

get CRAFTY

LEONORA BAMFORD AND NANNY ANITA SHARE THEIR FAVOURITE CHRISTMAS CRAFTS AND THINGS TO DO THIS SEASON

The advent calendars are out, and I know that at this time of year in my household (and I'm sure many of you can relate), almost every conversation I have with the children reverts back to Father Christmas. With festivities in mind, Nanny Anita and I have been thinking of decorations to make with the children and she has come up with these beautiful stars which make brilliant presents for grandparents and teachers.

With the darker nights setting in, I'm always on the hunt for new books. The new book from family members' club Maggie & Rose tells the sweet story of three best friends and their dog hunting for a rainbow. It's beautifully illustrated, and a firm new favourite for bedtime.

Back in October, we had friends over to enjoy a huge apple harvest and cook-off. Lizzie King of *Lizzie Loves Healthy* popped over for a basket full of cooking apples in return for a recipe, and I wanted to share it with you. These apple crumble muffins are easy to make, and they're also great for freezing. Simply take them out the night before for a breakfast treat...



I always go crazy with kidswear in the holidays - I just wish this hooded cape came in my size!



FLEECE-LINED OWL-PRINT CAPE £55 JJPARK.COM



Hang your homemade ornaments on the Christmas tree

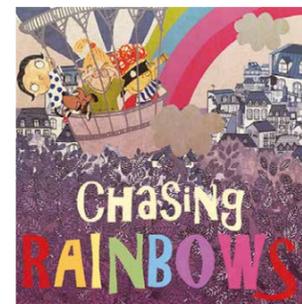
3D CHRISTMAS ORNAMENTS

You will need:

- card stock • pencil • scissors
- star biscuit cutters • glue • ribbon

Method

- Draw around your biscuit cutter onto the card stock and cut out the shapes. You will need around 4-6 stars per ornament.
- Fold each of the stars in half.
- Add glue to the edges of back of each star and begin to glue them together.
- When you have glued half the stars together, glue your ribbon in place and then finish gluing the remaining shapes into place.



CHASING RAINBOWS BY MAGGIE & ROSE £4.50 MAGGIEANDROSE.COM

APPLE CRUMBLE CRUNCH MUFFINS

You will need:

- ¾ cup ground almonds • 1 cup of buckwheat flour (plus extra to dust)
- ¾ cup oats • 1 tsp bicarbonate of soda • 1 tsp cinnamon • ½ cup raisins • 1 tsp vanilla extract • ¼ cup melted butter • 1 cup apple sauce (puréed apple or shop-bought is fine)
- 2 apples, chopped • ¼ cup maple syrup • 2 eggs, beaten • large pinch of salt flakes

For the topping:

- ½ cup almond flakes • 2 tbsp oats
- ¼ cup chopped apple • 1 tbsp maple syrup • 1 tbsp coconut sugar

Method

- Heat the oven to 170°C.
- Tip the ground almonds, oats, flour, salt cinnamon and bicarbonate of soda into a mixing bowl.
- Mix in the apple sauce, vanilla extract, butter, maple syrup and eggs until well combined.
- Dust the chopped apple with a



little buckwheat flour before folding into the batter with the raisins.

- Line a muffin tin and spoon the mixture into the cases, to the top.
- Combine the ingredients for the topping in a small bowl, and using a teaspoon, cover each muffin with the crunchy topping, then sprinkle over the coconut sugar.
- Place the muffins in the oven and bake for 12-15 minutes until golden and crisp on top.



LET'S COOK!

With festive fare on my mind, I'm signing up the whole family to Daylesford's Cooking Together at Christmas class, which is on just in time for the big day. If you can't make that, there are lots of other family classes to be enjoyed - my son has his heart set on a baking masterclass. The school is set in a restored stone barn in the Cotswolds, so if you fancy a weekend away, be sure to check it out.

daylesford.com.

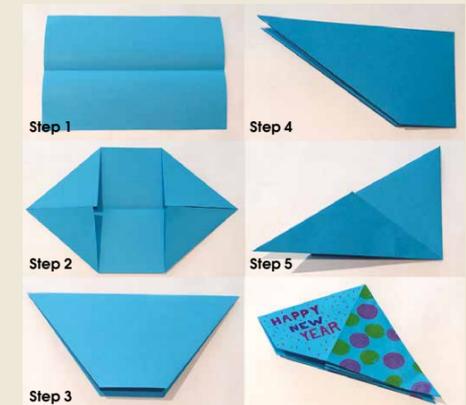
NEW-YEAR NOISE MAKER

You will need:

- thin piece of A4 paper • pens

Method

- Fold the paper in half, lengthways, then unfold.
- Fold each corner down to the centre line.
- Fold the paper in half along the centre line.
- Fold it in half again.
- Open out and fold down the flaps.
- Fold it in half again and hold by the ends of the two flaps. Bring it down quickly in a sweeping motion to create the bang.
- Use your pens to decorate it.



PHOTOGRAPHY: INSTAGRAM.COM/LIZZIELOVESHEALTHY, HELENE SANDBERG