

This Week's 'What's Happening'

	<p>This month's recipe is – Mini Apple and Banana Muffins</p> <p>Please see over for full recipe details</p> <p>These muffins are easy to make and are perfect for breakfast or a snack.</p> <p>https://www.nhs.uk/healthier-families/recipes/mini-apple-and-banana-muffins/</p>
<p>Monday 11th September</p>	<p>Playing outside</p> <p>We will play outside everyday – whatever the weather!</p> <p>Please ensure your child is dressed suitably for the weather each day.</p> <p>All items of clothing must be named. Thank you for your cooperation with this.</p>
<p>Tuesday 12th September</p>	<p>Sign of the week</p> <div style="display: flex; align-items: center; gap: 10px;">  <div style="border: 1px solid black; padding: 5px; text-align: center;">Hello</div>  </div> <p>Our Makaton sign this week is “hello”</p> <p>We will use it to greet you and your child everyday.</p>
<p>Wednesday 13th September</p>	<p>Family Photograph Books</p> <p>We would like to make photograph books for the children to be able to talk to us about who is in their family and is important to them. Please send any photographs to the school office for us to print and share. office@abbeygreen.org</p>
<p>Thursday 14th September</p>	<p>We will be encouraging your child to develop independence at school with their clothing, using the bathroom, washing and drying their hands and having snack. Try and support your child to develop some independence with these things at home too.</p> 
<p>Friday 15th September</p>	<p>Download the 50 things app and have a go at #10 Sharing Books</p> <p>Sharing books with your child is one of the best things you can do to help your child learn. Did you know we have a library in school? Talk to your child's teacher if you would like to borrow a book to enjoy at home.</p> <p>https://bradford.50thingstodo.org/app/os#!/50-things-to-do-before-youre-five</p> 
	<p>Bradford Central Foodbank. Helping Local People</p> <p>We are a Referral Agency for the local foodbank. If you and your family require any help due to increasing cost of living please don't hesitate to speak to Sally or Ginny. The foodbank offers financial advice as well as help with groceries. https://bradfordcentral.foodbank.org.uk/</p>

Jessi potrzebujesz tłumaczenia na język polski użyj numeru.

যদি এই অনুবাদ বাংলায় চান তাহলে উপরের সংখ্যায় যোগাযোগ করুন.

اگر آپ اردو میں اس کا ترجمہ کرنا چاہتے ہیں ر تو اوپر نمبر سے رابطہ پکر

Recipe of the Month

Mini Apple and banana Muffins

Makes 12 Muffins



Ingredients

- 150g plain flour
- 1.5 teaspoons baking powder
- 50g caster sugar
- 100ml semi-skimmed milk
- 1 egg
- 1 teaspoon vanilla extract (optional)
- 40g lower-fat spread, melted
- 1 medium apple, peeled, cored and chopped
- 1 medium banana, mashed

Per muffin:

- 417kJ / 99kcal
- 2.2g protein
- 2.7g fat, of which 0.7g saturates
- 16.2g carbohydrate, of which 6.3g sugars
- 0.7g fibre
- 0.2g salt

Method

1. Preheat the oven to 200C (fan 180C, gas mark 6). Put 12 paper cases into a bun tray.
2. Sift the flour and baking powder into a mixing bowl, then stir in the sugar.

Information:

If you like, add half a teaspoon of ground mixed spice or ground cinnamon to the flour and sugar mixture.

3. Put the milk, egg, vanilla extract and melted spread in a jug and beat together with a whisk. Add the wet mix to the dry ingredients, then add the apple and mashed banana. Stir until just combined. Do not overmix.
4. Spoon the mixture into the paper cases and bake for 20 to 25 minutes, until the muffins have risen and turned golden. Carefully remove the muffins in their paper cases from the bun tray, and leave to cool on a wire rack.

Information:

To freeze, make sure the muffins have completely cooled then pop them in a freezer bag. Make sure to squeeze out as much air from the bag as possible!