



ONE TO TRY... The new Heinz Taste of Home range features pots of steam-cooked family favourite dishes, such as spaghetti bolognese, Sunday chicken dinner and shepherd's pie.



WIN Nine month's worth of Shloer!

Shloer's non-alcoholic sparkling drinks are a great alternative to run-of-the-mill soft drinks for mums-to-be. To help you sparkle through every month of your pregnancy, Shloer are offering one lucky mum-to-be nine month's worth of Shloer! To be in with a chance to win, simply answer the following question: What day of the week does St Valentine's Day fall on this year? Email your answer, name, address and phone number to competitions@maternityandinfant.ie, with SHLOER in the subject line. Closing date for entries is March 31st 2011. Usual terms and conditions apply.



NEWS



*No more counting

ClevaMamma's ClevaScoop (€12.99) is a new single-scoop infant formula dispenser that does away with the need to count scoops when preparing infant formula milk.

maternity & infant loves



Le Creuset's heart-shaped dishes (€74) - great for cooking a romantic Valentine's dish! Available from Littlewoods Ireland.

Food Diary

From child-friendly dining out to healthy treats on the move, there's plenty to enjoy. Compiled by Orla Grant.

Fruity pancakes

This pancake Tuesday, why not try an alternative nutritional pancake recipe?

Serves 4
Preparation time: 10 minutes
Cooking time: 10 minutes

- 100g plain flour
- 1 tsp baking powder
- 25g golden caster sugar
- 150g Rachel's Pouring Natural Yoghurt
- 1 free range egg
- 25g Dorset Cereals Berries & Cherries muesli
- 50g blueberries or raspberries

Sieve the flour and baking powder into a bowl and mix in the sugar. In a jug, weigh out the yoghurt and mix in the egg, whisk until well combined. Stir in the muesli and blueberries or raspberries. Heat a lightly oiled heavy-based frying pan. Add a couple of tablespoons of mixture to the pan. When the mixture starts to bubble, then flip over and cook on the other side until golden. Keep the pancakes warm and serve with a drizzle of golden or maple syrup.



*TEATIME

Barry's Tea recently launched an online store that stocks 18 different blends of tea as well as quirky merchandise. Visit www.barrystea.ie for your tea fix.



COOKING FOR BABY

Weaning your baby can be a daunting experience, but the Kitchen in the Castle Cookery School based in Howth Castle can lend a helping hand. They've devised a new Baby Food Cookery Course to teach parents how to cook a week's worth of baby meals during your baby's naps. Visit www.thekitcheninthecastle.com for prices and dates.

