

The PALS Recipe Book

Recipes by The School of Pharmacy & Life Sciences staff

A selection of our favourite recipes including brunches, lunches, mains & bakes. Discover new recipes and their nutritional information.

Arranged & analysed by Caroline Litts & Lindsey Masson



Thank you to our recipe contributors:

*Lee Boag, Neil Emmison, Anna Lindahl, Caroline Litts,
Lindsey Masson, Joanne Robertson & Liam Spence.*

Contents

	Page
Introduction 	3
Brunches & lunches 	
Mixed bean & feta salad	4
Turkish eggs	5
Mains 	
Chicken, chorizo & mozzarella bake	6
Enchiladas	7
Spicy & Hawaiian halloumi skewers	8
Hoisin salmon	9
Mushroom gnocchi	10
Walnut, asparagus & egg linguine	11
Sides 	
Amazing sourdough loaf	12-13
Avocado & chilli kick	14
Bakes 	
Banana & apple bread	15
Biscoff fudge	16
Lemon drizzle cake	17
Smartie cookies	18

Introduction

Idea for the recipe book

The idea for this recipe book was prompted by the inclusion of a new module 'Food Product Development' in the third year of the course BSc (Hons) Food, Nutrition and Human Health. This module includes the topics of recipe development, allergens, nutritional analysis and food labels. It is intended for the students to produce their own recipe book, with a different theme each year, e.g. gluten-free, vegan, European cuisine etc. This recipe book can then be used for marketing purposes. Students will need to understand food composition tables, the principles of weight gain and weight loss on cooking, allergens, nutritional analysis, and the art of producing ingredients lists and methods steps. This recipe book will be used as an example for the students to refer to, and some of the recipes will be used for teaching the principles of recipe analysis.

Creation of the recipe book

Nutritional analysis was carried out using Windiets: a dietary analysis programme (<https://www3.rgu.ac.uk/business-services/funded-support/windiets>). All information and analysis contained within the recipe pages has been checked for accuracy by both Caroline and myself.

Acknowledgements

Many thanks to Lee Boag, Neil Emmison, Anna Lindahl, Caroline Litts, Joanne Robertson and Liam Spence for providing the recipes. In particular, many thanks to Caroline Litts who led the organisation and production of the recipe pages once we had agreed on the design and information to be included – this has been a real team effort!

I hope you try some of the recipes and enjoy!

Lindsey Masson


17th July 2020

Mixed bean & feta salad


May be suitable for: Vegan ✗ Vegetarian ✓ Gluten-free ✓

 **Serves:** 1

A tasty, fresh salad with a variety of textures and pickled flavours! Beans provide a tasty, healthy vegetarian source of protein and spinach is packed with iron.

 **Prep time:** 10 mins

Source: *Caroline Litts*

 **Allergens:** celery, milk, mustard, sulphites



Ingredients

- ✓ 40g spinach
- ✓ Half bell pepper (any colour)
- ✓ 7 cherry tomatoes
- ✓ 15g sun-dried tomatoes
- ✓ 30g pickled gherkins
- ✓ ½ tin mixed bean salad in water
- ✓ 50g pickled red cabbage
- ✓ 30g feta cheese



Methods

1. Wash and chop the spinach, pepper and cherry tomatoes to desired size.
2. Chop the sun-dried tomatoes and gherkins into small pieces.
3. Drain the mixed beans and rinse under cold water.
4. Put all the above ingredients into a bowl and mix.
5. Top with pickled red cabbage and crumble feta cheese over the top (can also mix these in).
6. Enjoy!



Top tips

Alternative options: To make this recipe vegan friendly & lower in salt, swap the feta cheese for nuts or avocado!

Time-savers: Buy tinned mixed beans rather than dried beans which require soaking and boiling.

Get kids involved: Use the bright colours to encourage kids to try new vegetables! They will also enjoy mixing the ingredients together.



Nutrition

Per 479g serving

Energy 1538kJ 369kcal	Fat 15.3g	Saturates 5.3g	Sugars 13.9g	Salt 2.1g
18%	22%	26%	15%	35%

Of an adult's Reference Intake (RI)
Typical values per 100g: Energy 321kJ / 77kcal

Turkish eggs

May be suitable for: Vegan ✕ Vegetarian ✕ Gluten-free ✕



Serves: 2

A healthy and satisfying meal, perfect to prepare for a weekend breakfast or brunch! Eggs are extremely nutritious, providing a source of high quality protein, vitamin D and vitamin A.



Prep time: 5 mins

Cooking time: 15 mins

Source: Joanne Robertson



Allergens: barley, eggs, milk, wheat



Ingredients

- ✓ 2 eggs
- ✓ 3 slices of bread
- ✓ 4 tbsp Greek yogurt
- ✓ 2 tsp dill
- ✓ 1 tsp smoked paprika
- ✓ 2 tbsp olive oil
- ✓ 1 tbsp clear malt vinegar
- ✓ 2 rashers of bacon (chorizo or vegetarian bacon can be used)
- ✓ ½ tsp salt
- ✓ ½ tsp pepper
- ✓ Chilli flakes



Methods

1. Prepare the water for poaching your eggs; either boil the kettle and pour into a deep pan, or pour water into a deep pan and bring it to the boil.
2. Slice the bread into long, thin slices or to your desired size & set aside for grilling later.
3. In a small bowl, mix the Greek yoghurt with the dill and smoked paprika.
4. Pour the olive oil over the bread and allow it to soak in, then place the bread under the grill on a medium heat until toasted.
5. Whilst the bread is toasting, add the vinegar to the boiling water.
6. Crack the first egg into the boiling water, using a spoon to stir the water to keep the egg together. Once poached, remove and place the egg in a bowl of warm water. Repeat for the second egg.
7. At the same time, fry the bacon (or alternative) on a medium heat until cooked.
8. Once toasted, remove the bread from the grill and split it between each plate. Pour the dill & paprika yoghurt around the toast and set the egg on top of the yogurt.
9. Serve the bacon beside the eggs and toast, and season with salt and pepper and a sprinkle of chilli flakes if you like a kick!



Top tips

Healthier options: Use low fat Greek yogurt and omit the bacon to reduce the saturated fat content.

Get kids involved: Get kids to crack the eggs into the pan and to mix the yoghurt, dill and paprika together.



Nutrition

Per 224g serving

Energy 1969kJ 473kcal	Fat 32g	Saturates 11.4g	Sugars 5.8g	Salt 2.9g
23%	46%	57%	6%	48%

Of an adult's Reference Intake (RI)
Typical values per 100g: Energy 879kJ / 211kcal




Chicken, chorizo & mozzarella bake


May be suitable for: Vegan ✕ Vegetarian ✕ Gluten-free ✕

 Serves: 2

This easy dish is perfect for when you don't have time - just chuck the ingredients into the oven and wait for the delicious end result! Accompany with crusty bread.

 **Prep time:** 10 mins
Cooking time: 35 mins

Source: *Caroline Litts (adapted from Jo Wicks' Lean in 15)*

 **Allergens:** milk, nuts, wheat



Ingredients

- ✓ 2 chicken breasts
- ✓ 1 red onion
- ✓ 50g chorizo sausage
- ✓ 1 clove garlic
- ✓ 1 tsp rapeseed oil
- ✓ 1 tbsp olive oil
- ✓ 15g pine nuts
- ✓ 50g spinach
- ✓ 1 ball mozzarella
- ✓ Crusty bread to serve



Methods

1. Set the oven at 180°C / 160°C fan oven / 350°F / gas mark 4.
2. Chop the chicken into small pieces and set aside.
3. Finely chop the red onion, chop the chorizo into rings or cubes, and crush the garlic.
4. Heat a little rapeseed oil in a pan and add the onion and heat until browned.
5. To a medium sized oven dish, add the raw chicken, chorizo, garlic, the browned red onion and the olive oil.
6. Bake in the oven for 30 mins.
7. After 30 mins, remove the chicken dish from the oven briefly and give it a stir.
8. Add the pine nuts, spinach and mozzarella and return to the oven for a final 5 mins.
9. Remove from the oven and serve with crusty bread.



Top tips

Healthier options: Replace the chorizo with another vegetable, for example tomatoes, to reduce the fat and salt content.

Time-savers: Wash up and set the table whilst the chicken is in the oven!



Nutrition

Per 241g serving

Energy 2650kJ 636kcal	Fat 40.6g	Saturates 15.4g	Sugars 4.2g	Salt 2.3g
32%	58%	77%	4.7%	38%

Of an adult's Reference Intake (RI)
Typical values per 100g: Energy 1100kJ / 264kcal



Enchiladas

May be suitable for: Vegan ✕ Vegetarian ✕ Gluten-free ✕



Serves: 4

These cheesy enchiladas are delicious and easy to make. Packed with spices, they have a kick which is balanced out by the smooth cream and melted cheese!



Prep time: 20 mins
Cooking time: 25 mins



Allergens: celery, milk, wheat

Source: Lee Boag



Ingredients

- ✓ 4 chicken breasts
- ✓ 4 garlic cloves
- ✓ Salt
- ✓ Pepper
- ✓ 2 tins plum tomatoes
- ✓ 40g fresh coriander
- ✓ 3 chipotles - tinned in adobo sauce (can use chipotle chilli paste instead)
- ✓ 1 chicken stock cube
- ✓ 2 tsp smoked paprika
- ✓ 2 tsp cayenne pepper
- ✓ Pinch of cinnamon
- ✓ 8 tortillas

Garnish

- ✓ 1 onion
- ✓ 100g lettuce
- ✓ 80g cheddar cheese
- ✓ 8 tbsp cream



Methods

1. Set the oven to 180°C / 160°C fan oven / 350°F / gas mark 4.
2. Place the chicken, 1 garlic clove (finely chopped or crushed), salt and pepper in a pan of boiling water. Boil for 15-20 mins or until the chicken is no longer pink inside.
3. In a separate pan, slowly heat the tomatoes for 10 mins.
4. Meanwhile, finely chop the coriander, 3 garlic cloves and chipotles. Cut the onion into rings, shred the lettuce and grate the cheese. Set aside.
5. After 10 mins, add the coriander, chipotles, crumbled stock cube and spices to the tomatoes. Leave on a low heat for a further 10 mins.
6. When the chicken is cooked, remove it from the pan and shred it once it's cool enough to touch.
7. After 10 mins put half of the sauce aside in a bowl. To the remaining half, add the chicken and mix.
8. Fill each tortilla with the chicken mixture, roll them up, and place in an oven dish. Top with the remaining sauce and bake in the oven for 25 mins.
9. Remove from the oven and serve with the onion, lettuce, grated cheese and cream.



Top tips

Healthier options: Add more veggies like onions and peppers, or replace the chicken with beans to increase the fibre content!

Get kids involved: They'll enjoy rolling the tortillas!



Nutrition

Per 443g serving

Energy	Fat	Saturates	Sugars	Salt
2657kJ 632kcal	24.3g	11.9g	13.3g	3.2g
32%	35%	60%	15%	53%

Of an adult's Reference Intake (RI)
Typical values per 100g: Energy 600kJ / 143kcal



Source: Pixabay

Spicy & Hawaiian halloumi skewers

May be suitable for: Vegan ✗ Vegetarian ✓ Gluten-free ✓



Serves: 2

These tasty spicy and Hawaiian halloumi skewers are packed with fruit, vegetables and flavour! Ideal for a summer meal cooked on the barbeque and eaten outside!



Prep time: 10 mins
Cooking time: 10 mins

Source: Lee Boag



Allergens: milk



Ingredients

- ✓ 1 block of halloumi
 - ✓ 2 tbsp olive oil
- Spicy skewers*
- ✓ 2 slices of watermelon
 - ✓ 1 tbsp honey
 - ✓ 1 tsp chipotle chilli seeds
 - ✓ 5 sprigs fresh coriander
 - ✓ Juice from ½ lime
 - ✓ 1 packet jalapeño/Padron peppers

Hawaiian skewers

- ✓ 250g mushrooms
- ✓ 2 large slices of pineapple
- ✓ 1 tbsp Jamaican jerk seasoning



Methods

1. Chop the halloumi, watermelon, mushrooms and pineapple into chunks large enough to sit on a skewer.
- Spicy skewers*
2. If desired, coat the watermelon in honey and chilli seeds for extra spice & set aside.
 3. In a separate bowl, coat half of the halloumi with 1 tbsp olive oil, honey, 1 sprig of coriander, lime juice and chipotle seeds. Leave to marinate if desired.
 4. Alternate the halloumi with watermelon and whole jalapeño peppers on the skewers.

Hawaiian skewers

5. In another bowl, coat the rest of the halloumi in 1 tbsp olive oil and Jamaican jerk seasoning. Leave to marinate if desired.
6. Alternate the halloumi with mushrooms and pineapple on the skewers.

To cook

7. Heat a skillet pan and grill each side of the skewers for 3-4 mins.
8. To serve, garnish with fresh coriander.



Top tips

Serving suggestions: Serve as a meal with a homemade coleslaw and salad or make smaller skewers for party food!

Top tip: Invest in re-useable metal skewers to avoid waste.



Nutrition

Per 535g serving

Energy	Fat	Saturates	Sugars	Salt
2584kJ 621kcal	39.6g	20.3g	31.6g	3.6g
31%	57%	102%	35%	60%

Of an adult's Reference Intake (RI)
Typical values per 100g: Energy 483kJ / 116kcal




Source: Pixabay

Hoisin salmon


May be suitable for: Vegan ✕ Vegetarian ✕ Gluten-free ✕

 **Serves:** 4

This dish is fabulously easy to prepare, tasty and healthy. Salmon provides an excellent source of protein and omega-3 fatty acids, thought to be beneficial for heart health, brain and joint function.

 **Prep time:** 5 mins
Cooking time: 25 mins

Source: Neil Emmison (based on a BBC FOOD recipe by Justine Pattison)

 **Allergens:** eggs, fish, sesame, soya, wheat



Ingredients

- ✓ 4 salmon fillets
- ✓ 500g cherry tomatoes
- ✓ 5 spring onions
- ✓ 1 red chilli pepper
- ✓ 2 tbsp hoisin sauce
- ✓ 300g medium egg noodles
- ✓ 400g long stemmed broccoli
- ✓ Freshly ground black pepper
- ✓ Dark soy sauce



Methods

1. Set the oven at 220°C / 200°C fan oven / 425°F / gas mark 7.
2. Wash and halve the cherry tomatoes, finely chop the spring onions and finely slice the red chilli pepper (remove the seeds if you don't like it too hot).
3. Add the cherry tomatoes to a medium sized oven dish (large enough to take the 4 salmon fillets), leaving a two-inch gap between them. Roast for 10 mins.
4. Take the tray containing the tomatoes out of the oven, lay the salmon fillets (skin facing down) on the dish and brush the non-skin surfaces with hoisin sauce.
5. Sprinkle the spring onions and red chilli pepper over the salmon and tomatoes.
6. Place the dish back in the oven for 15 mins or until the salmon is cooked.
7. Whilst the salmon is cooking, add the noodles and broccoli to a pan, fill two-thirds full with boiling water and boil for 4 mins.
8. Take the salmon out of the oven and divide the noodles and broccoli between 4 plates. Top with the salmon and vegetables, season with black pepper and drizzle with soy sauce as desired.



Top tips

Healthier options: Try serving with additional vegetables of your choice such as asparagus and parsnips, as pictured.

Time-savers: Prepare the rest of the veg while the tomatoes are roasting.



Nutrition

Per 469g serving

Energy 2464kJ 585kcal	Fat 19.9g	Saturates 3.6g	Sugars 9.4g	Salt 1.4g
29%	28%	18%	10%	23%

Of an adult's Reference Intake (RI)
Typical values per 100g: Energy 525kJ / 125kcal




Source: Pixabay

Mushroom gnocchi


May be suitable for: Vegan ✗ Vegetarian ✓ Gluten-free ✗

 **Serves:** 4

This recipe started as a veggie side dish at Christmas for Lee Boag, and quickly became a family favourite. It is simple to make, filling, and provides a vegetable-packed, satisfying vegetarian main meal.

 **Prep time:** 10 mins
Cooking time: 15 mins

Source: Lee Boag

 **Allergens:** celery, milk, sulphites, wheat



Ingredients

- ✓ 600g mushrooms
- ✓ 2 white onions
- ✓ 3 cloves of garlic
- ✓ 200g spinach
- ✓ 1 tsp butter
- ✓ 1 tsp olive oil
- ✓ 190ml white wine
- ✓ 1 vegetable stock cube
- ✓ 500ml half fat crème fraiche
- ✓ 2 tbsp tarragon
- ✓ 4 spring onions
- ✓ 1 ball of mozzarella
- ✓ Salt
- ✓ Pepper
- ✓ 500g gnocchi
- ✓ 1 tbsp grated parmesan



Methods

1. Finely slice the mushrooms, onions and garlic, and roughly chop the spinach.
2. Over a medium heat, melt the butter and olive oil in a pan then add the mushrooms, onions and garlic, cooking until browned.
3. Add the spinach to the pan and cook until wilted.
4. Add the white wine and crumble the stock cube into the pan. Reduce to a low heat, then add the crème fraiche and tarragon. Simmer on a low heat for about 10 mins.
5. Meanwhile, finely chop the spring onions and set aside.
6. Break up the mozzarella into the pan and season with salt and pepper to taste.
7. Add the gnocchi to a separate pan of boiling water and boil for 2-3 mins.
8. Drain the gnocchi and add it to the pan containing the sauce.
9. Serve and garnish with spring onions and parmesan.



Top tips

Healthier options: Omit the butter and omit or use less mozzarella to reduce the fat and saturated fat content.

Get kids involved: Kids will enjoy helping to chop the veg, break up the mozzarella and stir the sauce.



Nutrition

Per 531g serving

Energy 2474kJ 595kcal	Fat 29.2g	Saturates 18.6g	Sugars 11.2g	Salt 2.4g
29%	42%	93%	12%	41%

Of an adult's Reference Intake (RI)
Typical values per 100g: Energy 466kJ / 112kcal



Source: Pixabay

Walnut, asparagus & egg linguine

May be suitable for: Vegan ✗ Vegetarian ✓ Gluten-free ✗



Serves: 2



Prep time: 5 mins

Cooking time: 15 mins



Allergens: eggs, milk, nuts, wheat

This delicious pasta dish, with crunchy walnuts, fresh asparagus and a runny egg, provides a nutrient-packed vegetarian meal. Walnuts are an excellent source of essential fatty acids and asparagus a great source of fibre and folate - both essential for human health!

Source: Joanne Robertson



Ingredients

- ✓ 150g linguine
- ✓ Pinch salt
- ✓ 1 tsp olive oil
- ✓ 100g asparagus tips
- ✓ 2 tbsp walnut oil
- ✓ 50g walnuts
- ✓ 2 eggs
- ✓ 50g grated cheddar cheese



Methods

1. Cook the linguine in boiling water with salt and olive oil until *al dente* (soft with a bite) (~15 mins).
2. While the linguine cooks, place the asparagus in boiling water on a medium heat to cook gently (~10 mins). Be careful not to overcook the asparagus.
3. Whilst the asparagus and linguine are cooking, gently heat the walnut oil in a frying pan. Break-up the walnuts into small chunks and add to the pan. Toast the walnuts, turning them all the time, then remove and set aside in a bowl.
4. Leave the walnut oil in the frying pan and fry the eggs so that they have a runny yolk (or as desired).
5. Once cooked, remove the asparagus and linguine from the heat and drain.
6. Drizzle the linguine with walnut oil & sprinkle the toasted walnuts over it.
7. Place the asparagus on top of the linguine, and the fried egg on top of the asparagus. Cut the yolk open, allowing it to spill over.
8. Sprinkle grated cheese over the linguine and enjoy.



Top tips

Healthier-options: Add fibre to the dish by opting for whole wheat linguine, and reduce the fat by using less oil and cheese.

Get kids involved: Kids can break up the walnuts into the pan and have a go at frying an egg!



Nutrition

Per 356g serving

Energy	Fat	Saturates	Sugars	Salt
3208kJ 769kcal	46.6g	10.7g	3.2g	1.3g
38%	67%	53%	4%	21%

Of an adult's Reference Intake (RI)
Typical values per 100g: Energy 901kJ / 216kcal



Source: Pixabay

Amazing sourdough loaf

May be suitable for: Vegan ✓ Vegetarian ✓ Gluten-free ✗



Serves: 10

This amazing sourdough loaf is delicious and easy to make. It requires only a few ingredients and some patience! Sourdough starter is the key ingredient. It takes just over a week to make but is worth it when you get fresh warm sourdough loaf as a result!



Feeding time: 9 days



Prep time: 18 hours
Cooking time: 45 mins

Source: Anna Lindahl



Allergens: rye, wheat



Ingredients

Starter

- ✓ 850g rye flour
- ✓ 850g lukewarm water

Bread

- ✓ 100g active sourdough starter (see above)
- ✓ 300g lukewarm water
- ✓ 500g strong white bread flour
- ✓ 12g fine sea salt



Methods

Starter

1. Mix 150g of rye flour with 150g of lukewarm water. (The temperature of water is just right if it feels neither cold nor hot on your skin.)
2. Cover and leave in a warm place for at least 2 days, stirring from time to time.
3. Once the starter begins to bubble and smell sour, you are ready to start feeding it, which might take up to a week.
4. To feed it, mix 100g of rye flour with 100g of lukewarm water. Mix the starter, discard roughly half of it, and add the fresh flour/water mix.
5. Repeat step 4 daily for 4-7 days, until active and very bubbly.
6. To test if it is ready, drop a teaspoon of starter into a glass of water. If it floats, it is ready for use.
7. Store it in a jar in the fridge, feeding once a week (see step 4).

Bread

In the evening

1. Mix together the sourdough starter and lukewarm water in a large mixing bowl.
2. Add the flour and salt. Mix using a dough whisk, fork or your hands until the dough comes together (add more water if needed). The dough should be wet and unable to hold its shape.
3. Cover with a kitchen towel and leave to rest in a warm room overnight, until the dough has doubled in size.

In the morning

4. Scrape the dough out of the bowl and onto a well-floured surface. Stretch out the dough and fold each corner towards the middle so it looks like an envelope (this will be the seam side - bottom).
5. Flip the dough over and shape into a round loaf (this will be the top). As the dough is quite wet, it might not hold its shape well, but this is okay.
6. Line a round bowl with a heavily floured kitchen towel, and place the loaf into the bowl (seam side up).
7. Leave to rise until almost doubled in size (5-6 hours).

Amazing sourdough loaf *continued...*



Methods

In the afternoon

8. Set the oven to 250°C / 230°C fan oven / 480°F / gas mark 10 with a casserole dish inside.
9. When the oven is heating, place a long piece of baking paper onto a plate and flip the loaf out of the bowl. Score the top of the loaf using a sharp knife and form a pattern of your choice.
10. Once the oven is hot, take the casserole dish out and reduce the heat to 230°C / 210°C fan oven / 450 °F / gas mark 8.
11. Holding by the ends of the baking paper, place the loaf in the casserole dish, taking care not to burn yourself. Bake with the lid on for 30 mins.
12. Remove the lid and bake for a further 10-15 mins.
13. Once baked to your liking, place the loaf on a cooling rack for at least 1 hour before slicing.



Top tips

Healthier options: Replace 200g of white flour with wholemeal flour and reduce the amount of salt - 8g works well as a starting point.

Get the kids involved: They will be amazed at how the dough grows in size!



Nutrition*

Per 78g serving

Energy	Fat	Saturates	Sugars	Salt
830kJ 196kcal	0.7g	0.2g	0.3g	1.2g
10%	1%	1%	0%	20%

Of an adult's Reference Intake (RI)

Typical values per 100g: Energy 1064kJ / 251kcal

*The nutritional analysis above is only an estimate as it has not been possible to accurately determine the nutritional content of the active sourdough starter.

Avocado & chilli kick

May be suitable for: Vegan ✓ Vegetarian ✓ Gluten-free ✓



Serves: 1

This can be eaten as a side dish or as a healthy, tasty snack. The avocado is rich in vitamin E, and the chilli pepper is rich in vitamin C – both are antioxidants.



Prep time: 5 mins

Source: Lindsey Masson



Allergens: none



Ingredients

- ✓ 1 avocado
- ✓ 1 spring onion
- ✓ 1 red chilli pepper
- ✓ 1 tsp olive oil
- ✓ ½ lime
- ✓ Pinch of chilli powder



Methods

1. Chop the avocado into chunks.
2. Finely chop the spring onion.
3. Remove the seeds from the chilli pepper and finely chop.
4. Mix the avocado, spring onion, chilli pepper and olive oil.
5. Squeeze the juice from half a lime over the mixture.
6. Sprinkle the chilli powder on top.



Top tips

Healthier options: Avocado is high in fat (mainly monounsaturated fat), so use ½ an avocado per person instead, and bulk out with peppers or cherry tomatoes.

Serving suggestions: Add some smoked salmon and croutons to turn this into a starter!

Time-savers: Use bottled lime juice instead of a fresh lime.



Nutrition

Per 179g serving

Energy 1283kJ 311kcal	Fat 31.5g	Saturates 6.4g	Sugars 1.6g	Salt 0.1g
15%	45%	32%	0%	20%

Of an adult's Reference Intake (RI)
Typical values per 100g: Energy 717kJ / 174kcal



Banana & apple bread

May be suitable for: Vegan ✗ Vegetarian ✓ Gluten-free ✗



Serves: 8-10

This moist loaf provides a relatively healthy snack and is a great way to use up over-ripe bananas. The smell of it baking in the oven is delicious! Can be eaten plain or with some low-fat spread.



Prep time: 10 mins
Cooking time: 1 hour

Source: Lindsey Masson



Allergens: eggs, milk, wheat



Ingredients

- ✓ 100g light brown sugar
- ✓ 50g margarine
- ✓ 1 large egg
- ✓ 2 ripe bananas
- ✓ 1 apple
- ✓ 1 tsp vanilla extract
- ✓ 1 tsp mixed spice
- ✓ 130g white self-raising flour
- ✓ 70g wholemeal self-raising flour



Methods

1. Set the oven at 180°C / 160°C fan oven / 350°F / gas mark 4.
2. Grease a loaf tin with oil and line the bottom with baking paper.
3. Gently heat the sugar and margarine in a saucepan until the margarine is melted.
4. Whilst the sugar and margarine are heating, crack and beat the egg and set aside. Mash the bananas with a fork and finely chop the apple.
5. Add the egg, bananas, apple, vanilla extract and mixed spice to the saucepan and mix.
6. Slowly add the flour to the saucepan until all the ingredients are combined.
7. Bake in the oven for ~1 hour (from 50 to 70 mins) or until a skewer/knife stuck into the loaf comes out clean.
8. Cool for 5 mins before removing it from the tin and onto a wire rack to cool further.
9. Store in an airtight container.



Top tips

Get the kids involved: Kids will love cracking the egg and mashing the bananas!

Time-savers: Make the bread without the apple or the wholemeal flour (use 200g white flour instead).



Nutrition

Per 83g serving

Energy 917kJ 217kcal	Fat 6.0g	Saturates 1.9g	Sugars 18.3g	Salt 0.4g
11%	9%	10%	20%	6%

Of an adult's Reference Intake (RI)
Typical values per 100g: Energy 1105kJ / 262kcal



Biscoff fudge

May be suitable for: Vegan ✗ Vegetarian ✓ Gluten-free ✗



Serves: 35

This rich, sweet fudge is made using the popular Biscoff spread and Biscoff biscuits! They are sure to hit the spot for anyone with a sweet tooth. Best eaten in small portions as an occasional treat!



Prep time: 5 mins

Setting time: Overnight

Source: Liam Spence (adapted from janespatisserie.com)



Allergens: milk, soya, wheat



Ingredients

- ✓ 125g Biscoff biscuits
- ✓ 300g white chocolate
- ✓ 1 tin condensed milk
- ✓ 1 jar Biscoff spread
- ✓ 2 tbsp icing sugar



Methods

1. Line a medium-sized brownie tin with baking parchment.
2. Crush the Biscoff biscuits either by placing into a bag and using a rolling pin or by using a food processor. Set these aside.
3. Break up the white chocolate into squares and add to a medium size pan.
4. Add the condensed milk and Biscoff spread to the pan and melt the mixture together on a medium heat, stirring all the time.
5. Once melted, mix in the icing sugar and crushed biscuits.
6. Place the mixture in the lined brownie tin, spread evenly and leave in the fridge to set overnight. (The fudge can be eaten within 1-2 hrs but is better if left longer.)
7. Once set, cut into bite-sized pieces and enjoy!



Top tips

Cost savers: Use own-brands where possible & leave out the biscuits.

Get kids involved: Kids will enjoy breaking up the chocolate, crushing the biscuits, and mixing everything together!



Nutrition

Per 36g serving

Energy 689kJ 165kcal	Fat 7.6g	Saturates 2.8g	Sugars 20.2g	Salt 0.1g
8%	11%	14%	22%	2%

Of an adult's Reference Intake (RI)

Typical values per 100g: Energy 1914kJ / 457 kcal




Source: Pixabay

Lemon drizzle cake


May be suitable for: Vegan ✗ Vegetarian ✓ Gluten-free ✗

 **Serves:** 12

This moist lemon drizzle cake is perfect with an afternoon cuppa. While it is easy and cheap to make, it is extremely satisfying, light and fresh.

 **Prep time:** 5 mins
Cooking time: 45 mins

Source: *Caroline Litts*

 **Allergens:** eggs, milk, wheat



Ingredients

- ✓ 2 large eggs
- ✓ 175g caster sugar
- ✓ 150g margarine
- ✓ 1 lemon
- ✓ 175g self-raising flour
- ✓ Pinch of salt
- ✓ 125ml semi-skimmed milk
- ✓ 150g icing sugar



Methods

1. Set the oven at 180°C / 160°C fan oven / 350°F / gas mark 4.
2. Line a loaf tin with baking parchment and grease with margarine.
3. Beat the eggs and caster sugar for 2 mins using an electric mixer or food processor.
4. Grate the lemon rind and add the zest and margarine to the bowl and mix.
5. Gradually mix in a little sifted flour and salt followed by a little milk, until all has been added (don't over-mix).
6. Put the mixture into the lined loaf tin and bake for 45 mins.
7. While the cake is baking, juice the lemon, taking care to remove all the pips.
8. After 45 mins, insert a skewer into the centre of the cake. If it comes out clean, remove the cake from the oven using oven gloves; if the skewer doesn't come out clean, leave in the oven until it does.
9. Using oven gloves, remove the cake from the tin and place on a cooling rack (put baking parchment under the cooling rack to catch syrup spill-over).
10. Heat the icing sugar and lemon juice, stirring continuously until a clear syrup is formed (~3 mins).
11. Pierce the warm cake several times with a fork, then pour the syrup over the entire cake & leave to cool.



Top tips

Healthier options: Use skimmed milk and low-fat spread to reduce the fat content.

Technical tip: Keep the eggs at room temperature prior to adding to prevent curdling.



Nutrition

Per 66g serving

Energy 1240kJ 295kcal	Fat 12.6g	Saturates 4.3g	Sugars 31.4g	Salt 0.5g
15%	18%	22%	35%	9%

Of an adult's Reference Intake (RI)

Typical values per 100g: Energy 1879kJ / 447kcal



Source: Pixabay

Smartie cookies

May be suitable for: Vegan ✗ Vegetarian ✓ Gluten-free ✗



Serves: 18-20

These cookies are ideal for making with kids – they don't take long to make, and kids will love mixing the ingredients together and pressing their favourite colour of smarties into the cookies!



Prep time: 15 mins
Cooking time: 8 mins

Source: Lindsey Masson



Allergens: milk, wheat



Ingredients

- ✓ 225g margarine
- ✓ 170g sugar
- ✓ 2 dessertspoons golden syrup
- ✓ 1 tsp of bicarbonate of soda
- ✓ 450g self-raising flour
- ✓ 2 tubes of smarties



Methods

1. Set the oven at 190°C / 170°C fan oven / 375°F / gas mark 5.
2. Melt the margarine, sugar and syrup in a saucepan.
3. Add the bicarbonate of soda.
4. Add the flour gradually until it's all mixed in.
5. Use your hands to form into small, flattened rounds on baking trays.
6. Bake in the oven for 7-8 minutes or until golden brown.
7. Press the smarties onto each cookie as soon as they come out of the oven. Do this quickly before the cookies cool down.
8. Cool for 5 minutes before lifting onto a wire rack to cool further.
9. Store in an airtight container.



Top tips

Healthier options: Reduce the sugar content by around one fifth to 140g, use 50:50 wholemeal and white flour, and mix in 170g sultanas or chopped nuts before baking instead of adding smarties.

Time-savers: Make the cookie mixture whilst the oven is heating up, and wash up whilst the cookies are in the oven.



Nutrition

Per 48g serving

Energy 993kJ 237kcal	Fat 10.7g	Saturates 3.8g	Sugars 13.8g	Salt 0.6g
12%	15%	19%	15%	10%

Of an adult's Reference Intake (RI)
Typical values per 100g: Energy 2068kJ / 493kcal

