

Dairy recipes and tips



Recipes for success

Tried and tested, nutritionally analysed recipes to help you offer a popular menu and tips to meet the national standards for school food

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Why has this booklet been developed?

The standards for school food were updated in January 2015.^{1,2} These new standards include two standards for provision of milk and dairy foods:

- a portion of dairy (e.g. lower-fat milk, cheese, yoghurt, fromage frais, custard, milk puddings) must be provided every day at lunchtime
- lower-fat milk must be available for drinking at least once a day during school hours.

This booklet includes practical tips to help meet these standards, and 10 recipes including milk or a dairy food.

Why are dairy foods important for children?

- Milk and dairy foods provide energy, protein, calcium, vitamin A and B vitamins. Many children (especially teenage girls) don't get enough calcium in their diet³
- Calcium is essential for strong bones and teeth, especially during childhood and adolescence when bones grow rapidly. In fact, this time is the once-in-a-lifetime chance to build strong bones, as this is when calcium is laid down in bones. Bones reach their maximum strength in our mid to late twenties. After this, bones start to lose calcium and they become weaker. Children who don't have enough calcium are at risk of developing rickets⁴ in childhood and osteoporosis or brittle bones in later life⁵
- Calcium is also important for muscle and nerve function, for keeping the heart beating, and blood clotting.

The Children's Food Trust Primary School Food Survey, (2009), found that 80 per cent of primary school menus provided enough calcium. On average, infants, (aged 4 to 6 years), at lunch consumed food and drink which had the recommended intake of calcium for lunch, but juniors, (aged 7 to 11 years), didn't.⁶

The Children's Food Trust Secondary School Food Survey, (2011), found that the average school lunch alone did not provide enough calcium; however, food and drinks consumed at mid-morning break did contribute to pupils' calcium intake.⁷



Foods containing calcium

The calcium in dairy foods is easily absorbed by the body, so eating dairy foods is a good way to get enough calcium. However, there are other foods we can eat that also provide calcium.



Dairy

Calcium in milk, cheese, yoghurt and fromage frais is easily absorbed by the body. The fat content of dairy foods varies widely, and much of it is saturated, so choose lower-fat options where possible. For example, semi-skimmed and skimmed milk are slightly higher in calcium than whole milk and have half the fat. Use strongly flavoured lower-fat cheese, such as mature Cheddar, as you will need less, or choose lower-fat cheeses such as Edam, mozzarella, cottage cheese, or low-fat cream cheese.



Fish

Use canned fish with small bones, such as pilchards and sardines – the bones are edible and high in calcium. Try sardines in pasta, in fishcakes or on toast as a mid-morning break snack.



Flour

White and brown flour are fortified with calcium by law. That means bread, rolls, sandwiches, paninis, pittas, bread-based dishes such as bread and butter pudding and summer pudding, and dishes that use breadcrumbs, such as fish cakes and stuffing, all provide calcium. Breakfast cereals are also often fortified with calcium – use as alternative toppings for fruit crumbles.



Vegetables

Dark green leafy vegetables, especially kale and spring greens, cabbage, broccoli, watercress, okra and pak choi all provide calcium – these are great in stir-fries or curries. Spinach also contains calcium but in a form that is less available for the body.



Fruit

Use oranges, lemon peel and rhubarb – add oranges to desserts or smoothies and fresh orange slices to salads. Use lemon peel in rice pudding, sponges and biscuits. Rhubarb is also high in calcium, but contains a substance called oxalic acid which makes calcium hard to absorb.



Dried fruit

Use dried figs, pineapple, apricots, prunes and cranberries to flavour porridge, in couscous salads or in desserts and breads.



Pulses

Red kidney beans, chickpeas, pigeon peas, broad beans, mung beans and haricot beans provide calcium, protein, fibre and are low in fat and saturated fat. These are good alternatives to cheese in vegetarian dishes. Use pulses and beans in dishes such as vegetarian chilli, dhals and curries, falafel and houmous.



Soya

Soya beans are a good source of protein and calcium. Soya bean products, such as soya flour, tofu, soya mince, soya milk and soya-based desserts, can also provide calcium but check the label as this can vary depending on how the product has been made.



Seeds and nuts

Use poppy seeds, sesame seeds, linseeds, fennel seeds, sunflower seeds and cumin seeds, and nuts*, such as almonds, brazil nuts and hazelnuts. Add these to homemade bread rolls, curries and salads for an interesting texture.



Herbs and spices

Dried herbs, in particular basil, marjoram, thyme, sage, mint and cinnamon – even used in small amounts – provide some calcium and add flavour to soups and sauces.

* The Children's Food Trust recommends you visit www.anaphaphlaxis.org.uk for accurate and reliable information on managing allergies in schools.

Tips – providing dairy foods at lunchtime

Dairy foods include all types of milk, cheese, yoghurt (including plain or fruit, frozen and drinking yoghurt), or fromage frais, milk-based sauces, custard (made with milk), puddings made from milk and milk-based sauces.

- ✓ Choose stronger tasting lower-fat hard cheeses and use in smaller amounts, or use softer cheeses which tend to be lower in saturated fat
- ✓ Offer frozen yoghurt as an alternative to ice cream
- ✓ Use lower-fat milk in sweet and savoury sauces, custard and puddings.

Remember

To meet the standards for school lunches, you must provide a dairy food at lunchtime every day

Soups

- Add semi-skimmed milk or plain, low-fat yoghurt to soups for a creamy texture. Try mushroom soup or sweetcorn chowder, serve with a seeded wholemeal bread roll for a more substantial meal.

Main meals/composite dishes

- Cheese and milk-based dishes, such as pasta bakes, quiche, lasagne, moussaka and fish pie, all contain dairy foods. Remember to use semi-skimmed milk and lower-fat cheese.

Grab-and-gos

- Provide milk as a drink option in grab and go lunch bags, and meal deals
- Fruit granola and yoghurt pots or frozen low-fat yoghurt are popular grab-and-go or meal deal items.

Accompaniments

- Cauliflower, broccoli or leeks are great served in a white or cheese sauce.



Salad bar

- Include grated lower-fat cheese, cubes of feta or cottage cheese in your salad bar
- Yoghurt, mint and cucumber dip is refreshing with salads or spicy dishes.

Desserts

- Offer milk-based desserts, such as rice pudding or fruit fools with dried figs or apricots
- Offer custard, chocolate-flavoured sauce made with cocoa, or yoghurt with puddings
- Desserts made from soya milk or soya products make great alternatives for children on dairy-free diets.

Tips – providing dairy foods at times other than lunch

Remember

To meet the standards for school food, you must provide lower-fat milk for drinking at least once during school hours. To meet this standard, milk should be available at lunchtime, or during the morning or afternoon, but milk provided to drink at breakfast clubs or after school clubs wouldn't meet this standard.

Breakfast clubs

- Offer semi-skimmed milk or soya milk with porridge, muesli or other breakfast cereals
- Offer yoghurt with fruit or cereal at breakfast clubs.

Mid-morning break

- Offer yoghurt with seasonal fresh fruit, unsweetened fruit purée, or yoghurt and granola pots.

After school clubs

- Depending on your facilities, soups, wraps or dairy-based dips could be part of food-based activities and are great after school snacks
- Mini pizza muffins with canned mackerel or sardines, slices of tomato and grated lower-fat cheese are calcium-rich, tasty snacks.

Vending

- Plain or flavoured semi-skimmed or skimmed milk tastes great chilled from a vending machine, but remember to check if they meet the standards for healthier drinks⁸
- Offer lower-fat lower-sugar varieties of yoghurt or fromage frais.

Drinks

- Milkshakes are great for children who don't like plain milk. However they are categorised as 'flavoured milk' so check our healthier drinks table to check the drinks you offer meet the standards⁸
- Offer dairy-based smoothies, such as banana, strawberry and milk, and combination drinks such as mango lassi, using at least 50 per cent lower-fat milk or plain yoghurt
- Hot chocolate made with lower-fat milk may be popular at breakfast club or mid-morning break in winter
- Unsweetened soya milk and drinks made with soya milk are dairy-free calcium-rich options, but remember to check if they meet the standards.⁸



Tips – dairy alternatives for children on dairy-free diets

A good school catering service considers all the various diets children and staff may need because of their culture, religion or health. Typically, this might affect food preparation techniques or mean providing alternative ingredients and menu items.

Vegans

Vegans don't eat any animal products, such as eggs and dairy-based products, so offer them plenty of plant-based calcium sources such as soya beans, tofu, textured vegetable protein, pulses and beans. Green leafy vegetables, nuts* and seeds and fortified soya, rice and oat milk are also good plant-based sources of calcium.



Milk allergy

Cow's milk allergy occurs when the body's immune system mistakenly perceives the protein in milk to be a threat. Children with a cow's milk allergy need to avoid milk in all forms, so it is important to check food labels to confirm that no milk is included in ingredients and foods provided for them, and to avoid cross contamination in the kitchen.⁹



Lactose intolerance

Lactose intolerance is when someone has difficulty digesting the sugar lactose found in milk and milk products. Some children may tolerate small amounts when eaten as part of a meal. Discuss with the child and their parents or carers the best ways to adapt recipes. Use dairy alternatives, such as calcium fortified soya, rice or oat milk in dishes, and include a variety of dairy-free calcium-rich food (see foods containing calcium listed on page 4 and 5). Lactose can be found in a range of manufactured products such as bread, salad cream, some breakfast cereals, instant mashed potato mix and sauce mixes, so remember to read the ingredient labels carefully.

* The Children's Food Trust recommends you visit www.anaphylaxis.org.uk for accurate and reliable information on managing allergies in schools.

Dairy recipes

1. **Mushroom soup**
2. **Pizza with a herby scone base**
3. **Cauliflower and broccoli bake**
4. **Creamy cheesy pasta**
5. **Fab fish chowder**
6. **Pear and cocoa rice pudding**
7. **Jelly with milk and fruit**
8. **Banana and pear custard**
9. **Rice pudding with apricot and peach compote**
10. **Banana, fig and milk smoothie**

Note: The standards for school lunches introduced in January 2015 are food-based only, and caterers are not required to nutritionally analyse their recipes. The nutrient content of recipes in this booklet have been listed for information. Each recipe also lists the allergens typically present in the ingredients used, but these will vary between individual brands and products, so it is important to check the products you use.



This recipe makes:

20 primary servings (250ml plus 60g roll)
16 secondary servings (315ml plus 75g roll)

Prep time:
10 minutes

Cooking time:
30 minutes

Allergens:
milk, soya,
wheat (gluten)

Serving suggestion:
try insulated
disposable
cardboard cups

Tip:
try chestnut
mushrooms
or add a few
rehydrated
dried
mushrooms
for a stronger
flavour

Recipe adapted from:

Mellors Catering
Services Limited

Mushroom soup

Grab-and-go or after school snack



Ingredients

- 1kg mushrooms, sliced
- 800ml water
- 100g cornflour
- 3l semi-skimmed milk
- 20g fresh parsley, chopped
- 100ml low-fat natural yoghurt
- 20 x 60g or 16 x 75g wholemeal bread rolls

Method

1. Sweat the mushrooms in a pan with a little of the water for 5 minutes, until they are soft.
2. Add the cornflour, milk, remaining water and half the parsley and simmer for 25 minutes.
3. Blend until smooth.
4. Pour into suitable serving bowls or containers. Decorate with a swirl of natural yoghurt and remaining parsley, and serve with a wholemeal roll.

Nutrients	Nutrient content (including bread roll)		
	Per 100g	Primary serving (310g)	Secondary serving (390g)
Energy kcal	77	244	305
Fat g	1.6	4.9	6.1
Saturates g	0.7	2.2	2.8
Carbohydrate g	12.9	40.2	50.2
Free sugars g	0.1	0.2	0.2
Fibre (AOAC) g	1.3	3.9	4.9
Protein g	4.1	12.9	16.1
Iron mg	0.6	1.9	2.3
Calcium mg	81.0	251.3	314.1
Vitamin A µg	12.1	37.6	47.0
Folate µg	16.4	50.8	63.6
Vitamin C mg	1.0	3.2	4.1
Sodium mg	108.2	336.2	420.3
Zinc mg	0.6	1.8	2.3

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Pizza with a herby scone base

Main or grab-and-go



This recipe makes:

12 primary servings (135g)

8 secondary servings (205g)

Prep time:
20 minutes

Cooking time:
20 minutes

Ingredients

- 400g self-raising flour
- 100g unsaturated fat spread
- 250ml semi-skimmed milk
- 120g passata
- 100g mushrooms, cleaned and sliced
- 80g spring onions, sliced
- 320g red pepper, deseeded and sliced
- 200g lower-fat Cheddar cheese, grated
- 1g dried mixed herbs (1tsp)
- 100g frozen sweetcorn

Method

1. Preheat the oven to 220°C/200°F/gas mark 7.
2. Sieve the flour into a bowl, and then rub in the fat spread until it resembles breadcrumbs. Gradually stir in the milk to make a soft dough, but do not knead.
3. Shape the dough into a circle, and roll out to 1cm thick, then carefully transfer to a greased baking tray.
4. Spread the passata on the base, leaving 1cm clear around the edges.
5. Sprinkle the toppings and half of the cheese onto the base, then top with the remaining cheese.
6. Bake for 20 minutes, or until the cheese is bubbling and the base is golden.
7. Remove from the oven and cool on a wire rack for 5 minutes before slicing.

Allergens:
milk, wheat (gluten)

Serving suggestion:
Serve warm or cool

Nutrients	Nutrient content		
	Per 100g	Primary serving (135g)	Secondary serving (205g)
Energy kcals	173	233	354
Fat g	6.4	8.7	13.2
Saturates g	2.4	3.3	5.0
Carbohydrate g	22.8	30.8	46.8
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	2.0	2.7	4.1
Protein g	7.5	10.1	15.3
Iron mg	0.8	1.1	1.7
Calcium mg	215.2	290.5	441.1
Vitamin A µg	217.6	293.7	446.0
Folate µg	12.1	16.4	24.9
Vitamin C mg	17.6	23.8	36.1
Sodium mg	250.4	338.0	513.3
Zinc mg	0.7	0.9	1.4

Tip:
Handle the dough as little as possible

Recipe adapted from:

Let's Get Cooking

This recipe makes:

50 primary servings (90g)

25 secondary servings (175g)

Prep time:
10 minutes

Cooking time:
30 minutes

Allergens:
milk, mustard,
soya, wheat
(gluten)

Serving suggestion:
as part of
roast dinner

Tip:
try alternative
seasonal
vegetables
such as
carrots,
leeks or kale

Recipe developed and tested by:

Airedale
Academy,
Castleford

Cauliflower and broccoli bake

Accompaniment



Ingredients

- 1kg broccoli, trimmed
- 1kg cauliflower, trimmed
- 120g soft margarine
- 120g plain flour
- 10g mustard powder (3tsp)
- 1.7l semi-skimmed milk
- 250g lower-fat cheese, grated
- 100g wholemeal breadcrumbs

Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Boil the broccoli and cauliflower until tender, then drain.
3. On a low heat, combine the margarine, flour and mustard together to form a paste. Gradually add the milk and stir until the mixture thickens into a white sauce.
4. Place the vegetables in an ovenproof dish and cover with the white sauce, spreading evenly to ensure they are fully covered.
5. Mix the grated cheese and breadcrumbs together then scatter on top.
6. Bake for 25 minutes until golden.

Nutrients	Nutrient content		
	Per 100g	Primary serving (90g)	Secondary serving (175g)
Energy kcal	77	67	133
Fat g	3.8	3.3	6.6
Saturates g	1.6	1.4	2.7
Carbohydrate g	5.8	5.1	10.1
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.3	1.2	2.4
Protein g	5.2	4.5	9.0
Iron mg	0.5	0.4	0.8
Calcium mg	117.0	101.8	203.7
Vitamin A µg	65.7	57.2	114.3
Folate µg	31.9	27.4	55.5
Vitamin C mg	16.7	14.6	29.1
Sodium mg	86.3	75.0	150.1
Zinc mg	0.6	0.5	1.0

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Creamy cheesy pasta

Main



This recipe makes:

12 primary servings (255g)

8 secondary servings (380g)

Prep time:
10 minutes

Cooking time:
30 minutes

Ingredients

- 240g frozen peas
- 30ml olive oil
- 300g onion, peeled and sliced
- 8g garlic, peeled and crushed (2 cloves)
- 600g dried pasta
- 400g mushrooms, cleaned and sliced
- 320g red pepper, deseeded and sliced
- 400g lower-fat cream cheese
- 80g lower-fat Cheddar cheese, grated

Method

1. Cook the peas according to the instruction on the packet, then drain and leave to cool.
2. Heat the oil in a large pan, and fry the onion and garlic for 5 minutes until they start to soften.
3. Meanwhile, cook the pasta according to the instructions on the packet, then drain.
4. Add the mushroom and peppers to the onion, and cook for 5 minutes. Add the cream cheese and peas to the pan and heat gently. Add the grated cheese and stir until melted.
5. Stir in the drained pasta. Loosen the sauce with a little water if required.

Allergens:
milk, wheat
(gluten)

Serving suggestion:
As a main course or grab-and-go

Nutrients	Nutrient content		
	Per 100g	Primary serving (255g)	Secondary serving (380g)
Energy kcals	92	235	350
Fat g	3.3	8.5	12.7
Saturates g	1.5	3.8	5.7
Carbohydrate g	11.8	30.0	44.7
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	2.0	5.2	7.7
Protein g	4.4	11.1	16.5
Iron mg	0.5	1.2	1.8
Calcium mg	48.7	124.2	185.1
Vitamin A µg	78.9	201.3	300.0
Folate µg	9.3	23.8	35.5
Vitamin C mg	9.8	25.1	37.4
Sodium mg	73.8	188.1	280.3
Zinc mg	0.4	1.1	1.6

Tip:
Try adding fresh herbs

Recipe adapted from:

Let's Get Cooking

This recipe makes:

16 primary servings (291g)

12 secondary servings (390g)

Prep time:
30 minutes

Cooking time:
35 minutes

Allergens:
celery, fish, milk

Serving suggestion:
With crusty bread and salad

Tip:
Try with different fish

Recipe adapted from:

Let's Get Cooking

Fab fish chowder

Main



Ingredients

- 480g onion, peeled and chopped
- 320g leek, chopped
- 60g celery, chopped
- 1kg new potatoes, halved
- 50g unsaturated fat spread
- 400ml boiling water
- 1.2l semi-skimmed milk
- 400g skinless smoked haddock
- 400g skinned fresh haddock
- 640g frozen sweetcorn
- 10g fresh parsley

Method

1. Melt the fat spread in a large saucepan. Cook the celery, onion and leek for 8-10 minutes until they have softened and turned a golden colour.
2. Stir the potatoes into the pan, then add half of the milk and the water to the pan.
3. Bring to the boil, then reduce to a simmer for 15 minutes.
4. Chop the fish into 4cm cubes, and add to the remaining milk in a separate pan. Bring to the boil, then after 3 minutes, drain the milk into the larger pan and set the fish aside.
5. Add the sweetcorn to the chowder and heat for 1 minute.
6. Remove the chowder from the heat, and blend half of the mixture until smooth. Return the chowder to the pan, flake in the fish and the fresh parsley. Serve hot.

Nutrients	Nutrient content		
	Per 100g	Primary serving (290g)	Secondary serving (390g)
Energy kJ	64	185	248
Energy kcal	1.5	4.4	5.9
Fat g	0.6	1.6	2.2
Saturates g	8.2	23.7	31.9
Carbohydrate g	0.0	0.0	0.0
Free sugars g	1.2	3.4	4.6
Fibre (AOAC) g	5.0	14.4	19.4
Protein g	0.5	1.4	1.9
Iron mg	43.6	126.4	170.0
Calcium mg	22.0	63.7	85.7
Vitamin A µg	12.9	37.3	50.2
Folate µg	4.5	13.0	17.5
Vitamin C mg	137.1	397.6	534.7
Sodium mg	0.3	1.0	1.3
Zinc mg			

Pear and cocoa rice pudding

Dessert



This recipe makes:

24 primary servings (185g)

20 secondary servings (225g)

Prep time:
5 minutes

Cooking time:
35 minutes

Ingredients

- 60g cocoa powder
- 1.6kg pears, canned in juice
- 2.4l semi-skimmed milk
- 60g soft brown sugar
- 400g short grain pudding rice

Method

1. Measure the cocoa powder into a small bowl, and then add some of the juice from the canned pears to make a smooth paste. Add more juice to loosen the paste, and reserve the pears for later.
2. Transfer the chocolate liquid to a large pan, and add the rest of the pear juice.
3. Add the milk and brown sugar to the pan, stir to combine and bring to the boil.
4. Meanwhile, rinse the rice, and add to the pan. Bring to the boil, then reduce the heat and simmer for 30-35 minutes, stirring occasionally.
5. Chop the pears into small chunks and add to the pan 5 minutes before the end of the cooking time.
6. At the end of the cooking time, take the pan off the heat, and leave to stand for 5 minutes for the rice to absorb and remaining liquid.

Allergens:
milk

Serving suggestion:
Serve warm or cold

Nutrients	Nutrient content (including pitta)		
	Per 100g	Primary serving (185g)	Secondary serving (225g)
Energy kcals	88	162	197
Fat g	2.1	3.9	4.8
Saturates g	1.2	2.2	2.7
Carbohydrate g	14.8	27.3	33.2
Free sugars g	2.3	4.2	5.1
Fibre (AOAC) g	1.3	2.4	2.9
Protein g	3.4	6.3	7.7
Iron mg	0.5	1.0	1.2
Calcium mg	78.2	144.7	176.0
Vitamin A µg	11.3	20.9	25.4
Folate µg	6.9	12.7	15.5
Vitamin C mg	2.3	4.2	5.1
Sodium mg	62.7	115.9	141.0
Zinc mg	0.7	1.2	1.5

Tip:
Try with apples, or with different spices

Recipe adapted from:

Let's Get Cooking

This recipe makes:

12 primary servings (140g)

8 secondary servings (215g)

Prep time:

15 minutes, plus defrosting time

Chilling time:

2 hours

Allergens:

milk

Serving suggestion:

Serve in individual pots, or from a larger serving dish

Tip:

Try with different fruits, but avoid pineapple and kiwi, as these will stop the jelly setting

Recipe adapted from:

Let's Get Cooking

Jelly with milk and fruit

Dessert



Ingredients

- 640g frozen mixed berries
- 46g (2 sachets) sugar-free jelly (to make 1140ml)
- 800ml semi-skimmed milk

Method

1. Defrost the berries in a serving dish for about 45-60 minutes or until just softening.
2. Mix the jelly crystals with 200ml boiling water and stir to dissolve.
3. Leave to cool for 10 minutes, then add the milk, stirring continuously.
4. Pour the milk jelly over the fruit and stir well.
5. Cover, and place in the fridge for 2 hours or until set.

Nutrients	Nutrient content		
	Per 100g	Primary serving (140g)	Secondary serving (215g)
Energy kcals	43	60	91
Fat g	0.9	1.3	1.9
Saturates g	0.5	0.8	1.2
Carbohydrate g	4.7	6.7	10.1
Free sugars g	0.0	0.0	0.0
Fibre (AOAC) g	1.0	1.4	2.1
Protein g	3.9	5.5	8.3
Iron mg	0.3	0.5	0.7
Calcium mg	77.9	110.6	166.7
Vitamin A µg	10.3	14.7	22.1
Folate µg	14.3	20.3	30.7
Vitamin C mg	34.1	48.4	73.0
Sodium mg	110.0	137.7	191.2
Zinc mg	0.3	0.4	0.6

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Banana and pear custard

Dessert



This recipe makes:

12 primary servings (175g)

8 secondary servings (260g)

Prep time:
15 minutes

Cooking time:
5 minutes

Ingredients

- 50g custard powder
- 800ml semi-skimmed milk
- 400g bananas, peeled
- 400g ripe pears, peeled
- 400ml low-fat Greek yoghurt
- 25g Demerara sugar

Method

1. Mix the custard powder with a small amount of the milk to make a thick paste. Mix in the remaining milk and stir well. Heat in a pan or microwave according to the instructions on the custard packaging to make the custard, then leave to cool.
2. Cut the bananas and pears into thick slices, discarding the core of the pear, then place in the base of an ovenproof dish.
3. Mix the yoghurt and cooled custard together in a mixing bowl, then spread over the fruit.
4. Sprinkle the Demerara sugar over the custard mixture, then place under a hot grill for a few minutes to caramelise the sugar.
5. Chill until the topping becomes hard and crunchy.

Allergens:
milk

Serving suggestion:

Serve in bowls or grab and go pots

Nutrients	Nutrient content		
	Per 100g	Primary serving (175g)	Secondary serving (260g)
Energy kcals	67	117	173
Fat g	0.8	1.4	2.1
Saturates g	0.5	0.8	1.2
Carbohydrate g	12.3	21.5	31.9
Free sugars g	1.4	2.5	3.7
Fibre (AOAC) g	0.7	1.2	1.8
Protein g	3.4	5.9	8.8
Iron mg	0.2	0.3	0.4
Calcium mg	74.9	131.0	194.6
Vitamin A µg	31.1	54.5	81.0
Folate µg	4.5	7.9	11.7
Vitamin C mg	2.7	4.8	7.1
Sodium mg	25.2	44.1	65.5
Zinc mg	0.3	0.6	0.9

Tip:

Try with different fruits

Recipe adapted from:

Let's Get Cooking

This recipe makes:

14 primary servings (140g
30g fruit, 110g
rice pudding)

10 secondary
servings (200g
45g fruit, 155g
rice pudding)

Prep time:
15 minutes

Cooking time:
1–2 hours

Allergens:

milk, sulphites

Serving suggestion:

replace
compote with
puréed apple
or pear

Tip:

for best
results,
rinse the rice
before use

Recipe adapted from:

Eden
Foodservice

Rice pudding with apricot and peach compote

Dessert



Ingredients

- 200g dried apricots ('ready to eat' type), chopped
- 400g can peaches, drained (drained weight 230g)
- 50g caster sugar
- 1.4l semi-skimmed milk
- 20g custard powder (1tbsp)
- 90g pudding rice
- 15g lemon peel, grated (1tbsp)

Method

1. Purée half the dried apricots and peaches, then mix with the remaining chopped fruit.
2. In a pan, gently heat the sugar, milk and custard powder.
3. Add the rice and lemon peel and cook until the rice has absorbed the milk. (Alternatively bake in the oven at 160°C/320°F/gas mark 3 for 1½–2 hours).
4. Serve in bowls topped with 1½ tablespoons of fruit compote for primary serving and 2½ tablespoons for secondary serving.

Nutrients	Nutrient content		
	Per 100g	Primary serving (140g)	Secondary serving (200g)
Energy kcal	75	107	150
Fat g	1.4	2.0	2.8
Saturates g	0.7	1.0	1.4
Carbohydrate g	13.5	19.2	26.9
Free sugars g	2.6	3.8	5.3
Fibre (AOAC) g	0.7	1.0	1.4
Protein g	3.1	4.4	6.1
Iron mg	0.3	0.4	0.6
Calcium mg	90.4	129.2	180.9
Vitamin A µg	17.0	24.4	34.1
Folate µg	1.8	2.5	3.5
Vitamin C mg	2.1	3.0	4.3
Sodium mg	37.1	53.0	74.2
Zinc mg	0.4	0.6	0.8

Banana, fig and milk smoothie

Drink



This recipe makes:

10 primary servings (150g)

6 secondary servings (200g)

Prep time:
10 minutes

Chilling time:
30 minutes

Ingredients

- 300g bananas, peeled
- 100g dried figs, chopped
- 100ml apple juice
- 1l semi-skimmed milk

Method

1. Place the bananas and figs in a blender and roughly chop.
2. Add the apple juice and milk and blend until smooth.
3. Refrigerate before serving.

Allergens:
milk

Serving suggestion:

make close to serving time to avoid the milk separating

Nutrients	Nutrient content		
	Per 100g	Primary serving (150g)	Secondary serving (200g)
Energy kcals	67	101	168
Fat g	1.3	2.0	3.3
Saturates g	0.7	1.1	1.8
Carbohydrate g	11.9	17.9	29.8
Free sugars g	0.7	1.0	1.7
Fibre (AOAC) g	0.9	1.4	2.3
Protein g	2.8	4.2	7.0
Iron mg	0.3	0.5	0.8
Calcium mg	98.3	147.5	245.8
Vitamin A µg	14.4	21.6	36.0
Folate µg	9.7	14.5	24.2
Vitamin C mg	4.5	6.8	11.3
Sodium mg	33.1	49.7	82.8
Zinc mg	0.3	0.5	0.8

Tip:

this drink must be at least 50% milk to meet the drinks standard

Recipe adapted from:

Children's Food Trust

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For the full series of our **Recipes for Success** booklets, please visit:
www.childrensfoodtrust.org.uk/schools/resources

The Children's Food Trust

The Children's Food Trust aims to reduce childhood obesity and malnutrition and enhance educational performance through improving the food our children eat in early years settings, schools and beyond.

We work with health and education commissioners in local authorities, and directly with early years settings, schools, parents and children across the country. We run the UK's biggest network of cooking clubs and, under our previous name of the School Food Trust, we were directly responsible for developing and introducing the national food and nutrition guidelines in both schools and early years settings. We make a difference, and would be pleased to help you, too.

Let's Get Cooking

Run by the Children's Food Trust, Let's Get Cooking is the UK's largest network of cooking clubs. We provide training, support and resources for setting up and running healthy cooking activities for people of all ages.

For cooking clubs and cookery training information and services visit: www.letsgetcooking.org.uk

Cooking at home? Visit: www.letsgetcookingathome.org.uk for a fantastic range of healthy, tasty recipes as well as lots of helpful information on cooking from scratch.

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