



SALAD SHAKERS

INGREDIENTS



Lettuce, tomato, cucumber, beetroot
sweetcorn, mixed bean salad (in a can), carrot,
peppers, flat leaf parsley, mixed seeds - and any other in season salad veg to chop and
explore.

For the dressing : Olive oil, balsamic vinegar, runny honey.

1) Chop the salad vegetables into small pieces, encourage the children to explore and chop all of the vegetables even if they may not choose to use them all. Do not be tempted to pre chop the salad, let the children see the vegetables in their true form.

2. Layer the salad, beans, seeds and croutons in an 8oz milkshake cup.

3. Add one teaspoon of olive oil, one teaspoon of balsamic vinegar and a squeeze of runny honey to taste on the top of the layered salad.

4. Put the lid on top of the salad and shake, shake, shake.

5. Enjoy your shaka shaka shaken salad.

