



Eggplant Clapper

Take your veg from fun to yum by making an Eggplant Clapper.

Make

1. Take an eggplant and place it on its side.
2. Use a sharp knife to slice down the middle of the eggplant starting from just below the top, all the way to the bottom.
3. Make sure to stop slicing about 2-3cm from the top. **DO NOT** cut the eggplant in half!
4. Now, make the same cut to the left of the middle.
5. And make the same cut to the right of the middle. This will leave you with 4 flaps at the bottom of the eggplant.

Play

Hold on to the top of the eggplant and shake from side to side, allowing the flaps to move and hit each other!

Recycle

Once you're finished playing music use the leftovers to make an eggplant parma. Yum!

Start a compost heap in your backyard with all the eggplant scraps you don't use. The worms will love it!

THINGS you NEED

1 or 2 large eggplants

A sharp knife
(Ask mum or dad to help with this one)

A chopping board

That's it!





Eggplant Clapper

Follow these easy steps to make your own Eggplant Clapper!

Pzzst....
Make sure to share your Eggplant Clappers on Facebook or Instagram with the hashtag #funtoyum

HANDY HINT

You may also like to slap it against your palm, similar to a tambourine.

Make sure to check out our handy instructional videos on The a2 Milk Company website.



1. Get Shopping!



2. Slice your eggplant into four strips.



3. Shake that eggplant!



4. Recycle your veggies into tasty treats.



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Eggplant Parma

Ingredients

Eggplant
Breadcrumbs
Tomato passata (you can buy this in a jar at the supermarket)
Grated cheese
Olive oil
Salt and pepper
Fresh basil

Method

Mix the breadcrumbs with salt and pepper. Slice the eggplant into 1 cm thick "fillets". Coat with olive oil using a pastry brush and cover in breadcrumbs. Cook on a baking tray in the oven on 180 degrees until golden. Remove from oven, spread the tomato passata sauce on top and sprinkle with a decent serving of cheese and a fresh basil leaf. Put back into the oven until the cheese is golden brown.



Baba Ghanoush Dip

Ingredients

2 x eggplants
¼ cup of tahini
2 cloves of garlic
Olive oil
¼ cup of lemon juice
Pepper and salt

Method

Pop the whole eggplant on an oven tray and roast the eggplant until it is soft. Crush the garlic and lightly sauté it with olive oil in a pan. Remove the eggplant from oven and let it cool so that it is easy to handle. Remove the eggplant skin and place the flesh in a bowl with tahini, lemon juice, sautéed garlic, olive oil, salt and pepper. Serve with bread or pita chips.

Helpful Hints

Always ask an adult for help if you are using a sharp knife, cook top or oven.

Check that none of your guests have food allergies and make sure that you keep fresh ingredients stored in the fridge.

Wash your hands before you start cooking. Being hygienic when working with food is really important.