



Bridge Farm Recipe Book



Healthy family snacks

Healthy body = Healthy mind

This book contains recipes for healthy family snacks.

Look out for the teacher favourite!

Teacher favourite snacks are healthy alternatives to packet goods, with high fat or sugar content.





Fruit Kebabs



🕒 Prep: 15 minutes

🕒 Cook: 0 minutes

🍴 Makes: 6

Recipe info

Ingredients

A range of fruit, for example:

- 4 Strawberries
- 1 Kiwi fruit
- 1 Banana
- 6 Grapes (seedless)
- 1 Nectarines
- 2tbsp natural yoghurt (optional)

Equipment

6 wooden skewers
Small bowls
Sharp knife
Chopping board
Plate



Description

This is a simple way to get small children to experiment with different fruits in a fun way.

Method / What to do

1. Set out small quantities of a selection of different prepared fruits in small bowls. Try to make sure there is a variety of colours, as they will then contain a wide range of nutrients.
2. Let the children choose fruit pieces and thread them onto the kebab sticks.
3. Place the fruit kebabs on a plate and serve with yoghurt as a dip.

Teaching points

- Before the children handle the kebab sticks, chop off the ends to avoid danger. For very young children, prepare all the fruit in advance and cut it up into manageable pieces. Older children may be able to cut up soft fruit, such as bananas, with a table knife.
- Encourage children to taste, smell and handle the different fruits as much as possible to get them interested in tasting them.
- Ask children to follow a particular pattern or a combination of colours.





Fresh Fruit Salad



Prep: 20 minutes

Cook: 0 minutes

Serves: 4

Recipe info

Ingredients
125ml fresh fruit juice
Choose a selection of fresh ripe fruits, for example:

- 1 Banana
- 1 Eating apple
- 1 Pear
- 1 Orange
- 1 Kiwi fruit
- 6 Grapes
- 4 Strawberries

Equipment
Measuring jug
Mixing bowl
Chopping board
Sharp knife
Mixing spoon
Serving bowl



Description

Fresh fruit salad is made with a selection of ripe fresh fruit in fresh fruit juice.

Method / What to do

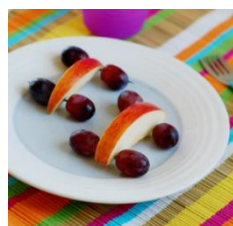
1. Place some of the fresh fruit juice in a mixing bowl.
2. Peel and slice the banana evenly. Put in bowl with juice. Ensure it is coated with juice.
3. Cut apple into quarters, remove core and chop evenly. Add to the bowl and coat with juice. If using pear, do the same.
4. Peel the orange and slice into neat slices or pieces, add to the bowl.
5. Peel and slice kiwi fruit, add to the bowl.
6. Cut open grapes and remove pips. Add to the bowl.
7. Transfer the fruit and juice to a serving bowl.
8. Wash the strawberries and use whole or sliced to decorate top.
9. Add more fresh fruit juice if needed.
10. Refrigerate until served.

Teaching points

- Lemon juice helps prevent apples, pears and bananas going brown.
- Use satsumas or clementines instead of oranges; they are easier to peel for younger pupils.

Variation

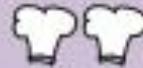
- Use fruits in season – they are cheaper and usually fresher.



You could use the fruit available at home to make an animal or pattern.



Scones



Prep: 10 minutes

Cook: 15 minutes

Makes: 8-10

Recipe info

Ingredients

200g self-raising flour
50g butter or margarine
125ml milk

Equipment

Baking tray
Pastry brush
Weighing scales
Mixing bowl
Measuring jug
Palette knife
Rolling pin
7.5cm Biscuit cutters
Oven gloves
Cooling rack



Description

The scone is a bread-type snack of Scottish origin. A small quick bread made usually with baking powder as a raising agent. Scones in Britain often are lightly sweetened or served with jam but may also be savoury.

Method / What to do

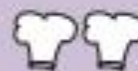
1. Preheat oven to 220°C / gas mark 7.
2. Grease the baking tray.
3. Put the flour into a bowl.
4. Rub the butter or margarine into the flour with your fingertips until it resembles fine breadcrumbs.
5. Pour in most of the milk and mix into a soft dough using the palette knife.
6. Place the dough on a floured work surface and knead lightly. Don't overdo the kneading. Scone dough should be handled as little as possible.
7. Roll the dough until 1.5cm thick.
8. Shape into scones using a cutter.
9. Place scones on to baking tray, brush the top of each scone with the remainder of the milk and bake for 12 - 15 minutes, until golden brown.
10. After baking, place the scones on a cooling rack.

Teaching points

- When rubbing the butter or margarine into the flour lift your hands to help get air into the mixture. To see if the butter or margarine has been mixed well, shake the bowl a little to encourage larger lumps to appear on the surface.
- Traditionally, fluted scone cutters are used for sweet scones and plain cutters for savoury scones.



Savoury Scones



Prep: 15 minutes

Cook: 15 minutes

Serves: 6-8

Recipe info

Ingredients

Oil for greasing
Pinch of cayenne pepper
175g plain wholemeal flour
3 tsp baking powder
1 medium courgette
4 chopped spring onions
1 tsp rosemary
100g feta cheese
1 egg
2 tsp milk
1 tsp mustard

Equipment

Baking tray
Pastry brush
Weighing scales
Sharp knife
Sieve
Measuring spoons
Large mixing bowl
Chopping board
Grater
Small bowl
Fork
Oven gloves
Cooling rack



Description

A very enjoyable savoury scone, which contains vegetables, feta cheese and herbs.

Method / What to do

1. Preheat the oven to 190°C / gas mark 5.
2. Lightly grease a baking tray.
3. Use the tip of a knife to get a pinch of cayenne pepper. Sieve the flour, baking powder and cayenne pepper into the large mixing bowl.
4. Grate the courgette and finely chop the spring onions and rosemary (if fresh). Chop the cheese into small cubes. Add all these to the bowl containing the flour but do not mix.
5. In a small bowl, lightly beat the egg, milk and mustard and pour into the flour mixture.
6. Mix and bring together into a dough with a fork.
7. Transfer the dough on to the baking tray and shape into a rough round, mark into sections (cutting almost all the way through).
8. Bake for about 15 minutes until golden brown.
9. Place on a cooling rack to cool.

Variations

- This recipe may be varied by changing the type of cheese (such as cheddar, parmesan or goats' cheese) and herbs (such as thyme).
- The mixture can be made into individual scones if preferred, in which case baking time should be reduced to 10 - 15 minutes.
- Sprinkle with pumpkin, sesame or sunflower seeds before baking.



Rock Buns



🕒 Prep: 15 minutes

🕒 Cook: 20 minutes

🍴 Makes: 10-12

Recipe info

Ingredients

Oil for greasing
100g margarine
200g self-raising flour
200g sultanas or raisins
75g soft brown sugar
1 egg

Equipment

Baking tray
Greaseproof paper
Pastry brush
Weighing scales
Mixing bowl
Palette knife
Oven gloves
Cooling rack

Description

Rock buns are a traditional British favourite that are economical and easy to make, especially with children.

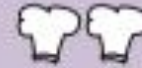
Method / What to do

1. Preheat the oven to 200°C / gas mark 6.
2. Grease and line the baking tray with greaseproof paper.
3. Rub the margarine into flour using your finger tips until the mixture looks like breadcrumbs.
4. Mix in all the other ingredients to form a dough.
5. Shape the dough into balls (about 4cm diameter) and place on the tray.
6. Bake in the oven for 15 to 25 minutes.
7. Remove from the baking tray and allow to cool on the cooling rack until hard.





Ginger Biscuits



Prep: 10-15 minutes

Cook: 10 minutes

Makes: 12

Recipe info

Ingredients

Oil for greasing
 100g plain flour
 1 tsp bicarbonate of soda
 1 tsp of ground ginger
 50g polyunsaturated margarine or butter
 25g sugar
 2 level tbsp syrup

Equipment

Baking tray
 Pastry brush
 Weighing scales
 Sieve
 Mixing bowl
 Measuring spoons
 Small saucepan
 Mixing spoon
 Oven gloves
 Cooling rack



Description

The warm spicy flavour of ginger makes these crunchy biscuits a delectable treat.

Method / What to do

1. Preheat the oven 190°C / gas mark 5.
2. Grease the baking tray.
3. Sieve the dry ingredients into a mixing bowl.
4. Heat the margarine or butter, sugar and syrup over a gentle heat until melted.
5. Cool slightly and add to the dry ingredients - mix with a mixing spoon.
6. Divide the mixture into 12 balls, rolled lightly in moistened hands.
7. Place the biscuits on the tray, well spaced and flatten slightly.
8. Bake for 10 minutes.
9. Lift carefully onto a cooling rack as they will still be soft. Leave to cool for 5 minutes.



Flapjacks



Prep: 10 minutes

Cook: 20-25 minutes

Makes: 8

Recipe info

Ingredients

Oil for greasing
 75g polyunsaturated margarine or butter
 1 tbsp syrup
 50g sugar
 150g porridge oats

Equipment

18cm sandwich cake tin (or similar)
 Pastry brush
 Weighing scales
 Measuring spoon
 Saucepan
 Mixing spoon
 Oven gloves
 Sharp knife
 Cooling rack



Description

Flapjack is a type of oat biscuit. Flapjacks keep well, are easy to make and can be varied with fruit and nuts.

Method / What to do

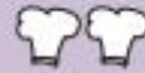
1. Pre-heat oven to 180°C / gas mark 4.
2. Grease the sandwich cake tin.
3. Place margarine or butter, syrup and sugar into a saucepan and gently warm on the hob until the mixture becomes a liquid. DO NOT BOIL.
4. Remove from the hob and add the oats. Mix well.
5. Press the mixture into the tin and smooth with the back of a teaspoon.
6. Bake in the middle of the oven for approximately 20 - 25 minutes until golden brown.
7. Mark into 8 pieces with a sharp knife and leave to cool in the tin.
8. When cool, ease carefully from the tin and place on the cooling rack.

Variations

- Use jumbo oats to replace some or all of the porridge oats
- Add nuts, seeds, chopped apple or dried fruit such as raisins, dates, apricots and sultanas.



Cheese Straws



Prep: 30 minutes

Cook: 15 minutes

Serves: 6-8

Recipe info

Ingredients

Oil for greasing
 100g plain flour
 Pinch cayenne pepper
 1/2 tsp mustard powder
 50g butter
 1 egg
 50g mature cheddar cheese

Equipment

Baking tray
 Pastry brush
 Greasproof paper
 Weighing scales
 Measuring spoons
 Sieve
 Large mixing bowl
 Mixing spoon
 Palette knife
 Small bowl
 Fork
 Grater
 Cling film
 Rolling pin
 Oven gloves
 Cooling rack



Description

Delicious cheesy sticks, perfect for serving with dips or good to eat on their own as a light snack.

Method / What to do

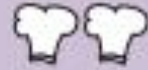
1. Preheat oven to 200°C / gas mark 6.
2. Grease and line a baking tray with greasproof paper.
3. Sift the flour and cayenne pepper together into the large mixing bowl. Mix in the mustard powder.
4. Using the palette knife, cut the butter up into small pieces.
5. Rub the butter into the flour using your fingertips, until it looks like breadcrumbs.
6. Carefully separate the egg and put the yolk into a small bowl. Beat the yolk well, using a fork.
7. Grate the cheese
8. Stir in the grated cheese and beaten egg yolk into the flour mixture. Mix well to form a smooth dough – add a little cold water if the dough is too dry.
9. Cover the dough in cling film and leave to chill in the fridge for 15 minutes.
10. Lightly flour the work surface and roll out the dough into a square of about 15cm thickness.
11. Use the palette knife to cut the dough into strips about 12cm long and 1cm wide.
12. Put the strips onto the baking tray and bake for 15 minutes until golden brown.
13. Remove from the oven and leave to cool for 5 minutes on the tray to prevent them from breaking, before transferring to the cooling rack.

Variation

- Different additions can be made to the basic dough; replace the cheddar with parmesan, add 1 tsp mixed herbs or just have them plain.



Banana & Date Bread



Prep: 15 minutes

Cook: 40-50 minutes

Serves: 6-8

Recipe info

Ingredients

Oil for greasing
 4 ripe bananas
 5 stoned dates
 100g wholemeal flour
 100g plain white flour
 2 tsp of baking powder
 2 tsp of cinnamon
 1 tbsp of raisins (optional)
 2 eggs
 25g margarine
 25g caster sugar

Equipment

1 lb loaf tin
 Pastry brush
 Fork
 2 Mixing bowls
 Sharp knife
 Chopping board
 Measuring spoons
 Sieve
 Weighing scales
 Mixing spoon
 Oven gloves
 Cooling rack



Description

The ripe bananas and dried fruit make this bread naturally sweet so only a little sugar is used.

Method / What to do

1. Pre-heat oven to 180°C / gas mark 4.
2. Grease the loaf tin.
3. Mash the bananas well with a fork in the mixing bowl.
4. Chop the dates.
5. Sieve the flours, baking powder and cinnamon together.
6. Mix all the ingredients into the mashed banana until they are well blended.
7. Put the mixture into the greased loaf tin and bake in the oven for 40 - 50 minutes.
8. Remove from the oven, leave to cool in the tin for 5 minutes then turn out the bread onto the cooling rack.

Teaching points

- Cooking time can be reduced if the mixture is divided up and put into mini loaf tins or in a bun tray - bake in the oven for 25 minutes until firm to touch and golden brown.
- Once mixed, put the bread into the oven as soon as possible or it may fail to rise. This is because the baking powder starts to react as soon as it is mixed with liquids and will only work for a limited time.



Bridge Farm Primary School

'Living and Learning Together'



Carrot and Banana Muffins



Prep: 15 minutes

Cook: 25 minutes

Makes: 8

Recipe info

Ingredients

- 2 carrots
- 1 ripe banana
- 125g self-raising flour
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 25g sugar
- 1 medium egg

Equipment

- 8 muffin cases
- Muffin tin
- Grater
- Small plate
- Masher
- Small mixing bowl
- Weighing scales
- Large mixing bowl
- Measuring spoons
- Sieve
- Tablespoon
- Oven gloves
- Cooling rack



Description

These muffins contain a creative mixture of sweetness from both carrots and fruit. This makes them a tasty snack-time treat.

Method / What to do

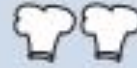
1. Pre-heat the oven to 170°C / gas mark 4.
2. Place 8 muffin cases into the muffin tin
3. Peel and grate the carrots, then peel and mash the banana.
4. Sift the flour together with the baking powder and cinnamon into the mixing bowl.
5. Add all the remaining ingredients to the bowl and stir well.
6. Spoon the mixture into the cases, filling them half full.
7. Bake for 20 - 25 minutes until firm to touch.
8. Remove from the oven and leave to cool for 5 minutes before removing from the tin.

Variation

- Replace the carrots with the same quantity of grated apple and the scones with the same quantity of chopped dates.



Hummus



Prep: 15 minutes

Cook: 0 minutes

Serves: 4-6

Recipe info

Ingredients

400g can chick peas
2 garlic cloves
2 tbsp tahini
Juice 1 lime or lemon
2-4 tbsp water
Bunch fresh coriander (optional)

Equipment

Can opener
Sieve
Blender
Measuring spoons
Sharp Knife
Lemon squeezer
Chopping board
Mixing spoon
Serving dish



Description

Hummus can be served as a dip, as part of a meze, or to accompany falafel, grilled chicken, aubergine and so on. Hummus has been used in Middle Eastern and Mediterranean cuisine for thousands of years.

Method / What to do

1. Empty the chickpeas into a sieve and rinse with water.
2. Peel the garlic and place into the blender together with the chickpeas and blend for a minute. Add tahini and blend again.
3. Gradually add lime/lemon juice and then enough water for the hummus to reach a thick creamy consistency.
4. If using coriander, wash and roughly chop before adding it to the hummus and blending the mixture for another 30 seconds.
5. Serve in a dish with some dippers and a garnish.

Teaching points

- Tahini paste contains sesame seeds. Check to make sure no one is allergic to them. If a child is allergic to sesame seeds, tahini can be omitted.
- Always supervise children using a blender.

Variations

Hummus can be served with:

- Bread dippers, such as strips of pita, toast or crackers.
- Sticks of vegetables, such as carrot, cucumber, celery, pepper, pickled cucumbers.
- Different garnishes: colourful vegetables and parsley (Lebanon), olive oil and mint leaves, paprika, parsley or cumin (Palestine), cumin (Egypt), whole chickpeas and paprika (Israel).



Could you make a fun pepper monster to go with your dip and sticks?

Teacher favourite



Cream Cheese Dip



Prep: 5-10 minutes

Cook: 0 minutes

Serves: 4-6

Recipe info

Ingredients

100g natural yoghurt or fromage
 frais
 100g low fat soft cheese
 Selection of flavourings for the dip
 Selection of 'dippers'

Equipment

Weighing scales
 Mixing bowl
 Mixing spoon
 Measuring spoons
 Chopping board
 Sharp knife
 Serving dish
 Can opener



Description

A very simple dip, which can be varied by using different flavourings and served with different types of 'dippers'.

Method / What to do

1. Mix together the yoghurt/fromage frais and low fat soft cheese.
2. Add flavourings and serve with some dippers.

Flavourings

- Herbs and spices: chopped herbs such as chives or parsley, pepper, paprika, cayenne pepper.
- Cucumber and onion raita: 2 tbsp finely chopped onion, 10cm chopped cucumber, 1 tsp dried or fresh mint.
- Cheese and onion: 50g grated cheese and 2 tbsp finely chopped onion.
- Pineapple: 4 tbsp chopped canned pineapple (in juice), drained.
- Spicy tomato: 4 tbsp of tomato puree or passata, shake of pepper or paprika/chilli.
- For a low fat and vegan version, use 200g silken tofu and mix well until smooth.

Dippers

- Breadsticks, crackers or toast
- Pita or naan bread cut into strips
- Carrots; wash and cut into sticks
- Cucumbers; wash and cut into sticks
- Apple; wash and cut into wedges
- Peppers; wash, remove stalk and core and cut into sticks
- Cherry tomatoes; wash and leave whole
- Cauliflower or broccoli; wash and divide into florets
- Poppadums
- Corn chips



Could you make a pepper monster to go with your dip and sticks?