

Recipe ideas

Here are some recipe formats which provide the structure for repetition. Components can be altered on a weekly basis to provide different sensory experiences.

The authors take no responsibility for failed recipes!!

Scones

Basic recipe

2 cups (250g) self-raising flour

Pinch of salt

30g chopped butter

$\frac{3}{4}$ cup (185ml) milk or buttermilk

Method

1. Ensure people have the opportunity to touch, smell, look at, taste the ingredients
2. Ensure that everyone can participate by using adapted equipment or electrical equipment with switches.
3. Use electric grater or modified grater to grate cheese
4. Use garlic press or food processor to crush/chop garlic
5. Mix ingredients in food processor

Variations

Change the sensory experience of this activity by adding different ingredients:

1. Cheese
2. Bacon
3. Onion
4. Herbs
5. Chocolate
6. Orange rind
7. Apple
8. Banana
9. Apricot
10. Sultanas

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