

NESTLÉ for
HEALTHIER KIDS 

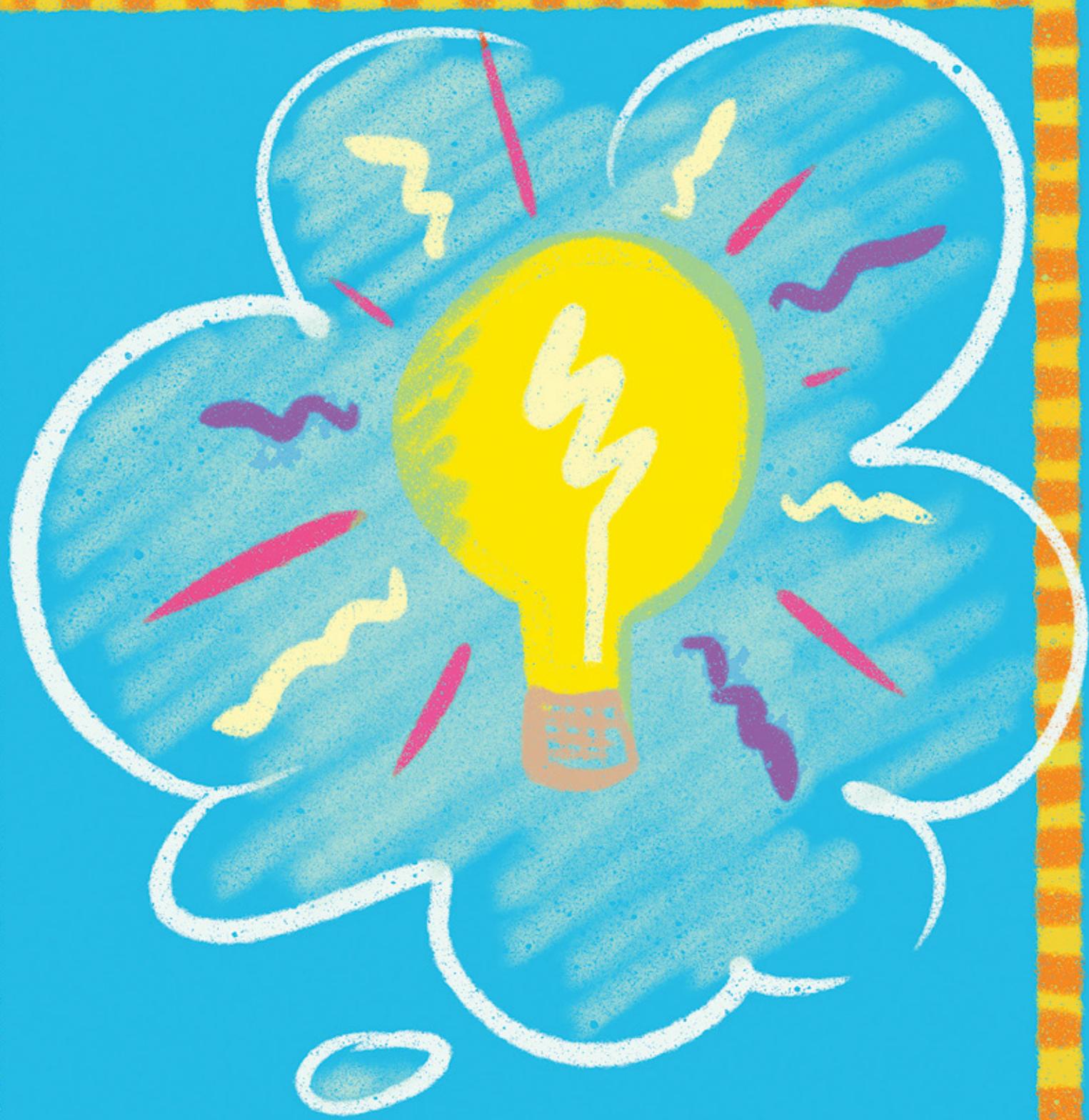
AMAPHUPHO
kaSAM

RECIPE
STORY
BOOK



NESTLÉ for HEALTHIER KIDS

Incwadi yezindatshana zokupheka ka:



Iphupho likaSam.
Uphupha ngokuba
umsunguli,



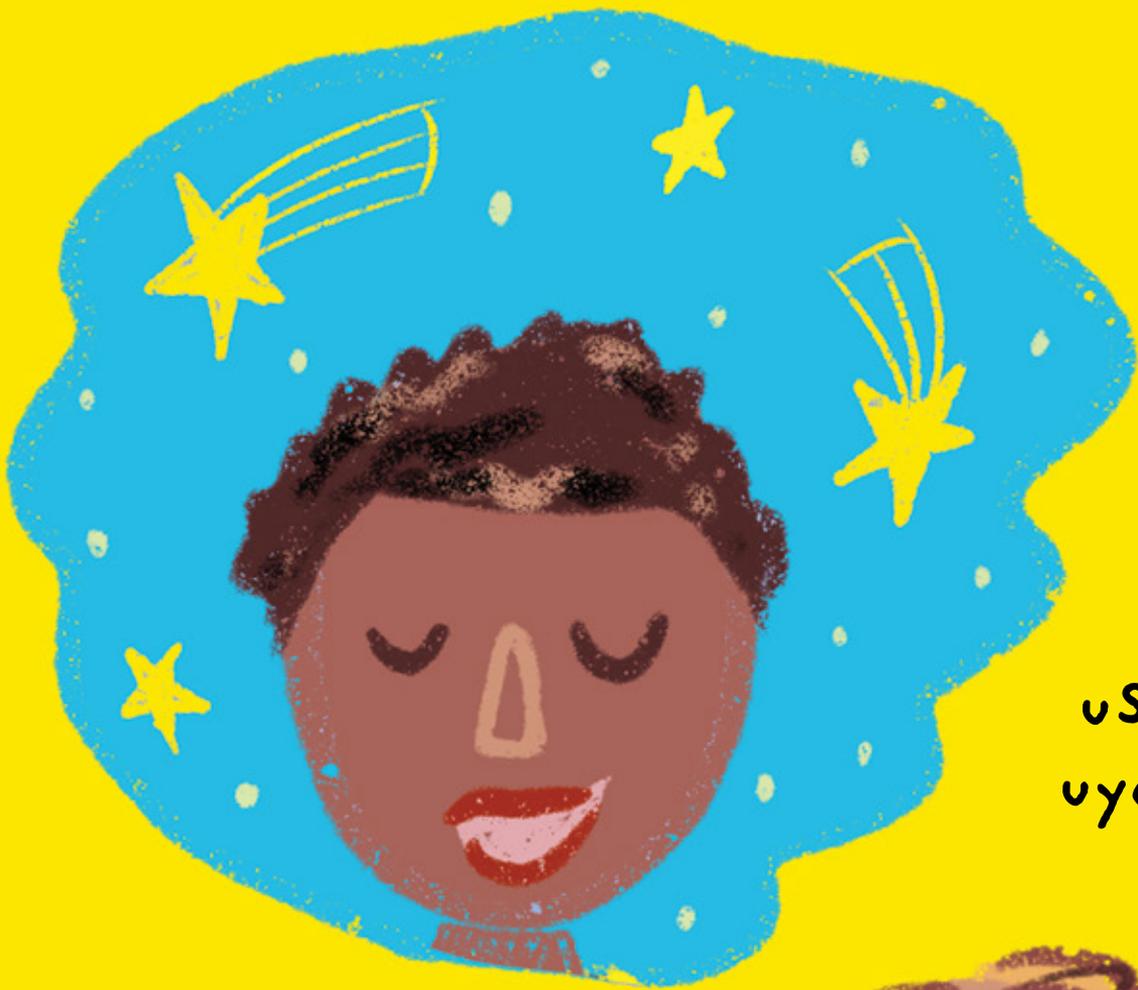
uphupha
ngokwakha
umshini
wesikhathi,



newashi,



noma indiza mshini.



uSam ulele
uyaphupha,



uNandi yena
um'bhekile.

uNandi athi,
“yini ungakhi
umkhumbi ohamba
ngaphansi
kwamanzi?”



Azame uSam
kodwa ahluleke.

ARGHHH!



athukuthele uSam,
uNandi ahleke.



Hehehehehe



uSam mayephupha.
ufuna ukwakha
umkhumbi mkhathi.

Uyahlanganisa,
alungise,
anamathisele.

03



uyaqongqhotha,
uyabopha,
ayafase.

02



01

Uyahlanganisa,
alungise,
anamathisele.





uSam uyawuthanda
umkhumbi mkhathi wakhe.

uSam ujabulile, uNandi yena uthukile.



uSam aciphize
inkinobho
yokusuka.



Amemeze
uNandi
emkhuza,
“Hhayi”

uqhume usakazeke
umkhumbi mkhathi
kaSam. Kaboom!



KABOOM!

“kwaphela ngomkhumbi mkhathi!” kusho
uMama wakhe, “nomkhumbi wamanzi kanye
nomshini wesikhathi.”



aphatheke
kabi!



NoMama wakhe
aphatheke kabi.



ZoNandi azizwe
s'phatheka kabi.



aphatheke kabi
kakhulu uSam.

uSam uziphathelwe
isithukuthezi. “Wenzani
Nandi?” kubuza
uSam. “Ngiyapheka,”
kuphendula uNandi.

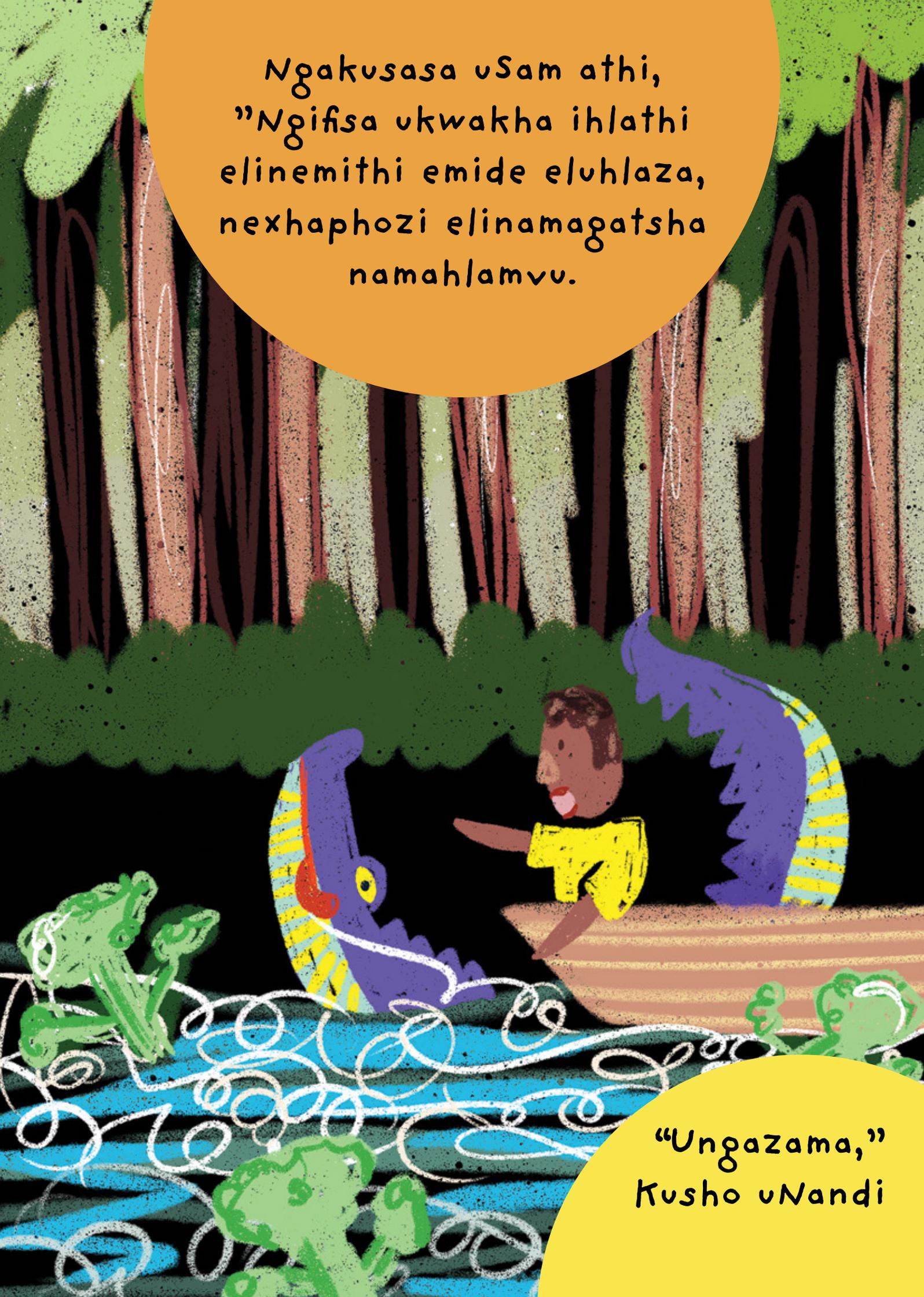


“Kuhlukile kunokuba
umsunguli?” Kubuza
uSam. “Ngicabanga
kanjalo,” sekuphendula
uNandi. Aqhubeke
uNandi nokupheka,
uSam yena ubhekile.



Ngabo lobobusuku
uSam uyaphupha ulele.

Uphupha usekujuleni
kwehlathi elimnyama,
elinezihlahla eziluhlaza,
ezindle, nexhaphozi
elinamagatsha namahlamvu.



Ngakusasa uSam athi,
"Ngifisa ukwakha ihlathi
elinemithi emide eluhlaza,
nexhaphozi elinamagatsha
namahlamvu.

"Ungazama,"
Kusho uNandi



Bilisa ama
NESTLÉ MAGGI
2 MINUTE
NOODLES,
ngesikhathi
usaphekile,
ungadweba
imidwebo..

Phaka ibroccoli,
bilisa ucwenge.
Ubuwazi ukuthi
ilekelela ingqondo?



Ungafaka inyama nesoya sause.
Ngesikhathi esifishane nje usunokuya
ethunjini, okuphuma phambili.”

“Ngiyawathanda kakhulu
ama NESTLÉ MAGGI 2
MINUTE NOODLES,”
kusho uSam. “Mina
Ngiyawathanda!”

“Ngiyakwazi loko” Kusho
uNandi “Yikho ngiwenzile.”



NESTLÉ MAGGI 2 MINUTE FANCY FOREST NOODLES



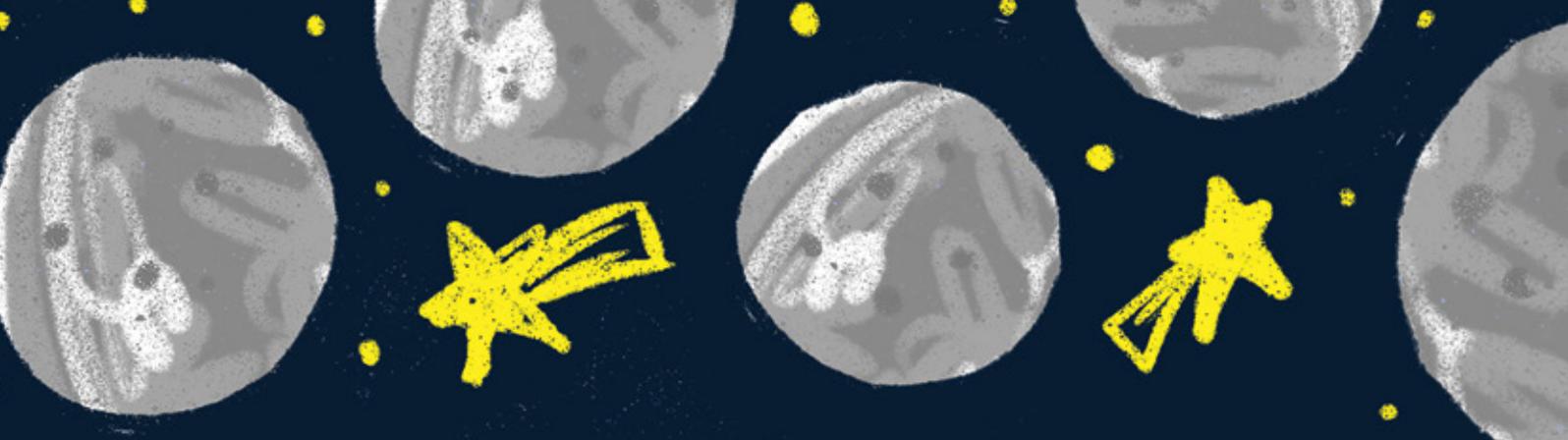
Recipe makes 2 servings.

- | | |
|---|---|
| BEEF FLAVOURED
NESTLÉ MAGGI 2
MINUTE NOODLES 2 PACKETS | OIL (FRYING) 2 TBLS
MAGGI SOY SAUCE .. 60 ML |
| BEEF STEAK,
CUT INTO
THIN STRIPS 300 GR | LAZENBY
WORCESTERSHIRE
SAUCE 30 ML |
| BROCCOLI
FLORETS 2 CUPS | TOASTED
SESAME SEEDS 1 TBLS |
| SMALL ONION,
THINLY SLICED ½ ONION | GINGER GROUND ½ TSP
CORN FLOUR 2 TSP |
| GARLIC, THINLY
SLICED 1 LARGE CLOVE | SALT AND PEPPER |

- STEP 01** Cook the noodles as per the packet instructions, strain and reserve the stock.
- STEP 02** Fry the broccoli on a med/high heat in 1 tbs oil for approx. 2 minutes, remove broccoli from pan.
- STEP 03** In the same pan, fry the onions in 1 tbs oil for approx. 1 minute, add the beef and season with salt. Stir-fry for 2 minutes then add the garlic and return broccoli back to pan.
- STEP 04** Mix 1 cup of the reserved stock with the soy sauce, Worcestershire sauce, ginger and corn flour.
- STEP 05** 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!



Ebusuku uSam uyaphupha.
Uphupha nge-Mars,
uMkhathi, neNyanga
kanye nezinkanyezi.



Ngakusasa uSam athi, “Nandi ngifisa ukwenza inyanga nezinkanyezi esibhakabhakeni.” “Angiyiboni inkinga lapho mina” Kuphendula uNandi, “asizame.”



“Thela i-NESTLÉ NESPRAY POWDER,

Kuxove konke ndawonye.



Hlanganisa noshukela



bese ufaka no baking powder.



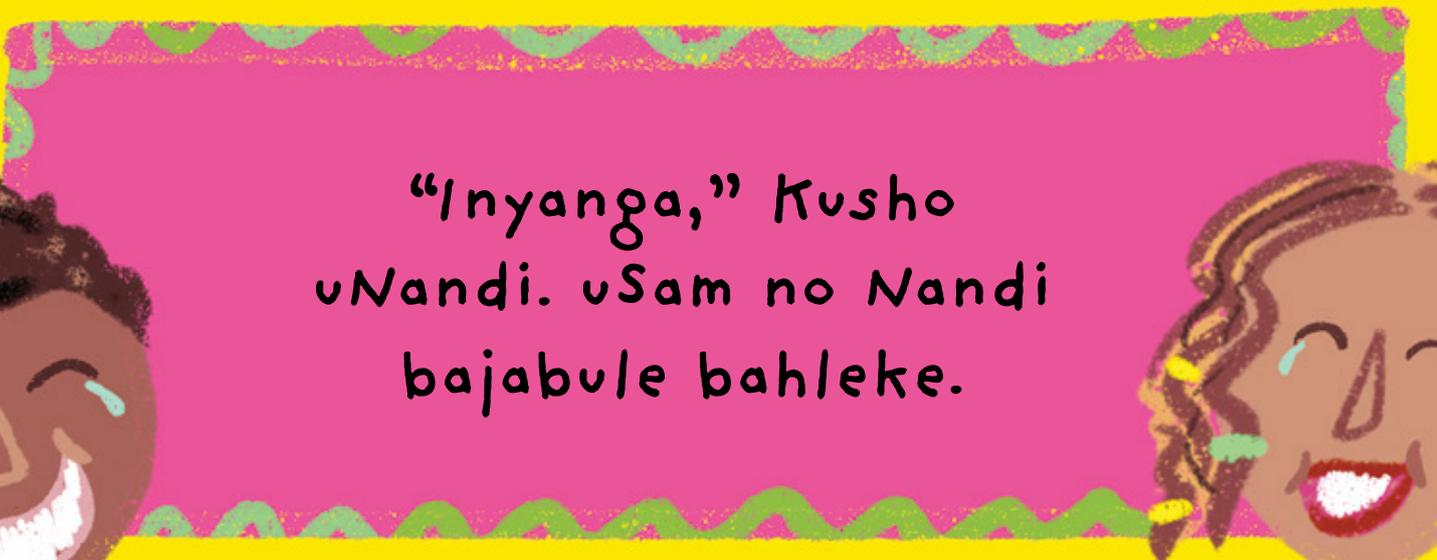


Bese ukha ngesipuni,

“Bheka sewune nyanga”



“Wow” kusho uSam.



“Inyanga,” kusho
uNandi. uSam no Nandi
bajabule bahleke.



NESTLÉ NESPRAY
BIG MOON
FLAPJACKS

Recipe makes 6 hotcakes.

INGREDIENTS

NESTLÉ NESPRAY
POWDERED DRINK,
PREPARED AS PER
RECIPE INSTRUCTIONS 1 CUP

FLOUR 1 CUP

BROWN SUGAR 1.5 TBLS

BAKING POWDER..... 2 TSPS

EGG,
LIGHTLY BEATEN..... x1

COOKING OIL 1 TBLS

VANILLA ESSENCE .. 1 TSP

LARGE BANANA
SLICED x1

HONEY

CHIA SEEDS

PINCH OF SALT

METHOD

STEP 01

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

STEP 02

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

STEP 03

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

STEP 04

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

STEP 05

Cook until golden brown on each side.

STEP 06

Cook the hotcakes in batches.

STEP 07

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

The illustration is set against a vibrant pink background. At the top, a dark, textured night sky is depicted. A bright blue banner with yellow lightning bolt accents stretches across the sky, containing the text 'Ebusuku ulele uSam uyaphupha.' Below the sky, a silhouette of a city is shown in shades of yellow and orange. The city features a central tower with a spire, a large yellow dome, a triangular structure, and two palm trees with green fronds and dark trunks. In the foreground, a white, fluffy layer represents clouds or a bed. In the bottom right corner, a child's face is shown in profile, sleeping peacefully with closed eyes and a slight smile. The child has dark skin and curly hair. The night sky around the child is dark with several yellow stars and shooting stars.

Ebusuku ulele uSam uyaphupha.

Uphupha ngezwe
elikude, maphakathi
nogwadule,
elinamadolobha
akhiwe
ngezihlabathi.

Ngakusasa uSam usethi,
“Nandi, ngifisa ukwakha ikameli
lasogwadule ngamatshe nesihlabathi.”

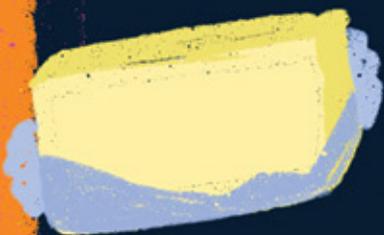


“Ngyezwa,”
kusho uNandi
“singalenza
lenzeke.”



“Thela
iNESTLÉ
NESPRAY

uthele nobhotela



uhlanganise
konke ngesipuni.





Qiniseka ukuthi
lisakhilimu
ulifake ushizi,



Thela ingxube
phezu kwezambane
ujabule.”



“Mmm, izambane
elibhakwe kamnandi ngoshizi!”
kusho uNandi.



“Washo izibiliboco,” kusho uSam

NESTLÉ NESPRAY CHEESY BACON DESERT SAUCE



Recipe makes 400ml of sauce.

INGREDIENTS

NESTLÉ NESPRAY
MILK POWDER

PREPARED AS PER

RECIPE INSTRUCTIONS 1/3 CUP

FLOUR 3 TBLS

MARGARINE,

MELTED 1/4 CUP

PREVIOUSLY

BOILED WATER 300ML

GRATED CHEDDAR

CHEESE 1/2 CUP

BACON, SLICED,

COOKED UNTIL

CRISPY 150 GR

PINCH OF SALT

METHOD

STEP 01 In a small pot, gently melt the margarine on a low heat.

STEP 02 Mix the NESTLÉ NESPRAY MILK POWDER, flour and salt together then add to the melted margarine and mix together with a wooden spoon.

STEP 03 Increase the heat to medium, add the water and stir continuously until the sauce becomes smooth and creamy (approx. 3 – 5 min).

STEP 04 Add the grated cheese and allow to melt.

STEP 05 Add the cooked bacon bits.

STEP 06 Serve with crumbed chicken strips, pasta, baked potato or over broccoli & cauliflower.

Ebusuku eselele
uSam uyaphupha.

Uphupha
ngomkhumbi okade
waphuka omile,

imikhome,

isidleke soshaka,

nebhokisi elidala,
lamagugu nomcebo.

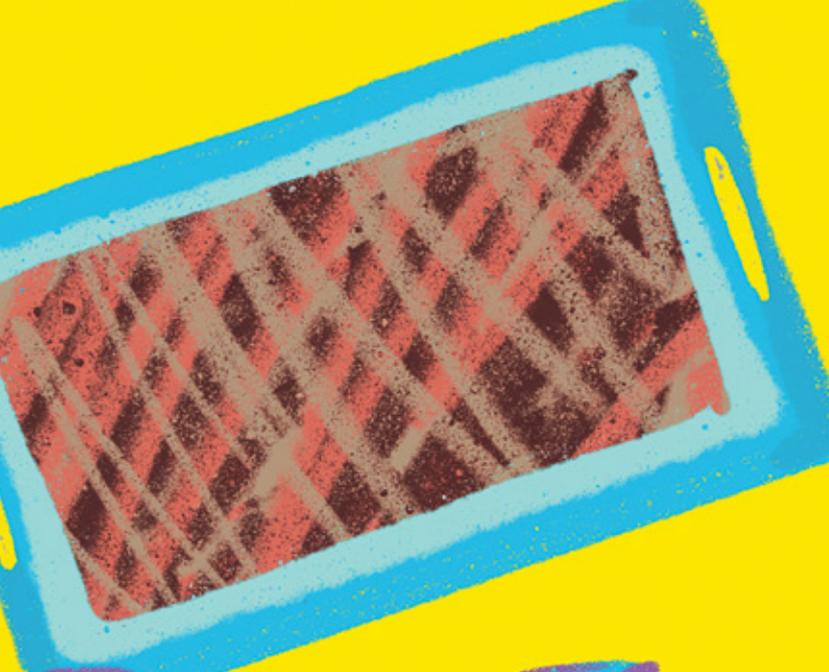


Ngakusasa uSam athi”
Mama noBaba ngicela
nize nginibonise ukuthi
lenziwa kanjani ibhokisi
lamagugu nomcebo.”

“Thatha
ushukela
kanye noju
ukuncibilikise
nobhotela.

Thela
iNESTLÉ
MILO,
kodwa
uqaphele
unga chithi
phansi.





Hlanganisa konke
bese ukufaka
etreyini.

Kubhake kuOven
bese uyodlala.



emva kwemizuzu ewu35
nizozibonela elimandi ibhokisi
elenziwe ngoshokoledi ngaphansi
kwamanzi.”



Kwasiza uNandi, uMama kanye noBaba.

NESTLÉ MILO
MUESLI TREASURE
CHEST BARS

Recipe makes 16 bars.

INGREDIENTS

NESTLÉ MILO	80 ML	RAW NUTS CHOPPED ASSORTED	1/2 CUP- OPTIONAL
ROLLED OATS	2 CUPS	BUTTER	200 GR
CHERIOS MULTIGRAIN, CRUSHED	1 CUP	NATURAL HONEY	2 TBLS
DESICCATED COCONUT.....	1 CUP	BROWN SUGAR	1/2 CUP
CHOPPED DRIED FRUIT (RAISINS & CRANBERRIES)	1/3 CUP		

METHOD

- STEP 01 Pre-heat the oven to 160°C.
- STEP 02 Grease a 25 x 20cm baking pan well or line with greased baking paper.
- STEP 03 Gently melt the butter with the brown sugar and honey until sugar is dissolved.
- STEP 04 Combine the NESTLÉ MILO, oats, Cherios, coconut, fruit and nuts in a bowl.
- STEP 05 Combine the butter mixture with the dry ingredients and mix well.
- STEP 06 Pour the mixture into the baking tray, compacting the mixture to fill the tray evenly.
- STEP 07 Bake in oven for 35 minutes.
- STEP 08 Remove from oven and allow to cool for 5 minutes.
- STEP 09 Carefully mark cutting lines without cutting all the way through to the tray.
- STEP 10 Cool completely and refrigerate until well chilled.
- STEP 11 Cut into pieces and store in an airtight container.

“Yaze yamnandi le NESTLÉ MILO BAR,” kusho uGogo. “awusho ibhokisi lamagugu nomcebo?” kusho uNandi.



Kwahleka uMama, uGogo kanye no Baba.

“Usungumpheki ngempela,” kusho uNandi. “ngiyazi,” kuphendula uSam “kodwa nawe ngokunjalo.”

THE END.

NGABE BEWAZI

Amahlathi emvula nokushisa agcwele 2 million km² yeAfrika, futhi ihlathi elilodwa lemvula leNingizimu Afrika litholakala kumaphandle eNaspoti.



NGABE BEWAZI

Umkhathi esiphila kuwo iMilky Way unezinyanga ezingu 200.

NGABE BEWAZI

Amakamela empeleni angahamba izinyanga eziyisikhombisa ngaphandle kokuphuza amanzi.



NOTES



Handwriting practice area consisting of 15 horizontal blue lines.



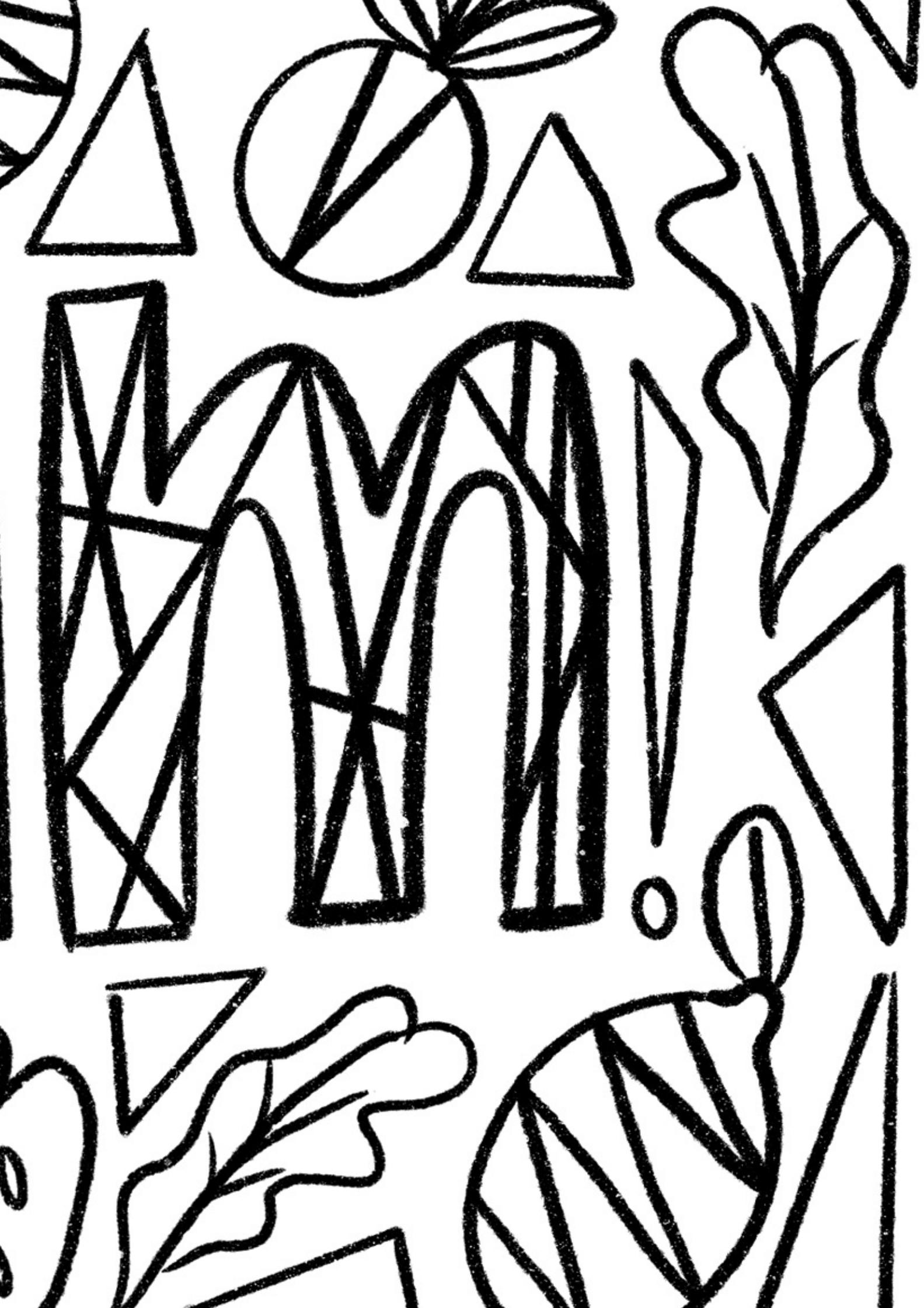
NOTES



Handwriting practice area consisting of 15 horizontal blue lines and a vertical red margin line on the left side.







NOTES



Handwriting practice area consisting of 15 horizontal blue lines and a vertical red margin line on the left side.



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HEALTHIER KIDS

