



Introduction

Recipes by Ellie Bedford, Illustrations by Sabrina Bedford

Our Fairy Important Secret!

Have you ever wondered where we fairies get our sparkle? Why we're so happy?

Well, I'm going to let you in on a little secret; the secret is our food! To keep our wings strong and give us energy for our important fairy duties, we eat a rainbow everyday. We grow all our food in our magical fairy garden, so all our recipes are super fresh and bursting with vitamins and minerals.

This book is a collection of our very best fairy recipes of raw food that are tasty and fun to make. A raw food is a vegetable, fruit, nut or seed that has not been heated too much. These foods are full of intact enzymes and are living foods, the way nature intended, and help children grow big and strong! Each recipe only needs what's grown in our garden, nothing else! These recipes work well at snack, dessert and breakfast times to be enjoyed alongside a wholefood diet.

Our recipes have been taste tested and approved by our own little fairies. Eating these vegetables, fruits, nuts, and other super-foods every day can be difficult, but with a little creativity, fun, and fairy magic, everyone can grow up learning about the importance of eating well and enjoying nature's goodness.

When you've tried all the recipes you'll eat just like a real fairy! You might need some help, so make sure you have a grown up with you while trying a recipe!

Once you've mastered our fairy skills, you'll find a special certificate at the end of the book just for you!

Flower Petal Salad

Serves 4

Flower petals make for a beautiful and tasty fairy salad. Some flowers can make us poorly, so be sure to check with a grown up that you have the right one and that it is free from any chemicals!

Quite often you can buy edible flowers in your local supermarket, so keep an eye out for these!

- 3 cups of pea shoots
- 1 cup of sunflower seed sprouts
- 1 cup of baby spinach
- 6 strawberries, halved
- 1/2 cup of black grapes, halved
- 2 handfuls of seasonal edible flower petals, try a mix or one of these:
 - Borage flowers
 - Dandelion petals
 - Courgette (zucchini) flower petals
 - Rose petals
 - English marigold petals

Arrange the salad leaves, seed sprouts, fruit and flower petals on a plate and dress them with olive oil and fresh lemon juice!

