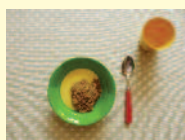


DESSERT Apple and cinnamon crumble with custard



DESSERT Apple and cinnamon crumble with custard

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Apple and cinnamon crumble	90g
Custard	80g
Water	150ml

Apple and cinnamon crumble

This recipe makes 4 portions of about 90g.

500g cooking apples
75g plain flour
75g porridge oats
2 teaspoons powdered cinnamon
2 tablespoons brown sugar
60g vegetable fat spread

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Grease the base of a small, deep, ovenproof dish with a little vegetable fat spread.
3. Peel, core and slice the apples and layer in the base of the dish.
4. Mix all the dry ingredients together.
5. Melt the vegetable fat spread and add to the dry ingredients, mix well with a fork until a crumbly texture is achieved.
6. Place the crumble mixture on top of the apples and bake for 45 minutes until golden.



DESSERT Carrot cake



DESSERT Carrot cake

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Carrot cake	65g
Water	150ml

Carrot cake

This recipe makes 4 portions of about 65g.

1 large carrot, peeled
1 egg
75g brown sugar
65g vegetable oil
75g wholewheat flour
1 teaspoon powdered cinnamon
¼ teaspoon nutmeg
25g sultanas
1 teaspoon mixed spice
½ teaspoon bicarbonate of soda
½ teaspoon baking powder

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Grease the base of a small baking tin with a little vegetable oil and line with baking parchment.
3. Grate the carrot.
4. Whisk the egg and sugar together until thick and creamy.
5. Whisk in the oil. Slowly add the remaining ingredients and mix together.
6. Spoon the mixture into the prepared tin, level the surface and bake for 20-25 minutes until firm to the touch and golden brown.
7. Cool on a wire tray.



DESSERT Fruit jelly



DESSERT Fruit jelly

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Fruit jelly	125g
Water	150ml

Fruit jelly

This recipe makes 4 portions of about 125g.

80g blueberries
120g strawberries
8 jelly cubes
380ml water

1. Wash the fruit.
2. Hull and slice the strawberries.
3. Divide the fruit between four small dessert dishes.
4. Place the jelly cubes in a microwaveable jug, add 80ml of the water and heat in a microwave for about 1 minute. Stir until completely dissolved.
5. Add the remaining cold water.
6. Divide the jelly equally between the four dessert dishes, pouring over the fruit.
7. Chill until set.

Note: Jelly is not suitable for children who are vegetarian unless gelatine-free jelly is used.



DESSERT **Mango sorbet**



DESSERT **Mango sorbet**

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Mango sorbet	80g
Water	150ml



DESSERT Pineapple upside-down pudding with Greek yoghurt



DESSERT Pineapple upside-down pudding with Greek yoghurt

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Pineapple upside-down pudding	80g
Greek yoghurt	50g
Water	150ml

Pineapple upside-down pudding

This recipe makes 4 portions of about 80g.

1 small (220g) can pineapple rings in juice
4 glacé cherries
50g vegetable fat spread
50g sugar
2 eggs
50g plain flour
25g wholewheat flour
2 teaspoons baking powder
25ml water

1. Heat the oven to 180°C / 350°F / Gas 4.
2. Grease the base of a small baking tin with a little vegetable oil and line with baking parchment.
3. Place the drained pineapple in the bottom of the tin with a cherry in each ring.
4. Make the sponge by creaming the fat spread and sugar and mixing in the eggs, sieved flour, baking powder and water.
5. Spread the sponge mix on top of the pineapple, level the surface and bake for 30 minutes until firm to the touch and golden brown.
6. When cool to the touch, turn out onto a plate.



DESSERT Rice pudding with mandarin oranges



DESSERT Rice pudding with mandarin oranges

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Rice pudding with mandarin oranges	200g
Water	150ml

Rice pudding with mandarin oranges

This recipe makes 4 portions of about 200g.

400ml semi-skimmed milk, heated
120g pudding rice, washed
1 tablespoon sugar
1 large (400g) can mandarins in juice

1. Heat the oven to 160°C / 300°F / Gas 3.
2. Grease an ovenproof dish with a little vegetable fat spread.
3. Put the washed rice and sugar in the dish and pour over the hot milk.
4. Cook in the oven for 2-3 hours.
5. Serve with mandarin oranges in juice.



DESSERT Summer pudding with Greek yoghurt



DESSERT Summer pudding with Greek yoghurt

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Summer pudding	100g
Greek yoghurt	30g
Water	150ml

Summer pudding

This recipe makes 4 portions of about 100g.

350g mixed berries (blackberries, raspberries, blackcurrants, redcurrants, strawberries)

45g caster sugar

3 thin slices white bread with crusts removed

1. Wash and prepare the fruit and put it in a large pan. Gently mix in the sugar. If you have time, cover the pan with a tea towel or cling film and leave for 3-5 hours (or overnight) to get the juices running.
2. Place the pan over a moderate heat and bring gently to the boil. When the juices begin to run, simmer for 2-3 minutes.
3. Cut a round out of one slice of bread to fit the bottom of a small pudding basin, then cut the remaining slices into triangular wedges.
4. Beginning with the round bread shape, dip one side of each bread shape into the juices in the pan until no white patches can be seen. Then use the dipped bread to line the pudding basin, with the dipped sides facing outwards. Plug any small gaps with small pieces of dipped bread.
5. Spoon all of the fruit and its juices into the lined pudding basin. Trim the tips of bread from around the edge of the basin. Cover the top of the fruit with more wedges of bread.
6. Find a saucer that fits neatly inside the bowl. Place it on top to cover the upper layer of bread, and then place a weight (for example, a can of beans) on top. Let it cool, and then place in the fridge overnight.
7. Loosen the edges of the pudding with a knife then turn out onto a plate.



DESSERT Sweet pancakes with strawberries and Greek yoghurt



DESSERT Sweet pancakes with strawberries and Greek yoghurt

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Sweet pancakes	40g
Strawberries	80g
Greek yoghurt	30g
Water	150ml

Sweet pancakes

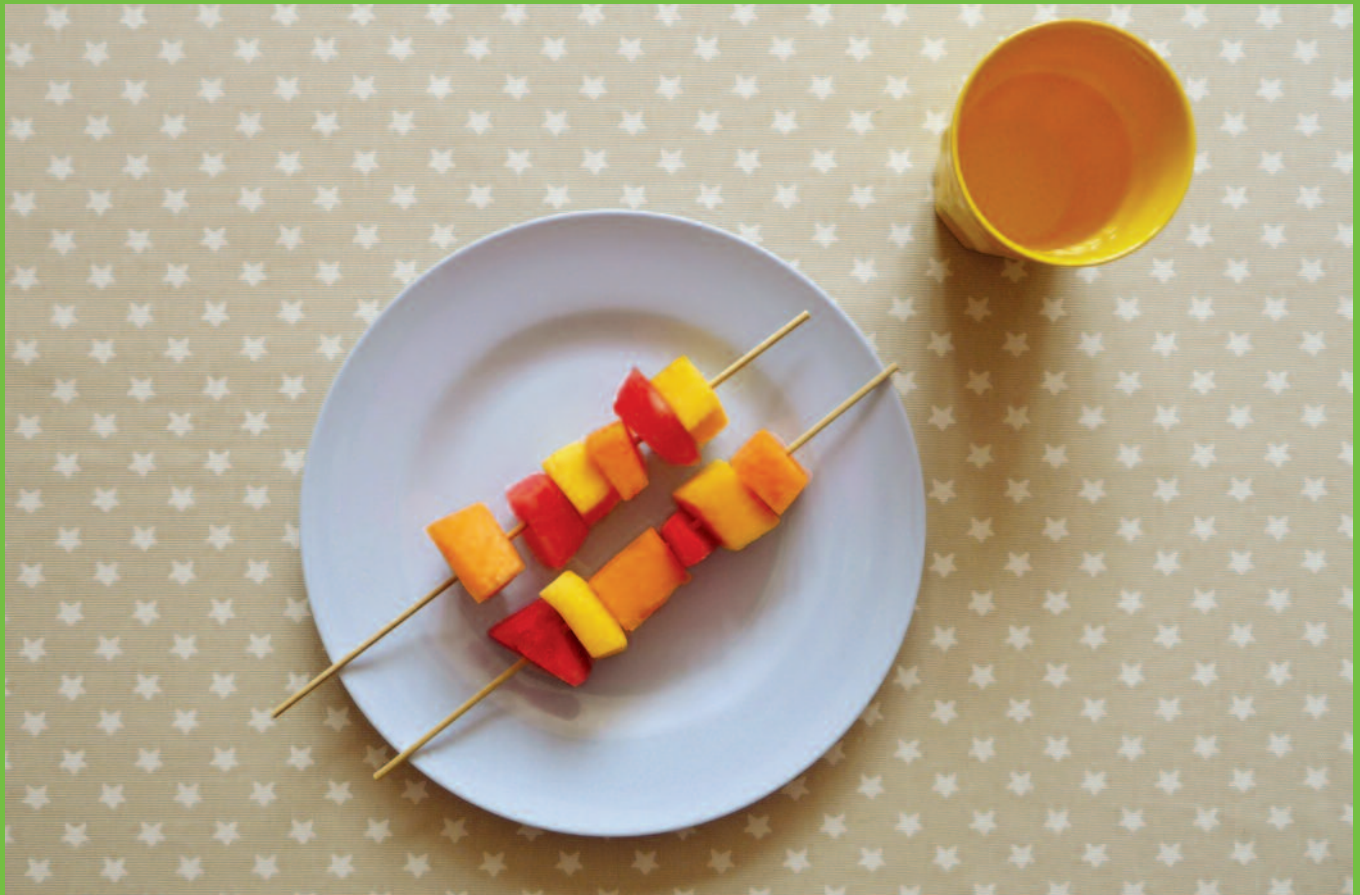
This recipe makes 4 portions of about 40g.

100g self-raising flour
2 teaspoons sugar
½ teaspoon bicarbonate of soda
½ teaspoon baking powder
1 egg
100ml semi-skimmed milk
1 teaspoon golden syrup
2 tablespoons vegetable oil

1. Put all the dry ingredients into a bowl, and add the egg and milk to form a batter.
2. Add the syrup and beat well.
3. Fry the batter in the oil to make 8 small pancakes.



DESSERT Tropical fruit kebabs



DESSERT Tropical fruit kebabs

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Tropical fruit kebabs	160g
Water	150ml

Tropical fruit kebabs

This recipe makes 4 portions of about 160g.

½ medium cantaloupe melon
1 thick wedge of watermelon
1 medium mango

1. Remove the skin and seeds from the melon and cut the flesh into chunks of about 3cm.
2. Remove the skin from the watermelon and cut the flesh into chunks of about 3cm.
3. Remove the skin from the mango, cut the flesh from the stone, and cut into chunks of about 2cm.
4. Thread the fruit onto eight wooden skewers in an alternating pattern.

Note: Remove the sharp ends of the skewers before serving.



DESSERT Vanilla ice cream with raspberries



DESSERT Vanilla ice cream with raspberries

5–11 year olds



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Vanilla ice cream	60g
Raspberries	80g
Water	150ml

