

“Eating is more than just nourishment: it means waking up the senses, travelling around the world without leaving the table, experimenting, learning, and sharing healthy lifestyle habits.”

What are we cooking up in December?

Eating around the world:



Christmas in Paris. French Cuisine is an Intangible World Heritage. In France, festive meals, great food and beverages are a true art form. The menu that our little diners will enjoy is the springboard that leads them to visit this month's monument in our Eating Around the World project, the **Eiffel Tower**.

From there, the children will get to know and discover curious facts about this monument while they savor typical French meals such as Parmentier cream and Provençal-inspired creations.

Joyeux Noël!



Special Christmas Menu:

We will host a meal prior to the holidays with a **special Christmas menu** in which the children will enjoy typical holiday cuisine.

Sustainable Christmas postcards:

During this time of year, giving handmade Christmas cards has a certain charm. We encourage you to craft easy-to-make Christmas cards with your family. Let's unwrap our creativity.



What do we need? Cardboard, pencil, eraser, colored yarn or thick thread, yarn needle, old magazines and newspapers, scissors, and our imagination.

How will we do it?

1. First, fold the cardboard in half and design the drawing that we want to make, for example a tree.
2. Sketch the outline and the edges with the pen.
3. Using the needle, mark the corners where the needle goes through the cardboard.
4. Thread the needle and sew the card in two sections. First, work on the top side and knot the thread on the back side. Next, sew the parallel side and make a knot at the end.
5. With the magazines, draw the star and the ornaments that we want to include and then write our holiday greetings.

Now it's ready as a gift!

Family Recipes:

Oatmeal Berry Cake. Our chef is sharing this delicious recipe with you to make at home with your little ones during Christmas break. This cake will look great on your table during the holidays. If we use a tree-shaped or other Christmas-shaped mold for the cake, we'll create the perfect decoration.

For this dessert we need:

- 5 room temperature eggs.
- 160g. Butter.
- 180g. Coconut sugar.
- 260g. Wholegrain oat flour.
- 30g. Oatmeal.
- Peeled nuts (3 tablespoons).
- Raspberries and Blueberries (3 tablespoons).



This is the perfect dish to make at home as a family.

1. With the butter at room temperature, soft but not melted, add the sugar and the other ingredients. Interestingly, coconut sugar has a much lower glycemic index than other sugars, it is loaded with fiber, and it gives the sensation that it is not as sweet.
2. Add the eggs one by one, letting each one properly mix before adding the next. Next, add the flour and then the nuts.
3. Fill the mold lined with baking paper and put the berries inside it.
4. Sprinkle the oatmeal on top and let it bake for 35 minutes at approximately 160 °C/320 °F.
5. Finally, decorate the cake with a variety of berries, sugar figurines and miniature shaped cookies... Let your imagination fly!

We encourage you to share the recipe tagging us on social media!

We encourage you on our social media and to find everything that we have prepared for this year.



@scolarest_es



scolarest_españa

**A HEALTHY,
SAFE AND
SUSTAINABLE**
culinary experience