



momentum

children's charity
cookbook

Family Favourite Recipes





A message from Bianca, our Founder CEO (and secret kitchen whizz)

We've been working with local families whose children are seriously ill since 2004. With this year marking our 18th, we wanted to create something special that our families as well as some of our charity ambassadors could be a part of, as a way to say thank you to all of those who have supported our journey and made every moment of care possible for those who needed it most.

The last 18 years have been an incredible achievement, with thousands of families being supported by Momentum Children's Charity, helping them to keep moving forward through the hardest of times.

We know that small things can make a big difference and we hope that this little book of family friendly recipes will help to lift spirits and nurture souls (and stomachs of course). It's just a little token of our thanks for your support in helping us to make sure that no family ever has to cope alone.

There's something for everyone to try and we wish you all joyful cooking.



B. Effner

CONTENTS

Starters and snacks

- 1** Mo's Ice Lollies (v)
- 2** Oaty Bars (v)
- 3** Italian Chickpea Soup (v)

Mains

- 4** PYO Pizza (v)
- 5** Basil's Boom Boom Pasta (v)
- 6** Quorn Stir Fry (v)
- 7** Chicken and Bacon Jambalaya
- 8** The Ultimate Cheese and Onion Pie (v)

Sweet stuff

- 9** Lily's 'Healthy' Chocolate Brownies (v)
- 10** Mini Egg Cookie Pie (v)
- 11** Hilary's Show-Stopper Birthday Cake (v)
- 13** Chocolate Chip Cookies (v)

Mo's Ice Lollies

Our Mo took time out from his busy mascotting schedule to whip up some iced fruit delights. This is a great one for the kids to get involved with and perfect for those soon-to-be-here sunnier days.

Ingredients

- 709ml of a drink of your choice
- 438g of your favourite diced fruit (the more colourful the better)

Instructions

- Add the fruit in layers inside the ice lolly mould
- Top with your favourite juice or drink till the mould is about four-fifths full.
- Cover the mould and insert the ice lolly sticks
- Pop it in the freezer for a minimum of six hours or until frozen solid.

Top tip

You'll need ice lolly moulds for this awesome recipe.

Mo loves to use lemonade and blueberries, green grapes, strawberries, and pineapple.



Oaty Bars

By Chris Bavin, Charity Ambassador

Here's a top recipe from our Ambassador, Chris, which makes 24 bars of super snacks, perfect for when you're on the go.

Ingredients

- Knob of butter, for greasing
- 225g/8oz jumbo rolled oats
- 50g/2oz almonds, skin on
- 60g/2¼oz mixed seeds
- 60g/2¼oz dried cranberries
- 50g/2oz plain or chocolate rice pops
- 100g/3½oz agave syrup
- 100g/3½oz peanut butter
- 125g/4½oz honey

Instructions

- Lightly grease a 33x23cm baking tray (ideally around 3cm deep) and line with cling film.
- Pop the oats and almonds in a food processor and blend for 10–20 seconds until fairly well broken down (you want some texture, but it should be slightly powdery). Tip into a large bowl then add the seeds, cranberries and rice pops and stir really well.
- Heat the agave syrup, peanut butter and honey in a small saucepan over a medium heat until melted. Stir well.
- Pour this over the oat mixture and mix together.
- Leave to cool slightly and then mix with your hands to make sure all the oats are coated.
- Tip into the tin and spread out evenly. Lay a sheet of cling film over the top, then press down firmly to squash the mixture flat.
- Leave in the freezer for one hour until set.
- Remove the top layer of cling film, then tip out onto a board.
- Remove the remaining cling film and cut into 24 bars.



Storage tip

Layer between sheets of greaseproof paper, store in a sealed box in the fridge/freezer.



Italian Chickpea Soup

By the Marinelli Family

This warming Italian recipe comes from the Marinelli family who we've been supporting since early 2021. The dish packs lots of good-for-you-goodness into it and is ready in just 30 minutes.

Ingredients

- 2 cans of chickpeas
- 3 carrots (1 grated and 2 chopped in rounds)
- 2 white potatoes, chopped
- 1 onion, diced
- An inch of celery, sliced
- 2 tbsp of extra virgin olive oil
- Pinch of rosemary
- 2 tbsp tomato puree
- 1-2 garlic cloves, crushed
- 1.5lt boiled water
- Salt and pepper and chilli flakes

Instructions

- Sautee onion, shredded carrot, celery, and garlic in olive oil.
- Once the onions are gold and soft, stir in chickpeas, chopped carrots and potatoes and mix well for five minutes.
- Next add tomato puree, boiled water and a pinch of salt and rosemary.
- Cook for 20 minutes or until the potatoes are soft.
- Taste and adjust the seasoning.



Serving tip

Try with whole-grain toasted bread, black pepper or chili flakes.



PYO pizza

By the Family Support Team

We asked our Family Support Workers to come up with the ultimate pizza, but it seems favourite pizza toppings are non-negotiable....

Ingredients

Base

- 300g strong bread flour
- 1 tsp instant yeast (from a sachet or a tub)
- 1 tsp salt
- 1 tbsp olive oil, plus extra for drizzling

Tomato sauce

- Refer to Basil's Boom Boom Pasta recipe on page 5

Instructions

- **For the base:** Put the flour into a large bowl, then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil and bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside. You can leave the dough to rise if you like, but it's not essential for a thin crust.
- **Make the sauce:** see Basil's Boom Boom Pasta on pg 5. Leave to stand at room temperature while you get on with shaping the base.
- **Roll out the dough:** if you've let the dough rise, give it a quick knead, then split into two balls. On a floured surface, roll out the dough into large rounds, about 25cm across, using a rolling pin. The dough needs to be very thin as it will rise in the oven. Lift the rounds onto two floured baking sheets.
- **Top:** Smooth sauce over bases with the back of a spoon. Scatter with your chosen toppings, drizzle with olive oil and season.
- **Bake:** heat the oven to 240C/220C fan/gas 8. Bake for 8-10 mins until crisp.

Maggie's fave
Pepperoni and
Jalapeno

Kerrie's fave
Pesto, sundried
tomatoes and
mozzarella

Diana's fave
Ham and
pineapple

Boom Boom Pasta

By Basil Brush, Charity Ambassador

Our furry fox Ambassador, Basil, shared his favourite recipe for family dinner. Nice and easy, it'll be ready faster than a swish of a fox's tail!

Ingredients for a family of four (or for one fox)

- 2 garlic cloves
- 1 tbsp olive oil
- 1 can of chopped tomatoes,
- Handful of fresh *boom-boom* basil leaves
- 500g squiggly spaghetti
- 200ml of water

Instructions

- Heat the oil in a pan while smashing the garlic (I like loads, I love smelly garlic breath, yummy!)
Add to the pan and after 60-boom-booms (or once garlic is translucent) throw in the chopped tomatoes and 200ml of water.
- Bring tomato sauce to a splashing boil then leave lightly simmering.
- Cook the pasta following the packet instructions and then turn the sauce off.
- Drain the pasta... be careful not to hurt your paws!
- Put the squiggly spaghetti back into the empty pot, add the tomato sauce and mix with a big wooden spoon.
- IMPORTANT BIT! Chop the *boom-boom* basil up how you wish – I like mine to resemble fox whiskers - and sprinkle on top of your pasta.



Quorn Stir Fry

By The Hinds Family

This tasty vegetarian dish was sent to us by the Hinds family, who we started supporting earlier this year. They have one vital instruction for the recipe... ***“add lots of love as you cook”***

Ingredients

- Quorn chicken pieces
- Oriental style stir-fry vegetables, the more the merrier
- One onion
- Tbsp soy sauce and Maggi liquid seasoning, you can splash more in if you prefer
- Salt & pepper
- Egg noodles or rice
- A good glug of vegetable or sunflower oil

Instructions

- Wash stir-fry vegetables, chop up and add salt and pepper. Put wok on the hob, add the oil and heat up.
- Place three big handfuls of Quorn, per person, in a separate bowl.
- Add salt and pepper, liquid seasoning, soy sauce.
- Mix all together, then add Quorn pieces to the hot oil in the wok.
- Add half a chopped onion to the wok and stir in.
- Finally, add the stir-fry vegetables and cook everything together.

Rice or noodles?
Whichever you choose, follow pack instructions and then add to your wok mix!



Chicken and Bacon Jambalaya

By The Humphrey Family

Josh sent this fab dish to us. He's a keen cook and has even passed on a couple of recipes to his nurses at East Surrey Hospital and Family Support Worker, Kerrie. This one is his family's favourite.

Ingredients

- 175g of cooked rice
- 3 chicken thigh fillets
- 1 large red pepper
- 1 onion
- 1 tbsp of olive oil
- A large pinch of ground ginger
- A small pinch of chili powder
- 2 tsp of tomato puree
- 100g of bacon/pancetta

Instructions

- Cut the pepper and chicken into bite sized pieces and chop the onion finely.
- Put the oil into a large pan over medium heat, add the chicken and brown for a few minutes, add bacon and cook for a further 4-5 minutes.
- Add the onion and crush the garlic into the pan, cook for 4 minutes then add the pepper and cook for 4 more minutes.
- Stir in the ginger and chilli and cook until the peppers soften. Then add 2 tbsp of water, season with salt and pepper and stir in the tomato puree.
- Turn down the heat and put on a lid, cook for 3-4 minutes until everything is piping hot, add the rice and serve.



The Ultimate Cheese and Onion Pie

By The Storey Family

This is Tris's very own recipe. He loves cooking and has set up his own Instagram page to inspire other people with cancer to get cooking. Find more of his recipes at [@kickingcancercooking](#).

Ingredients

- A roll of shop bought puff pastry
- 600g potatoes, sliced about 3mm thick
- 1 leek
- 2 large white onions sliced
- 100g frozen peas
- 3 cloves of crushed garlic
- 165g cheddar cheese
- 25g hard cheese
- 400ml of cream
- 1 tbsp oil
- 1tbsp butter
- 1 tsp of honey or sugar
- 1 tsp salt
- 30ml of milk or beaten egg for brushing the pastry
- 1 tbsp fennel seeds
- 1 tbsp panch poran
- 1 tsp thyme

Instructions

- Preheat the oven to 180 degrees.
- Heat the oil in a large oven proof pan. Add the spices and thyme and fry for 30 seconds. Add the onions and fry until soft, making sure you stir them.
- Add the sliced potatoes, garlic, butter and salt. Stir them for 5 minutes on a medium heat.
- Add the leeks, stirring them around the pan for a minute before adding the cream, hard cheese and honey or sugar. Cook on the stove for 10 minutes.
- Place the pan in the oven for 20 minutes to ensure the potatoes are cooked through. Add the peas and stir round once it has come out of the oven.
- In a pie dish, place half the cheddar cheese on the bottom of the dish, evenly spread out. Add the potato mix on top of this before adding the other half of the cheese on top.
- Place the puff pastry over the pie mix, fork the edges and brush the top with a little milk or egg and pop a couple of holes in the top of the pastry with a fork. Cook for a further 20 minutes in the oven.



Lily's 'Healthy' Chocolate Brownies

By the Darke family

We've been supporting Lily since 2020 and were thrilled to see she'd dressed the part when she made this cracking recipe for us. These chocolate brownies are full of YUM and have no refined sugar!

Ingredients

- 125g dark chocolate (70- 100% cocoa)
- 100ml milk / soya milk
- 100g unsalted butter
- 175g honey
- 150g maple syrup
- 1 tsp vanilla essence
- 50g cocoa powder, sieved
- 3 eggs
- 150g wholemeal spelt flour
- 1 tsp baking powder



Instructions

- Preheat oven to 190 degrees / 170 fan / gas 5 . Grease a 30cm x 20cm tin and line with baking paper.
- Put the chocolate, milk, butter, honey, maple syrup and vanilla in a saucepan. Warm over a gentle heat, stirring regularly, until everything has melted. Remove from the pan and whisk in the cocoa powder.
- Allow the mixture to cool for a couple of minutes and then beat in the eggs. Finally add the flour and baking powder. The mixture may look grainier than usual because of the texture of the flour but that is fine.
- Pour the mixture into a prepared tin and bake in the oven for about 15 minutes, until it is just set in the middle but still nice and gooey.
- Remove the tin from the oven and use the baking paper to help you slide the whole brownie on to a cooling rack as soon as possible so it doesn't continue to cook. Cut into squares when cool.

Mini Egg Cookie Pie

By the Levett Family

Jody, who we've been supporting since 2019, chose this recipe and what a great one it is. A firm favourite at Momentum HQ. Who doesn't love mini eggs and cookies all in one dish?!

Ingredients

- 200g butter
- 250g light brown sugar
- 2 egg yolks
- 1 tsp vanilla
- 320g plain flour
- 1 tsp baking powder
- 200g mini eggs
- 100g white choc chunks
- 300g chocolate spread



Instructions

- Preheat fan oven to 160°C or equivalent on a different oven.
- Mix butter, sugar, egg yolks and vanilla together. Add in flour and baking powder then the mini eggs and chocolate chunks.
- Split dough in half, press half into a baking tin that has been buttered.
- Smooth chocolate spread in the middle and spread it evenly, then put the other half of the dough on top.
- Bake for 15-20 minutes, sometimes it can take longer.
- Cool fully in tin.



Hilary's Show-Stopper Birthday Cake

By Hilary Paxman, Chair of Trustees

What birthday cookbook would be complete without the ultimate birthday cake? And this is one of the best. Don't forget the candles!

Ingredients

Cake

- 500g plain flour
- 4 tbsp cocoa powder (sifted)
- 4 tbsp baking powder
- 1 tsp bicarbonate of soda
- 100g soft unsalted butter
- 100ml sunflower oil
- 400g caster sugar
- 2 heaped tsp red paste food colouring
- 4 tsp vanilla extract
- 4 large eggs
- 300ml buttermilk
- 2 tsp cider vinegar

Icing

- 500g icing sugar
- 125g cream cheese – keep in the fridge until the last moment.
- 125g soft unsalted butter
- 1 tsp vanilla essence
- ¼ tsp red or pink food colouring
- 2 boxes x Dr Oetker wafer daisies – widely available from supermarkets
- Edible glitter or spray
- 2 tsp cider vinegar



Decorate

Pretty it up with wafer daisies, candles and edible glitter if you have some.

Things you'll need

3x7 inch round sponge tin bases lined with baking parchment and well-greased
Mixer or large bowl with hand beater

Instructions

Cake

- Preheat the oven to 170°C/150°C Fan/gas mark 3/325°F.
- Combine the flour, cocoa, baking powder and bicarbonate of soda in a bowl.
- In another bowl, cream the butter and sugar, beating well, and when you have a soft, pale mixture beat in the food colouring - yes all of it - and the vanilla.
- Into this vividly coloured mixture, still beating, add 1 spoonful of the dried ingredients, then 1 egg, followed by some more dried ingredients, then the next egg, and so on until all the dried ingredients have been added.
- Finally beat in the buttermilk, sunflower oil and the vinegar and divide the mixture between the 3 sponge tins. Bake in the oven for about 30 – 35 minutes until well - risen and the top is slightly cracked. A cocktail stick or skewer should come out clean when gently inserted.
- Remove the sponges from the oven and leave them to cool on a wire rack. **Do not ice until absolutely cold.** In the meantime, make the icing as you should leave it in the fridge to chill before applying to the cakes.

Icing

- Put the icing sugar into a large mixing bowl or your mixer. With the beater on a low speed let it beat the icing sugar for a few moments to remove lumps.
- Add the cream cheese straight from the fridge and the soft butter, and beat to mix at a low speed. You are not aiming to add lots of air to this mixture like butter icing – just to mix together. Add the food colouring until a consistent colour runs through all the icing. Chill until you are ready to ice the cakes.
- Remove the sponges from the cake tins and peel off the baking parchment. Use a cake board or large serving plate and layer up the sponges with about 1/3 of the icing mixture, using a spatula or palette knife to get a smooth finish.
- Smooth the rest of the icing onto the sides and top of the cake.



Chocolate Chip Cookies

By the Kim Family

Choc chip cookies for the win. This delicious recipe was sent in by Tony, who we've supported since 2020, and who's clearly a top biscuit baker!

Ingredients

- 100g of granulated sugar
- 165g of brown sugar
- 115g of unsalted butter (melted)
- 155g of plain flour (plus a bit more if the dough is too wet)
- 1 tsp of salt
- 1 tsp of vanilla extract
- ½ tsp of baking soda/bicarbonate of soda (they're the same thing)
- Chocolate chips (or chocolate bar cut up)
- 1 egg

Instructions

- Preheat your oven to 180°Fan 160°//Gas Mark 4/ and line a baking sheet with baking paper.
- Combine the brown and white sugars and melted butter together in a medium-sized bowl.
- Once combined, add the egg and vanilla extract and mix well.
- When fully combined, get a sieve and place it over your bowl.
- Put your salt, flour and baking soda (bicarbonate of soda) in the sieve and gently pat on the side of the sieve until all of the contents have emptied into the bowl.
- Mix thoroughly until your dough has reached a consistency just shy of play dough (you may need some more flour)
- Once the dough has formed, cut up a chocolate bar and add it in (this will be chocolate chips if you have them) and combine.
- Once combined, chill for at least 30 minutes. After the dough has been chilled, get some dough and roll into golf-ball sized balls and place on the baking tray.
- Bake for 12-15 minutes
- Once baked, leave to cool down for 15 minutes.



We help families of seriously ill children to keep moving forward. Working across South West London, Surrey and Sussex, we partner with local hospitals to provide tailored support to families, both in hospital and at home, following their child's diagnosis of cancer or a life-challenging condition.

Our support services include counselling, creative therapies, experiences and respite breaks. We also improve the environment for children in hospital with our children's ward refurbishments; transforming bare, clinical areas into bright, child-friendly spaces.

We're there whatever the outcome, for as long as we're needed, so that no family has to cope alone.



Scan me!
←

None of the work we do would be possible without people like you. Every donation makes a difference.

www.momentumcharity.org



momentum
children's charity