Yeronga State School Tuckshop

Recipes for Home Bake 2013

Please select any of the following recipes, which have been chosen in accordance with the QLD Government Smart Choices Legislation mandatory for all state schools.

If you have any recipe suggestions, please forward them to: yerongasstuckshop@gmail.com so we can assess the nutritional values and add them to our list of recipes if appropriate.

Suggested quantities for Home Bake are 24 portions, feel free to mix and match.

The tuckshop appreciates your ongoing support.
**Pikelets**

(makes approx. 24 pikelets, 6 cm diameter)

1 cups SR flour
1 tbsps sugar
1 cups skim milk
1 eggs

**Step 1**

Use cooking spray to grease cooking surface. Mix sugar and egg together. Slowly stir in SR flour and milk.

**Step 2**

Spoon mixture into medium hot fry pan. Turn once bubbles appear.
Banana Bread

(cuts into 10 even slices to serve)

Melted low-fat dairy spread, to grease
265g (1 3/4 cups) SR flour
40g (1/4 cup) plain flour
1 tsp ground cinnamon
1 tsp vanilla essence
140g (2/3 cup, firmly packed) brown sugar
125ml (1/2 cup) skim milk
2 eggs, lightly whisked
50g butter, melted, cooled
2 or 3 overripe medium bananas, mashed

Step 1
Preheat oven to 180°C. Brush an 11 x 21cm (base measurement) loaf pan with melted dairy spread to lightly grease. Line the base and 2 opposite sides with non-stick baking paper, allowing it to overhang.

Step 2
Sift the combined flours and cinnamon into a large bowl. Stir in the sugar and make a well in the centre. Place the milk, eggs, melted butter and banana in a medium bowl, and stir until well combined. Add the banana mixture to the flour mixture and stir until just combined. Spoon the mixture into the prepared pan and smooth the surface.

Step 3
Bake in preheated oven for 45-50 minutes or until a skewer inserted into the centre comes out clean. Remove from oven and set aside in the pan for 5 minutes. Turn onto a wire rack to cool completely.
Apple & Custard Muffins
(makes approx. 16 medium muffins)

1 ½ cups SR flour
1 cup wholemeal SR flour
¼ cup custard powder
1 tspn ground cinnamon
½ cup firmly packed brown sugar
2 egg whites
1 cup skim or low fat milk
¼ cup vegetable oil
410g can of pie apples or freshly cut apples in small pieces
¼ tspn ground cinnamon extra
2 tspns caster sugar

Step 1
Preheat oven to 180 degrees C. Line 12 hole (1/3cup/80ml) muffin pan with paper cases then spray with cooking spray.

Step 2
Sift flours together (return husks), then add custard powder, cinnamon and brown sugar in large bowl. Stir in combined egg whites, milk, oil and three-quarters of the pie apples. Mix until just combined - Don’t over mix!

Step 3
Spoon mixture into prepared cases and top with remaining pie apple. Sprinkle with combined caster sugar and extra cinnamon.

Step 4
Bake at 180 deg for about 30 minutes.
Banana Muffins

(makes 16 medium muffins)

1 1/2 cups SR flour
1 cup wholemeal SR flour
3/4 cup brown sugar
2 tablespoons margarine, melted
1 cup skim milk
1 egg
1 tspn vanilla essence
2 ripe bananas, well mashed

Step 1
Preheat oven to 180 degrees C. Line 12 hole (1/3cup/80ml) muffin pan with paper cases then spray with cooking spray.

Step 2
Sift flours into a large bowl (return husks to bowl). Stir in sugar and make a well in the centre. In a small bowl, whisk margarine, milk, egg, vanilla and banana together then add to flour mixture. Stir gently until mixture is just combined but do not over beat.

Step 3
Spoon mixture into muffin cases. Decorate top with a slice of banana.

Step 4
Bake for 20-25 mins or until well risen.
# Chocolate Slice

*(makes approx. 16 slices)*

## BASE

- 1 cup SR flour
- ¼ cup cocoa
- ½ cup sugar
- 2 tbspns desiccated coconut
- 2 tbspns margarine, melted
- 2 tbspns skim milk
- 1 egg white

## ICING

- ¾ cup icing sugar
- 1 tbspn cocoa
- ½ teaspoon margarine
- 2-3 teaspoon skim milk
- 1 ½ teaspoon desiccated coconut
  (optional)

### Step 1
Sift flour. Add cocoa, sugar and coconut. Set aside.

### Step 2
Mix milk and melted margarine together. Add beaten egg white. Pour into dry ingredients and fold together.

### Step 3
Spread mixture over the base of a slab or slice tin that has been coated with cooking spray. Use your palm to flatten and spread. If necessary, flour your hands to avoid mixture sticking.

### Step 4
Bake 35 mins at 180 degrees C.
**Choc-Chip Muffins**

(makes 12 medium muffins)

- 2 cups SR flour
- ½ cup brown sugar
- 1 cup small chocolate buttons
- 1 egg
- ¾ cup buttermilk or ¾ cup skim or low fat milk
- ¼ cup vegetable oil (not peanut oil)

**Step 1**
Preheat oven to 180 degrees C. Line 12 hole (1/3cup/80ml) muffin pan with paper cases (medium sized) then spray with cooking spray.

**Step 2**
Mix all ingredients until just combined. Spoon into medium sized paper cases.

**Step 3**
Bake for 20-25 mins.
Fruit Muffins
(makes approx. 12 medium muffins)

1 ½ cups SR flour
½ cup wholemeal SR Flour
½ cup brown sugar
1 cup fruit (can be fresh, frozen, dried or canned fruit) *
1 egg
¾ cup buttermilk or ¾ cup skim or low fat milk
¼ cup vegetable oil (not peanut oil)

Step 1
Preheat oven to 180 degrees C. Line 12 hole (1/3 cup/80ml) muffin pan with paper cases (medium sized) then spray with cooking spray.

Step 2
Mix all ingredients until just combined. Spoon into paper cases.

Step 3
Decorate the top with a little of the fruit

Step 4
Bake for 20-25 mins.

* Fruit suggestions:
Fresh Fruit – apple, pear, peach, nectarine, plum, berries, mango
Frozen Fruit – raspberries, blueberries, mixed berries
Dried fruit – apricots, dates, mixed fruit
**Chewy Raisin and Oat Biscuits**

(makes approx. 12)

- 1 cup raisins
- 1 cup cornflakes
- ¾ cup rolled oats
- ½ cup SR Flour
- ½ cup Wholemeal SR flour (or white SR flour)
- ¼ cup brown sugar
- ¼ cup olive oil
- 1 egg

**Step 1**
Preheat oven to 200 degrees C. Line baking tray with paper.

**Step 2**
Combine raisins, cornflakes, oats, flours and sugar in a bowl. Whisk oil, egg, and ¼ cup cold water together in a jug. Stir into raisin mixture.

**Step 3**
Using floured hands, roll 2 tbspns of mixture at a time into balls. Place balls 3 cms apart, on prepared try. Flatten slightly.

**Step 4**
Bake for 12 - 14 mins or until golden. Cool on tray.