

The Official Daniel Tiger Cookbook



Daniel Tiger has learned the value of trying new foods, and now you can too with this guide!

We've pulled out some of our favorite recipes from the Official Daniel Tiger Cookbook for you to make and taste for yourself! And for more tiger-tastic recipes from Daniel Tiger and friends, check out the Official Daniel Tiger Cookbook!



Tigey

Little Bagel Pizza Faces

Preparation time: 20 minutes • Cooking time: 5 minutes • Makes 8 halves

INGREDIENTS

4 bagels, sliced in half
8 heaping teaspoons tomato paste
2 ounces (60 g) mozzarella cheese
Few pinches of dried oregano

Plus your choice of veggies to decorate:

- Halved or quartered cherry tomatoes
- Strips of bell pepper in any color
- Rings of red onion
- Sliced button mushrooms
- Halved olives

Follow this easy recipe to make your very own Tigey—and then give him some friends. This is a great way to get your little ones to eat lots of veggies.

- 1** Preheat the broiler. Toast the bagel halves lightly, either under the broiler or quickly in a toaster.
- 2** Spread the cut side of each bagel half with a heaping teaspoon of tomato paste.
- 3** Rip up the mozzarella into small pieces and place it onto the bagels, spreading it out evenly. Sprinkle a pinch of oregano over each bagel.
- 4** Now for the fun part! Use the vegetables to create faces on the bagels, using the hole in the middle as the nose. Try adding eyes and ears, as well as whiskers and tiger stripes to make the faces look like Tigey!
- 5** Place the bagels on a baking sheet and place under the broiler. Broil for about 5 minutes, until the veggies are softened and browning a little and the cheese is melted.



DAD TIGER'S TIP:

You don't just have to use the toppings suggested here—you could add ham, pineapple, corn, anchovies ... anything you fancy! Or try switching out the mozzarella for Cheddar or even goat's cheese. Have fun with what you have!



DF

Make these dairy-free and vegan by using a plant-based cheese.

VG

GF

If you need to make these gluten-free, just use gluten-free bagels.



Mom Tiger's Banana Swirl

Preparation time: 5 minutes, plus freezing • Makes 3-4 servings

INGREDIENTS

2 large, ripe bananas

Banana chips, nuts, or
chocolate chips, to sprinkle
(optional)

Children will go bananas for Mom Tiger's
swirly, whirly dessert, which looks like
ice cream but is made entirely from fruit.

- 1** The day before you would like to make the banana swirl, peel the bananas and slice them. Place them on a tray in the freezer to freeze solid.
- 2** To prepare the swirl, put the frozen bananas into a food processor or blender and blend until they are smooth. (An adult may need to stop the machine from time to time and scrape down the sides of the bowl to make sure it is all blended.)
- 3** Serve the banana swirl in bowls. If you like, you can decorate your bowls with dried banana chips, nuts, or even chocolate chips for a real treat.



What words
rhyme with
swirl?

DF

VG

Yummy bananas can be eaten by almost everyone, but if you follow a vegan or dairy-free diet and want to add chocolate chips, just make sure they don't have any dairy milk or milk derivatives in them.



MOM TIGER'S TIP:

Make sure you put your bananas in the freezer well in advance of preparing this—they need to be very cold and frozen hard! Overnight is best.