

GROW, COOK, EAT! 2025



FAMILY COOKBOOK

WHOLESOME RECIPES FOR HAPPY KIDS
AND HEALTHY HOMES

-



EARTH MOVES COOPERATIVE

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FAMILY COOKBOOK



Who are Earth Moves?

Wirral-based grassroots community garden project. Our work encompasses ecotherapy, horticulture and creative workshops to encourage community cohesion and tackle social issues. We host monthly free community meals created using crops grown at the site. We also host regular free harvesting sessions with our volunteers, so local people can grow, cook and eat!

This cookbook has been funded as part of our Grow, Cook Eat! project 2025, funded by The National Lottery Community Fund, and with thanks to Wirral Council, and of course all the amazing volunteers.



FOOD FOR THOUGHT



At Earth Moves, we believe that food brings people together.

Whether it's growing vegetables, picking berries in the summer sun, cooking together, or sitting around the table to share a meal, food is a joyful part of life.

This cookbook is for families on the Wirral and beyond, designed to offer easy, healthy meals that children love and adults enjoy too.

Disclaimer: These recipes are designed for families with young children. Always adapt ingredients and textures to suit your child's age and needs. Children under one year should not be given honey or added salt. Always supervise children during cooking, and seek advice from a healthcare professional if unsure.



01



02



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FOOD AS A FAMILY

Getting children involved in growing and cooking food helps them understand where food comes from and encourages healthy eating.

Kids can help sow seeds, water plants, pick herbs, and harvest vegetables. In the kitchen, they can wash, stir, mash, and help prepare simple meals.

These shared activities build confidence, teach life skills, and create special family moments. Cooking and eating together fosters connection, curiosity, and pride in what they've made. Turning mealtimes into meaningful, joyful experiences for everyone.

01 GROW

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WELCOME



**“When children
come into contact
with nature, they
reveal their
strength.”
— Maria Montessori**



Welcome to the Earth Moves Family Cookbook! Inside you'll find simple, healthy, and tasty recipes made for children and grown-ups to enjoy together. From growing and cooking to sharing meals, this book is all about bringing families together through food, fun, and a love for nature.

Each recipe in this book is:

- Simple to follow, with ingredients you can find easily or grow at home.
- Nourishing, to give little bodies and minds the best start.
- Budget-friendly, making healthy eating accessible to all.
- Vegetarian, supporting the planet and inclusive to many diets.

We've chosen recipes that can involve kids in the preparation, building confidence and connection in the kitchen. Whether you're cooking for a toddler, a teen, or everyone in between, we hope these ideas inspire happy mealtimes and full tummies!

Start the day

BREAKFAST



Cretan Scrambled Eggs with Spring Onions (Serves 2 kids and 1 adult)

Ingredients

- 4 free-range eggs
- 2 spring onions, finely sliced
- 1 large tomato, grated or chopped finely
- 1 tbsp olive oil
- Pinch of dried oregano (optional)
- Salt and pepper to taste

Method

- Heat the olive oil in a non-stick frying pan over medium heat.
- Add the spring onions and cook for 2 minutes until softened.
- Stir in the tomato and cook for another 3–4 minutes.
- Beat the eggs in a bowl, then pour them into the pan. Stir slowly until the eggs are softly scrambled.
- Season with salt and pepper and a pinch of oregano if you like. Serve warm with toast or pitta.



Cooking tip: Let kids help whisk the eggs and stir gently in the pan (with supervision). Let them sprinkle the herbs or choose their favourite toppings like cheese or chopped tomatoes. Use colourful plates and fun-shaped toast cutters to make breakfast exciting and encourage little ones to try new flavours!



Banana Pancakes with Berries (Makes 6 small pancakes)

Ingredients

- 1 ripe banana
- 1 large egg
- 2 tbsp flour
- dash of vanilla essence (optional)
- A little butter or oil for frying
- Handful of fresh or frozen berries
- plain Greek yogurt



Method

- **Mash the banana in a bowl.**
- **Crack in the eggs and add vanilla essence if using. Add flour. Mix well.**
- **Heat a little butter or oil in a frying pan.**
- **Spoon in small amounts of the batter. Fry for 1–2 minutes on each side until golden.**
- **Serve warm with berries and plain greek yoghurt if desired.**

Cooking tip: Lightly mash the berries of your choice and add to the batter mix before you cook the pancakes.

LUNCH



Ricotta and Pea Pasta (serves one child)

Ingredients

- 100g small pasta shapes (like orzo or baby shells)
- 75g frozen peas
- 3 tbsp ricotta cheese
- 1 tbsp olive oil
- Squeeze of lemon juice
- Black pepper to taste (optional)

Method

- Cook the pasta following pack instructions. Add the peas in the last 3 minutes.
- Drain, return to the pan, and mix in ricotta, olive oil, and lemon juice.
- Mash slightly for babies or leave whole for toddlers and older kids.



Paneer and Veggie Curry (Serves 4)

Ingredients

- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 1 tsp mild curry powder
- 1/2 tsp ground cumin
- 1 courgette, diced
- 1 red pepper, chopped
- 200g paneer, cubed
- 200ml passata or tinned tomatoes
- 2 tbsp natural yoghurt

Method

- Heat oil in a pan. Cook onion and garlic for 5 minutes until soft.
- Stir in spices, courgette, and red pepper. Cook for 5 minutes.
- Add paneer and passata. Simmer for 10 minutes.
- Stir in yoghurt and heat gently. Serve with rice or chapati.

TEA



Cheese and Spinach Pinwheels (Makes 8-10)

Ingredients

- 1 sheet ready-rolled puff pastry
- 1 shallot diced
- half a tub of cream cheese
- 200g spinach
- 1 garlic clove
- 50 g cheddar cheese shredded
- 1 egg beaten

Method

- leave puff pastry out of the fridge 30 mins before use
- pre-heat oven to 180°C
- Melt butter in a pan and add onions, sear until golden brown
- Add garlic and cook for 1 minute
- Add in spinach and cook for 2-3 minutes
- Take off heat and leave to cool
- In a separate bowl mix the cream cheese and the spinach mix
- Spread out on the puff pastry evenly
- Sprinkle the cheddar cheese
- Roll over the bottom of the puff pastry and keep rolling it into a tube, seal the tube
- Slice tube into 12 portions
- Place the pinwheels at least 2 inches apart on a baking sheet
- Brush with the egg wash
- Bake in the oven for 15 minutes, until golden brown





Pitta Bread Pizzas (Serves 2)

Ingredients

- 2 wholemeal pittas
- 3 tbsp tomato puree
- 1/2 tsp dried oregano
- 50g grated cheese
- Veg toppings: sweetcorn, pepper, mushrooms, etc.

Method

- Preheat oven to 180°C
- Spread tomato puree on pittas. Sprinkle with oregano.
- Add toppings and cheese.
- Bake for 8–10 minutes. Slice and serve.



DINNER

Shepherdess Pie (Serves 4)

Ingredients

- 1 tbsp olive oil
- 1 onion, chopped
- 2 carrots, diced
- 1 stick celery, chopped
- 1 tin green or brown lentils, drained
- 2 tbsp tomato puree
- 1 tsp dried thyme
- 500ml vegetable stock
- 4 medium potatoes, peeled and chopped
- Splash of milk and knob of butter

Method

- Boil the potatoes until soft. Mash with milk and butter.
- In a separate pan, fry onion, carrot and celery in oil for 5 minutes.
- Stir in lentils, tomato puree, thyme and stock. Simmer for 10 minutes.
- Pour into oven dish, top with mash. Bake at 180°C for 20 minutes.

Cooking tip: Let kids help mash the potatoes—give them a safe masher and let them squish away! They can also sprinkle cheese on top or use a fork to make fun patterns in the mash before baking. It's a great way to get creative in the kitchen!



Vegetable Stew (Serves 4)

Ingredients

- 1 tbsp oil
- 1 onion, chopped
- 2 carrots, sliced
- 1 parsnip or swede, diced
- 1 tin chopped tomatoes
- 500ml vegetable stock
- 1 tsp mixed herbs
- 1 tin butter beans or chickpeas
- Handful of greens (spinach or kale)

Method

- Fry onion in oil for 5 minutes. Add carrot and parsnip. Stir.
- Add tomatoes, stock, and herbs. Simmer 20 minutes.
- Stir in beans and greens. Cook for 5 more minutes. Serve hot.

PUDDING

Banana & Berry Muffins (makes 12)

Ingredients

- 250 g mashed ripe banana (about 2 medium bananas)
- 2 medium eggs
- 1 tsp vanilla extract
- 100 g melted unsalted butter
- 160 g plain flour
- 1½ tsp baking powder
- Approx. 30 fresh or frozen blueberries or raspberry or any other berry

Method

- Preheat your oven to 180 °C
- In a large bowl, mash the bananas until smooth.
- Add the eggs, vanilla, and butter; whisk until the mixture turns smooth and slightly frothy.
- Sift in the flour and baking powder and stir until just combined
- Gently fold in the blueberries or raspberries.
- Spoon the batter into the paper muffin cases: fill standard cases about two-thirds full (should make 12)
- Bake for 15–20 minutes until risen and a toothpick comes out clean.
- Allow to cool on a wire rack.

Oat Cakes (Makes 10)

Ingredients

- 100g rolled oats
- 60g plain or wholemeal flour
- 50g unsalted butter or dairy-free spread
- 2 tbsp runny honey or maple syrup (do not give honey to a baby under 1 year old)
- Pinch of salt (not for a baby under 1 year old)
- 2 tbsp water

Method

- Preheat oven to 180°C. Line a baking tray.
- Mix oats, flour and salt in a bowl.
- Melt butter and honey (or maple syrup) in a pan, then stir into dry ingredients.
- Add water, form a soft dough.
- Shape into small discs. Bake for 12–15 minutes until golden. Cool before eating.



FOLLOW

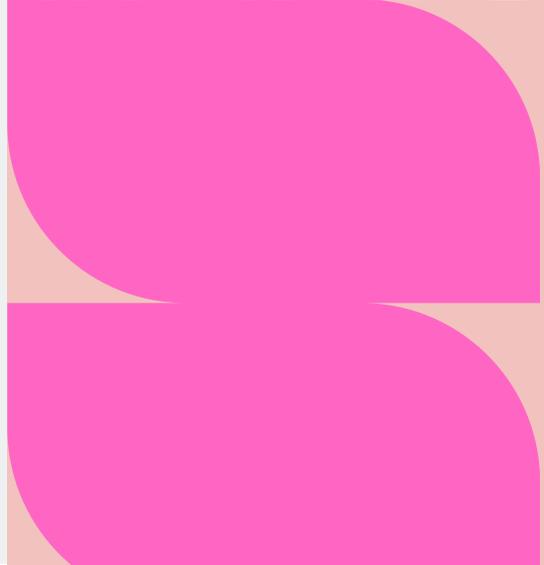
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