



THE BOOKLET FOR KIDS ON THE GO

RECIPES, TIPS, THINGS TO
LEARN, TUTORIALS...



FLAVOUR AND FUN IN YOUR BENTO

Fast-food style dishes in a healthy, homemade version!

SALMON NUGGETS

YOU WILL NEED

1 salmon steak (200 g) • 1 egg beaten with a pinch of salt • 100 g unsweetened cornflakes (or breadcrumbs) • 2 Tbsp. corn starch

Cut the salmon in slices 1 cm thick. Roll them in the corn starch, then in the egg mixture. Crush the cornflakes and roll the salmon in them. Line a grill with waxed paper and place the fish on it. Cook in the oven preheated to 250°C for 3-4 minutes.

And there you have a fishy, oil-free version of the much-loved nugget!

Recipe served in the MB Tresor bento box



LIGHT VEGGIE CRISPS

YOU WILL NEED

Coloured carrots (orange, purple, white and yellow) • potatoes (yellow and vitelotte) • salt

Peel, wash and slice the vegetables thinly. Lay on a plate covered with plastic wrap. Cover with a second sheet of plastic wrap and pierce the plastic with the tip of a knife. Microwave for 4-5 minutes at maximum power. Repeat until the vegetables are crispy. Sprinkle with salt, herbs or spices if you like.

No more greasy, overly salty crisps! Here's a great way to enjoy vegetables...

There's nothing like homemade ketchup to go with this meal.

CHECK OUT THE RECIPE HERE



or on the Clubento:
www.monbento.com



DID YOU KNOW?

The ancestor of ketchup was a sauce made with fish macerated in vinegar. Totally different from the recipe we're used to today!

TICK TOCK, TICK TOCK... IT'S SNACK TIME!

A colourful, fun, nutritious and delicious idea for the best moment of the day!

CHOCO-CARAMEL BISCUITS

YOU WILL NEED

BATTER: 90 g softened butter • 90 g brown sugar • 10 g vanilla sugar • 1 large egg • 150 g flour • 60 g cocoa powder • 10 g yeast • 1 pinch of fine salt

TOPPING: a few caramel candies • pieces of white or dark chocolate (whichever you prefer)

In a large bowl, combine all the ingredients for the batter and mix quickly using a whisk, until all the ingredients are blended. Lay the batter on plastic wrap lengthwise, fold over the top and edges, and roll on the counter top until you get a sausage about 5 cm in diameter. Refrigerate. Preheat the oven to 180°C. Cut the batter into 1 cm slices (you don't have to use it all at once. You can keep the batter in the refrigerator overnight), remove the plastic wrap and lay the slices on a buttered biscuit pan or on a sheet of waxed paper. Garnish the biscuits with bits of caramel and chocolate. Bake for about 4 minutes: the centre should be soft and the edges crisp.

Recipe served in the MB Gram snack box



ORANGE JELLY LOLLY

YOU WILL NEED

1 orange (not sprayed) • 1 carrot • 1 glass of orange juice (150 ml) • juice of 1 lemon • 2 g of natural gelling agent (agar-agar)

Peel the orange, removing the peel, skin and seeds, and cut one half into very thin slices. Wash, peel and slice the carrot thinly. Boil the orange juice with the carrot and the other half of the peeled orange cut in cubes. Add the lemon juice and the agar-agar, stirring for 3 minutes. Line ice lolly moulds with the orange slices, then pour in the juice preparation. Insert lolly sticks and chill for about 1 hour. Remove from the moulds and enjoy!



Add a dairy product like a glass of milk, a yoghurt or cream cheese, and your balanced snack is ready!

THIRSTY?

A favourite of kids and adults alike: real grenadine!



REAL GRENADINE

YOU WILL NEED

2 large, ripe pomegranates • 300 g sugar (+ about 200 g) • 300 ml mineral water

Slice the pomegranates in half. Tap on the shells with the back of a wooden spoon to remove the seeds. Macerate the seeds in 300 g of sugar for 4 hours (or overnight). Add the water and mix with a kitchen cutter (or a fork). Lay a damp cloth in the bottom of a colander and pour the mix into it. Fold the cloth and squeeze out the pomegranate juice. Weigh the juice and

add the same weight in sugar. Bring to a boil for 10-15 minutes until the juice has a syrupy consistency, skimming off the foam from the surface regularly. Add a vanilla pod, a few drops of orange blossom or a drop of almond extract. Customise the recipe to your tastes. Store your syrup in a bottle in the dark, and enjoy it diluted in cold water.



Like foods, beverages can be made at home, too! You can use other fruits like blackberries or lemon to make the syrup too, depending on the season. The most important thing is that the fruit is very sweet for lots of flavour!

Recipe served in the MB Positive S bottle

WHAT'S GOING ON DOWN THERE?

Every time you put something in your mouth, your tongue tells you about its texture, consistency, temperature... and of course, its taste! Foods don't have a single flavour, but a combination of several flavours. And each person senses them differently, because some people are more sensitive to sweet, tart, salty or bitter foods than others. Still, some foods are often associated with a certain flavour. Different parts of your tongue react more depending on the flavours present.

BITTER > Endive, Brussels sprouts, dark chocolate.

At first taste, you make a face! But you learn to eat the same foods as grown-ups!

TART > Plain yoghurt, unripe lemon, red currant, green tomato, pickle, vinegar.

At first taste, your tongue tingles and you screw up your face! But, you like it: it's funny and wakes up your mouth!



To stay healthy, we need to eat all kinds of foods because each family of foods plays a key role in your body! Taste new foods even if you think you won't like them. Try them again, and you'll see that you can learn to like almost anything with a little practice!

SALTY > Crisps, Swiss cheese, ham, olives, salmon.

At first taste, you purse your lips! But it's so tasty!

SWEET > Syrup, cakes, candies, black cherry, jam.

Right from the first taste, you love this flavour, and you can't wait to have more! But you know you shouldn't have too much!

ABRACADABRA...

TURN "YUCK" INTO "yum"!

1

Is it too bitter? Too tart? Add a touch of sweetness! A pinch of sugar or a drop of honey, caramel, maple syrup or syrup will make it tasty! Try it for homemade ketchup or berry coulis.

2

Add flavour and colour to your dishes by using herbs and spices (be careful not to add too much, or you might regret it!). A bit of mild curry on cooked carrots, thyme sprinkled on chicken, or a bit of vanilla or cinnamon in apple sauce can make meal time really delicious.

3

Adapt recipes to your tastes and to the seasons. Fruits and vegetables are available in stores year-round, but they're the tastiest when they're in season. So, if you like making recipes like crumble with your parents, choose berries (strawberries, cherries) or yellow fruits (apricots, peaches) in the summer; and apples or bananas in the winter. If you don't like those fruits, you can always replace them with something else. The same goes for vegetable dishes like quiches, and gratins... This is a good tip to like what you eat and enjoy a variety of flavours!

4

Pair foods that you don't like as much with ones you do to combine different flavours and aromas or add them to dishes you really love. You'll be surprised at the result! Replace the meat sauce in your lasagne with spinach, or add grated carrots to your meatballs, slip courgette strips in your potato pancakes, or mix some broccoli in your mashed potatoes. There are so many things you can try!

5

Naturally, you taste food. But you can also see it, feel it and hear it! So, to give you a healthy appetite, play with presentation. Vary the shapes and colours of your foods, organise your plate so that all the foods aren't mixed together, and use original containers (bright colours, fun shapes, patterns or inscriptions). You might just like it!

CREATE YOUR OWN VEGETABLE GARDEN: IT'S EASY!

YOU WILL NEED

space in your garden, or a planter • a spade + a rake
+ watering can • labels + a pen • potting soil •
seeds or seedlings



BRIGHT IDEA!

You can have a vegetable garden on a balcony too! You just need a table, flower pots with drainage holes in the bottom, saucers and some pozzolan or clay pellets to soak up the water so you don't have to water every day.

THINGS TO REMEMBER

- ☑ **exposure to the sun**, ideally southwest or southeast.
- ☑ **water**: water your plants as soon as the surface of the soil is dry, preferably early in the morning or late in the evening to avoid diseases and burning your plants.
- ☑ **protection** from weeds, dryness and freezing: choose a mulch of straw, wood crisps, cardboard, pebbles or even seashells!
- ☑ **help** from the gardener's "friends", especially in winter: make sure you have a bug hotel and a bird feeder.

Don't forget herbs like chives, parsley, basil and mint. Some can be picked every day (or dried for use during the winter) for delightful savoury and sweet recipes!

WHAT ARE YOU GROWING?

- ☑ **the fastest: radishes!** Seed them between March and late summer (on the surface of the soil for round radishes, and 2 cm deep for the long kind) and pick them 4 to 8 weeks later; if you remember to water them regularly. They're delicious on a sandwich with salted butter or dipped in creamy cheese!
- ☑ **the easiest: cherry tomatoes!** Yellow or red, if you want to see them grow, just give your plants some support with a stick (called a "stake") once they're 50 cm tall, and water them at the base of the plant without getting the leaves wet. They're delicious for snacks, or for a different tomato taste in dishes.
- ☑ **the tastiest: strawberries!** Plant them in the fall, and protect them with mulch (whichever you choose) to keep the warmth and moisture in and to avoid direct contact with the soil. Add a bit of compost in March and the first berries will appear two months later: Eat them straight off the plant or as a dessert, in sorbet or jam.

TASTY TUTORIALS TO IMPRESS YOUR FRIENDS



HOMEMADE CHOCOLATE LOLLIES!

- 1/ With help from an adult, gently melt your favourite kind of chocolate (dark, milk or white) in a saucepan over low heat, or in the microwave at low power, stirring regularly.
- 2/ Pour it into small silicone or paper moulds.
- 3/ If you like, add some tasty treats like grated

coconut, crushed hazelnuts, bits of marshmallows or fresh, dried or freeze-dried fruits. **4/** Insert an ice lolly stick in the middle and refrigerate for at least 1 hour. **5/** Remove from the moulds and enjoy!



BRIGHT IDEA!

You can also prepare this recipe without moulds or sticks; just pour the chocolate directly in a little spoon!



FUN AND FRUITY ICE CUBES!

- 1/ Wash the fruit you want to use, and cut into small pieces (keep berries whole for a pretty result).
- 2/ Place them in ice cube trays and fill with water. **3/** Freeze for at least 2 hours. **4/** Add the ice cubes to a tasty glass of fruit juice, lemonade or water! You can also use them in your bottle.

WHAT IF YOU...

... STARTED SOME GOOD HABITS?

Taste your food before adding salt. It might be good already. And before adding more salt, add a bit of pepper: it will enhance the flavour of the salt that's already there!

... DARED TO BE YOU?

You can't eat as much as adults do. So, use a plate or container that's the right size for you.

... TRIED SOMETHING NEW?

You might not like puréed carrots, but have you tried them grated, stir fried with a bit of cream or sliced for dipping?

... DIDN'T GIVE UP?

You sometimes need to try a food up to eight times before you learn to like it. Keep trying!

Made in collaboration with Cresna, nutrition expertise and mediation cooperative backed by a network of professionals (dietician-nutritionist, food sociologist, etc.).

Recipes by chef Frédéric Courcol.

www.monbento.com



Check out
the highly charged
making of here!

