

School Holiday Treats Made Easy!



**Rewarding
summer activities;
Quick and easy
recipes**

Dietitian's Corner
Fuel for your brain
and body



Chef's Corner
Our Development
Chef Nik



What's In Season
Good for the planet
and your taste buds



BALANCED TRAY
More than just lunch

School Holiday Treats Made Easy!

With the school holidays just around the corner, it's the perfect time to enjoy some fun, family-friendly activities at home.

What better way to spend time together than by making your own tasty snacks?



Iced Chocolate Drink

A refreshing drink for warm days

Ingredients

- 1 cup milk (any kind)
- 1 portion of hot chocolate powder
- Ice cubes

Optional

- 1 tsp honey or syrup
- Whipped or aerosol cream

Method

1. Mix the hot chocolate powder with a small amount of hot water to make a smooth, pourable paste.
2. Fill a glass with ice.
3. Pour in the milk, leaving space for the chocolate mixture.
4. Add the chocolate mix and stir well.
5. Sweeten if desired.
6. Top with whipped cream and a sprinkle of hot chocolate powder.

Top Tip

Turn your iced chocolate drink into an iced latte, simply swap the hot chocolate powder for coffee.

Shop-bought treats like bliss balls, iced lattes, and ice lollies can quickly add up in cost, especially over the holidays.

The good news is that these popular snacks are not only budget-friendly to make at home, but they're also simple, fun, and delicious!

These recipes are ideal for both primary-aged children and secondary students. Little ones can help with mixing and decorating, while students can prepare the recipes themselves.

It's a great way to build confidence in the kitchen and encourage healthy, homemade choices.

So, why not be brave, get creative, and give these a go?

You might just discover a new family favourite!



These recipes can be easily adapted to suit the UK's top 14 allergens. Simple swaps, such as using a dairy-free milk and chocolate powder, means everyone can enjoy them.



Quick & Easy Recipes

Bliss Balls

A no-bake, energy-boosting snack

Ingredients

- 90g oats
- 30g cocoa powder
- 1 tsp vanilla essence
- 100g chopped dates
- 60ml water or apple juice

Method

1. In a bowl, mix the oats and cocoa powder together into a rough flour (leave a little cocoa powder for dusting). If you prefer, you can blend the oats to a fine powder or substitute the oats for Ready Brek.
2. Add the vanilla and chopped dates and stir until the mixture is well combined.
3. Add the water or juice little by little until it starts to bind together.
4. Take a tablespoon of the mixture and roll it into a ball. Repeat until you have around 10 balls.
5. These can be rolled and coated in cocoa powder (this can be swapped for desiccated coconut if preferred).

Optional

1. Roll in coconut, seeds, or sprinkles for extra fun!

Chocolate Mug Cake

Ingredients

- 2 tsp chocolate chips
- 1 tsp oil
- 2 tbsp milk
- 1 egg white, lightly beaten
- 1/4 tsp vanilla extract
- 4 tbsp oats (uncooked), divided
- 2 tbsp self-raising flour
- 1½ tbsp soft brown sugar
- 1 tbsp cocoa powder

Method

1. Place the chocolate chips and oil in a microwave-safe mug.
2. Microwave on high for 20 seconds to melt the chips; stir.
3. Add milk, egg white, and vanilla, whisk with a fork until well blended.
4. Add 3½ tbsp of the oats, the flour, sugar, and cocoa powder.
5. Whisk well, scraping the sides and bottom of the mug with a spatula if needed.
6. Sprinkle with the remaining ½ tbsp oats.
7. Microwave on high for 60–80 seconds, until risen and just firm to the touch.
8. Leave to stand for 3–5 minutes before serving.

Homemade Ice Lollies

Fruit-filled and refreshing

Ingredients

- 200ml fruit juice or blended fresh fruit

Optional

- 25g chopped fruit pieces

Method

1. Pour juice or blended fruit into lolly moulds or small cups.
2. Add chopped fruit if desired.
3. Insert sticks (or spoons) and freeze for 4–6 hours.
4. Run the mould under warm water to release.



Quick & Healthy Yoghurt Ice Lollies

Top Tip

Try blending the fruit into the yoghurt for a smooth finish or keep it chunky for added texture!

A perfect refreshing treat for warmer days, these yoghurt ice lollies are simple to make, naturally sweet, and a great alternative to shop-bought options.

Ingredients

- 500g natural or flavoured yoghurt (Greek yoghurt works well)
- 2–3 tbsp honey (optional, to taste)
- Fresh fruit (e.g. berries, mango, banana, or peaches)

Method

1. In a bowl, mix the yoghurt with honey if using.
2. Prepare the fruit by chopping it into small pieces or lightly mashing it.
3. Spoon the yoghurt and fruit into lolly moulds, layering or swirling for a fun effect.
4. Insert sticks and freeze for at least 4 hours, or until fully set.

These lollies are easily adaptable for the UK's top 14 allergens, simply swap standard yoghurt for a dairy-free alternative such as coconut, oat, or soy-based yoghurt.

If you don't have lolly moulds, why not make your own?

You can easily make yoghurt ice lollies without moulds using everyday kitchen items:

Easy Alternatives to Lolly Moulds

- Small plastic or paper cups; Fill, cover with foil, and insert a teaspoon through the centre.
- Ice cube trays; Great for mini, bite-sized lollies; use cocktail sticks or small spoons.
- Reused yoghurt pots; The perfect size and already food-safe, just wash and reuse.
- Small glasses; Ideal for slightly larger lollies.

Top Tip

If you don't have sticks, you can use wooden skewers (cut down), teaspoons, or even reusable straws as handles.



Competition Time

Simply create any of the recipes featured in this newsletter and ask a parent or guardian to email us at ukmarketing@taylorshaw.com with a photo of your dish or item.

Please also include a few words about whether you enjoyed making and/or eating (or drinking) your chosen recipe.

Make sure you include the following in your email:

- Pupil name
- Class/year group
- School name
- School postcode or town

The Prize

Secondary Schools – One winning entry will get the chance to choose a themed menu for their school for a day, with the winning pupil enjoying their lunch for free.

If you love the idea of having something like Korean corn dogs, Chicken Gryos, Chicken Katsu or another exciting dish on the menu, this is your chance!

Primary Schools – One winning entry will receive a cooking session with Nik, our Development Chef.

We will liaise with the school to deliver a session for a group of pupils from your class, where you will make and decorate cupcakes.

The prize is subject to school permission and may be adapted to accommodate medical diets.

Give It a Go!

Making simple snacks at home doesn't just save money, it creates moments to share, skills to learn, and treats to be proud of. Whether you're rolling bliss balls, pouring lollies, or mixing up a refreshing drink, there's something for everyone to enjoy.

HYDRATION

FUEL FOR YOUR BRAIN AND BODY

As the weather warms up and school days stay busy, keeping hydrated is more important than you might think.

Water makes up around 60–70% of your body and plays a key role in temperature control, energy levels, and how well your brain works.

Why hydration matters

Your brain is around 75% water, so staying hydrated helps with:

- Concentration and focus
- Memory and processing information
- Mood and energy levels

Even mild dehydration (just 1–2% fluid loss) can make you feel tired, give you headaches, and make it harder to stay focused in lessons or perform at your best in exams.

HOW MUCH DO YOU NEED?

Aim for around 6–8 glasses of fluid a day, and more if you're active or the weather is hot.

Don't wait until you feel thirsty—this can be a sign you're already slightly dehydrated, so it's important to drink regularly throughout the day.



YOU CAN “EAT YOUR WATER”

Around 20–30% of your daily fluid intake comes from food! Some foods that are especially high in water include:

- Watermelon
- Cucumber
- Strawberries
- Oranges
- Lettuce

Other good options like apples, tomatoes, carrots and yoghurt also help keep you hydrated while providing important nutrients.

MYTH-BUSTER?

Fizzy and energy drinks might seem refreshing, but their high sugar and caffeine content can actually make it harder to stay properly hydrated.

TOP HYDRATION TIPS

1. Bring a refillable water bottle to school
2. Take regular sips throughout the day
3. Include fruit or salad with your lunch
4. Choose water or milk as your main drinks
5. Drink more during hot weather or physical activity

Staying hydrated is a simple way to boost your focus, mood, and energy—helping you feel your best and perform well both in the classroom and beyond.



HYDRATING RECIPES

CRUNCHY HYDRATION SALAD

What you need:

- Cucumber
- Tomatoes
- Lettuce or spinach
- Sweetcorn
- Light dressing (e.g. olive oil + lemon)

WHY IT'S GOOD:

Packed with water-rich vegetables (most over 90% water) plus vitamins and fibre.



CUCUMBER & CREAM CHEESE WRAP

What you need:

- Wholemeal wrap
- Cucumber slices
- Light cream cheese

WHY IT'S GOOD:

Quick, filling, and combines hydration with energy for the school day.



BERRY OR CITRUS BOOST WATER

What you need:

- Handful of Strawberries/Mixed Berries or Orange/Lime Slices
- Water
- Ice (optional)

What to do:

Add the fruit to a water bottle, lightly squash to release flavour, top with water and chill.

WHY IT'S GOOD:

Provides Vitamin C, flavour without added sugar and encourages you to drink more.



From our kitchen to yours

Meet Nik, with over 30 years in the culinary industry, Nik's passion for food and sharing his expertise is truly inspiring!



Fresh Mango Salsa

Add a burst of flavour with this vibrant salsa:

Ingredients

- ½ mango, finely diced
- 1 red onion
- 1 red chilli, finely chopped (optional)
- Zest and juice of 1 lime



Method

Finely chop all ingredients, mix well in a bowl, and allow

to marinate in the fridge for around 1 hour to develop the flavours.

In this edition, I've shared a Pick 'n' Mix Style Lunch. Get creative at lunchtime with a fun and flexible pick 'n' mix approach?

This build-your-own meal is perfect for catering to different tastes and dietary preferences.

Build Your Base:

Start by choosing your protein of choice:

- Grilled chicken (any cut – breast or thigh work perfectly)
- Halloumi
- Sweet potato steak

Season generously with your favourite herbs and spices such as cumin, Cajun seasoning, or mixed herbs, then pan-fry or grill until cooked through and golden.



Choose Your Style

Serve your protein and salsa however you like:

- Burger – in a bun with fresh salad
- Salad – light and refreshing
- Rice or pasta – for a more filling meal



Do you have a dish you'd love to see featured? Let us know, and we'll happily consider including the recipe and expert advice in a future edition! Send your recipe request to ukmarketing@taylorshaw.com

Fresh Fruit Tart

Finish with a delicious and easy-to-make dessert.

Ingredients

- 1 pastry sheet
- 400g fresh seasonal berries
- 50g sugar (any type)
- 1 egg (optional)

Method

1. Preheat the oven to 200°C.
2. Lay the pastry sheet on a baking tray folding over the edges to create a bowl shape.
3. Egg wash the edges (optional).
4. Place the berries in the centre.
5. Sprinkle over the sugar.

6. Bake for approximately 15 minutes (check after 10 minutes). The pastry should be golden and the fruit softened.

To Serve

Pair with your choice of:

- Fresh cream
- Crème fraîche
- Greek yoghurt
- Custard or crème anglaise

A simple, adaptable menu that's full of flavour and perfect for encouraging creativity in the kitchen!



These recipes can be easily adapted to suit the UK's top 14 allergens. Simple swaps, such as using a gluten-free or dairy-free pastry sheet for the fruit tart, mean everyone can enjoy them.

What's in season?

Eating what's in season is not only good for the planet, but also for your taste buds and your wallet?

Seasonal fruit and vegetables haven't had to travel far to reach your plate, which means fewer food miles and a smaller environmental impact.



They're often more affordable too, as they're plentiful at this time of year – and best of all, they taste amazing because they're harvested at peak ripeness.

Why not visit your local greengrocer or farmer's market to see what delicious seasonal produce is available? You might even discover some exciting new ingredients to try at home!

In season during July and August is...

Fruit & Vegetables to Harvest or Buy

Aubergines	Courgettes and summer squash	Peppers and chillies
Beetroot	Cucumbers	Plums
Blackberries	Currants	Potatoes
Blueberries	Fennel	Radish
Broccoli	French beans	Raspberries
Cabbage	Gooseberries	Runner beans
Cauliflower	Lettuce and other salad leaves	Shallots
Carrots	Loganberries	Spinach
Celery	New potatoes	Spring onions
Chard	Peas and mangetout	Sweetcorn
Cherries		Tomatoes



Vegetables to Sow and Plant

Fennel
Lettuce
Pak choi
Parsley
Rocket
Spinach