



Hello, parents & guardians!
We are BeeZee Bodies, and we work with The London Borough of Hounslow to provide FREE (and FUN!) healthy lifestyles support for children and their families.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW BEEZEE FAMILIES GROUPS STARTING NEAR YOU IN **JANUARY**.

GET ON THE WAITING LIST!

Just go to beezeebodies.com/families (or scan the QR code!) to find out more.



SCAN ME WITH
YOUR SMARTPHONE
CAMERA!

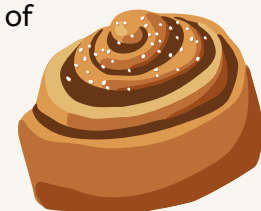
*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hounslow and include one child age 5-15 who is above their ideal healthy weight.

LET'S MAKE SWEET POTATO CINNAMON SWIRLS!



WHAT TO DO:

1. Bake the sweet potatoes in the oven for one hour at 180C, or until soft.
2. Allow the potatoes to cool and then peel the skin off
3. Mash the potatoes and stir through the maple syrup
4. Mix the flour, baking powder, bicarbonate of soda and salt together.
5. Add in the flour mix to the mashed potato a little bit at a time, stirring until it becomes a ball. You might need to use your hands to bring it all together to form a dough.
6. Allow the dough to rest for at least 30 minutes
7. Using a rolling pin or your hands, roll out the dough onto a floured surface to make a rectangle. It should be the thickness of a £1 coin
8. Lightly brush the surface with the oil
9. Mix the sugar and cinnamon together and sprinkle across the surface
10. Using a pizza cutter or a knife, cut 3cm strips and then roll them to make a spiral
11. Put all the rolls next to each other in an oven dish and bake for 30 minutes
12. Meanwhile, mix icing sugar together with a little bit of water to make a thick paste.
13. Drizzle over the buns once they're cooled
14. Enjoy!



WHAT YOU'LL NEED:

- 2 sweet potatoes (cooked, peeled and mashed)
- 2 tbsp maple syrup
- 240g plain flour
- 2tsp baking powder
- 1/4 tsp bicarbonate of soda
- Pinch of salt
- 50g soft brown sugar
- 4 tsp cinnamon
- 1 tbsp vegetable or olive oil
- 50g icing sugar
- 1-2tsp water