



# What's In Season

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SEPTEMBER 2023

## IT'S BACK-TO-SCHOOL TIME



**SWEETCORN SPACE SAUCER FRITTER**  
FULL RECIPE ON PG 7



Mummy's  
Secret  
Weapon!



#backtoschoolwithwisk

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# SWEETCORN SPACE SAUCERS Fritters

## INGREDIENTS

50g frozen sweetcorn  
50g plain wholemeal flour  
25g cornmeal  
2 tablespoons chopped coriander,  
plus extra to serve

½ teaspoon Cajun spice (optional)  
2 spring onions, finely chopped  
1 egg, separated  
75ml whole milk



## METHOD

1. Preheat the oven to 190°C/375°F/Gas Mark 5. Line a baking sheet with baking parchment.
2. Cook the sweetcorn in a saucepan of boiling water for 3 minutes. Drain well.
3. Place the flour, cornmeal, coriander + Cajun spice (if using) in a large bowl. Add the sweetcorn, spring onions, egg yolk + milk + mix to a thick paste.
4. Whisk the egg white in a thoroughly clean, grease-free bowl until it forms peaks, then gently stir it into the sweetcorn mixture. Place 6 spoonfuls of the mixture on the prepared baking sheet, spaced well apart.
5. Bake the pancakes in the oven for 8 minutes. Using a fish slice, carefully turn the pancakes over + return to the oven for a further 4–5 minutes until cooked through. Serve warm, sprinkled with extra coriander.





# IT'S BACK-TO-SCHOOL SEASON!

## TIPS & TRICKS TO BEST PREPARE!

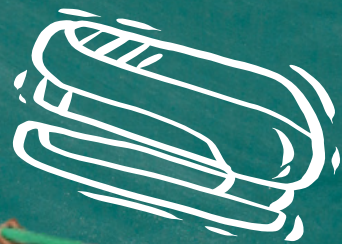
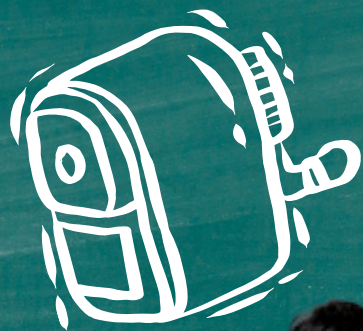


September is in, summer is slowly coming to an end, and that can only mean one thing, it's back-to-school season! After 3 long and great months of sun, fun and adventure, school is coming back in session! And this is the perfect opportunity to readjust routines and expectations for your kids to ensure smooth sailing. This blog is here to help parents with the daunting feelings of back-to-school season. by providing handy tips and tricks to streamline that Monday morning drop-off, and for Tuesday, and Wednesday...

### Routine:

Change is scary for everyone, let alone for kids, and one way to combat that uneasy feeling is by reestablishing a routine. As all parents know, getting into a routine eliminates worry and most external possibilities. From having a scheduled feeding time, wash time, and bedtime, having a set wake-up time is also just as vital. We want no room for surprises that early!

And with Bear's Alphabites, breakfast is one less thing to worry about! This cereal is made using natural ingredients, using wholegrain fibre with no artificial colours, or added salts! Aiming to provide a stable meal first thing in the morning! Alphabites are also made sweet with natural coconut blossomed nectar, giving your kiddies a natural source of calcium and potassium. AKA, the perfect recipe to end all breakfast time battles!



[Click here to read more!](#)





# We're Back!

## We know you missed us

As you may have realised, we lost our pages last month, but we're back with new pages and would love it if you all could show the pages some love and support.

## Follow us

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