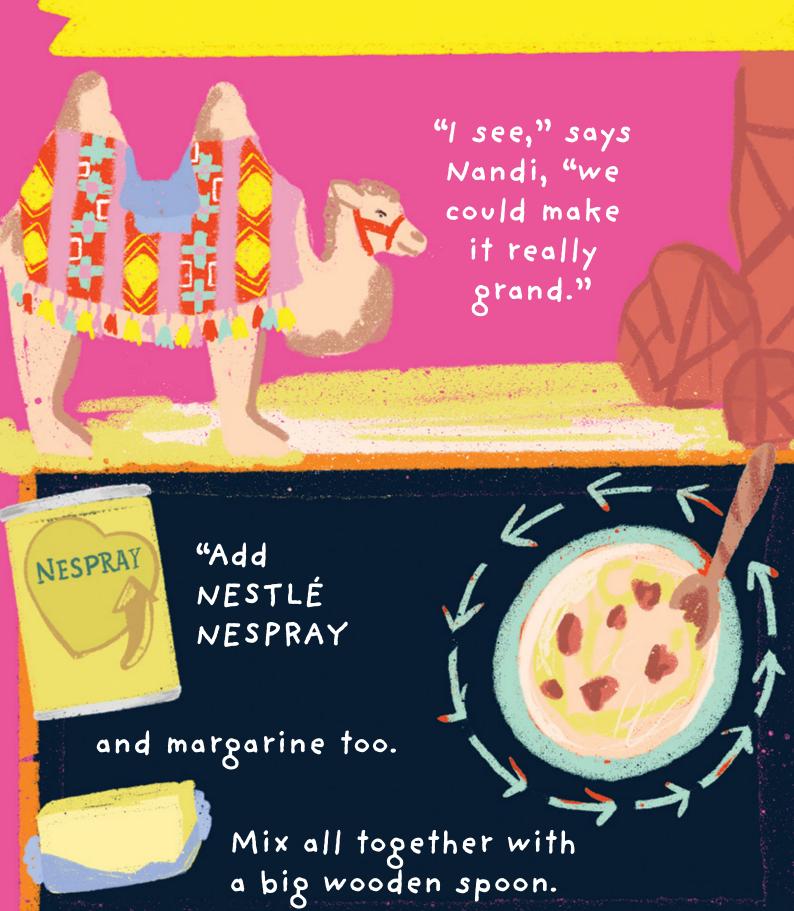
Cook the hotcakes in batches.



Serve with sliced banana, drizzle with honey and sprinkle with Chia Seeds.



The next day Sam says, "Nandi, I want to make a desert with camels, rocks and sand."

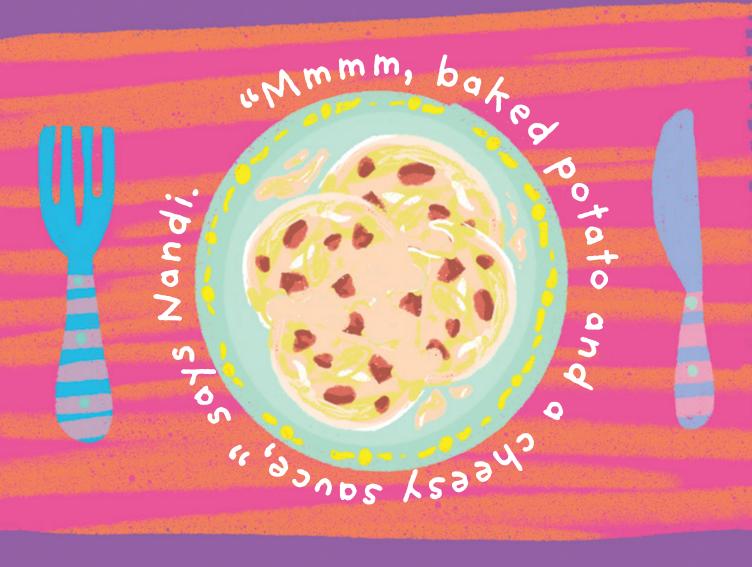




Make sure it's creamy and add the cheese,



place on a potato and it's sure to please."



"You mean a desert, of course," says Sam.



NESTLÉ NESPRAY CHEESY BACON DESERT SAUCE



Recipe makes 400ml of sauce.

NESTLÉ NESPRAY	PREVIOUSLY
MILK POWDER	BOILED WATER 300ML
PREPARED AS PER	
RECIPE INSTRUCTIONS 1/3 CUP	GRATED CHEDDAR
	CHEESE
FLOUR 3 TBLS	• •
	BACON, SLICED,
MARGARINE,	COOKED UNTIL
· · · · · · · · · · · · · · · · · · ·	CRISPY150 GR
	PINCH OF SALT

- heat.
- Mix the NESTLÉ NESPRAY MILK POWDER, flour and salt together then add to the melted margarine and mix together with a wooden spoon.
- Increase the heat to medium, add the water and stir continuously until the sauce becomes smooth and creamy (approx. 3 5 min).
- Add the grated cheese and allow to melt.
- Add the cooked bacon bits.
- Serve with crumbed chicken strips, pasta, baked potato or over broccoli & cauliflower.

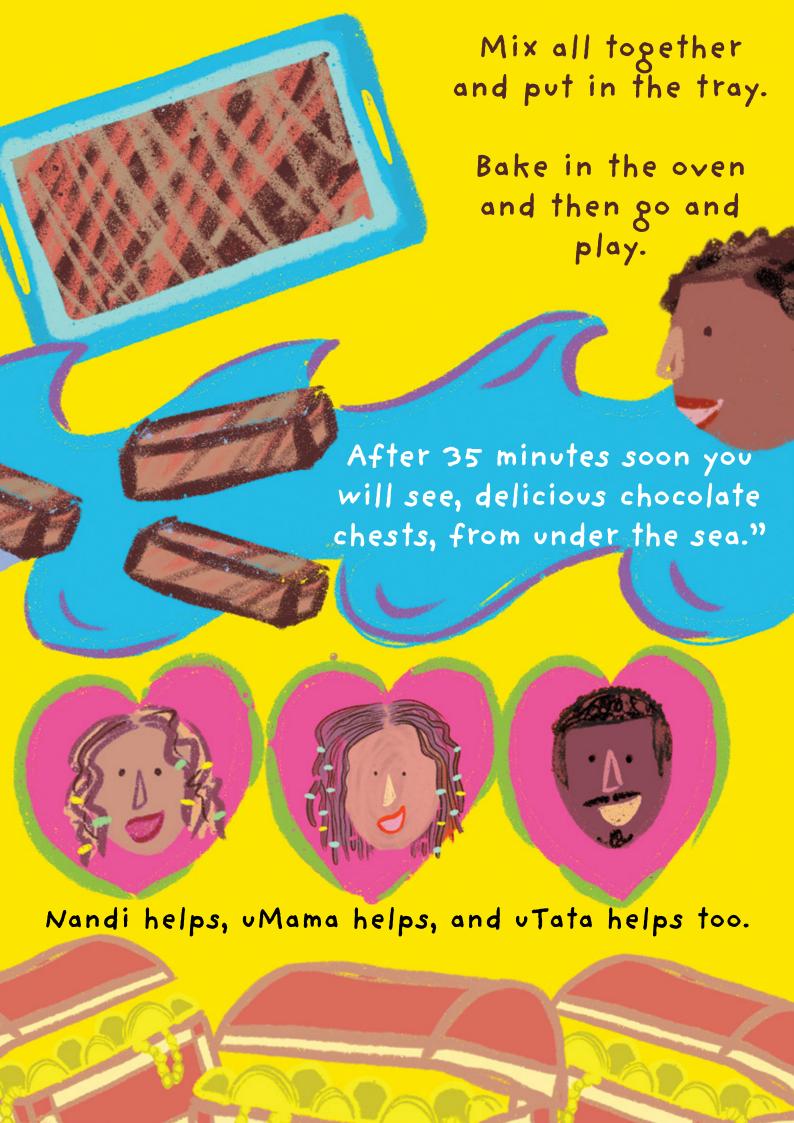


The next day Sam says,
"Come uMama and uTata,
come and see, how to
make treasure chests with
me."

"Take the sugar and honey and melt with the butter.

Add NESTLÉ MILO, but make sure not to splutter.







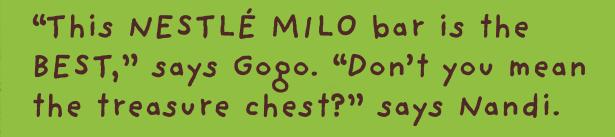
NESTLÉ MILO MUESLI TREASURE CHEST BARS



Recipe makes 16 bars.

NESTLÉ MILO80 ML ROLLED OATS2 CUPS	RAW NUTS CHOPPED ASSORTED1/2 CUP- OPTIONAL
CHERIOS MULTIGRAIN, CRUSHEDI CUP	BUTTER 200 GR
DESICCATED COCONUT	NATURAL HONEY 2 TBLS BROWN SUGAR 1/2 CUP
CHOPPED DRIED FRUIT (RAISINS & CRANBERRIES)	

- Fre-heat the oven to 160°C.
 - Grease a 25 x 20cm baking pan well or line with greased baking paper.
- Gently melt the butter with the brown sugar and honey until sugar is dissolved.
- Combine the NESTLÉ MILO, oats, Cherios, coconut, fruit and nuts in a bowl.
- Combine the butter mixture with the dry ingredients and mix well.
- Pour the mixture into the baking tray, compacting the mixture to fill the tray evenly.
- 107 Bake in oven for 35 minutes.
- Remove from oven and allow to cool for 5 minutes.
- Carefully mark cutting lines without cutting all the way through to the tray.
- Cool completely and refrigerate until well chilled.
- Cut into pieces and store in an airtight container.





Mama laughs, Gogo laughs, and uTata laughs too.



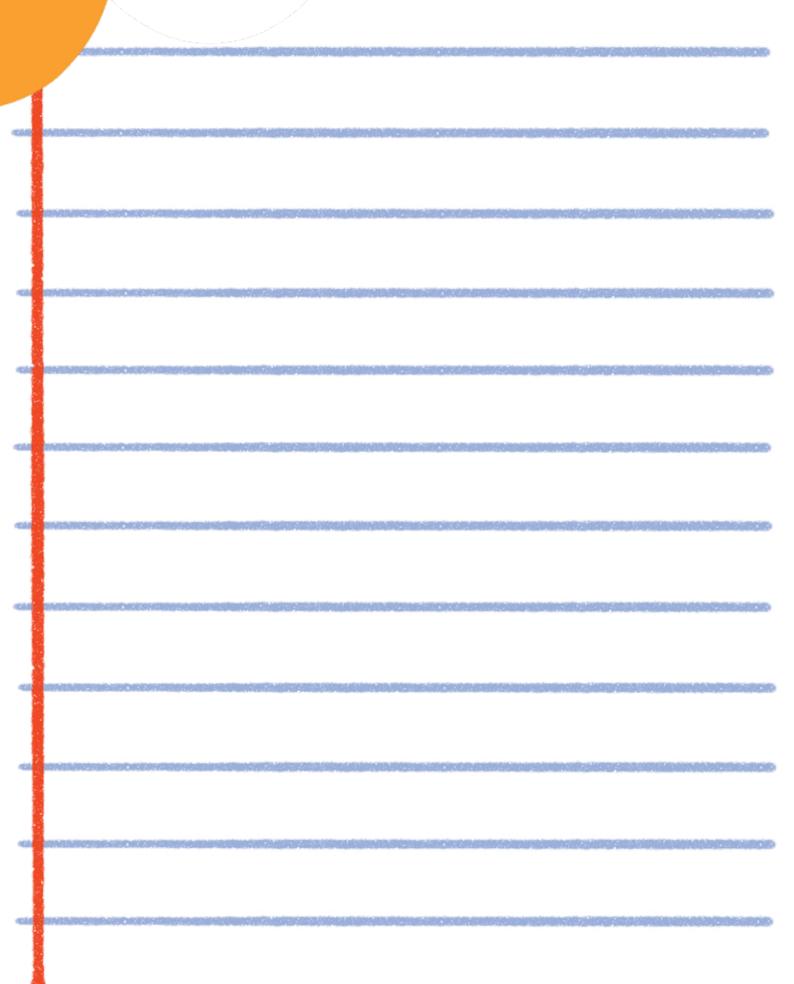
"Now you're a real chef," says Nandi.
"I know," says Sam, "but so are you."

THE END.





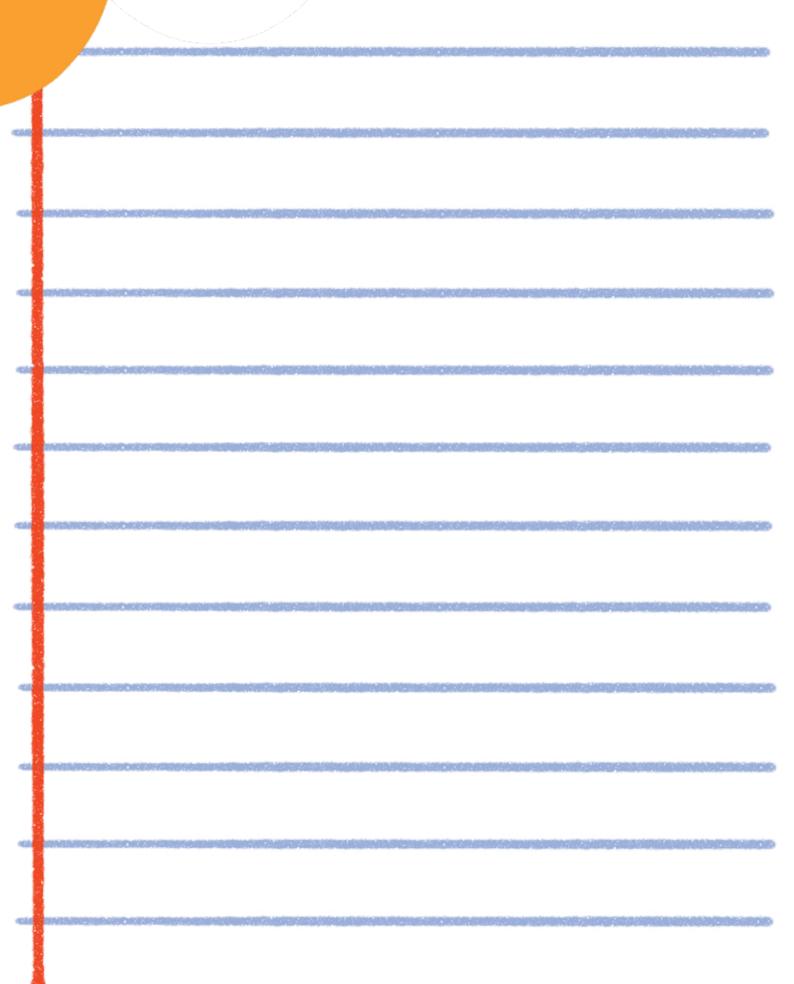
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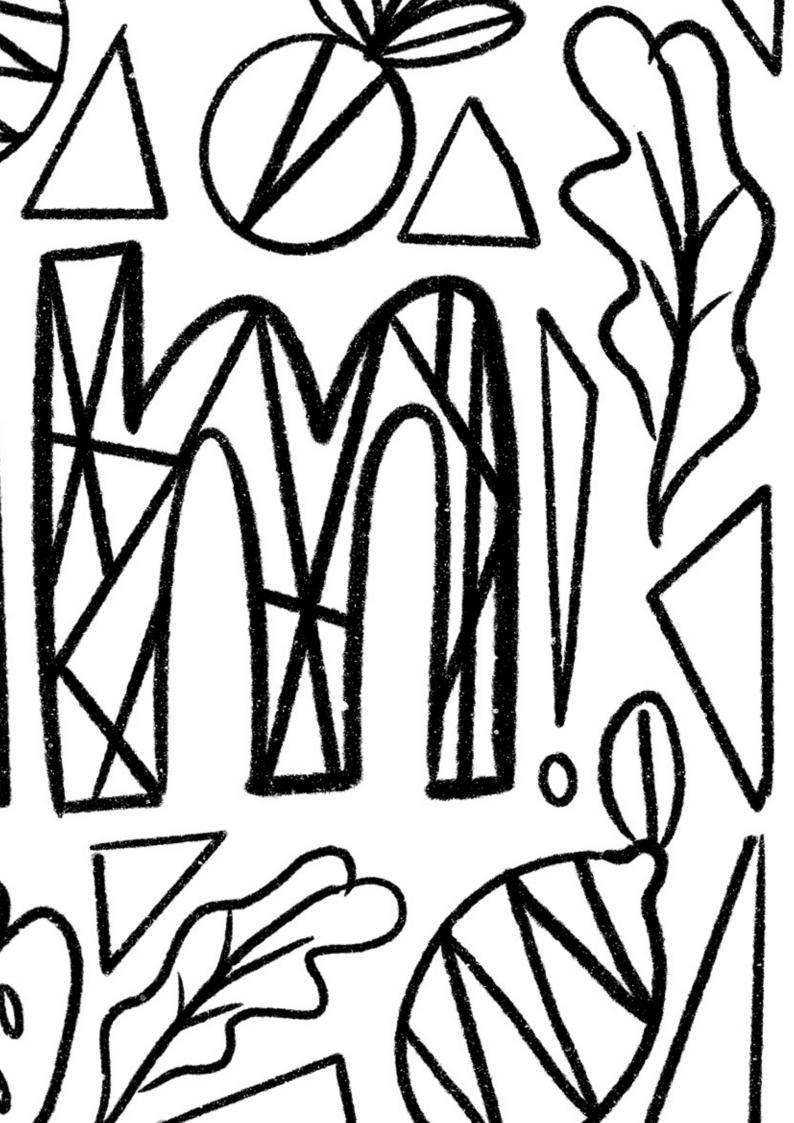


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