



Recipes



Managing Constipation Learning Disabilities Matters

Vegetable Soup



Ingredients

Stock cubes

Tomatoes

Carrots

Potatoes

Onions

Some Mixed Herbs

You can choose your favourite vegetables



Cut the vegetables into small pieces



Then put the vegetables into a large saucepan



Cover the vegetables with water and add the stock cubes



Then cook until vegetables are soft



Your soup is ready to eat

Salad Wraps



Ingredients

Choose salad foods that you like



Wash the salad



Chop the salad



Put salad onto wrap



Fold the wrap



Your wrap is ready to eat

Fruit Tasters



Ingredients

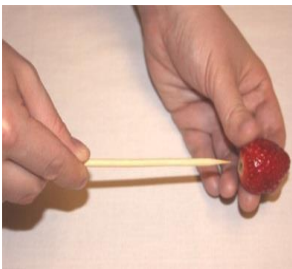
Choose fruit that you like



Wash the salad



Chop the fruit into chunks



Put onto a skewer

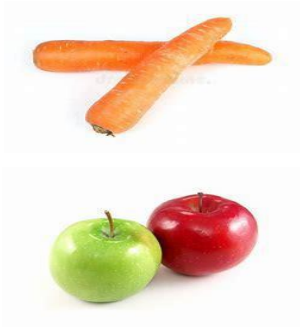


Or put into a bowl



Your fruit taster is ready to eat

Apple and Carrot Juice



Ingredients

2 carrots

2 eating apples



Wash the carrots and apples



Chop into chunks



Put them in the juicer and turn it on



When it is smooth turn it off



Tip into a glass and your juice is ready to drink