

MANiKids

BY
MANiLife

KS2 PEA-NUTTY ACTIVITY PACK



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BANANA MUFFINS

Mashed banana provides a sweet but potassium rich base for these delectable banana muffins!



Ingredients:

- 1 cup flour
- 1 cup mashed bananas
- 2 eggs
- 1/2 cup maple syrup
- 2 tbsp milk
- 1/3 cup dark choc chips
- 1 tsp baking powder
- 1/2 cup **MANiLife** original roast crunchy
- 1 tsp cinnamon
- 1 tsp vanilla extract

Because it's naturally sweet and the crunch is a game changer.



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BANANA MUFFINS

Method:

1. Pre-heat the oven to 160 °C and cover a rectangular baking tin with baking paper.
2. Mix all the wet ingredients together in a bowl, giving them a good stir.
3. Next, simply add the dry ingredients and combine together.
4. Bake for 20 minutes on 180 °C
(this recipe has been tailored for kids so is not super-sweet. Feel free to add in sugar or maple syrup if you prefer them sweeter).



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ROASTED PEANUT BUTTER SQUARES

These roasted peanut butter squares use Medjool dates as a natural sweetener to avoid using refined sugar but ensuring maximum flavour!



Ingredients:

- 🥜 150g oats
- 🥜 50g ground almonds
- 🥜 220g Medjool dates
- 🥜 25g cacao nibs
- 🥜 pinch of sea salt
- 🥜 75g **MANiLife** Original Roast Crunchy

Because it's naturally sweet and the crunch is a game changer.

Topping

- 🥜 150g chocolate
- 🥜 1tbsp coconut oil
- 🥜 75g **MANiLife** Original Roast Crunchy

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ROASTED PEANUT BUTTER SQUARES

Method:









1. Firstly add the oats and almonds to a food processor and blitz to a fine crumb. Add the dates, the peanut butter, sea salt and blitz again until you get a nice chunky delicious dough. Add the cacao nibs and blend briefly to combine the ingredients.
2. Line a medium baking tray with baking paper then pour in the oat mix. Squish it down to cover the base - don't forget the corners!
3. Break up the chocolate into pieces and put into your saucepan along with the coconut oil. Heat very gently on low heat until melted.
4. Pour the chocolate mixture over the oats evenly so that they are completely covered.
5. Drizzle the peanut butter over the chocolate and swirl around with a chopstick.
6. Sprinkle some sea salt flakes over the top and pop in the fridge for 1 hour.

Recipe by the wonderful @rebelrecipes



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Did You Know?

-  It takes an average of 416 peanuts to make a 295g jar of Manilife peanut butter.
-  Peanut butter was originally patented in 1895 by John Harvey Kellogg
-  It takes under 23 litres of water to grow 28g of peanuts, but over 363 litres to produce 28g of almonds!
-  All ManiLife's peanuts come from one family run farm in Argentina
-  In the Netherlands, peanut butter is referred to as pindakaas, or 'peanut cheese'
-  Manilife use 'hi-oleic' peanuts which are packed full of mono-unsaturated fats (this is the 'good fat') like avocados
-  Peanuts are not actually a nut, despite their misleading name. They are actually a legume (which is the same family as peas!)
-  The farm where ManiLife source their peanuts from converts their disregarded peanut shells into electricity for the village. In 2019 that village was the only one with the lights left on after a countrywide power cut!

(PEA)NUTTY FACTS!

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(PEA)NUTTY ORIGIN

Peanuts are not actually a nut, but a legume, which is the same family as peas and beans.

They are grown in warm climates in Africa, Asia, Australasia and North and South America.

At Manilife, we use a very specific type of peanut, one that is hi-oleic rich (which means it is packed full of good-for-you fats) and we source our peanuts all from one farm in Cordoba, Argentina. By buying all of our peanuts from one farm, it means we can trace our peanuts all the way back to the farm for quality purposes, but it also allows us to build a really great relationship with our peanut farmers!

ACTIVITY!

Here is an outline of South America.

Can you label all of the countries?

Hint:

We've given you a peanutty marker to show you where our peanuts grow!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8*.
- 9.
- 10.
- 11.
- 12.
- 13.

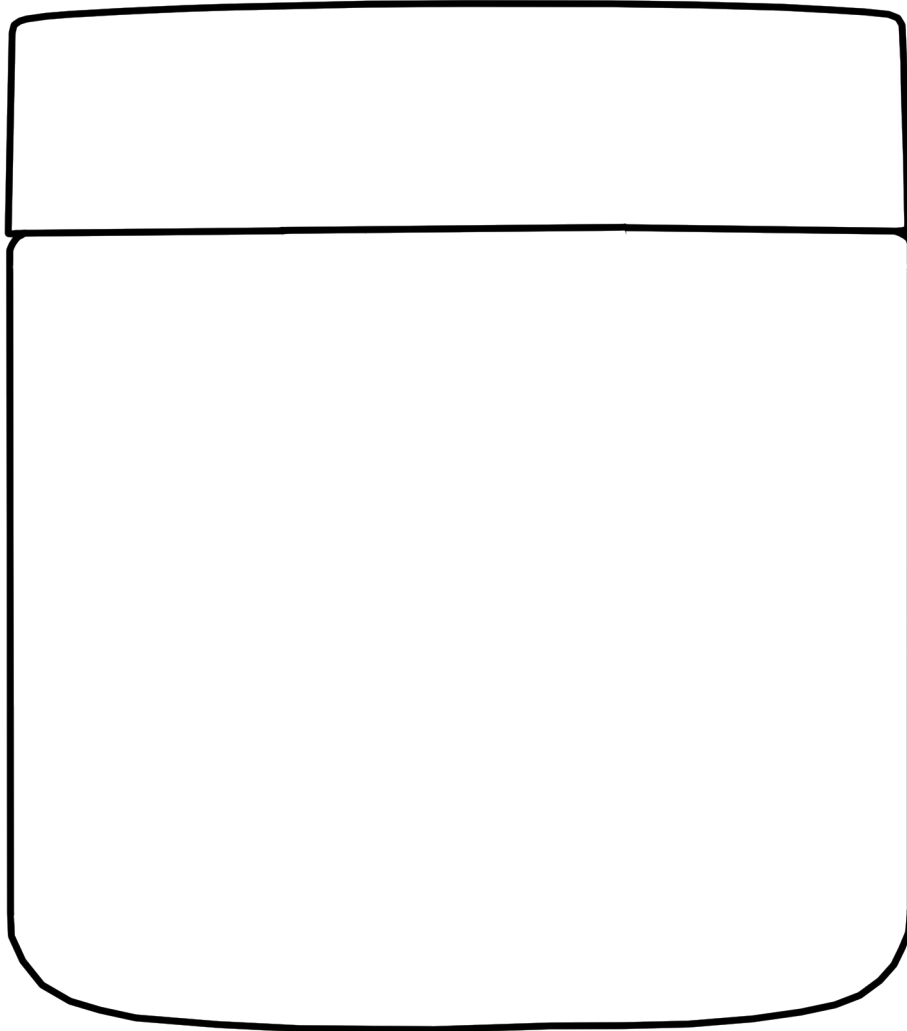


* This is an overseas department of France



TASTE ADVENTURE

Develop your own flavour...



MANikids

TASTE ADVENTURE

STEP 1:

Choose your
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:

Blend in some flavours:
(here are some ideas)

- Chocolate spread
- Caramel sauce
- Freeze-dried Fruit
- Custard
- Jam

STEP 3:

Draw your design on the page
provided (if you are lucky, you
may be able to make it in real
life if you have the ingredients
at home!)

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WORDSEARCH!

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

Original roast
Argentina
Origin

Traceability
Peanut
Delicious

South America
Cordoba Legume
Smooth

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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!

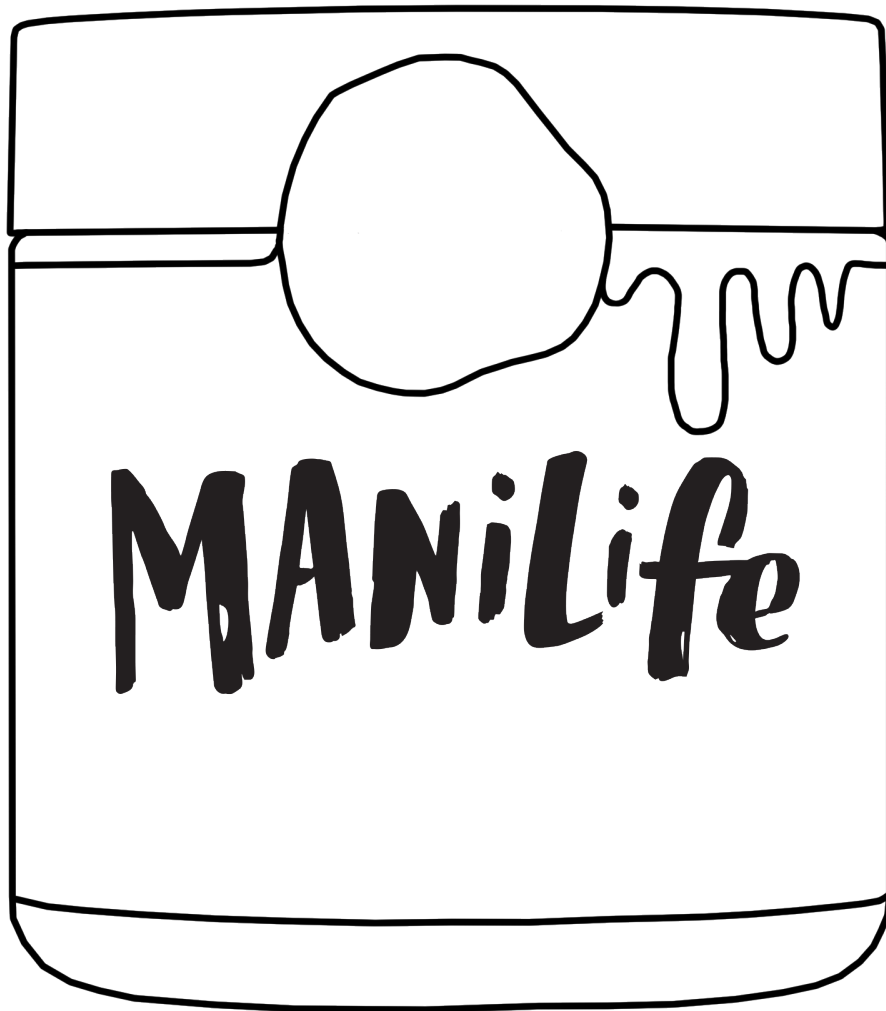


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DESIGN YOUR OWN LABEL!

Name:

Age:



#MANIKIDS