



NHS BIG TEA MENU

For an environmentally friendly and nutritious tea time here are some easy homemade recipes to share with friends and family

TEA SANDWICHES

https://www.bbc.com/food/recipes/tea_sandwiches_59195
<https://www.thespruceeats.com/traditional-english-tea-sandwiches-765649>

QUINOA & KALE MUFFINS

<https://www.jamieoliver.com/recipes/vegetables-recipes/quinoa-kale-muffins/>

SWEET POTATO CANAPÉS

<https://melissahemsley.com/loaded-sweet-potato-canapes-melissa-hemsley/>

EGG MUFFINS

<http://ameliafreer.com/egg-muffins>

BLACK BEAN BROWNIES

<http://www.hemsleyandhemsley.com/recipe/black-bean-brownies/>

CARROT CAKE

<http://www.hemsleyandhemsley.com/recipe/carrot-cake-honey-yoghurt-cream-cheese/>

EASY SCONES

<https://deliciouslyella.com/2018/03/29/easter-scones/>

BUCKWHEAT BANANA BREAD

<https://www.jasminehemsley.com/food-blog/2017/11/9/buckwheat-banana-bread-with-salty-butter>