

MANikids

BY
MANiLife

KS1 PEA-NUTTY ACTIVITY PACK



MANIKids

EASY-PEASY MUG CAKE

This recipe is for a very quick chocolate and peanut butter cake that is made in a mug, in a microwave.
Perfect for when you just have to have cake!

Remember to:

Use a mug that is microwave safe








Do not overfill your mug with ingredients.

If the mug is more than half full, that cake will overflow!

Use an oven-glove and be extra careful when removing your mug from the microwave as it will be very hot!



Ingredients:

-  3 tablespoons self-raising flour
-  2 tablespoons **MANiLife Deep Roast Crunchy**
-  2 tablespoons caster sugar
-  1 tbsp cocoa powder
-  1 medium egg
-  2 tablespoons milk
-  1 tablespoon sunflower or vegetable oil

We were the first peanut butter brand in the world to invent a deep roast peanut butter - can you guess how we did it? ... We burnt the nuts by accident.

MANikids

EASY-PEASY MUG CAKE

Method:

1. Add the flour, sugar and cocoa powder to the mug and mix.
2. Add the egg, milk and oil and mix to fully combine.
3. Stir in the ManiLife peanut butter.
4. Place the mug in the middle of the microwave and cook on high for approximately 3 minutes (depending on the power rating of the microwave). The cake is ready when it stops rising and is firm to touch.

Be extra careful - it will be very hot (but totally delicious!)



MANIKids

HEALTHY SNICKERS

A delicious no-bake treat, that tastes so good its hard to believe there is no refined sugar in it!

Ingredients:

Base

- ☛ Handful of pecans
- ☛ 9 brazil nuts
- ☛ 6 tbsp oats
- ☛ 6 tbsp **MANiLife Deep Roast Crunchy**
- ☛ 9 dates torn up

Layer

- ☛ 6 tbsp **MANiLife Deep Roast Crunchy**

Topping

- ☛ 2 tbsp coconut oil
- ☛ 2 tbsp cacao/cocoa powder
- ☛ 2 tbsp honey
- ☛ 1/2 tsp vanilla extract



This gives a deeper, more intense flavour with CRUNCH!

MANIKids

HEALTHY SNICKERS

Method:

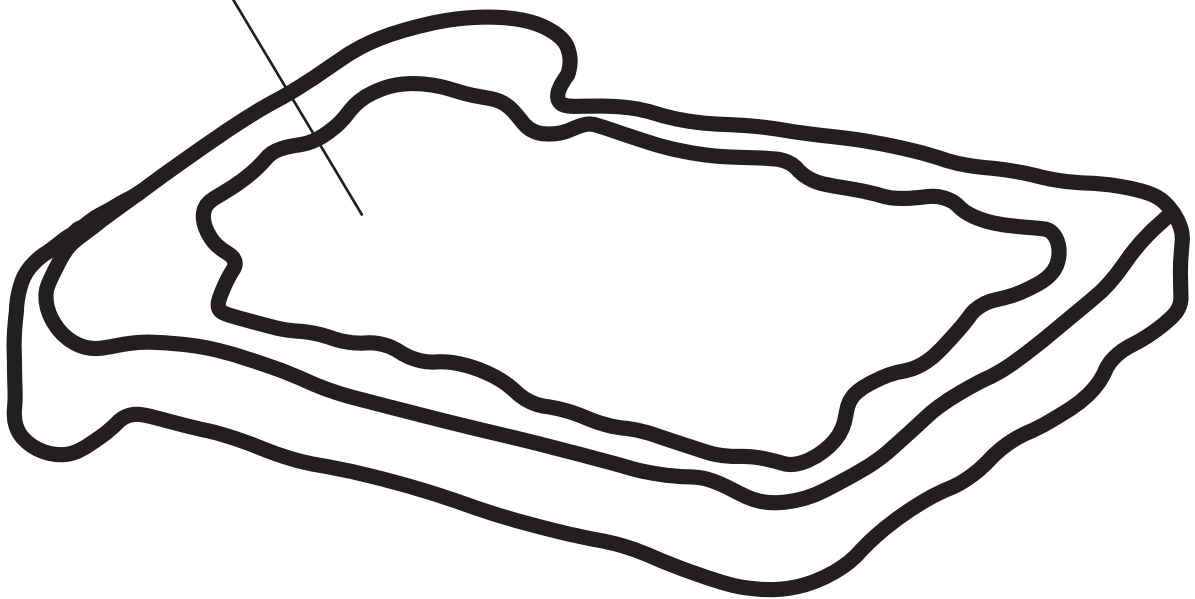
1. Add the pecans, Brazil nuts, peanut butter, oats and dates to a blender and whizz up to a thick paste. Spread into a cling film lined dish, pressing with the back of a spoon to create an even 1cm thick layer. Put into the freezer for a few minutes to chill whilst you prepare your topping.
2. Melt the coconut oil in a small pan then whisk in the cacao (or cocoa), honey and vanilla. Remove the base from the freezer, spread a layer of peanut butter onto the base before pouring over the liquid chocolate topping.
3. Return to the freezer for 30mins.
4. Use the clingfilm to help you take out your snickers from the dish and transfer on to a chopping board. Slice into bites. They'll keep in an airtight container in the fridge for a week!



MANIKids

TOP YOUR OWN PEANUT BUTTER TOAST!

My **MANiLife** Peanut Butter flavour is:



MANiKids

TOP YOUR OWN PEANUT BUTTER TOAST!

STEP 1:

Choose your **MANiLife** peanut butter base:



Original Roast Crunchy

Irresistibly creamy with a BIG bold crunch



Original Roast Smooth

Irresistibly creamy, no crunchy distractions



Deep Roast Smooth

Deeper, darker, more intense flavour



Deep Roast Crunchy

Deeper, more intense flavour with CRUNCH!

STEP 2:

Add some toppings:
(we've given you some ideas)

- Fresh fruit, such as; berries, bananas, apples or raspberries
- Chocolate sprinkles
- Rainbow sprinkles
- Chocolate chips
- Seeds
- Jam
- Peanuts
- Caramel sauce
- Crispy bacon
- Honey

STEP 3:

Draw your design on the page provided (if you are lucky, you may be able to ask a grown up to help you make it in real life!)

MANIKIDS

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WORDSEARCH!

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

manilife
peanut

crunchy
toast

butter
tasty

roast
deep



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!

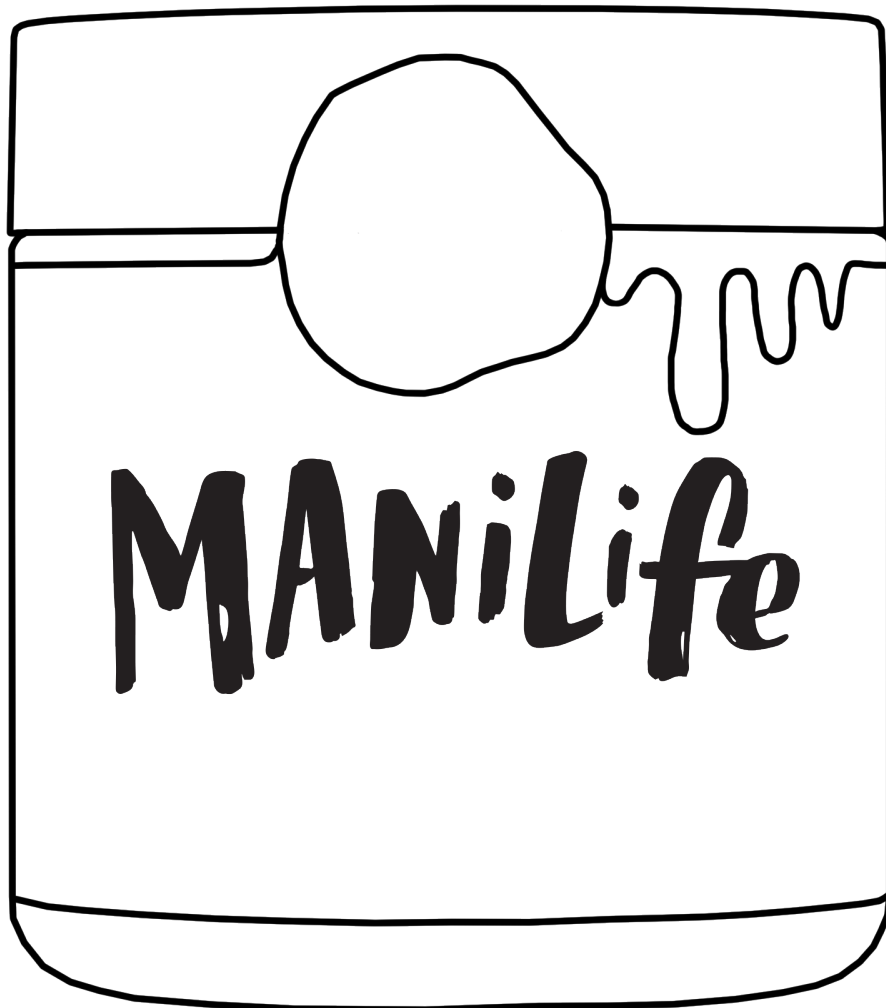


MANIKids

DESIGN YOUR OWN LABEL!

Name:

Age:



#MANIKIDS