

## Potato Volcano

What you will need:

- 1 baked potato
- A big spoonful of cream cheese
- A little spoonful of butter or margarine
- 2 big spoonfuls of your favourite tomato sauce
- A handful of peas
- A few broccoli florets

1



Ask a grown up to cut a cross in the top of your cooled potato, then open the top carefully and scoop out most of the insides with a little spoon.

2



Use a fork to mash the potato filling with cream cheese and butter in a bowl. This will make your filling nice and tasty.

3



Carefully spoon the filling back into the potato and then gently squeeze the top until you have a volcano shape.

4



Ask a grown up to warm up your tomato sauce, then spoon it over the top of your potato slowly so that it runs down the sides like lava.

5



Serve with cooked peas and broccoli around the edges of the plate to look like the landscape. Now it's ready eat!

Thanks to Emily Leary, a passionate foodie and mum of two. Find more of her family food ideas on A Mummy Too [www.amummytoo.co.uk](http://www.amummytoo.co.uk)