

# Fruit-based dessert 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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- CityServe Direct Services

- George Dixon Primary School and CityServe Direct Services
- Newham Catering Services
- North Tyneside Catering Service
- Sunnymede Primary School
- Windlestone School

## Why has this booklet been developed?

New standards for school food in England were introduced in January 2015.<sup>1,2</sup> These standards require one or more portions of fruit to be provided every day at lunchtime, and a dessert containing at least 50% fruit to be provided two or more times each week at lunchtime, and at least three different fruits each week.

This booklet contains lots of practical tips on how to meet these standards, along with 10 tried and tested, fruit-based dessert recipes, each containing at least 50% fruit.

Children form their eating habits when they are young. And the meals you serve in school can play an important role in promoting and reinforcing good eating habits for life. This booklet will help you to encourage your pupils to eat more fruit, decrease fruit waste in your dining room and to make sure your menu meets the national school food standards.

### Why have standards for provision of fruit and fruit-based desserts?

- To encourage children to eat more fruit. National surveys show that children are eating less than half the recommended amount of fruit and vegetables each day.<sup>3</sup>
- Fruit is a good source of essential nutrients including vitamin C, vitamin A, folate and zinc.
- Fruit is a good source of dietary fibre, which helps children to have a healthy digestive system and prevents constipation. A diet high in fibre can also reduce the risk of heart disease, stroke and some cancers, including bowel cancer.

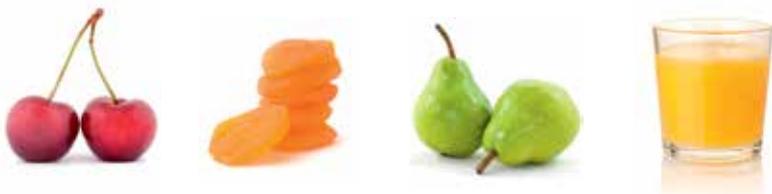


The Children's Food Trust 2009 Primary School Food Survey<sup>4</sup> found that four out of 10 pupils took a portion of fruit or fruit-based dessert at lunchtime.

# The standards for provision of fruit and fruit-based desserts at lunchtime

## Provision of fruit at lunchtime

To meet the school food standards, one or more portions of fruit should be provided every day at lunchtime. Fresh, dried, frozen and canned fruit, fruit-based desserts and fruit juice all count towards this standard. At least three different fruits should be provided at lunchtime each week.



## What is one portion of fruit?

For adults, 80g<sup>5</sup> is the recommended size for one portion of fruit or vegetables, but at the moment there is no recommended portion size for children. Typical primary and secondary portions would include serving at least half an adult portion (i.e 40g) to primary pupils, and move towards an adult size portion (i.e 80g) for secondary pupils. The table below gives examples of how these portions translate into kitchen servings.

## Typical portion sizes of fruit in kitchen servings

Type of fruit		Primary	Secondary
<b>Large fruit</b> Mango, pineapple, papaya and melon		1 slice of large fruit	1–2 slices of large fruit
<b>Medium-sized fruit</b> Apple, orange, banana and peach		1 small fruit with skin	1 medium-sized fruit with skin
<b>Small fruit</b> Kiwis, plums, satsumas or clementines		1 fruit with skin	1–2 fruits with skin
<b>Grapes and berries</b> Cherries and strawberries		1 handful (10–15 fruits)	1–2 handfuls (15–20 fruits)
<b>Dried fruit</b> Raisins, apricots, and dates		½–1 tablespoon	1 tablespoon
<b>Fruit juice and fruit smoothies</b>		150ml maximum portion size	150ml maximum portion size

## Provision of fruit-based desserts at lunchtime

To meet the school food standards, a dessert containing 50% fruit must be provided two or more times each week. Fruit-based desserts can include hot puddings (such as fruit crumbles, pies, cobblers or sponges) or cold puddings (such as fruit salad with yogurt or ice cream, fruit fools, fruit and jelly or fresh fruit served with a biscuit or cake).

### What does 50% fruit mean?

To count towards this standard, fruit-based desserts must contain at least 50% fruit by weight of the raw ingredients. This means that the weight of the fruit (including all fresh fruit, canned fruit, dried fruit and fruit juice used in the recipe) should be at least 50% of the total ingredients weight (including the fruit, dry ingredients, and any water, milk or other wet ingredients).

**For example, an apple crumble made using 2000g raw apples, with a total ingredient weight of 3500g would contain 57% fruit, and could count as one of the required fruit-based desserts. A fruit flapjack made using 1000g fruit, with a total ingredient weight of 3000g would contain 33% fruit, and would not count as one of the required fruit-based desserts.**



## Tips for increasing fruit at lunchtime

### Remember

**For your lunch menus to meet the standard for fruit, you must have at least one portion of fruit available for each pupil having school meals, every day.**

### Main meals

- Include dried fruit in your main dishes – you might put dried apricots in lamb tagine, or raisins in a vegetable balti or chicken biryani.

### Accompaniments

- Add sultanas to apple and celery salad, coleslaw or curried rice salad in the summer, or to braised red cabbage in the autumn.

### Desserts

- Serve fruit with other dessert options, such as grapes with cheese and crackers.
- Use puréed or stewed fruit as a topping for desserts, or swirl into low-fat plain yogurt or rice pudding.
- Try fresh or canned fruit in jelly pots, or top with low-fat yogurt and granola.
- Serve a portion of fresh, chopped fruit with a small portion of cake or biscuit, so pupils have the best of both desserts.
- Use dates in a sticky toffee pudding but serve a small portion with custard, as the pudding will be high in sugar.

For guidance on typical portion sizes of desserts for primary and secondary school children see *School Food Standards: A practical guide for schools, their cooks and caterers*.<sup>2</sup>

In practice, we know that providing a piece of fresh fruit every day for every pupil who takes a school lunch could result in waste. To avoid this, if you are providing fresh fruit, you could have canned fruit or juice available as an alternative. This makes sure that where demand exceeds your expectations, every child can still have a portion of fruit.



# Tips for increasing fruit throughout the day

## Remember

To meet the standards for food other than lunch, fruit and/or vegetables must be provided in any outlet where food is made available during the school day – such as breakfast clubs, mid-morning break, vending machines, tuck shops and after school clubs.

Whole fruit is not always tempting, but it can become more popular if you offer it in different ways.

## Breakfast clubs

- Offer a variety of seasonal, fresh fruit such as apple, pears, peaches or soft fruits. These can be whole or chopped.
- Offer dried fruit, such as raisins and apricots to put on top of cereal or porridge.
- Provide fruit juice or a combination drink of at least 45 per cent fruit juice diluted with water, as a drink with breakfast, but remember to limit servings of fruit juice to 150ml, and fruit juice combination drinks to 330ml.

## Mid-morning break

- Place pieces of fresh fruit in fruit bowls on the servery nearest the tills to encourage impulse purchases.
- Chop up pieces of fruit and serve them in a plastic pot or bag, for a simple, healthy, grab-and-go snack.
- Toasted teacakes, malt loaf or homemade cinnamon and raisin rolls can be tasty snacks.



## After school clubs

- Cut an orange into wedges for sharing at half time during sports practise.
- Fruit juice and smoothies are often very popular. Encourage pupils to make their own with fresh, frozen and canned fruits. Incorporate lower-fat milk or low-fat plain yoghurt and ice to make a frothy fruit smoothie high in calcium.
- Make fruity dishes at your cooking club and explore preparation techniques and uses of exotic fruit, such as peeling mangoes. Visit [www.letsgetcooking.org.uk](http://www.letsgetcooking.org.uk) to find out about setting up a cooking club and for tasty, fruit-based recipes and resources to use with children.

## Vending machines

- Chilled fruit juice and smoothies can be provided in vending machines.
- Some vending machines will accommodate pieces of fresh fruit or pre-packed fruit pots, such as sliced peaches in natural juice.

## Remember

Fruit-based desserts must contain at least 50% fruit to be provided at times other than lunch.

# Seasonal selections

Try to use fruit which is in season. It will taste sweeter and is usually cheaper.

	In season	Available	In store	January	February	March	April	May	June	July	August	September	October	November	December	
Apples – cooking 																
Apples – eating 																
Blackberries 																
Blackcurrants 																
Blueberries 																
Cherries 																
Gooseberries 																
Pears 																
Plums 																
Raspberries 																
Redcurrants 																
Rhubarb 																
Strawberries 																

-  **In season** This is when fruit is at its best and most widely available.
-  **Available** This is when fruit is coming into or out of season. Some soft fruits are grown outside of season in greenhouses.
-  **In store** Fruit is harvested when in season then stored to extend its availability.

## Fruit-based dessert recipes

Fruit-based desserts are often a popular choice with children of all ages, but some will need more persuasion.

The following recipes include a portion of fruit, and at least 50% fruit content, so count towards the standard requiring provision of two fruit-based desserts containing 50% fruit each week.

1. **Fresh fruit salad**
2. **Apple, cinnamon and date crumble**
3. **Pineapple upside down pudding**
4. **Pear and cocoa sponge**
5. **Autumn fruit cobbler**
6. **Fruit jelly**
7. **Banana bread**
8. **Fruit and yogurt granola pot**
9. **Bran and date biscuits with satsuma segments**
10. **Mango and banana muffins**

**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:

40 primary servings (65g)

26 secondary servings (100g)

**Prep time:**  
20 minutes

**Chilling time:**  
30 minutes

**Allergens:**  
none

## Seasonal adaptations:

spring/summer – strawberries and raspberries  
autumn/winter – apples, pears and plums with dried dates

## Tip:

serve in grab-and-go pots

## Recipe adapted from:

Beverly High School and Taylor Shaw Catering

# Fresh fruit salad

## Dessert



## Ingredients

- 625g apples, eating
- 375g pears, fresh
- 200g grapes, white
- 700g satsumas
- 200g kiwi fruit
- 400g canned pineapple, in juice
- 560ml orange juice

## Method

1. Wash the apples, pears and grapes.
2. Remove cores from the apples and pears, peel and deseed the satsumas, and peel the kiwis.
3. Slice the apples, pears, kiwis and segment the satsumas and place in to a bowl.
4. Add the grapes to the fruit mixture.
5. Add the canned pineapple with all its juice, and the orange juice, mix well and chill.

Nutrients	Nutrient content		
	Per 100g	Primary serving (65g)	Secondary serving (100g)
Energy kcal	42	27	42
Fat g	0.1	0.1	0.1
Saturates g	0.0	0.0	0.0
Carbohydrate g	10.4	6.8	10.4
Free sugars g	2.7	1.7	2.7
Fibre (AOAC) g	1.3	0.8	1.3
Protein g	0.5	0.4	0.5
Iron mg	0.2	0.2	0.2
Calcium mg	14.0	9.1	14.0
Vitamin A µg	4.8	3.1	4.8
Folate µg	11.0	7.1	11.0
Vitamin C mg	21.1	13.8	21.1
Sodium mg	4.4	2.8	4.4
Zinc mg	0.1	0.1	0.1

[www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

# Apple, cinnamon and date crumble

## Dessert



### This recipe makes:

100 primary servings (87g)  
75 secondary servings (115g)

**Prep time:**  
25 minutes

**Cooking time:**  
25 minutes

### Ingredients

- 880g soft vegetable margarine
- 1.26kg plain flour
- 500g porridge oats
- 25g cinnamon
- 880g dark brown sugar
- 5.4kg canned apples (4.75kg drained weight)
- 400g dates

### Method

1. Preheat the oven to 180°C/ 350°F/gas mark 4.
2. Cut the margarine into pieces.
3. Place the flour, oats, cinnamon and margarine in a mixer and mix on a low speed until it resembles breadcrumbs.
4. Add the sugar and mix but do not over mix.
5. Coarsely chop the dates and drained apples and spread evenly between lightly greased shallow tins.
6. Spread the crumble mix over the apples and smooth out.
7. Bake for 25 minutes.
8. Remove from the oven, portion and serve.

### Allergens:

milk, oats (gluten), wheat (gluten)

### Seasonal adaptations:

spring/summer – strawberries or plums  
autumn/winter – pears or rhubarb

Nutrients	Nutrient content		
	Per 100g	Primary serving (87g)	Secondary serving (115g)
Energy kcals	201	175	231
Fat g	7.8	6.8	9.0
Saturates g	2.0	1.7	2.2
Carbohydrate g	33.2	28.9	38.2
Free sugars g	10.2	8.9	11.8
Fibre (AOAC) g	2.4	2.1	2.8
Protein g	2.3	2.0	2.6
Iron mg	0.8	0.7	0.9
Calcium mg	34.6	30.1	39.8
Vitamin A µg	84.5	73.5	97.2
Folate µg	4.1	3.6	4.8
Vitamin C mg	2.4	2.1	2.8
Sodium mg	95.2	82.8	109.4
Zinc mg	0.2	0.2	0.3

### Tip:

serve with custard

### Recipe adapted from:

Sunnymede Primary School

## This recipe makes:

28 primary servings (98g)

23 secondary servings (120g)

**Prep time:**  
20 minutes

**Cooking time:**  
30 minutes

**Allergens:**  
eggs, milk,  
sulphites,  
wheat (gluten)

**Seasonal adaptations:**  
spring/summer –  
peaches  
and cherries  
autumn/winter –  
pears and apples

## Tip:

serve with  
custard or  
low-fat  
yoghurt

## Recipe adapted from:

Sunnymede  
Primary  
School

# Pineapple upside down pudding

## Dessert



### Ingredients

- 3.035kg pineapple rings, canned in juice (drained weight 1.64kg)
- 50g glacé cherries
- 200g soft vegetable margarine
- 200g caster sugar
- 3 eggs
- 300g plain flour
- 100g wholemeal flour
- 16g baking powder
- 100ml pineapple juice (reserved from the can)

### Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Drain the pineapple but reserve the juice.
3. Place the pineapple in the bottom of a tin with half a cherry in the centre of each ring (reserving some cherries for decoration).
4. Cream together the margarine and sugar.
5. Beat the eggs lightly and gradually add to the margarine and sugar.
6. Mix together the plain flour, wholemeal flour and baking powder.
7. Fold the flour mixture into the margarine, sugar and eggs together with 100ml of the pineapple juice to ensure a soft dropping consistency.
8. Pour the sponge mixture on top of the pineapple
9. Bake in the oven for 30 minutes.
10. Turn out the pudding and decorate with chopped glacé cherry pieces.

Nutrients	Nutrient content		
	Per 100g	Primary serving (98g)	Secondary serving (120g)
Energy kcals	166	163	198
Fat g	5.9	5.8	7.1
Saturates g	1.5	1.5	1.8
Carbohydrate g	27.6	27.0	33.0
Free sugars g	9.0	8.9	10.8
Fibre (AOAC) g	1.1	1.1	1.3
Protein g	2.4	2.4	2.9
Iron mg	0.8	0.8	1.0
Calcium mg	33.4	32.8	40.0
Vitamin A µg	71.1	69.7	85.1
Folate µg	5.1	4.9	6.1
Vitamin C mg	5.3	5.2	6.4
Sodium mg	143.7	141.4	172.1
Zinc mg	0.3	0.3	0.4

# Pear and cocoa sponge

## Dessert



### This recipe makes:

32 primary servings (98g)  
26 secondary servings (120g)

**Prep time:**  
15 minutes

**Cooking time:**  
20 minutes

### Ingredients

- 250g soft vegetable margarine
- 250g caster sugar
- 4 eggs
- 300g self-raising flour
- 75g cocoa powder
- 3.335kg pears, canned and drained (drained weight 2kg)

### Method

1. Preheat the oven to 190°C/375°F/gas mark 5.
2. Beat the margarine and sugar together until light and fluffy.
3. Add the beaten egg and beat well.
4. Add the flour and cocoa powder.
5. Slice the pears and place them at the bottom of a greased cake tin.
6. Spoon the sponge mix over the pears.
7. Bake in the oven for 20 minutes, or until cooked (test with a skewer).

### Allergens:

eggs, milk, wheat (gluten)

### Seasonal adaptations:

spring/summer – raspberries  
autumn/winter – pears

Nutrients	Nutrient content		
	Per 100g	Primary serving (98g)	Secondary serving (120g)
Energy kcals	153	150	184
Fat g	7.1	6.9	8.5
Saturates g	2.0	1.9	2.4
Carbohydrate g	21.5	21.0	25.8
Free sugars g	8.5	8.2	10.1
Fibre (AOAC) g	2.5	2.5	3.0
Protein g	2.4	2.4	2.9
Iron mg	0.7	0.7	0.9
Calcium mg	45.9	45.0	55.2
Vitamin A µg	79.8	78.2	95.7
Folate µg	4.2	4.1	5.0
Vitamin C mg	1.5	1.4	1.7
Sodium mg	142.3	139.5	170.8
Zinc mg	0.4	0.4	0.5

### Tip:

use orange or mandarin segments to make a jaffa cake

### Recipe adapted from:

Windlestone School

## This recipe makes:

25 primary servings (85g)

18 secondary servings (117g)

**Prep time:**  
20 minutes

**Cooking time:**  
30 minutes

**Allergens:**  
milk, sulphites,  
wheat (gluten)

**Serving suggestion:**  
with custard  
or plain low-fat  
yoghurt

## Tip:

use  
peaches and  
raspberries  
in summer

## Recipe adapted from:

Children's  
Food Trust

# Autumn fruit cobbler

## Dessert



### Ingredients

- 500g plums, stoned
- 500g apples, peeled and cored
- 500g pears, peeled and cored
- 100g dried apricots, chopped
- 3g cinnamon (1tsp)
- 220g self-raising white flour
- 35g wholemeal flour
- 50g caster sugar
- 50g soft margarine
- 150ml semi-skimmed milk

### Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Slice the plums, apples and pears and arrange in the bottom of a large ovenproof dish. Sprinkle the dried apricots and cinnamon over the fruit.
3. Mix the flours, sugar and margarine spread until they resemble breadcrumbs, then gently add 130ml of semi-skimmed milk until it forms dough.
4. Gently work the dough into a ball but try not to overwork the mixture.
5. Roll out until it is 2cm thick and cut out scones using a 6cm diameter cutter.
6. Arrange the scones on top of the fruit, leaving a little space for them to expand in all directions.
7. Place a thumbprint on each scone forming a slight dip.
8. Use the remaining 20ml milk to glaze the scones.
9. Bake for 30 minutes until the fruit bubbles and scones are brown.

Nutrients	Nutrient content		
	Per 100g	Primary serving (85g)	Secondary serving (117g)
Energy kJ	91	77	107
Energy kcal	91	77	107
Fat g	1.8	1.5	2.1
Saturates g	0.5	0.4	0.6
Carbohydrate g	18.3	15.6	21.4
Free sugars g	2.5	2.1	2.9
Fibre (AOAC) g	2.2	1.8	2.5
Protein g	1.7	1.5	2.0
Iron mg	0.6	0.5	0.7
Calcium mg	54.6	46.5	63.9
Vitamin A µg	37.3	31.7	43.6
Folate µg	1.8	1.6	2.1
Vitamin C mg	4.3	3.7	5.0
Sodium mg	56.4	47.9	65.9
Zinc mg	0.2	0.2	0.2

# Fruit jelly

## Dessert



### This recipe makes:

27 primary servings (113g)

20 secondary servings (153g)

**Prep time:**  
15 minutes

**Chilling time:**  
2 hours

### Ingredients

- 1.6kg mandarins, canned in juice
- 350g unsweetened strawberry jelly crystals
- 800ml boiling water
- 300ml cold water

### Method

1. Drain the mandarins over a jug to reserve the juice.
2. Dissolve the jelly crystals in boiling water.
3. Add the cold water and all the mandarin juice and stir.
4. Put the mandarins in pots and pour the jelly over them.
5. Refrigerate for at least 2 hours until serving.

**Allergens:**  
none

### Seasonal adaptations:

spring/summer – raspberries or blueberries

autumn/winter – fruit cocktail or blackberries

Nutrients	Nutrient content		
	Per 100g	Primary serving (113g)	Secondary serving (153g)
Energy kcals	56	63	86
Fat g	0.0	0.1	0.1
Saturates g	0.0	0.1	0.1
Carbohydrate g	4.2	4.7	6.4
Free sugars g	1.8	2.0	2.7
Fibre (AOAC) g	0.2	0.2	0.3
Protein g	8.3	9.4	12.7
Iron mg	0.3	0.3	0.4
Calcium mg	54.8	61.9	83.9
Vitamin A µg	8.3	9.4	12.7
Folate µg	6.3	7.1	9.6
Vitamin C mg	10.5	11.9	16.0
Sodium mg	49.0	55.4	75.0
Zinc mg	0.1	0.1	0.1

### Tip:

try a variety of contrasting colour combinations

### Recipe adapted from:

George Dixon Primary School and CityServe Direct Services

## This recipe makes:

100 primary servings (85g)

75 secondary servings (114g)

**Prep time:**  
15 minutes

**Cooking time:**  
1½ hours

**Allergens:**  
eggs, milk,  
wheat (gluten)

**Seasonal adaptations:**  
spring/summer –  
raspberries  
autumn/winter –  
plums

**Tip:**  
overripe  
bananas  
are best

**Recipe adapted from:**

George Dixon  
Primary School  
and CityServe  
Direct Services

# Banana bread

## Dessert



### Ingredients

- 4kg bananas, peeled
- 1.1kg soft vegetable margarine
- 12 eggs
- 1.5kg self-raising flour
- 500g dark brown sugar
- 15g cinnamon
- 800g raisins

### Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Mash the bananas and combine with the margarine in a mixer.
3. Lightly whisk the eggs and gradually add to the banana mixture.
4. Add the flour, sugar and cinnamon and combine.
5. Add the raisins before pouring the mixture into lightly greased shallow tins.
6. Bake in the oven for 90 minutes until golden brown and firm to the touch.
7. Remove from the oven and allow to cool before slicing into portions.

Nutrients	Nutrient content		
	Per 100g	Primary serving (85g)	Secondary serving (114g)
Energy kcal	241	205	275
Fat g	10.2	8.7	11.7
Saturates g	2.6	2.2	3.0
Carbohydrate g	36.8	31.3	42.0
Free sugars g	6.0	5.1	6.8
Fibre (AOAC) g	1.7	1.4	1.9
Protein g	3.3	2.8	3.7
Iron mg	1.2	1.0	1.3
Calcium mg	78.8	67.0	89.9
Vitamin A µg	121.3	103.1	138.2
Folate µg	4.9	4.2	5.6
Vitamin C mg	4.0	3.4	4.5
Sodium mg	197.9	168.2	225.6
Zinc mg	0.4	0.3	0.4

# Fruit and yoghurt granola pot

## Dessert



### Ingredients

- 300g eating apples
- 500g oranges
- 200g grapes
- 200g honeydew melon, flesh
- 800ml low-fat natural yoghurt
- 200g granola

### Method

1. Core the apples and peel the oranges.
2. Chop the apples, oranges and melon into pieces and add the grapes.
3. Portion the fruit salad into pots or serving dishes.
4. Layer the yoghurt on top of the fruit.
5. Scatter granola on the top and refrigerate.

### This recipe makes:

- 16 primary servings (126g)
- 12 secondary servings (168g)

**Prep time:**  
15 minutes

**Chilling time:**  
30 minutes

### Allergens:

almonds,  
barley (gluten),  
hazelnuts, milk,  
oats (gluten),  
sulphites,  
wheat (gluten)

### Seasonal adaptations:

spring/summer –  
fresh  
strawberries  
autumn/winter –  
stewed apple  
and rhubarb

Nutrients	Nutrient content		
	Per 100g	Primary serving (126g)	Secondary serving (168g)
Energy kcals	86	108	144
Fat g	1.8	2.3	3.0
Saturates g	0.5	0.7	0.9
Carbohydrate g	14.7	18.6	24.8
Free sugars g	2.3	2.8	3.8
Fibre (AOAC) g	1.3	1.7	2.3
Protein g	3.2	4.0	5.3
Iron mg	0.5	0.7	0.9
Calcium mg	82.5	103.9	138.6
Vitamin A µg	7.0	8.8	11.7
Folate µg	16.9	21.3	28.4
Vitamin C mg	11.8	14.9	19.8
Sodium mg	29.6	37.3	49.8
Zinc mg	0.8	1.0	1.4

### Tip:

serve in clear containers to see the layers

### Recipe adapted from:

Newham  
Catering  
Services

## This recipe makes:

32 primary portions  
(30g biscuit plus 60g satsuma)  
25 secondary portions  
(40g biscuit plus 80g satsuma)

**Prep time:**  
15 minutes

**Cooking time:**  
15 minutes

**Allergens:**  
barley (gluten),  
milk, wheat  
(gluten)

**Serving suggestion:**  
with dairy  
ice cream or  
frozen yoghurt

**Tip:**  
use sultanas  
or apricots  
instead  
of dates

**Recipe adapted from:**  
North Tyneside  
Catering  
Service

# Bran and date biscuits with satsuma segments

## Dessert



### Ingredients

- 250g soft margarine
- 150g sugar
- 250g wholemeal flour
- 250g bran cereal sticks
- 100g dates
- 2.0kg satsuma segments

### Method

1. Preheat the oven to 160°C/350°F/gas mark 4.
2. Lightly grease a baking tray.
3. Cream the margarine and sugar together.
4. Add the flour, bran cereal sticks and dates and combine well.
5. Divide the mixture into 32 balls (primary) or 25 balls (secondary).
6. Place on the baking tray, leaving space for them to spread, and press until each is about 1½ cm thick.
7. Bake in the oven for 12–15 minutes or until golden.
8. Remove from oven and cool before serving with satsuma segments.

Nutrients	Nutrient content		
	Per 100g	Primary serving (30g biscuit, 60g satsuma)	Secondary serving (40g biscuit, 80g satsuma)
Energy kcals	153	144	184
Fat g	6.4	6.0	7.7
Saturates g	1.6	1.5	1.9
Carbohydrate g	22.6	21.2	27.1
Free sugars g	6.7	6.3	8.0
Fibre (AOAC) g	3.8	3.5	4.6
Protein g	2.9	2.7	3.4
Iron mg	1.2	1.1	1.4
Calcium mg	54.4	51.1	65.2
Vitamin A µg	76.4	71.8	91.7
Folate µg	34.8	32.7	41.7
Vitamin C mg	20.0	18.8	24.0
Sodium mg	148.9	140.0	178.7
Zinc mg	0.8	0.8	1.0

[www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

# Mango and banana muffins

## Dessert



### Ingredients

- 100g ripe mango or canned mango in juice
- 60g soft brown sugar
- 110g unsaturated fat spread
- 2 large eggs
- 3 ripe bananas
- 225g self-raising flour
- 100g sultanas
- 20g oats

### Method

1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Cut the fresh mango (if using) into 1cm cubes, or drain the canned mango.
3. Cream the sugar and fat spread together until light and pale, then add the eggs one at a time and whisk until light and airy.
4. Mash the bananas until soft, and fold into the mixture, followed by the flour.
5. Add the sultanas and chopped mango, and gently fold in, ensuring the fruit is evenly distributed.
6. Spoon the mixture into muffin cases, half-filling each case.
7. Sprinkle a few oats over the top of each muffin.
8. Bake in the oven for 15–20 minutes, or until the muffins are golden brown and a skewer inserted into the middle comes out clean.
9. Allow the muffins to cook on a rack.

### This recipe makes:

- 12 primary servings (85g)
- 10 secondary servings (105g)

**Prep time:**  
20 minutes

**Cooking time:**  
20 minutes

### Allergens:

egg, milk, oats (gluten) and wheat (gluten)

### Serving suggestion:

serve warm or cool

### Tip:

try with different combinations of fresh and dried fruit

### Recipe adapted from:

Let's Get Cooking

Nutrients	Nutrient content		
	Per 100g	Primary serving (86g)	Secondary serving (103g)
Energy kcals	237	204	244
Fat g	8.3	7.1	8.5
Saturates g	2.2	1.9	2.2
Carbohydrate g	38.7	33.3	39.8
Free sugars g	6.1	5.2	6.3
Fibre (AOAC) g	2.2	1.8	2.2
Protein g	4.3	3.7	4.5
Iron mg	1.2	1.0	1.2
Calcium mg	95.4	82.1	98.3
Vitamin A µg	130.7	112.4	134.7
Folate µg	11.8	10.2	12.2
Vitamin C mg	5.9	5.1	6.1
Sodium mg	156.3	134.4	161.0
Zinc mg	0.4	0.4	0.5

## References

1. The Requirements for School Food Regulations 2014 can be found at:  
[www.legislation.gov.uk/ukxi/2014/1603/pdfs/ukxi\\_20141603\\_en.pdf](http://www.legislation.gov.uk/ukxi/2014/1603/pdfs/ukxi_20141603_en.pdf)
2. **School Food Standards**  
A practical guide for schools their cooks and caterers can be found at:  
[www.schoolfoodplan.com/standards/](http://www.schoolfoodplan.com/standards/)
3. **National Diet and Nutrition Survey**  
The latest survey findings can be found at:  
[www.gov.uk/government/statistics/national-diet-and-nutrition-survey-results-from-years-1-to-4-combined-of-the-rolling-programme-for-2008-and-2009-to-2011-and-2012](http://www.gov.uk/government/statistics/national-diet-and-nutrition-survey-results-from-years-1-to-4-combined-of-the-rolling-programme-for-2008-and-2009-to-2011-and-2012)
4. **Primary School Food Survey**  
Findings from this national survey of primary school lunches can be found at:  
[www.childrensfoodtrust.org.uk/childrens-food-trust/our-research/](http://www.childrensfoodtrust.org.uk/childrens-food-trust/our-research/)
5. **5 A DAY**  
For more information on the 5 A DAY campaign visit:  
[www.nhs.uk/livewell/5aday](http://www.nhs.uk/livewell/5aday)

For the full series of our *Recipes for Success* booklets, please visit:  
[www.childrensfoodtrust.org.uk/schools/resources](http://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](http://www.letsgetcooking.org.uk)

Cooking at home? Visit: [www.letsgetcookingathome.org.uk](http://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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