

Cheesy Asparagus Wands

Ingredients:

- 1 pound asparagus stalks, ends cut off
- 1 – 2 tbsps extra-virgin olive oil
- Zest of ½ lemon
- 2 tpsps freshly squeezed lemon juice
- ⅓ cup grated parmesan
- ¼ tsp kosher or sea salt

Instructions:

Preheat oven to 425°F. Line a baking sheet with foil or parchment paper. Arrange asparagus on baking sheet. Whisk olive oil, lemon zest, and lemon juice in a small bowl and pour over asparagus. Toss asparagus stalks gently to coat. Spread asparagus in a single layer. Sprinkle parmesan and salt evenly over stalks. Roast until asparagus is tender, stirring occasionally, for about 15 minutes.

For recipe source and other useful resources, visit frisogold.com.my today.



Crispy Elf Hats

Ingredients:

- 10 Brussels sprouts
- 1 tsp olive oil
- ¼ tsp salt

Instructions:

Preheat oven to 350°F. Use a sharp knife to trim off the bottom, and outer leaves should fall off easily. Continue removing leaves until they become difficult to peel off. Toss leaves with olive oil and salt. Spread out in a single layer on baking sheets lined with foil or parchment paper. Roast for 10 minutes, then check and remove any that are crisp. Place baking sheet back in the oven and check every few minutes until all leaves are crisp. A little browning on the edge of the leaves is fine, but don't let the entire leaf turn brown or it will become bitter.

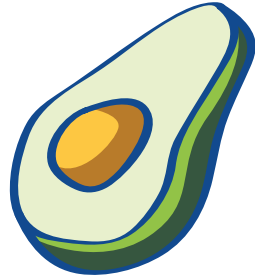
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I Scream for Avocado!

Ingredients:

- 2 avocados
- ¼ cup raw honey
- ¼ cup milk
- A pinch of sea salt
- A squeeze of lime



Instructions:

Peel avocados or cut in half to remove the pit, scraping out the flesh. Blend avocado meat or smash with a fork until there are no lumps, then mix in the honey. Blend with milk on medium until you get a nice, smooth consistency. Take out and freeze for minimum 2 hours, or overnight.

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Crinkly Orange Soldiers

Ingredients:

- 1 pound carrots
- ¼ tsp dried thyme
- 1 tbsp olive oil
- ¼ tsp salt



Instructions:

Preheat the oven to 400°F. Peel carrots and slice them with a crinkle cutter. Line a baking sheet with parchment paper and brush the carrots with olive oil. Sprinkle with thyme and salt. Bake for 20 minutes, or until you reach your desired level of crispiness.

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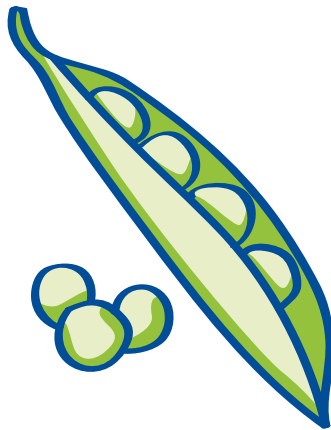
Crunch 'n Munch!

Ingredients:

- 2 cups green peas
- 1 tsp olive oil
- 1 tsp garlic salt

Instructions:

Preheat your oven to 375°F. If you are using frozen peas, let them thaw, or if you are using fresh peas, quickly blanch them for 1-2 minutes. Dry them with a paper towel. Coat evenly with oil and garlic salt, spread them on a baking sheet lined with parchment paper and bake in the oven for 30 minutes. Shake and stir them around to make sure they are cooking evenly. If they need more time, return to the oven for increments of 15 minutes until they are nice and crunchy.



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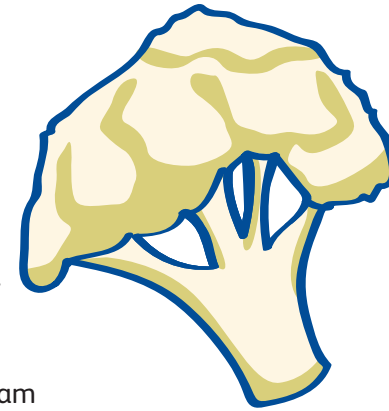
Snowy Flowers

Ingredients:

- 1 head of cauliflower
- 3 tbsps milk
- 1 tbsp butter
- 2 tbsps light sour cream
- ¼ tsp garlic salt
- Freshly ground black pepper

Instructions:

Separate the cauliflower into florets and chop the core finely. Bring about 1 cup of water to a simmer in a pot, then add the cauliflower. Cover and turn the heat to medium. Cook the cauliflower for 12-15 minutes or until very tender. Drain and discard all of the water (the drier the cauliflower is, the better) and add the milk, butter, sour cream, salt and pepper and mash with a masher until it looks like "mashed potatoes".



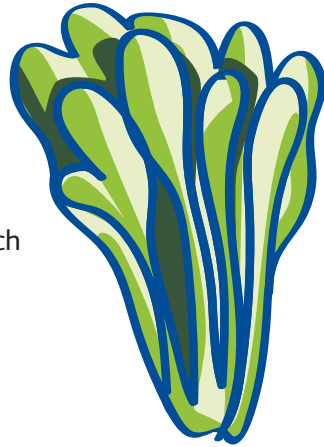
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Popeye's Pasta

Ingredients:

- 1 small block of frozen spinach
- A few gratings of nutmeg
- 1 tbsp full fat cream cheese
- A few gratings of mature or extra mature cheddar
- A handful of pasta



Instructions:

Cook the pasta in boiling water. Microwave the spinach for about a minute, then add cream cheese, cheese and nutmeg, cook for a minute more. Add water if needed until your sauce is boiling. When the pasta is done, mix together and wait till it's the right temperature for your kid.

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Sunshine on a Stick

Ingredients:

- 1 organic papaya, chopped
- 2 cups water
- 3 limes
- 1 large handful of mint
- 2 – 3 tbsps raw honey



Instructions:

Blend it all together in a food processor. Pour it into the moulds. Freeze the popsicles for 20-30 mins. Put in the wooden sticks and allow the popsicles to freeze for at least four hours before digging in.

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