SUPER STRIPES NEWS OCTOBER 2016



HELLO SUPER SAVERS,

Super Stripes here, checking in with you.

In this issue, there's a fun find-a-word puzzle for you to try and some fun facts to impress your friends with. I have also included a yummy healthy recipe for you to make for your family or friends.

Here's to enjoying the warmer weather, getting plenty of exercise and fresh air.

Have something you'd like to see in our next newsletter? You can email me at youthcorner@australianmilitarybank.com.au

LOVE STRIPES

HALLOWEEN FIND-A-WORD

Т	0	0	Μ	F	R	0	В	0	т	L	V
С	S	Т	Y	Т	Α	Ν	Υ	Ν	Ν	Е	Α
В	В	L	0	R	Μ	Т	0	U	Υ	G	С
W	R	С	В	Е	т	Α	R	Т	Ρ	Ν	L
0	Т	Т	W	Μ	S	S	Ν	Y	Α	Α	0
Ρ	Е	Т	0	Α	Е	т	Е	S	J	Μ	W
S	S	Е	С	Ν	Т	R	Ρ	Ν	U	Е	Ν
Ν	Y	Е	0	н	Т	0	Т	Μ	G	С	W
Ν	С	Е	W	Ρ	Е	Ν	Α	Α	Е	Ι	Ν
S	Ν	Α	Μ	Е	V	Α	С	Α	Ρ	L	R
Α	Е	Α	Α	Ν	Μ	U	Μ	Μ	Υ	0	С
J	V	G	Н	0	S	т	Ρ	т	F	Ρ	Ν
			CAVEMAN		GHOST			PIRATE		2	.





Source: puzzles-to-print.com

ANGEL

ASTRONAUT

COWBOY

CLOWN

FAIRY

FTRFMAN

AVOCADO AND VEGETABLE RICE-PAPER ROLLS

THESE LIGHT RICE PAPER ROLLS ARE PACKED WITH THE GOODNESS OF FRESH AVOCADO AND VEGETABLES. SERVES & PEOPLE

Remember to get an adult to help you with this recipe.

INGREDIENTS:

- ★ 8 small rice-paper wrappers
- ★ 1/2 cup shredded iceberg lettuce
- ★ 3/4 cup (50g) beansprouts, trimmed
- ★ 1 small carrot, peeled, grated
- * 1 medium Lebanese cucumber, peeled, cut into ribbons (see note)
- ★ 1 medium avocado, peeled, cut into strips
- ★ Sweet chilli sauce, to serve

METHOD:

- Step 1 Pour warm water into a heatproof bowl until half full. Dip 1 rice paper wrapper in water. Place on a flat surface. Stand for 20 to 30 seconds or until soft enough to roll without splitting.
- Step 2 Place one-eighth of lettuce along 1 edge of 1 wrapper. Top with one-eighth each of bean sprouts, carrot, cucumber and avocado. Fold in ends. Roll up firmly to enclose filling. Cover with a damp tea towel to prevent roll drying out. Repeat with remaining wrappers, lettuce, bean sprouts, carrot, cucumber and avocado. Serve with sweet chilli sauce.

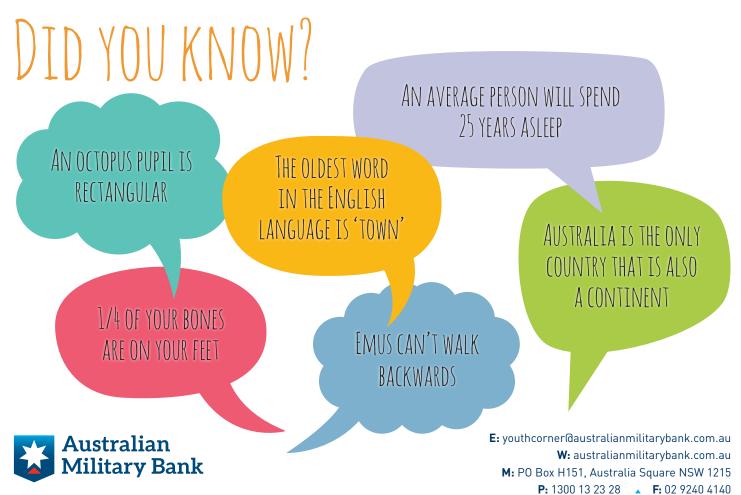
NOTES:

Use a vegetable peeler to cut cucumber into ribbons.

Tip: Replace water if it gets too cold to soften wrappers.

Rice-paper wrappers: Carefully pour warm water into a large, heatproof bowl until half full. Place 1 wrapper in water to soften. Transfer to a flat surface for filling.

Source: Super Food Ideas on taste.com.au http://www.taste.com.au/recipes/23753/avocado+and+vegetable+r ice+paper+rolls?ref=collections,kids-snacks



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