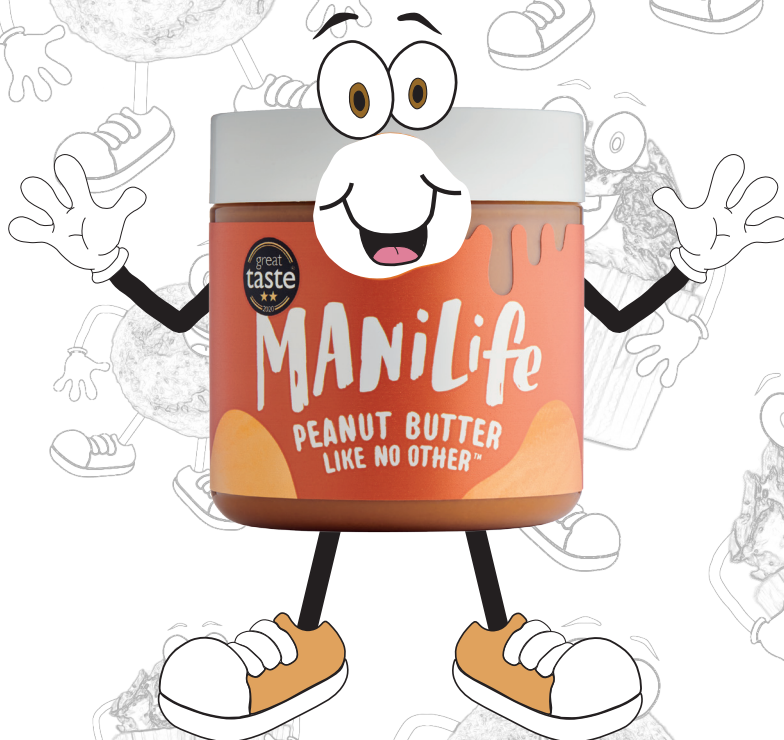


MANIKids

BY
MANiLife

EARLY YEARS PEA-NUTTY ACTIVITY PACK



MANIKids

PEANUTTY ENERGY BALLS!

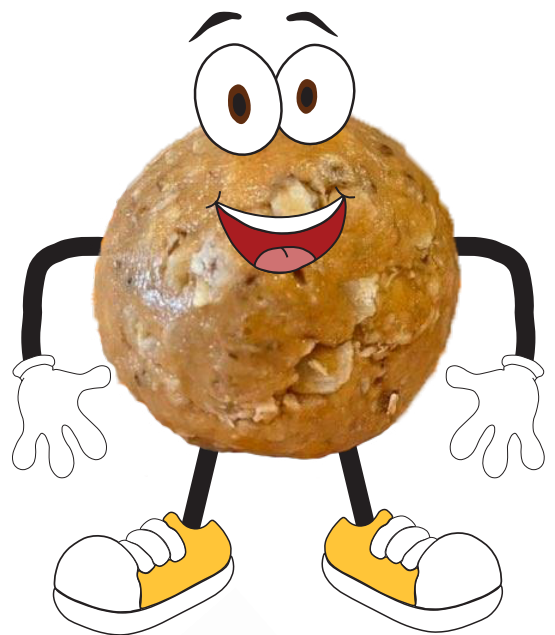
Just 3 ingredients are needed for this recipe!

Loaded with protein, fibre and healthy fats, they are a perfect snack to give you an energy boost.

Perfect for little bakers to make!

Ingredients:

-  40g rolled oats
-  80g **MANiLife** Deep Roast Smooth
-  1 tablespoon of honey or maple syrup



This gives a deeper, more intense flavour

MANikids

PEANUTTY ENERGY BALLS!

Method:

1. Combine the ingredients in a bowl and mix until thoroughly combined.
2. Chill in the fridge for 30 minutes. This makes it easier to shape the mixture.
3. Divide the mixture into 6 portions. Use your hands to roll into a ball.

Optional – add some chocolate chips, shredded coconut, flax or chia seeds.

Enjoy!

These can also be stored in a sealed container in the fridge for up to a week.



MANIKids





NUTTY CLUSTERS!

An easy and tasty peanut butter recipe.

Perfect for younger bakers to make with a little help as some heating up is required!



Ingredients:

-  200g milk or dark chocolate, broken into small pieces
-  70g **MANiLife Deep Roast Smooth**
-  2 tablespoons golden syrup
-  175g cornflakes

This peanut butter was originally designed for one of the UK's leading chocolatiers - so it's perfect for your nutty clusters!

MANiKids

NUTTY CLUSTERS!

Method:

1. Line a 12-hole cupcake tin with cupcake cases.
2. Place the chocolate and peanut butter in a heatproof bowl and place over a pan of gently simmering water. Keep stirring until melted and completely smooth. Stir in the golden syrup and remove from the heat.
3. Add the cornflakes a handful at a time, stirring well to ensure they are well coated with the chocolate peanut butter mixture.
4. Spoon the mixture into the cupcake cases and place into a fridge to set for 1 hour.

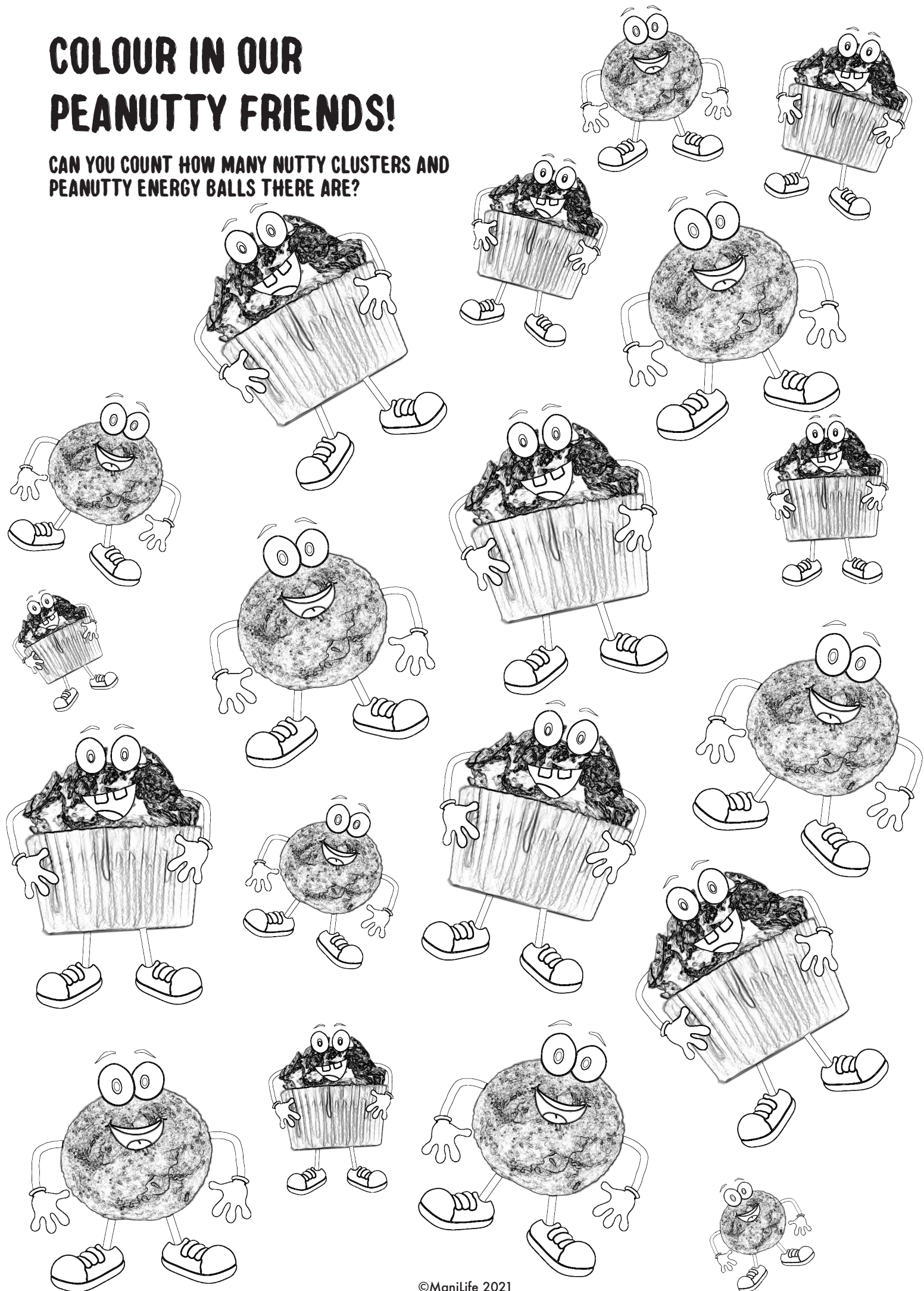
Feel free to decorate these with peanuts, marshmallows, sprinkles or chocolates before they are chilled.

Enjoy! These can also be stored in a sealed container in the fridge for up to a week.



COLOUR IN OUR PEANUTTY FRIENDS!

CAN YOU COUNT HOW MANY NUTTY CLUSTERS AND
PEANUTTY ENERGY BALLS THERE ARE?



MANIKids

BY
MANiLife

WORDSEARCH!

O	H	N	D	U	N	F	U	T	L
E	V	T	D	E	E	P	E	A	C
I	L	O	B	V	R	H	K	S	R
Q	Y	A	P	B	P	H	F	T	U
B	Q	S	E	C	O	Q	R	Y	N
U	O	T	A	E	M	A	O	S	C
T	M	A	N	I	L	I	F	E	H
T	W	M	U	C	P	C	L	T	Y
E	W	A	T	V	Q	Y	L	Y	M
R	O	A	S	T	S	U	O	B	M

manilife
toast

butter
deep

crunchy
peanut

roast
tasty



COMPETITION TIME!

Calling all budding artists, designers and chefs! To celebrate the launch of our **MANIKids** activity kits, we are giving you the chance to have your very own design printed on one of our peanut butter tubs. The winner will be sent a delicious bumper pack of our peanut butters and to inspire your creativity further, a prize from our friends at Scout & Co Kids.

STEP 1:

Get creative and design your own label (see the template provided below).

STEP 2:

Take a nice clear photo or scan your design.

STEP 3:

Ask a grown up to upload your design to their social media and tag us.

Include the hashtag #Manikids so we can spot it easily!

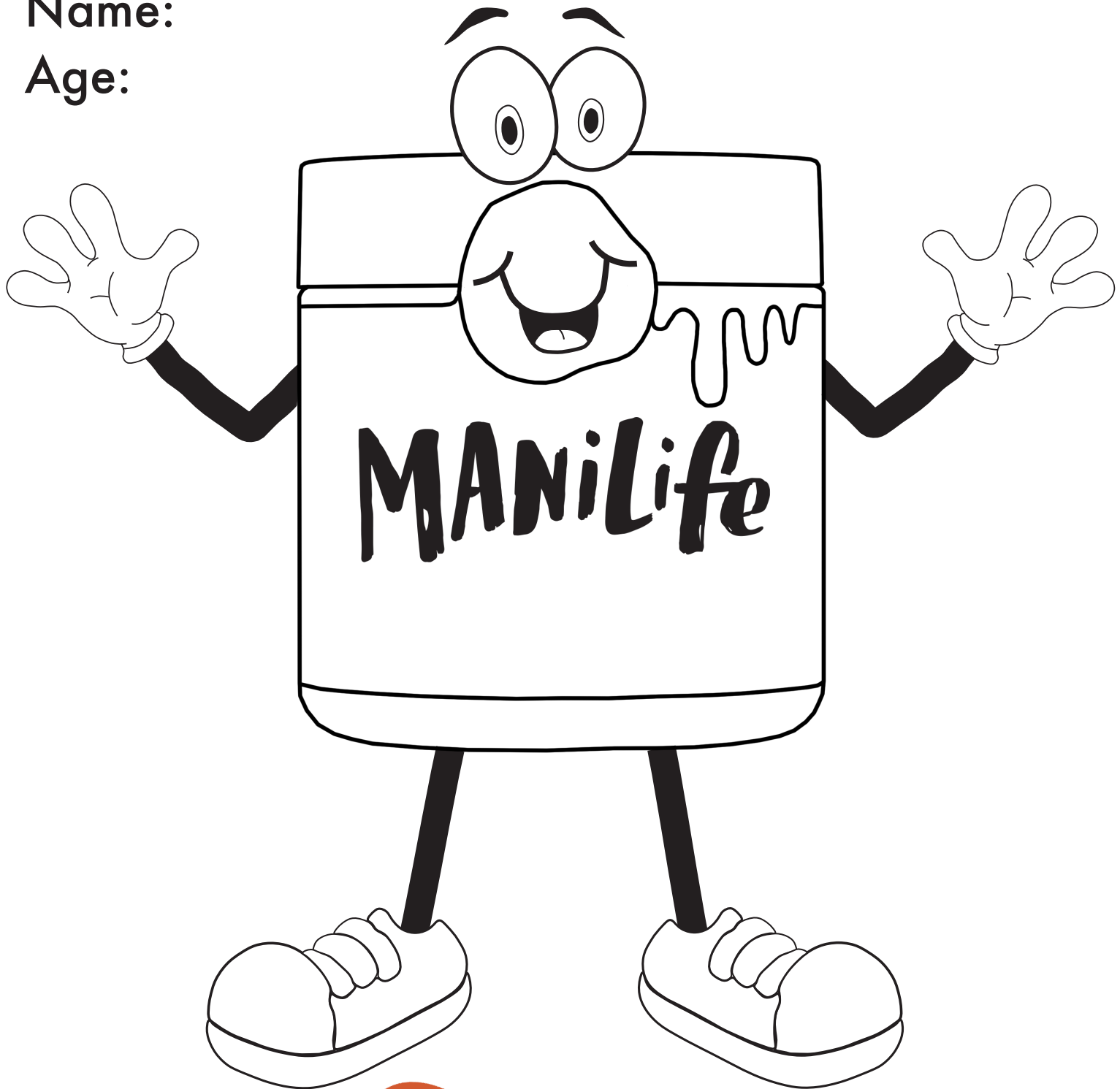


MANIKids

DESIGN YOUR OWN LABEL!

Name:

Age:



#MANIKIDS