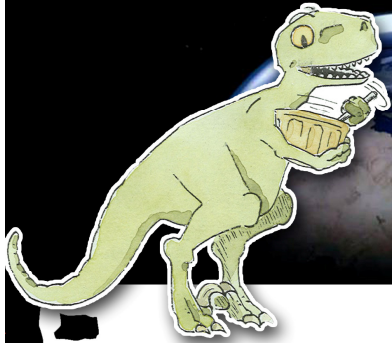


DINO'S DYNAMOS

Recipe



Cress Heads

You will need

Eggs shells (from hard boiled eggs)
Cotton wool
Cress seeds
Pens for decorating
Egg cups



Step 1 Decorate your egg shells using pens or paint or even glitter and sequins.

Step 2 Place a ball of damp cotton wool into each of your egg shells.

Step 3 Sprinkle the cress seeds on top of the damp cotton wool and press them down very gently.

Step 4 Put your egg shells into the egg cups and place them in on your window ledge. When they dry out add a little more water.

They will take about a week to start growing. Once they have green leaves they can be cut and eaten.

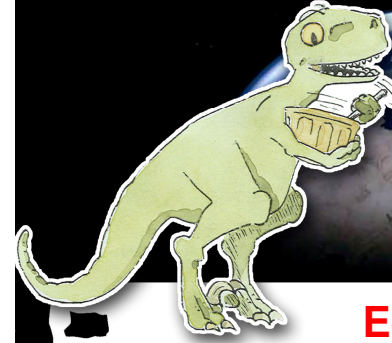
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DINO'S DYNAMOS

Recipe



Egg and Cress Sandwiches

Why not add your home-grown cress into a lovely egg sandwich?

Ingredients

2 eggs
2 table spoons of mayonnaise or salad cream
4 slices of bread (white or brown)
cress



Recipe

Step 1 Hard boil the eggs. To do this place the eggs in a pan and add enough water to just cover them. Boil the water on a hot hob and wait 10 minutes for the eggs to cook.

Step 2 Wait for the eggs to cool down and remove the shells.

Step 3 Mash up the egg with a fork and mix in the mayonnaise. If you prefer you could use salad cream or a mixture of both.

Step 4 Make up your sandwich by putting the egg mayo on the bread. Sprinkle your cress over the eggs.

Enjoy your lunch!

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