

Cook together as a family with Cook the Commonwealth



SAVOURY FLAPJACK

Dry ingredients:

150g porridge oats,
25g sunflower seeds,
25g pumpkin seeds,
100g cheddar cheese,
½ tsp mustard powder
Pinch cayenne pepper

Wet ingredients:

30ml milk
1 egg
75g spread

Serves 6 as a lunch
with salad



1. Mix dry ingredients
2. Add in wet ingredients
3. Put in greased baking tin
4. Bake at 180 for 25-30 minutes

Link: [Easy & child-friendly recipes](#) →

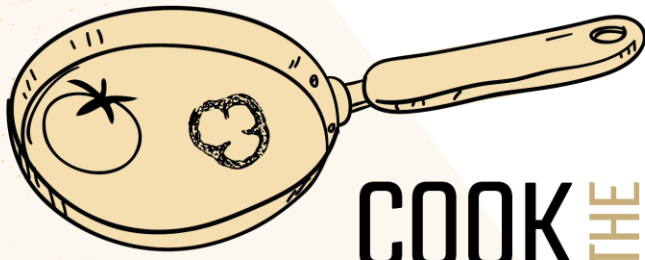
Why not bring a taste of the Commonwealth to your kitchen this summer and cook together as a family? We've made a collection of recipes that are family friendly to cook and eat.

No big lists of ingredients, equipment or skills, just simple recipes which will make some really tasty meals whilst having fun with the family.

Show us what you're making using:

#CooktheCommonwealth





COOK THE
COMMONWEALTH

More cook together as a family with Cook the Commonwealth



We want to help children and families cook tasty and healthy food at home, using the appliances which are available to them. The child friendly recipes are simple and easy to follow, whilst encouraging children to be creative and increasing their confidence in the kitchen.

The Cook the Commonwealth project is the perfect opportunity for you to cook and spend some quality time with your children over the summer holidays. Cooking is an activity which the entire family can enjoy, whilst introducing each other to new foods which you wouldn't have tried otherwise! #CooktheCommonwealth

Cook the Commonwealth

Cook the Commonwealth is a collection of recipes from the 72 Commonwealth countries. From Anguilla to Zambia, there are recipes that span the globe, including some from our very own citizens and chefs in Birmingham!

Simply download the free Whisk app today and search "CWG" to find more than 750 recipes.

