

# **COOK BOOK FOR LITTLE HANDS**

**E-TWINNING PROJECT  
A SMALL MIRACLE THE KINDERGARTEN**

# RECIPES

- Mytinys (cold fresh bread soup)..... Jurbarko r. Skirsnemunės Jurgio Baltrušaičio pagrindinė mokykla
- Baked pasta with feta cheese and cherry tomatoes.....Kindergarten of Charaka, Hraklio, Greece.
- Lithuanian Saltibarsiai (cold beet soup)..... Vilniaus Žaliakalnio darželis - mokykla, Lietuva
- Pancakes sugar free with banana & oats.....24 Kindergarten Alexandroupolis, Greece
- Greek salad recipe.....15 Kindergarten of Agia Paraskevi, Athens, Greece.
- Banana cake.....Kindergarten for Special Education , Ierapetra, Greece.

# MYTINYS (COLD FRESH BREAD SOUP)

## Mutinys ( Cold fresh bread soup)

### *Ingredients*

- Strawberries: 5-6 medium sized
- Sugar: 2 teaspoons
- slices of black bread: to taste
- milk: 1 glass (or cold water, who doesn't like milk)
- blueberries (not necessary, if you want)



### *Recipe preparation*

1. First, mash the strawberries with a fork with the sugar.
2. Then cut the black bread into pieces and mix it with the strawberries.
3. Pour cold milk over the strawberries and taste immediately (if they set, the milk will start to pull). 😊
4. **Tip:** If you like, you can add blueberries to this soup. :)

# BAKED PASTA WITH FETA CHEESE AND CHERRY TOMATOES

Kindergarten of Charaka, Hraklio, Greece

**Baked pasta with feta cheese and cherry tomatoes**

Ingredients

- 500gr pasta (spaghetti, penne)
- 200gr cherry tomatoes
- 200gr feta cheese
- 2 teaspoons dried oregano
- Salt
- Black pepper
- 1 pinch of sugar
- a few drizzles of olive oil
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Steps/directions

1. throw the tomatoes and the feta in a pan
2. sprinkle with salt, pepper, oregano, sugar and drizzle with olive oil and bake for about 20 minutes
3. boil the pasta
4. when the tomatoes and feta are ready, crush them with a fork
5. strain the pasta and throw it in
6. mix well and serve in a bowl

Extra tip: Garnish with a few olive slices for extra flavour

Enjoy!!

# LITHUANIAN SALTIBARSCIAI (COLD BEET SOUP)

Vilniaus Žaliakalnio darželis  
mokykla, Lietuva



**Lithuanian  
Šaltibarščiai  
(Cold Beet Soup)**

TIME: 25 MINS  
COOK TIME: 5 MINS  
ADDITIONAL TIME: 1 DAY 15 MINS  
TOTAL TIME: 1 DAY 45 MINS  
SERVINGS: 8

INGREDIENTS

- 4 LARGE EGGS
- 1 QUART BUTTERMILK
- 1 POUND BEETS, PEELED AND SHREDDED
- 1 LARGE ENGLISH CUCUMBER - PEELED, QUARTERED, AND SLICED
- 1 BUNCH FRESH DILL, MINCED
- ¼ CUP MINCED CHIVES

DIRECTIONS

1. PLACE EGGS INTO A SAUCEPAN IN A SINGLE LAYER AND COVER WITH WATER BY 1 INCH. COVER THE SAUCEPAN AND BRING TO A BOIL. REMOVE FROM THE HEAT AND LET EGGS STAND IN HOT WATER FOR 15 MINUTES. DRAIN, THEN RUN UNDER COLD WATER TO COOL.
2. PEEL AND CHOP EGGS; PLACE INTO A LARGE BOWL. ADD BUTTERMILK, BEETS, CUCUMBER, DILL, AND CHIVES; STIR GENTLY TO COMBINE. CHILL IN THE REFRIGERATOR FOR 24 HOURS BEFORE SERVING.

# PANCAKES SUGAR FREE WITH BANANA & OATS

Georgia Gourmou 24 Kindergarten, Alexandroupolis, Greece

## *Pancakes sugar free with banana & oats*

### Ingredients

50 gr. oat flakes

½ kg. baking powder

½ kg. cinnamon

1 medium ripe banana

10 gr. corn flour

80 – 100 gr. unsweetened vegetable milk

coconut oil, for frying

- 1) In a food processor grind the oats well together with the baking powder and cinnamon.
- 2) Add the banana, corn flour and milk and mash. If necessary, add a little extra milk.
- 3) Heat ½ tsp. coconut oil in a non-stick pan on medium heat and when it burns, pour 1 tbsp. mixture for each pancake, spreading it on a small disk. Fry all the pancakes on medium heat for 1-2 minutes on each side until they take on color and place on a plate.
- 4) Serve with fruit, syrup or honey of our choice.



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# GREEK SALAD RECIPE

15th kindergarten of Aghia Paraskevi

Our Greek salad recipe!

Now that spring is already here we decided to sent you an easy and refreshing recipe to make your own Greek salad.

You'll need:

5 tablespoon olive oil

1 tablespoon vinegar

1 tablespoon honey

salt

pepper

1 tablespoon oregano, dry

350 g cherry tomatoes

1/3 dry onion

1/2 bell pepper

1/2 cucumber

150 g feta cheese (or white cheese)

Execution method:

In a bowl, add 4 tablespoons of extra virgin olive oil, the vinegar, honey, salt and pepper. Gently stir with a spoon just to combine .

Chop the cherry tomatoes in half and add to the bowl.

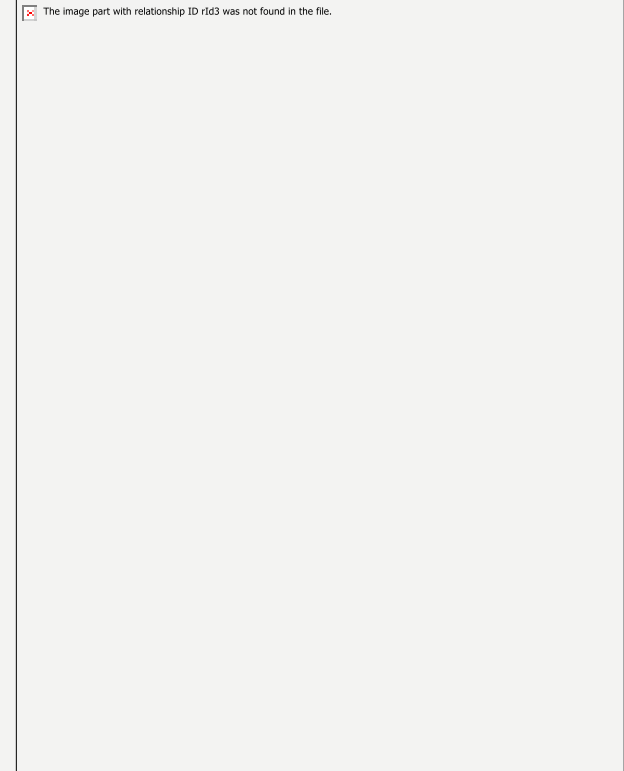
Thinly slice the cucumber into half-moon shapes and thinly slice the onion. Add to the bowl.

Cut the green pepper into thin strips and add to the bowl.

Add the olives, feta and 1 tablespoon oregano.

To finish, drizzle with 1 tablepoons extra virgin olive oil and serve.

Bon appétit!



# BANANA CAKE

## Special Education Kindergarten of Ierapetra

### Banana cake

#### Ingredients

1 egg beaten
5 spoon oil
1 ½ cups all-purpose flour
2 teaspoon baking powder
1 pinch salt
1 cup drops of black chocolate
2 big ripe bananas

#### Method

1. Preheat the oven to 175° C. Butter a 30x10cm loaf pan.
2. In a mixing bowl mash the ripe bananas with a fork. Stir the oil into the mashed bananas and mix the beaten egg.
3. **Mix in the remaining ingredients:** flour, baking powder and salt. Finally, the chocolate drops.
4. **Bake the cake:** Put the mixture into your prepared loaf pan. Bake for 40-50 minutes at 175° C, or until a toothpick inserted into the center comes out clean. A few dry crumbs are ok.
5. Cool and serve: Remove from oven and let cool in the pan for a few minutes. Then remove the banana cake from the pan and let cool completely before serving. Slice and serve.

**Good luck!!!**







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