Ready to turn over a NEW leaf?

Beezee by maximus

Sign up to one of our FREE healthy lifestyle services today to start your journey.

Beezee FAMILIES

- Free, fun, family-focused support
- Learn about healthy eating
- Get moving more
- Connect with other families.

Beezee YOUTH

- 13-17 year olds can talk about topics that matter to them
- Build confidence
- Get expert support
- Join a safe space.

We be-leaf in you!

Hertfordshire

Our team are here to support you and your family make healthy changes that last for GOOD. We'll learn about healthy eating, moving more, and have fun while doing so!



Ready to get started?

Start your health journey today

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Ghoulish gingerbread



Ingredients

Serves 8

- 115g plain flour
- ¾ tsp bicarbonate of soda
- ¼ tsp cinnamon
- ½ tsp ginger
- 25g soft brown sugar
- 25g olive oil spread
- 2 tbsp honey
- Icing pens to decorate

Method

1. Preheat the oven to 190°C/gas mark 5 and line 2 baking trays with greaseproof paper.
2. Place the flour, bicarbonate of soda, cinnamon and ginger into a bowl and stir.
3. Heat olive oil spread, sugar and honey until they dissolve, then stir into the dry ingredients to form a dough.
4. Roll out the dough to ½cm thick and cut out gingerbread men using a cutter. You could try other ghoulish shapes too!
5. Place the gingerbread men onto the trays and bake for 5-7 minutes until golden.
6. Decorate with a white icing pen - have fun and get creative!



Beezee top tip:

You don't have to stick to skeletons! You could try ice ghosts, mummies and zombies. Get spooky and have fun.



Beezee FAMILIES

Spooky stuffed peppers



Ingredients

Makes 6

- 1 onion, diced
- 3 cloves garlic, crushed
- 500g lean beef mince (or meat-free alternative)
- 2 x 500g tomato passata
- 250g pouch cooked grains of choice (rice, quinoa, bulgur wheat etc)
- 3 orange peppers
- 3 green peppers
- 6 pitted black olives
- 120g grated mozzarella



Method

1. Heat 1 tbsp olive oil in a large pan. Add the onion and garlic to the pan and sauté for 2 minutes.
2. Add the beef mince and cook until browned.
3. Stir in the passata and leave to simmer for 5 minutes.
4. Add your grains of choice and stir until well combined. Leave to simmer for a further 5 minutes.
5. Meanwhile, preheat your oven to 200°C/gas mark 6 and start to prepare the peppers.
6. Cut off the tops of the peppers, setting aside. Use a metal spoon to deseed the peppers.
7. Using a small knife, carefully carve faces into the orange peppers to look like a jack o'lantern. For the green peppers, carefully carve Frankenstein faces and olive-sized holes on either side of the face. Place a black olive in the holes on either side of the green peppers to create Frankenstein's bolts.
8. Split the mince filling equally between the 6 peppers and fill.
9. Top the filling of each pepper with 20g grated mozzarella and replace the tops of the peppers.
10. Place the peppers standing up on a baking tray. Bake in the oven for 25-30 minutes, then serve.

Beezee top tip:

Want to make these peppers look extra spooky? When cutting off the top of the pepper, you can cut in a zig-zag pattern for a monster-like look!



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