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Crunch and Munch

点读版

厨房里的美食秘密

Nora Sands 著

外语教学与研究出版社
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No-cook Cooking!

Here are four **recipes** for you to make.

They're so easy —
you don't even have
to cook them!



You will need:



a big mixing bowl



a measuring jug



a grater



a teaspoon



a lemon squeezer



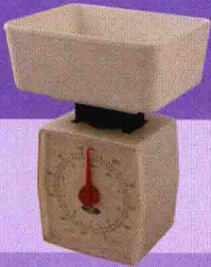
a jam jar with a lid



a tablespoon

Remember!

- * Make sure an adult does the **chopping**. Don't use a sharp knife by yourself.
- * Always wash your hands before touching food.
- * Don't use nuts in your **recipe** if anyone is allergic to them.



weighing scales



a peeler



a bowl



a cup for measuring



a sharp knife



an airtight container



a chopping board

Morning Munch

Here's a crunchy, munchy breakfast to start off your day.

You will need:

- * 150g porridge oats
- * 150g dried fruit, nuts and seeds
- * some milk
- * a teaspoonful of honey
- * fresh fruit (washed and **chopped**)

This makes enough for four people.





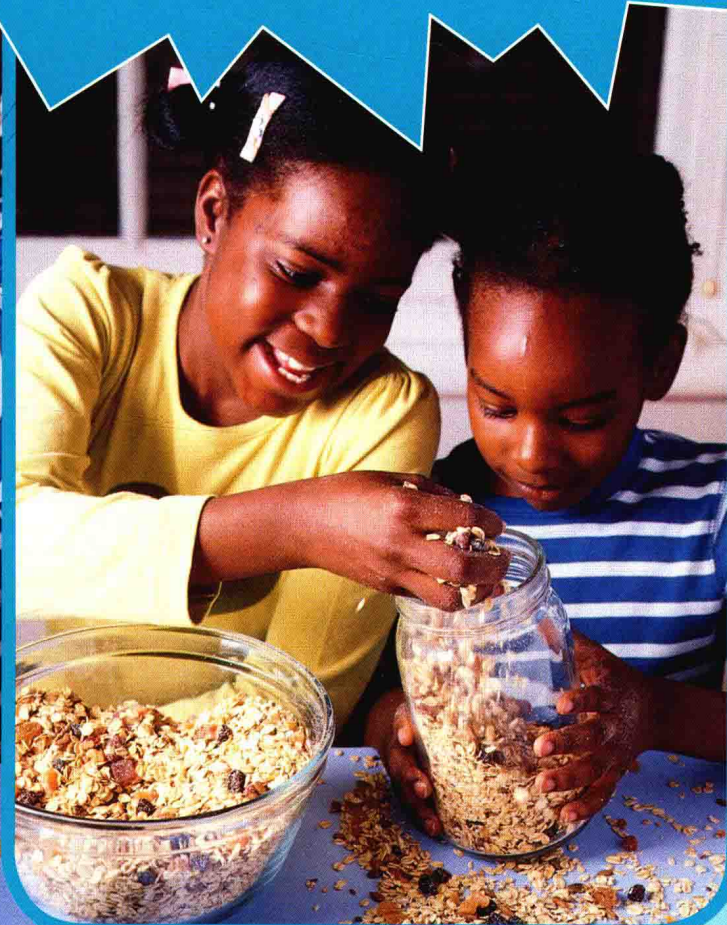
What to do:

1. **Weigh** the oats, dried fruit, nuts and seeds.
2. Put them all in a big **mixing** bowl.
3. **Mix** with a **spoon**, or with your hands.
4. Put some of the mixture in a smaller bowl.
5. **Pour** milk over it.
6. Add some fresh fruit and honey on top.
7. Crunch and munch!



Top Tip

If there's any dry Morning Munch left over, put it in an airtight container. It'll stay fresh for a week.



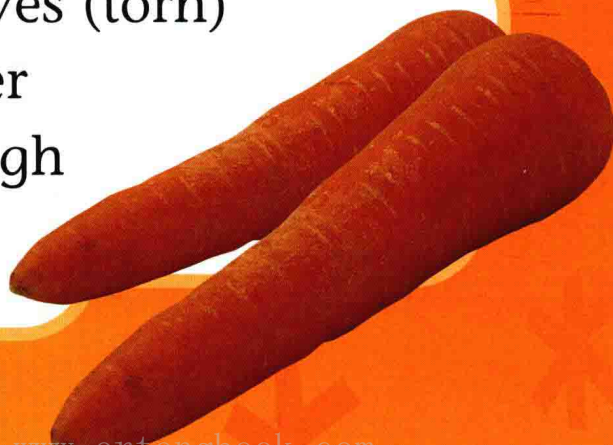
Carrot Crunch

This **recipe** is bright, juicy and easy to make.

You will need:

- * 1 lemon, cut in half
- * 1 orange, cut in half
- * 100ml olive oil
- * 3 large carrots (**peeled** and grated)
- * 100g currants
- * fresh mint leaves (torn)
- * salt and pepper

This makes enough for four people.





What to do:

1. **Weigh** the currants.
2. **Measure** the olive oil in the **measuring** jug.
3. Squeeze the orange and lemon in the lemon squeezer.
4. **Pour** the juice into a **mixing** bowl.
5. Tear the mint leaves.
6. Add the olive oil, grated carrots, currants and torn mint.
7. Sprinkle with a bit of salt and pepper.
8. **Mix** everything together with a **spoon**.
9. Enjoy!





Top Tip

Eat this straight away
when it's fresh.

Super Salad Dressing

You can make a salad even tastier with this lemon and honey salad **dressing**.

You will need:

- * juice of 1 lemon
- * 4 tablespoons of honey
- * 1 teaspoon of mustard
- * a pinch of salt and pepper
- * 1 cup of olive oil
- * a clean jam jar with a lid

This makes enough for four people.





