



DESSERT Apricot fool with chopped apricot

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Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Apricot fool	80g	70g	90g
Apricot (dried)	20g	15g	25g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Apricot fool

This recipe makes 12 child-size portions of about 80g.

400ml full-fat milk
5 teaspoons custard powder
5 teaspoons sugar
1½ large (400g) cans apricots in juice

1. Heat most of the milk to almost boiling.
2. Mix the remaining milk with the custard powder and sugar in a bowl.
3. Combine the heated milk with the custard mix. Return this to the pan, simmer gently until thickened and then turn into a bowl to cool.
4. Set aside one or two canned apricots for decoration. Place the remaining apricots in juice in a food processor bowl, and add the cold custard. Blitz together until smooth.
5. Chop the remaining apricots and use for decoration.





DESSERT Baked apple

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Suggested portion sizes

1-4 year olds

As shown in
the photo



Baked apple

80g

1-2 year olds

65g

3-4 year olds

90g

Water/diluted fruit juice

100ml

100ml

100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Baked apple

This recipe makes 12 child-size portions of about 80g.

12 small or 6 large cooking apples

80g sultanas

40g raisins

100g sugar

1. Core the apples and score around their middle.
2. Fill the centres with the sultanas, raisins and sugar.
3. Cook for 30 minutes at 190°C / 375°F / Gas 5.





DESSERT **Banana custard**

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Suggested portion sizes

1-4 year olds
As shown in
the photo



		1-2 year olds	3-4 year olds
Banana custard	100g	80g	110g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Banana custard

This recipe makes 12 child-size portions of about 100g.

900ml semi-skimmed milk
90g custard powder
45g sugar
4 medium-sized bananas, peeled

1. Bring the milk to the boil in a saucepan.
2. Blend the custard powder and sugar with a little of the hot milk in a small dish and then pour the blended mixture back into the milk and simmer until thickened.
3. Slice some banana into small bowls, and pour the custard over them.





DESSERT Banana flapjack with yoghurt (for dipping)

DESSERT **Banana flapjack with yoghurt (for dipping)**

Suggested portion sizes

1-4 year olds

As shown in
the photo



1-2 year olds

3-4 year olds

Banana flapjack

50g

40g

55g

Yoghurt

30g

25g

35g

Water/diluted fruit juice

100ml

100ml

100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Banana flapjack

This recipe makes 12 child-size portions of about 50g.

100g vegetable fat spread

70g sugar

1 heaped tablespoon golden syrup

170g porridge oats

3 small bananas, peeled and mashed

35g raisins

1. Heat the oven to 170°C / 325°F / Gas 3.
2. Melt the vegetable fat spread, sugar and syrup in a large saucepan.
3. Add the remaining ingredients and mix well.
4. Place the mixture on a greased baking tray and bake in the oven for 20-25 minutes.





DESSERT Bread and butter pudding with custard

DESSERT Bread and butter pudding with custard

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Bread and butter pudding	75g	60g	80g
Custard	50g	40g	55g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Bread and butter pudding

This recipe makes 12 child-size portions of about 75g.

8 small slices white bread
50g vegetable fat spread
50g currants
40g sugar
2 eggs
500ml full-fat milk

1. Heat the oven to 170°C / 325°F / Gas 3, and prepare a greased ovenproof dish.
2. Spread the sliced bread with the fat spread and cut into fingers or small squares.
3. Put half of the bread into the ovenproof dish.
4. Sprinkle on all the currants and half the sugar.
5. Top with the remaining bread – spread side up.
6. Sprinkle the rest of the sugar on the bread.
7. Beat the eggs and milk together and pour over the bread.
8. Leave to stand for 30 minutes to allow the bread to absorb some of the liquid.
9. Bake for 45-60 minutes until the pudding is set and the top is crisp.

Custard

Use full-fat milk to make the custard.





DESSERT Carrot cake

DESSERT Carrot cake

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Carrot cake	40g	30g	45g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Carrot cake

This recipe makes 12 child-size portions of about 40g.

3 medium-sized carrots, peeled
2 eggs
150g brown sugar
125g vegetable oil
150g wholewheat flour
1½ teaspoons cinnamon
½ teaspoon nutmeg
40g sultanas
1½ teaspoons mixed spice
1 teaspoon bicarbonate of soda
1 teaspoon baking powder

1. Heat the oven to 180°C / 350°F / Gas 4 and grease and line the base of a tin.
2. Grate the carrots.
3. Whisk the eggs and sugar together in a large bowl, until thick and creamy.
4. Whisk in the oil. Gently fold in the remaining ingredients and mix together.
5. Spoon the mixture into the prepared tin, level the surface and bake for 20-25 minutes until firm to the touch and golden brown.
6. Cool on a wire tray.





DESSERT Chinese fruit salad

DESSERT Chinese fruit salad

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Chinese fruit salad	100g	85g	115g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Chinese fruit salad

This recipe makes 12 child-size portions of about 100g.

- 1 large (400g) can lychees
- 2 small mangoes, peeled
- 2 eating apples, cored
- 2 bananas, peeled
- 225ml apple juice
- 2 tablespoons fresh lime juice

1. Drain the lychees and discard the syrup.
2. Dice the lychees, mango, apples and bananas.
3. Mix all the ingredients in a bowl and chill.





DESSERT Crunchy apple bake

DESSERT **Crunchy apple bake**

Suggested portion sizes

1-4 year olds
As shown in
the photo



		1-2 year olds	3-4 year olds
Crunchy apple bake	70g	60g	75g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Crunchy apple bake

This recipe makes 12 child-size portions of about 70g.

5 large cooking apples, sliced
145g cornflakes, crushed
45g sugar
1½ teaspoons cinnamon
40g vegetable fat spread, melted
5 teaspoons sugar for sprinkling

1. Place the sliced apples in a serving dish.
2. Mix the crushed cornflakes with the sugar, cinnamon and melted fat spread.
3. Sprinkle the mixture over the apples and bake in a moderate oven for 30 minutes.
4. Sprinkle with the remaining sugar and serve.





DESSERT Crunchy apricot and pear layer

DESSERT **Crunchy apricot and pear layer**

Suggested portion sizes

1-4 year olds

As shown in
the photo



Crunchy apricot and pear layer

70g

1-2 year olds

60g

3-4 year olds

80g

Water/diluted fruit juice

100ml

100ml

100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Crunchy apricot and pear layer

This recipe makes 12 child-size portions of about 70g.

1 heaped teaspoon honey
2 small (150g) pots natural yoghurt
180g dried apricots, diced
2 large pears, cored and diced
90g cornflakes

1. Stir the honey into the yoghurt.
2. Mix together the diced apricots and pears.
3. Layer the fruit and yoghurt and top with the cornflakes.





DESSERT **Fresh fruit salad**

DESSERT Fresh fruit salad

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Fruit salad	100g	85g	115g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Fresh fruit salad

This recipe makes 12 child-size portions of about 100g.

small bunch green grapes
3 satsumas, peeled
2 eating apples, cored
2 pears, cored
1 small (200g) can pineapple in juice
250ml orange juice

1. Remove the seeds from the grapes and add the grape halves to the fruit mixture.
2. Cut the satsumas, apples and pears into small pieces and put in a bowl.
3. Chop the pineapple into pieces and add with its juice, and the orange juice.
Mix well and chill.





DESSERT **Mango sorbet**

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Suggested portion sizes

1-4 year olds
As shown in
the photo



		1-2 year olds	3-4 year olds
Mango sorbet (purchased)	35g	30g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.





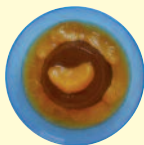
DESSERT Orange jelly with mandarins

DESSERT Orange jelly with mandarins

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Orange jelly	100g	80g	110g
Mandarins (in juice)	70g	50g	70g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Note: When serving jelly, remember that not all jellies are suitable for vegetarians as they usually contain gelatine. Check the label to make sure that the jelly used an alternative setting agent like agar for vegetarians.





DESSERT Rhubarb crumble with custard

DESSERT Rhubarb crumble with custard

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Rhubarb crumble	60g	50g	65g
Custard	50g	40g	55g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Rhubarb crumble

This recipe makes 12 child-size portions of about 60g.

1kg rhubarb or 2 large cans (400g) rhubarb
50g sugar (only use if you use fresh rhubarb)
120g plain white flour
120g wholewheat flour
100g vegetable fat spread
80g sugar

1. Heat the oven to 200°C / 400°F / Gas 6 and grease an ovenproof bowl.
2. If using fresh rhubarb, trim the stalks and cut into 1-inch pieces, removing any stringy pieces. Place in an ovenproof bowl and sprinkle with the sugar. If using canned rhubarb, drain and place in the ovenproof bowl.
3. Place the white and wholewheat flour, vegetable fat spread and sugar in a separate bowl and mix using your fingertips until the mixture resembles breadcrumbs.
4. Cover the fruit with the crumble mixture.
5. Bake for about 40 minutes.

Custard

Use full-fat milk to make the custard.





DESSERT Rice pudding with sultanas

DESSERT Rice pudding with sultanas

Suggested portion sizes

1-4 year olds
As shown in
the photo



		1-2 year olds	3-4 year olds
Rice pudding	80g	70g	90g
Sultanas	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Rice pudding

This recipe makes 12 child-size portions of about 80g.

300g pudding rice
1 litre semi-skimmed milk
50g sugar

1. Grease an ovenproof dish.
2. Heat the milk.
3. Wash the rice in a sieve, then put the rice and sugar in the dish and pour over the hot milk.
4. Bake at 160°C / 300°F / Gas 2 for 1½ to 2 hours until the rice is tender.





DESSERT Semolina pudding with chopped dates

DESSERT Semolina pudding with chopped dates

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Semolina pudding	100g	85g	110g
Dates (dried)	40g	40g	40g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Semolina pudding

This recipe makes 12 child-size portions of about 100g.

100g semolina
50g sugar
1500ml semi-skimmed milk

1. Place the semolina, sugar and milk into a large saucepan and slowly bring to the boil, stirring all the time.
2. Simmer until the semolina has thickened and softened.





DESSERT Stewed fruit with Greek yoghurt

DESSERT **Stewed fruit with Greek yoghurt**

Suggested portion sizes

1-4 year olds

As shown in
the photo



		1-2 year olds	3-4 year olds
Stewed fruit	70g	50g	75g
Greek yoghurt	50g	30g	60g
Water/diluted fruit juice	100ml	100ml	100ml

These portion sizes are based on the nutritional needs of a typical 2½ year old.

Stewed dried fruit

This recipe makes 12 portions of about 70g.

200ml orange juice

200ml water

1 teaspoon cinnamon

450g mixed dried fruit (dried pears, apple, apricot, prune)

1. Place the orange juice, water and cinnamon in a pan, gently heat the mixture to the point of boiling and then remove from heat.
2. Place the dried fruit in a large bowl, pour over the juice mixture and cover. When cool, put in the fridge and leave the fruit to soak in the juice overnight.

