Community Care Tailored Support
Empowering Potential, Inspiring Success

Simple & Tasty

Easy Meals Cookbook

25 straightforward recipes for everyday cooking

Good food. Brighter days.

Clear ingredients • Simple steps • Helpful tips

Created for building confidence and independence in the kitchen

FIND YOUR FAVOURITE

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Each recipe has an ingredients page and a picture-by-picture method page.

Kitchen guide: pages 3-4 | My notes: page 55

START SAFELY

Kitchen basics

Before you start

- Wash and dry your hands.
- Read the whole recipe.
- Collect ingredients and equipment.
- Tie back long hair and clear the bench.

Cook safely

- Use oven mitts for hot trays.
- Turn saucepan handles away from the edge.
- Use a stable chopping board.
- Ask for assistance with knives, hot oil or heavy pans.

Food safety

- Keep raw meat separate from ready-to-eat food.
- Cook chicken and mince thoroughly.
- Refrigerate leftovers within two hours.
- Use refrigerated leftovers within 2-3 days.

Important

Check allergies, swallowing needs, dietary requirements and support plans before preparing food for someone else.

MAKE COOKING EASIER

Meal planning and easy swaps

Keep it simple

Choose 3-4 familiar meals each week. Repeat ingredients to reduce waste.

Helpful shortcuts

Frozen vegetables, microwave rice, tinned beans and cooked chicken can save time.

Easy swaps

Use lactose-free milk, gluten-free bread or vegetarian proteins when suitable.

Plan leftovers

Cool promptly, label with the date and use within 2-3 days.

Balanced plate

Aim for vegetables, a protein food and grain or potato across main meals.

Choice and control

Offer genuine options and involve the person in shopping, preparation and serving.

Using the pictures

AI-generated illustrations show an example, not an exact result. Read each numbered step. Pictures cannot confirm safe cooking temperature, allergens or swallowing suitability.

BREAKFAST

Vegetable Omelette

SERVES: 1 serve | TIME: 10 minutes

What you need

- [ ] 2 eggs
- [ ] 2 tbsp milk
- [ ] 1/2 tomato, chopped
- [ ] Handful spinach, chopped
- [ ] 1/4 capsicum, chopped
- [ ] 2 tbsp grated cheese (optional)
- [ ] 1 tsp olive oil
- [ ] Salt and pepper



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Vegetable Omelette



1. Wash and chop the vegetables.



2. Whisk eggs and milk with a little salt and pepper.



3. Heat oil in a non-stick pan. Cook capsicum, tomato and spinach for 2-3 minutes.



4. Pour in the egg mixture and cook gently until almost set.



5. Add cheese, fold in half and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

BAKING

Classic Scones

SERVES: 8-10 scones | TIME: 25 minutes

What you need

- ☐ 3 cups self-raising flour
- ☐ 1/4 cup caster sugar
- ☐ Pinch of salt
- ☐ 90 g cold butter, chopped
- ☐ 1 cup milk
- ☐ 1 tsp vanilla (optional)



Finished-dish example

Before you start

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Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Classic Scones



1. Heat oven to 220 C (200 C fan-forced). Line a tray.



2. Mix flour, sugar and salt. Rub in butter until the mixture looks like breadcrumbs.



3. Make a well, add milk and vanilla, then mix gently.



4. Turn onto a floured surface and knead only 2-3 times.



5. Pat to 2 cm thick, cut rounds and place together on the tray.



6. Brush with milk and bake 12-15 minutes until golden.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Spaghetti Bolognese

SERVES: 4 serves | TIME: 40 minutes

What you need

- [ ] 500 g lean beef mince
- [ ] 1 onion, chopped
- [ ] 1 carrot, diced
- [ ] 1 celery stalk, diced
- [ ] 2 garlic cloves, crushed
- [ ] 400 g crushed tomatoes
- [ ] 2 tbsp tomato paste
- [ ] 1 tsp dried oregano
- [ ] 1/2 cup beef stock
- [ ] 500 g spaghetti



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Spaghetti Bolognese



1. Heat a little oil. Cook onion, carrot, celery and garlic for 5 minutes.



2. Add mince and cook, breaking it up, until browned. Drain excess fat.



3. Add tomatoes, paste, oregano and stock. Simmer 20 minutes.



4. Cook spaghetti according to the packet and drain.



5. Spoon sauce over spaghetti and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

BREAKFAST

Scrambled Eggs on Toast

SERVES: 1 serve | TIME: 10 minutes

What you need

- ☐ 2 eggs
- ☐ 2 tbsp milk
- ☐ 1 tsp butter
- ☐ 2 slices wholemeal bread
- ☐ Pepper
- ☐ Chopped chives (optional)



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Scrambled Eggs on Toast



1. Toast the bread.



2. Whisk eggs, milk and pepper.



3. Melt butter in a small pan over low heat.



4. Add eggs and stir slowly until softly set.



5. Serve immediately on toast.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

BREAKFAST

Banana Cinnamon Porridge

SERVES: 1 serve | TIME: 8 minutes

What you need

- ☐ 1/2 cup rolled oats
- ☐ 1 cup milk or water
- ☐ 1 banana
- ☐ Pinch cinnamon
- ☐ 1 tsp honey (optional)



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Banana Cinnamon Porridge



1. Combine oats and milk in a saucepan.



2. Cook over medium-low heat for 4-5 minutes, stirring.



3. Mash half the banana and stir it through.



4. Top with remaining banana, cinnamon and honey.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

BREAKFAST

Yoghurt Fruit Crunch

SERVES: 1 serve | TIME: 5 minutes

What you need

- ☐ 3/4 cup plain yoghurt
- ☐ 1/2 cup chopped seasonal fruit
- ☐ 2 tbsp low-sugar muesli
- ☐ 1 tsp seeds (optional)



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Yoghurt Fruit Crunch



1. Spoon yoghurt into a bowl.



2. Add chopped fruit.



3. Top with muesli and seeds.



4. Serve straight away so the topping stays crunchy.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

LUNCH

Tuna Salad Wrap

SERVES: 1 serve | TIME: 10 minutes

What you need

- [ ] 1 wholemeal wrap
- [ ] 95 g tin tuna, drained
- [ ] 1 tbsp yoghurt or mayonnaise
- [ ] Lettuce
- [ ] 1/2 tomato, sliced
- [ ] 1/4 cucumber, sliced



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Tuna Salad Wrap



1. Mix tuna with yoghurt or mayonnaise.



2. Lay the wrap flat and add lettuce.



3. Add tuna, tomato and cucumber.



4. Fold in the sides, roll firmly and cut in half.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

LUNCH

Cheese and Tomato Toastie

SERVES: 1 serve | TIME: 10 minutes

What you need

- [ ] 2 slices wholemeal bread
- [ ] 2 slices cheese
- [ ] 1 tomato, sliced
- [ ] Baby spinach (optional)
- [ ] 1 tsp butter



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Cheese and Tomato Toastie



1. Place cheese, tomato and spinach between the bread.



2. Lightly butter the outsides.



3. Cook in a sandwich press, or in a covered pan over low heat.



4. Cook until golden and the cheese has melted.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

LUNCH

Chicken Salad Wrap

SERVES: 2 serves | TIME: 15 minutes

What you need

- [ ] 2 wholemeal wraps
- [ ] 1 cup cooked chicken, sliced
- [ ] 1 cup mixed lettuce
- [ ] 1 tomato, sliced
- [ ] 1/2 carrot, grated
- [ ] 2 tbsp yoghurt dressing



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Chicken Salad Wrap



1. Warm wraps briefly if desired.



2. Divide lettuce, tomato and carrot between wraps.



3. Add chicken and drizzle with dressing.



4. Fold the sides in, roll and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

SOUP

Easy Pumpkin Soup

SERVES: 4 serves | TIME: 35 minutes

What you need

- [ ] 1 kg pumpkin, peeled and chopped
- [ ] 1 onion, chopped
- [ ] 1 potato, chopped
- [ ] 4 cups reduced-salt stock
- [ ] 1 tbsp olive oil
- [ ] Pepper



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Easy Pumpkin Soup



1. Heat oil in a large saucepan and soften onion.



2. Add pumpkin, potato and stock.



3. Bring to the boil, then simmer 20 minutes until soft.



4. Blend carefully until smooth.



5. Season with pepper and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

SOUP

Quick Minestrone

SERVES: 4 serves | TIME: 30 minutes

What you need

- ☐ 1 onion, chopped
- ☐ 1 carrot, diced
- ☐ 1 zucchini, diced
- ☐ 400 g crushed tomatoes
- ☐ 400 g beans, rinsed
- ☐ 3 cups reduced-salt stock
- ☐ 1/2 cup small pasta
- ☐ 1 tsp mixed herbs



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Quick Minestrone



1. Cook onion, carrot and zucchini in a little oil for 5 minutes.



2. Add tomatoes, beans, stock and herbs.



3. Bring to the boil. Add pasta.



4. Simmer 12-15 minutes until pasta and vegetables are tender.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Loaded Baked Potatoes

SERVES: 2 serves | TIME: 55 minutes

What you need

- [ ] 2 large potatoes
- [ ] 1/2 cup baked beans
- [ ] 1/2 cup grated cheese
- [ ] 2 tbsp plain yoghurt
- [ ] Chopped spring onion (optional)



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Loaded Baked Potatoes



1. Heat oven to 200 C. Prick potatoes with a fork.



2. Bake 45-55 minutes until soft.



3. Warm baked beans.



4. Split potatoes and top with beans and cheese.



5. Add yoghurt and spring onion.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Chicken and Vegetable Tray Bake

SERVES: 4 serves | TIME: 45 minutes

What you need

- [ ] 4 small chicken thighs
- [ ] 2 potatoes, chopped
- [ ] 2 carrots, chopped
- [ ] 1 zucchini, chopped
- [ ] 1 capsicum, chopped
- [ ] 1 tbsp olive oil
- [ ] 1 tsp mixed herbs



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Chicken and Vegetable Tray Bake



1. Heat oven to 200 C.



2. Place chicken and vegetables on a lined tray.



3. Drizzle with oil and sprinkle with herbs.



4. Bake 35-40 minutes, turning vegetables once.



5. Check chicken is cooked through before serving.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Easy Vegetable Fried Rice

SERVES: 4 serves | TIME: 20 minutes

What you need

- [ ] 3 cups cold cooked rice
- [ ] 2 eggs, beaten
- [ ] 2 cups frozen mixed vegetables
- [ ] 2 spring onions, sliced
- [ ] 2 tbsp reduced-salt soy sauce
- [ ] 1 tsp sesame or vegetable oil



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Easy Vegetable Fried Rice



1. Heat a large pan and scramble the eggs. Remove to a plate.



2. Cook frozen vegetables for 4-5 minutes.



3. Add cold rice and stir until hot.



4. Return egg, add spring onion and soy sauce.



5. Mix well and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Beef and Vegetable Stir-Fry

SERVES: 4 serves | TIME: 25 minutes

What you need

- [ ] 400 g beef strips
- [ ] 4 cups sliced stir-fry vegetables
- [ ] 2 tbsp reduced-salt soy sauce
- [ ] 1 tbsp sweet chilli sauce
- [ ] 1 tsp oil
- [ ] Cooked rice to serve



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Beef and Vegetable Stir-Fry



1. Mix soy and sweet chilli sauces.



2. Heat oil in a large pan. Cook beef in small batches and set aside.



3. Stir-fry vegetables until just tender.



4. Return beef and add sauce. Toss until hot.



5. Serve with rice.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Creamy Chicken Pasta

SERVES: 4 serves | TIME: 30 minutes

What you need

- [ ] 300 g pasta
- [ ] 2 cups cooked chicken, chopped
- [ ] 1 zucchini, diced
- [ ] 1 cup frozen peas
- [ ] 1 cup light cooking cream
- [ ] 1/2 cup grated cheese



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Creamy Chicken Pasta



1. Cook pasta according to the packet.



2. Cook zucchini and peas in a large pan until tender.



3. Add chicken and cooking cream; heat gently.



4. Stir in drained pasta and half the cheese.



5. Top with remaining cheese and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Easy Tuna Mornay

SERVES: 4 serves | TIME: 35 minutes

What you need

- ☐ 425 g tin tuna, drained
- ☐ 2 cups cooked rice
- ☐ 1 cup frozen peas and corn
- ☐ 2 cups white sauce
- ☐ 1 cup grated cheese
- ☐ Pepper



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Easy Tuna Mornay



1. Heat oven to 190 C.



2. Mix tuna, rice, vegetables and white sauce.



3. Spoon into a baking dish and season with pepper.



4. Top with cheese.



5. Bake 20-25 minutes until hot and golden.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Simple Shepherd's Pie

SERVES: 4 serves | TIME: 50 minutes

What you need

- [ ] 500 g lean beef or lamb mince
- [ ] 1 onion, chopped
- [ ] 2 cups frozen vegetables
- [ ] 2 tbsp tomato paste
- [ ] 1 cup reduced-salt stock
- [ ] 3 cups mashed potato



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Simple Shepherd's Pie



1. Heat oven to 190 C.



2. Cook onion and mince until browned. Drain excess fat.



3. Add vegetables, tomato paste and stock. Simmer 10 minutes.



4. Spoon into a baking dish and spread mash on top.



5. Bake 25 minutes until bubbling and golden.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

VEGETARIAN

Chickpea Vegetable Curry

SERVES: 4 serves | TIME: 30 minutes

What you need

- [ ] 400 g chickpeas, rinsed
- [ ] 1 onion, chopped
- [ ] 2 cups chopped vegetables
- [ ] 400 g diced tomatoes
- [ ] 1 cup light coconut milk
- [ ] 1-2 tbsp mild curry powder
- [ ] Cooked rice



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Chickpea Vegetable Curry



1. Soften onion in a little oil.



2. Add curry powder and stir for 30 seconds.



3. Add vegetables, tomatoes and coconut milk. Simmer 15 minutes.



4. Add chickpeas and cook another 5 minutes.



5. Serve with rice.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Sausage and Vegetable Bake

SERVES: 4 serves | TIME: 45 minutes

What you need

- [ ] 8 lean sausages
- [ ] 2 potatoes, chopped
- [ ] 2 carrots, chopped
- [ ] 1 onion, cut into wedges
- [ ] 1 zucchini, chopped
- [ ] 1 tbsp olive oil
- [ ] 1 tsp dried herbs



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Sausage and Vegetable Bake



1. Heat oven to 200 C.



2. Place vegetables in a baking dish and toss with oil and herbs.



3. Add sausages on top.



4. Bake 35-40 minutes, turning sausages once.



5. Check sausages are cooked through before serving.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Lemon Fish Parcels

SERVES: 2 serves | TIME: 25 minutes

What you need

- ☐ 2 skinless fish fillets
- ☐ 1 zucchini, thinly sliced
- ☐ 1 carrot, thinly sliced
- ☐ 1/2 lemon
- ☐ 2 tsp olive oil
- ☐ Pepper



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Lemon Fish Parcels



1. Heat oven to 200 C.



2. Place each fish fillet on baking paper with vegetables.



3. Add lemon juice, oil and pepper.



4. Fold paper into sealed parcels and place on a tray.



5. Bake 15-18 minutes until fish flakes easily. Open carefully.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DINNER

Build-Your-Own Tacos

SERVES: 4 serves | TIME: 25 minutes

What you need

- ☐ 8 small tortillas
- ☐ 400 g lean beef mince or beans
- ☐ 1 tbsp mild taco seasoning
- ☐ Lettuce, shredded
- ☐ 2 tomatoes, chopped
- ☐ 1/2 cup grated cheese
- ☐ Plain yoghurt



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Build-Your-Own Tacos



1. Cook mince or beans with taco seasoning and a splash of water.



2. Prepare lettuce, tomato, cheese and yoghurt in separate bowls.



3. Warm tortillas according to the packet.



4. Let everyone build their own taco.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

TREAT

Easy Pancakes

SERVES: 8 pancakes | TIME: 20 minutes

What you need

- [ ] 1 cup self-raising flour
- [ ] 1 tbsp caster sugar
- [ ] 1 egg
- [ ] 3/4 cup milk
- [ ] 1 tsp butter
- [ ] Fruit and yoghurt to serve



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Easy Pancakes



1. Mix flour and sugar in a bowl.



2. Whisk egg and milk, then add to the flour. Mix until just combined.



3. Heat a lightly buttered pan over medium heat.



4. Cook 1/4 cup portions until bubbles form, flip and cook the other side.



5. Serve with fruit and yoghurt.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

DESSERT

Apple Crumble

SERVES: 6 serves | TIME: 45 minutes

What you need

- [ ] 5 apples, peeled and sliced
- [ ] 1 tsp cinnamon
- [ ] 1 tbsp water
- [ ] 1 cup rolled oats
- [ ] 1/2 cup plain flour
- [ ] 1/3 cup brown sugar
- [ ] 75 g butter



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Apple Crumble



1. Heat oven to 180 C.



2. Place apples, cinnamon and water in a baking dish.



3. Mix oats, flour and sugar. Rub in butter.



4. Scatter crumble over apples.



5. Bake 30-35 minutes until golden and bubbling.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

NO-COOK

Fruit Smoothie and Snack Plate

SERVES: 1 serve | TIME: 5 minutes

What you need

- [ ] 1 banana
- [ ] 1 cup milk
- [ ] 1/2 cup frozen berries
- [ ] 1/2 cup yoghurt
- [ ] Snack plate: cheese, crackers, cucumber and fruit



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Fruit Smoothie and Snack Plate



1. Place banana, milk, berries and yoghurt in a blender.



2. Blend until smooth. Add more milk if needed.



3. Pour into a glass and drink straight away.



4. For a no-cook alternative, arrange cheese, crackers, cucumber and fruit on a plate.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

Cook. Share. Connect.

Simple meals can build skills, confidence and connection.

My meal ideas and notes

Community Care Tailored Support

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General information only. Adapt recipes for allergies, dietary needs and professional advice.