

Raisin Cake with No Added Sugar
Original Recipe by LEYF Nurseries (2016) – thank you



Ingredients

165g Butter
165g Sieved self-raising flour
2 teaspoons baking powder
3 eggs
250g Raisins
3 teaspoons mixed spice
4 teaspoons vanilla essence

Allergy Aware

Flour Contains Gluten
Egg
Please check ingredients
for other declared
allergens

You will need a hand blender or food processor

Preparation Method

- 1) Preheat oven to gas 3 / 160°C
- 2) Grease a medium size baking tin (any shape will do as long as it is oven proof)
- 3) Place the raisins into a bowl and using a hand blender or food processor, blend them to a smooth pulp
- 4) Place the butter in a small saucepan and melt gently on a hob, do not allow it to get too hot. Then mix the melted butter with the blended raisins and vanilla essence.
- 5) Whisk the eggs separately in a bowl and then pour into the raisin mixture stirring gently.
- 6) Add the self-raising flour, mixed spice and baking powder, stirring continuously until the ingredients are completely mixed through.
- 7) Pour the mixture into the greased baking tin and place in an oven for 45 minutes checking after 30mins to ensure the top is not burning.
- 8) To test the cake is done insert a knife or squewer into the middle of the cake and check that no mixture sticks to the knife / squewer. When done, leave to rest 10mins before turning out onto a baking rack to cool.

Preparation and cooking time

Approx. 1 hour

Chefs tip

- Melting the butter lightly on the hob saves time.

Nutrition and serving tips

The dried fruit in this raisin cake provides a natural source of carbohydrate and fiber – it makes a good addition in a packed lunch where it can be used instead of traditional cakes and biscuits providing energy and satisfying hunger. The sweetness comes naturally from the raisins but remember all sweet things should be limited as occasional treats (preferably at mealtimes only) so cut the cake into portions and freeze, taking out individual portions as needed. Enjoy!

Tuna Pasta Salad

Recipe Adapted From Rachael Anne Hill "Real food for kids"



Ingredients

100g pasta (such as penne) – choose whole-wheat when possible
1 carrot (grated)
50g sultanas
8cm piece of cucumber, chopped
50g cooked sweet corn kernels
400g canned tuna in spring water, drained and flaked
6 TBSP reduced calorie mayonnaise
6 TBSP Greek yoghurt

To Serve

Makes 4-6 portions
Salad leaves
Tomatoes (chopped)

Allergy Aware

Pasta Contains Gluten

Milk

Egg

Please check ingredients for other declared allergens

Preparation Method

- 1) Cook the pasta in a large saucepan of boiling water for 12-15 minutes according to the instructions on the packet until 'al dente' (cooked but with a slight bite to it).
- 2) Drain, refresh under running cold water and transfer to a large bowl.
- 3) Prepare the cucumber and carrot and add to the bowl along with the sweet corn and tuna.
- 4) Mix the mayonnaise with the yoghurt and add it to the pasta salad. Stir gently until coated. You can make the recipe up to this point and store, covered in the refrigerator for up to 2 days.
- 5) To serve line a lunch box or airtight container with the salad leaves, put a serving of the pasta salad on top and scatter over a few bits of tomato.

Preparation and cooking time

Approx. 15-20 minutes

Chefs tip

This recipe serves 4-6; you can make it up to stage 4 and keep for up to 2 days in the refrigerator, this makes it economical and quick. Remember it would make a good lunch for adults at home or work too. Using tinned sweet corn (with no added salt or sugar) means there is no need to precook the kernels just drain and use straight from the can.

You can change the tuna for hard-boiled eggs or ham or chicken. Likewise add different salad vegetables if you wish like red or yellow peppers or celery.

Nutrition and Serving tips

This makes a great alternative to sandwiches.

If you are not sure about using Whole-wheat pasta why not mix 50:50 with your usual pasta whilst you get used to it.

Cous Cous Salad

Recipe adapted from Rachael Anne Hill "Real food for kids"

Ingredients

350g pre-cooked cous cous
1 red pepper, deseeded and chopped
1 yellow pepper deseeded and chopped
500g vine ripened tomatoes. finely chopped
8cm piece of cucumber, finely chopped
50g raisins
1 hard-boiled egg
2 TBSP chopped fresh parsley – optional
2TBSP chopped fresh mint leaves - optional
3 TBSP extra virgin olive oil
2 TBSP freshly squeezed lemon juice
1 tsp. clear honey, warmed
1 TBSP balsamic vinegar



Allergy Aware

Cous-cous Contains Gluten
This recipe includes hard-boiled egg but may be adapted to include nuts.
Please check ingredients for other declared allergens

To serve

Makes 4-6 portions

- 1) Put the couscous in a large bowl and cover with 250ml boiling water. Stir; cover and let stand for 10 minutes.
- 2) Fluff up the couscous with a fork. Add the peppers, tomatoes, cucumber, raisins and herbs and mix well. You can make the recipe up to this point and store covered in the refrigerator for up to 2 days.
- 3) Put the oil, lemon juice, honey, and vinegar in a screw top jar and shake until well mixed. Pour it over the couscous and stir well.
- 4) Hard-boil the egg by placing it in boiling water and cooking for 7-10mins. Allow the egg to cool then peel off the shell and cut it into quarters.
- 5) Transfer a portion of the cous-cous salad into to a lunch box or airtight container and place the quarters of egg on top.

Preparation and cooking time

Approx. 15-18 minutes

Chefs tip

This recipe serves 4-6; you can make it up to stage 2 and keep for up to 2 days in the refrigerator, this makes it economical and quick. Remember it would make a good lunch for adults at home or work too. You can change the hard-boiled egg for or ham, chicken or nuts (such as pecans).

Try growing your own herbs (or helping your child to grow them)– they grow well on a windowsill. You can reduce waste by chopping herbs at their best then freezing them in ice-cube trays. Simply pour fresh water evenly into an ice cube tray, filling each square to approximately a quarter full. Fill each of the cubes with the herbs, ensuring that as much leaf as possible is covered by water. When all the herbs have been added, top up the tray with water and place it in the freezer, keeping it level. Remove the frozen cubes from the tray and store them in clearly labeled bags in the freezer until needed. (See <http://www.gardenersworld.com/how-to-grow-plants/how-to-store-herbs-in-ice-cubes/>)

Nutrition and Serving tips

Cous-cous couldn't be quicker or easier to prepare and children really like its texture. This salad makes a nutritious lunch contributing to the 5 a day fruit / veg recommendation. I have included a hard-boiled egg as a brilliant source of protein but you can swap this for something different such as ham, chicken or quorn. This recipe has used extra virgin olive oil but you can swap this for regular olive oil or Rapeseed oil.

Healthy Homemade Houmous

Recipe from BBC Good Food <https://www.bbcgoodfood.com/recipes/1940690/healthy-homemade-houmous->



Ingredients

1 x 400g can chickpea, don't drain
1 tbsp. tahini paste
1 fat garlic clove, chopped
3 tbsp. 0% fat Greek yogurt
Good squeeze lemon juice

Preparation time 5 minutes

Allergy Aware

Tahini Contains **Sesame seed**

Chickpeas are a **Legume**

Milk

Please check ingredients for other declared allergens

Chefs Tips

Makes 4 portions

Cover and keep in the fridge for up to 2 days

- 1) Drain the chickpeas into a sieve set over a bowl or jug to catch the liquid.
- 2) Tip the chickpeas, tahini, garlic and yogurt into a food processor or blender and whizz to smooth.
- 3) Whizz in a tbsp. of the chickpea liquid at a time until you have a nice consistency, then scrape into a bowl, stir in a squeeze of lemon juice and season to taste.

Nutrition and Serving tips

Houmous is a great snack served with vegetable sticks or strips of pitta bread. Include it in the lunchbox as an accomplement or as a sandwich filling. Serve as a filling and healthy after school snack. Most Houmus recipes use oil – this is a low fat version so it does not, feel free to try different recipes to find one you like.