Apple and rhubarb crumble

**Preparation time:** 15 minutes  
**Cooking time:** 35 minutes

**Dessert**

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples (cooking or solid apple pack)</td>
<td>200g</td>
<td>400g</td>
</tr>
<tr>
<td>Canned rhubarb, drained</td>
<td>200g</td>
<td>400g</td>
</tr>
<tr>
<td>Caster sugar</td>
<td>20g (1 tablespoon)</td>
<td>40g (2 tablespoons)</td>
</tr>
<tr>
<td>Vegetable oil spread</td>
<td>50g</td>
<td>100g</td>
</tr>
<tr>
<td>Plain flour</td>
<td>80g (4 tablespoons)</td>
<td>160g (8 tablespoons)</td>
</tr>
<tr>
<td>Wholemeal flour</td>
<td>30g (1 ½ tablespoons)</td>
<td>60g (3 tablespoons)</td>
</tr>
<tr>
<td>Dark brown sugar</td>
<td>50g (2 ½ tablespoons)</td>
<td>100g (5 tablespoons)</td>
</tr>
<tr>
<td>Rolled oats</td>
<td>20g</td>
<td>40g</td>
</tr>
</tbody>
</table>

**Typical portion size for 1-4 years:** 60g  
Included in: Autumn/winter menu

**Method**

1. Preheat the oven to 190ºC/375ºF/gas mark 5.
2. Chop the apples into 2cm slices and rhubarb into 4cm lengths and lay on the bottom of an ovenproof dish.  
   Sprinkle with the caster sugar.
3. Prepare the crumble mixture: gently rub the vegetable oil spread into the flour and brown sugar, then add the oats.
4. Sprinkle the mixture over the fruit and level, ensuring all the fruit is covered.
5. Bake in the oven for 35 minutes.

**Serving suggestion:** Serve with custard.

**Infants 10-12 months**

Serve 30g stewed apple and rhubarb with 50g custard.  
Avoid providing cakes and biscuits to infants under 12 months. Instead provide fruit and dairy-based desserts, such as fruit with plain yoghurt, semolina or rice pudding.

*Allergy Information: Contains Milk, oats (gluten), wheat (gluten)*

*Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don’t assume.*
Baked apple with cinnamon

Preparation time: 5 minutes
Cooking time: 20 minutes

Dessert

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple, cored</td>
<td>400g (4 medium)</td>
<td>1.2kg (12 medium)</td>
</tr>
<tr>
<td>Soft brown sugar</td>
<td>30g (1½ tablespoons)</td>
<td>60g (3 tablespoons)</td>
</tr>
<tr>
<td>Sultanas</td>
<td>50g (1½ tablespoons)</td>
<td>100g (3 tablespoons)</td>
</tr>
<tr>
<td>Tap water</td>
<td>20ml</td>
<td>40ml</td>
</tr>
<tr>
<td>Ground cinnamon</td>
<td>6g (2 teaspoons)</td>
<td>12g (4 teaspoons)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 40g
Included in: Autumn/winter menu

Method

1. Pre-heat the oven to 200°C/400°F/gas mark 6.
2. Cut the apple into segments and lay in an ovenproof dish.
3. Sprinkle with the sultanas, sugar, cinnamon and water.
4. Bake in the oven for 10-15 minutes until the apples have soften.

Serving suggestion: Use different coloured apples.

Infants 10-12 months
Typical portion size: 30g

Recipe adaptations:
Prepare without sugar for infants under 12 months, and serve with 50g plain yoghurt to increase calcium content.

* Allergy Information: None

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.
Banana and cinnamon rice pudding

Preparation time: 10 minutes
Cooking time: 2 hours

Dessert

Ingredients | Quantity (serves 10) | Quantity (serves 20)
---|---|---
Pudding rice | 100g | 200g
Caster sugar | 30g (1 ½ tablespoons) | 60g (3 tablespoons)
Milk | 1L | 2L
Banana | 400g (4 medium) | 800g (8 medium)
Ground cinnamon | 3g (1 teaspoon) | 6g (2 teaspoons)

Typical portion size for 1-4 years: 110g
Included in: Autumn/winter menu

Method

1. Preheat the oven to 160ºC/325ºF/gas mark 3 and grease an ovenproof dish.
2. Wash the rice in a sieve and put it in the dish with the sugar.
3. Heat the milk in a pan and pour over the rice and sugar.
4. Bake in the oven for 1½-2 hours until the rice is tender. Cover with foil if the pudding starts to burn.
5. Meanwhile, place the bananas in their skins on a baking tray and bake in the oven for 30 minutes.
6. After 30 minutes, remove the bananas from the oven, scoop out the banana flesh from the skins. Blend the banana flesh and cinnamon to a smooth purée. Combine with the rice pudding or serve separately.

Serving suggestion: Can be served warm, or prepared in advance and served cold. For a quicker to prepare version, the rice pudding can be cooked in a pan on the hob instead of being oven baked.

Infants 10-12 months
Typical portion size: 60g
Recipe adaptations:
Prepare without sugar for infants under 12 months, and serve with fruit such as pear slices to provide a finger food.

* Allergy Information: Contains milk*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.
Banana buns

Preparation time: 15 minutes
Cooking time: 20 minutes

Dessert

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana, peeled</td>
<td>110g (1 medium)</td>
<td>220g (2 medium)</td>
</tr>
<tr>
<td>Semi-skimmed milk</td>
<td>65ml</td>
<td>125ml</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>30ml (2 tablespoons)</td>
<td>60ml (4 tablespoons)</td>
</tr>
<tr>
<td>Egg</td>
<td>50g (1)</td>
<td>100g (2)</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>50g</td>
<td>100g</td>
</tr>
<tr>
<td>Self-raising flour</td>
<td>65g</td>
<td>125g</td>
</tr>
<tr>
<td>Wholemeal flour</td>
<td>25g (1 tablespoon)</td>
<td>50g (2 tablespoons)</td>
</tr>
<tr>
<td>Baking powder</td>
<td>2.5g (½ teaspoon)</td>
<td>5g (1 teaspoon)</td>
</tr>
<tr>
<td>Mixed spice</td>
<td>2.5g (½ teaspoon)</td>
<td>5g (1 teaspoon)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 30g
Included in: Spring/summer menu

Method

1. Pre-heat the oven to 180°C/350°F/Gas mark 4. Line a cupcake or muffin tin with the appropriate number of mini muffin/cupcake cases.
2. Mash the banana.
3. In a large bowl, beat the milk, oil, egg and sugar together. Then add the mashed banana.
4. In a separate bowl, mix the flours, baking powder and mixed spice.
5. Make a well in the middle of the dry ingredients and gradually add the liquid, mixing until just combined.
6. Spoon the mixture into the paper cases and bake for 20 minutes, until they are lightly browned on top, and spring back when pressed lightly. Transfer to a wire rack to cool.

Serving suggestion: Use a variety of seasonal fruit instead of banana.

Infants 10-12 months
Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with plain yoghurt, semolina or rice pudding.

Try swapping the banana buns for fingers of banana (30g) served as a finger food.

* Allergy Information: Contains egg, milk, wheat (gluten)*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don’t assume.
Dessert

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana, peeled</td>
<td>240g (2 large)</td>
<td>480g (4 large)</td>
</tr>
<tr>
<td>Egg</td>
<td>200g (4 eggs)</td>
<td>400g (8 eggs)</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>30ml (2 tablespoons)</td>
<td>60ml (2 tablespoons)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 40g

Included in: Autumn/winter menu

Method

1. Mash the banana in a bowl with a fork. Combine with the eggs and beat well.
2. Heat the oil in a large frying pan on low-medium heat. Pour a small amount of the mixture into the pan to make a small pancake – no bigger than 10-12cm.
3. Cook the pancake until bubbling on the top (1-2 minutes), then flip with a spatula and continue to cook until golden on both sides (30 seconds-1 minute).

Serving suggestion: Serve with plums or frozen mixed berries.

Infants 10-12 months
Typical portion size: 40g
Serve with a plain yoghurt
dip/topping for infants 10-12 months to increase the calcium content.

* Allergy Information: Contains egg*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don’t assume.
Blueberry sponge cakes

Preparation time: 15 minutes
Cooking time: 20 minutes

Dessert

Ingredients | Quantity (serves 10) | Quantity (serves 20)
--- | --- | ---
Eggs | 100g (2 eggs) | 200g (4 eggs)
Vegetable oil spread | 80g | 160g
Caster sugar | 80g | 160g
Self-raising flour | 80g | 160g
Blueberries | 80g | 160g

Typical portion size for 1-4 years: 35g
Included in: Spring/summer menu

Method

1. Pre heat the oven to 180ºC/350ºF/gas mark 4.
2. Whisk the eggs, spread and sugar together. Line a cupcake or muffin tin with the appropriate number of mini muffin/cupcake cases.
3. Sieve the flour into the mixture and fold until the mixture is smooth and pale.
4. Fold in the blueberries gently.
5. Spoon the mixture into the paper cases.
6. Bake for 20 minutes, until they are lightly browned on top, and spring back when pressed lightly. Transfer to a wire rack to cool.

Serving suggestion: Serve warm with custard or cold with yoghurt.

Infants 10-12 months
Avoid providing cakes and biscuits to infants under 12 months.
Instead, provide fruit and dairy-based desserts, such as fruit with plain yoghurt, semolina or rice pudding.

Try swapping the blueberry sponge for a fruit or dairy dessert for plain whole milk yoghurt (50g) with whole or mashed blueberries (25g).

* Allergy Information: Contains egg, milk, wheat (gluten)*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don’t assume.
Courgette and lime cake

Preparation time: 10 minutes
Cooking time: 25 minutes

Dessert

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Courgette</td>
<td>100g</td>
<td>200g</td>
</tr>
<tr>
<td>Lime zest</td>
<td>1 lime</td>
<td>2 limes</td>
</tr>
<tr>
<td>Plain flour</td>
<td>90g</td>
<td>180g</td>
</tr>
<tr>
<td>Baking powder</td>
<td>2.5g (½ teaspoon)</td>
<td>5g (1 teaspoon)</td>
</tr>
<tr>
<td>Cocoa powder</td>
<td>20g</td>
<td>40g</td>
</tr>
<tr>
<td>Bicarbonate of soda</td>
<td>5g (1 teaspoon)</td>
<td>10g (2 teaspoons)</td>
</tr>
<tr>
<td>Caster sugar</td>
<td>60g</td>
<td>120g</td>
</tr>
<tr>
<td>Egg</td>
<td>50g (1 medium)</td>
<td>100g (2 medium)</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>85ml</td>
<td>170ml</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 40g
Additional recipe: try instead of mini carrot cakes

Method

1. Pre-heat the oven to 180°C/350°F/Gas mark 4. Grease and line a tin.
2. Grate lime and courgette.
3. Sift the flour, baking powder, cocoa powder, bicarbonate of soda and add the sugar.
4. Beat the egg with the vegetable oil.
5. Mix the egg and oil into dry ingredients and stir in grated courgette and lime.
6. Pour the cake mixture into the tin and bake for 25-30 minutes.

Serving suggestion: Serve as slices of a large cake, or as individual muffins.

Infants 10-12 months

Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with plain yoghurt, semolina or rice pudding.

* Allergy Information: Contains egg, wheat (gluten)*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.
Creamy apricot dessert

Preparation time: 10 minutes
Cooking time: None

Dessert

Ingredients

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mascarpone cheese</td>
<td>150g</td>
<td>300g</td>
</tr>
<tr>
<td>Plain whole milk yoghurt</td>
<td>300g</td>
<td>600g</td>
</tr>
<tr>
<td>Canned apricots, in juice, drained</td>
<td>512g (2 x 400g cans, drained)</td>
<td>1.2kg (4 x 400g cans, drained)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 95g
Included in: Spring/summer menu

Method

1. Beat together the mascarpone and yoghurt.
2. Drain the apricots and purée them.
3. Swirl the apricot purée into the creamy mixture.

Serving suggestion: Use a variety of canned fruit in juice.

Infants 10-12 months
Reserve some apricots to serve as a finger food for infants, and serve a smaller portion of the apricot dessert, with some slices of drained apricots.

* Allergy Information: Contains milk*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don’t assume.
Custard

Dessert

Preparation time: 5 minutes
Cooking time: 5 minutes

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>500ml</td>
<td>1L</td>
</tr>
<tr>
<td>Custard powder</td>
<td>50g (1 ½ heaped tablespoons)</td>
<td>100g (3 heaped tablespoons)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 60g
Included in: Spring/summer menu and autumn/winter menu

Method

1. Mix a little of the milk and all of the custard powder in a bowl until smooth. Heat the rest of the milk in a saucepan until hot, then pour over the custard powder and mix well. Return the pan to the heat and stir continuously to avoid lumps.
2. When the mixture starts boiling, slightly lower the heat and add the sugar. Continue stirring until the custard thickens.

Serving suggestion: Serve with Eve’s pudding or crumble.

Infants 10-12 months
Serve a smaller portion to infants aged 10-12 months (about 50g).

* Allergy Information: Contains milk*

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Eve’s pudding

Preparation time: 20 minutes
Cooking time: 25 minutes

Dessert

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooking apple, peeled and cored</td>
<td>400g</td>
<td>800g</td>
</tr>
<tr>
<td>Caster sugar</td>
<td>80g</td>
<td>150g</td>
</tr>
<tr>
<td>Vegetable oil spread</td>
<td>80g</td>
<td>150g</td>
</tr>
<tr>
<td>Egg</td>
<td>80g (2 small)</td>
<td>150g (3 medium)</td>
</tr>
<tr>
<td>Self-raising flour</td>
<td>80g</td>
<td>150g</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 60g
Included in: Autumn/winter menu

**Method**

1. Preheat the oven to 180ºC/350ºF/gas mark 4.
2. Slice the apples and arrange them on the bottom of a greased baking dish. Bake in the oven for 10 minutes.
3. Meanwhile, beat the sugar and spread until light and fluffy.
4. Beat the eggs and gradually beat them into the vegetable oil spread mixture.
5. Fold in the flour.
6. Spread the sponge mixture on top of apples and bake for 25 minutes, or until the sponge is lightly browned and springs back when pressed gently, and the apples are soft when checked with a sharp knife.

**Serving suggestion:** Serve with custard.

**Infants 10-12 months**

Instead of Eve’s pudding, serve 30g stewed apple for infants 10-12 months. Keep some apple slices as soft cooked to serve as a finger food.

*Allergy Information:* Contains egg, milk, wheat (gluten)*

*Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don’t assume.
Fruit, jelly and ice cream

Preparation time: 5 minutes
Cooking time: 2 hours in small pots or overnight for a large bowl

Dessert

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raspberry jelly cubes*</td>
<td>90g</td>
<td>180g</td>
</tr>
<tr>
<td>Boiling water</td>
<td>190ml</td>
<td>380ml</td>
</tr>
<tr>
<td>Cold water</td>
<td>190ml</td>
<td>380ml</td>
</tr>
<tr>
<td>Blackcurrants or raspberries</td>
<td>400g</td>
<td>800g</td>
</tr>
<tr>
<td>Dairy ice cream</td>
<td>150g</td>
<td>600g</td>
</tr>
</tbody>
</table>

* jelly cubes generally contain pork gelatine, but you can choose vegetarian jelly cubes if catering for vegetarian children, or children who do not eat pork.

Typical portion size for 1-4 years: 110g
Included in: Spring/summer menu

Method

1. Make up the jelly according to the manufacturer’s instructions.
2. Pour the jelly over the blackcurrants or raspberries. Cover and refrigerate to set.
3. Serve with a scoop of dairy ice cream.

Serving suggestion: Use different seasonal fruits throughout the year.

Infants 10-12 months
Swap the jelly for a fruit or dairy dessert for infants 10-12 months – try sticks of cheese such as Edam (10g) with sliced grapes (30g).

* Allergy Information: Contains egg, milk*
Fruity oat crumble sundaes

Preparation time: 10 minutes  
Cooking time: 20 minutes

**Dessert**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wholemeal flour</td>
<td>65g</td>
<td>130g</td>
</tr>
<tr>
<td>Oats</td>
<td>20g</td>
<td>40g</td>
</tr>
<tr>
<td>Vegetable oil spread</td>
<td>20g</td>
<td>40g</td>
</tr>
<tr>
<td>Soft brown sugar</td>
<td>20g</td>
<td>40g</td>
</tr>
<tr>
<td>Canned fruit cocktail, in juice, drained</td>
<td>260g (1 x 400g can, drained)</td>
<td>520g (2 x 400g can, drained)</td>
</tr>
<tr>
<td>Custard</td>
<td>335g</td>
<td>670g</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 70g

Included in: Autumn/winter menu

**Method**

1. Preheat the oven to 190°C/170°C fan or gas mark 5. Line the baking tray with baking parchment or greaseproof paper.
2. Place the flour and oats into a large bowl, add the spread and rub in using your fingertips.
3. Add the sugar and stir together.
4. Tip onto a baking tray and spread into an even layer, then cook for 10-15 minutes. Then leave to cool.
5. Alternate layers of fruit & custard until there are 4 equal layers. Leave to cool in the fridge.
6. Sprinkle the fruit and custard layers with crumble topping.

**Serving suggestion:** Use different fruits to vary the colour, tastes and texture.

**Infants 10-12 months**

Typical portion size: About 30g  
fruit plus 50g custard

Recipe adaptations: For infants under 12 months, serve the drained fruit cocktail with a portion of custard.

* *Allergy Information:* Contains milk, oats (gluten), wheat (gluten)*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don’t assume.
Dessert

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable oil spread</td>
<td>30g</td>
<td>60g</td>
</tr>
<tr>
<td>Caster sugar</td>
<td>50g</td>
<td>100g</td>
</tr>
<tr>
<td>Golden syrup</td>
<td>25g</td>
<td>100g</td>
</tr>
<tr>
<td>Egg</td>
<td>25g (½)</td>
<td>50g (1 egg)</td>
</tr>
<tr>
<td>Semi-skimmed milk</td>
<td>100ml</td>
<td>200ml</td>
</tr>
<tr>
<td>Self-raising flour</td>
<td>115g</td>
<td>230g</td>
</tr>
<tr>
<td>Bicarbonate of soda</td>
<td>1.5g (½ teaspoon)</td>
<td>3g (1 teaspoon)</td>
</tr>
<tr>
<td>Ground ginger</td>
<td>3g (1 teaspoon)</td>
<td>6g (2 teaspoons)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 35g
Additional recipe: try instead of mini carrot cakes

Method

1. Pre-heat the oven to 150°C/300°F/Gas mark 2. Grease and line a baking tray.
2. Melt the spread, sugar and syrup gently.
3. Beat the egg into the milk.
4. Sieve the dry ingredients and add to the syrup mix.
5. Add and stir in the egg and milk mixture.
6. Bake for 20 minutes or until cooked.

Serving suggestion: Serve with custard or fruit slices.

Infants 10-12 months
Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with yoghurt, semolina or rice pudding.

*Allergy Information: Contains egg, milk, wheat (gluten)*

*Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.
Greek yoghurt and Raspberry purée

Dessert

Ingredients

<table>
<thead>
<tr>
<th></th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh or frozen raspberries</td>
<td>400g</td>
<td>800g</td>
</tr>
<tr>
<td>Greek whole milk yoghurt</td>
<td>600g</td>
<td>1.2kg</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 100g (60g yoghurt, 40g fruit)
Included in: Spring/summer menu

Method

1. Purée the raspberries until smooth. Either combine with Greek yoghurt and serve immediately or serve separately if children prefer to serve themselves.

Serving suggestion: Use a variety of fresh or frozen fruits.

Infants 10-12 months

Serve a smaller portion to infants aged 10-12 months (around 50g plain yoghurt and 25g fruit).

* Allergy Information: Contains milk*
Dessert

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetable oil spread</td>
<td>90g</td>
<td>150g</td>
</tr>
<tr>
<td>Caster sugar</td>
<td>90g</td>
<td>150g</td>
</tr>
<tr>
<td>Egg</td>
<td>90g (2 small)</td>
<td>150g (3)</td>
</tr>
<tr>
<td>Self-raising flour</td>
<td>90g</td>
<td>150g</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1.5g (½ teaspoon)</td>
<td>3g (1 teaspoon)</td>
</tr>
<tr>
<td>Polenta</td>
<td>15g</td>
<td>30g</td>
</tr>
<tr>
<td>Lemon juice</td>
<td>15ml (1 tablespoon)</td>
<td>30ml (2 tablespoons)</td>
</tr>
<tr>
<td>Orange juice</td>
<td>30ml (2 tablespoons)</td>
<td>60ml (4 tablespoons)</td>
</tr>
<tr>
<td>Orange segments</td>
<td>250g</td>
<td>500g</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 60g (35g cake, 25g fruit)

Additional recipe: try instead of shortbread and satsuma segments

**Method**

1. Pre-heat the oven to 160°C/320°F/Gas mark 3.
2. Grease and line a cake tin.
3. Cream the spread and sugar together until light and fluffy.
4. Add the eggs one at a time and mix thoroughly.
5. Once combined, add the remaining ingredients and combine well.
6. Transfer the mixture to the cake tin and bake in the oven for 20-25 minutes or until the cake is cooked through.
7. Serve with orange slices.

**Serving suggestion:** Serve with orange slices.

**Infants 10-12 months**

Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with plain yoghurt, semolina or rice pudding.

* Allergy Information: Contains egg, milk, wheat (gluten)*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.
Dessert

**Ingredients**

<table>
<thead>
<tr>
<th></th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon</td>
<td>½ lemon (zest only)</td>
<td>1 lemon (zest only)</td>
</tr>
<tr>
<td>Egg</td>
<td>80g (2 small)</td>
<td>160g (4 small)</td>
</tr>
<tr>
<td>Vegetable oil spread</td>
<td>80g (4 tablespoons)</td>
<td>160g (8 tablespoons)</td>
</tr>
<tr>
<td>Caster sugar</td>
<td>80g (4 tablespoons)</td>
<td>160g (8 tablespoons)</td>
</tr>
<tr>
<td>Self-raising flour</td>
<td>80g (4 tablespoons)</td>
<td>160g (8 tablespoons)</td>
</tr>
<tr>
<td>Sultanas</td>
<td>40g (1 heaped tablespoon)</td>
<td>80g (2 heaped tablespoons)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 35g

Included in: Spring/summer menu

**Method**

1. Pre-heat the oven to 180°C/350°F/Gas mark 4. Grease and line an appropriate size cake tin.
2. Zest the lemon. Beat the eggs.
3. Cream together the spread and sugar.
4. Add the eggs and beat into the spread and sugar mixture.
5. Sift in the flour, and add the lemon zest and sultanas. Fold into the mixture until just combined and pour into the prepared tin.
6. Bake for 20-25 minutes or until the cake is lightly browned on top, and springs back when lightly pressed.
7. Cool on a wire tray and serve.

**Serving suggestion:** Drizzle with lemon juice whilst warm before serving.

**Infants 10-12 months**

**Typical portion size:** Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with plain yoghurt, semolina or rice pudding.

Try plain whole milk yoghurt (50g) with chopped raisins (10g) and canned peach slices (25g).

**Allergy Information:** Contains egg, milk, wheat (gluten)*

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Mandarin jelly

Preparation time: 5 minutes
Cooking time: 2 hours in small pots or overnight for a large bowl

Dessert

**Ingredients**

<table>
<thead>
<tr>
<th></th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange jelly cubes</td>
<td>90g</td>
<td>180g</td>
</tr>
<tr>
<td>Boiling water</td>
<td>190ml</td>
<td>380ml</td>
</tr>
<tr>
<td>Cold water</td>
<td>190ml</td>
<td>380ml</td>
</tr>
<tr>
<td>Canned mandarins, in juice, drained</td>
<td>350g (2 x 298g cans, drained)</td>
<td>700g (4x 298g cans, drained)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 70g
Included in: Autumn/winter menu

**Method**

1. Make up the jelly according to the manufacturer’s instructions.
2. Pour over the mandarins. Cover and refrigerate to set.

**Serving suggestion:** Use seasonal fruits throughout the year.

**Infants 10-12 months**

Typical portion size: 30g canned mandarins.

**Recipe adaptations:** As fruit jelly can be a difficult texture for some infants to manage, swap the fruit jelly for plain canned mandarins instead.

---

*Allergy Information: None*
Mango and pear cobbler

Dessert

**Ingredients**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh or canned mango, in juice, drained</td>
<td>150g</td>
<td>300g</td>
</tr>
<tr>
<td>Pears, peeled and cored</td>
<td>150g (1 medium)</td>
<td>300g (2 medium)</td>
</tr>
<tr>
<td>Water</td>
<td>30ml (2 tablespoons)</td>
<td>60ml (4 tablespoons)</td>
</tr>
<tr>
<td>Plain flour</td>
<td>160g</td>
<td>320g</td>
</tr>
<tr>
<td>Baking powder</td>
<td>1.5g (½ teaspoon)</td>
<td>3g (1 teaspoon)</td>
</tr>
<tr>
<td>Ground mixed spice</td>
<td>1.5g (½ teaspoon)</td>
<td>3g (1 teaspoon)</td>
</tr>
<tr>
<td>Vegetable oil spread</td>
<td>75g</td>
<td>150g</td>
</tr>
<tr>
<td>Soft light brown sugar</td>
<td>20g</td>
<td>40g</td>
</tr>
<tr>
<td>Semi skimmed milk</td>
<td>65ml</td>
<td>140ml</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 60g

Additional recipe: try instead of apple and rhubarb crumble

**Method**

1. Pre-heat the oven to 180°C/350°F/Gas mark 4.
2. Slice the mango and pear. Place in a pan over a medium heat and stew gently with the water for 5 minutes. Place in an ovenproof dish.
3. To make the cobbler, sift the flour, baking powder and mixed spice into a bowl.
4. Rub in the spread until the texture is like breadcrumbs.
5. Add the sugar and the milk (reserving a little to brush the pastry) and mix to make a soft dough.
6. Spoon the mixture on to the fruit and brush with the reserved milk.
7. Bake for 30-35 minutes or until golden brown.

**Serving suggestion:** Serve with custard.

**Infants 10-12 months**

Avoid providing cakes and biscuits to infants under 12 months.
Instead, provide fruit and dairy-based desserts, such as fruit with plain yoghurt, semolina or rice pudding – try stewed mangos and pears with custard or yoghurt.

*Allergy Information: Contains milk, wheat (gluten)*
**Mini carrot cakes**

**Preparation time:** 20 minutes  
**Cooking time:** 25 minutes

### Dessert

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots, peeled</td>
<td>60g (2 small)</td>
<td>120g (4 small)</td>
</tr>
<tr>
<td>Self-raising flour</td>
<td>115g</td>
<td>230g</td>
</tr>
<tr>
<td>Soft brown sugar</td>
<td>35g</td>
<td>70g</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>1.5g (½ teaspoon)</td>
<td>3g (1 teaspoon)</td>
</tr>
<tr>
<td>Raisins</td>
<td>40g</td>
<td>80g</td>
</tr>
<tr>
<td>Egg</td>
<td>40g (1 small)</td>
<td>80g (2 small)</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>70ml</td>
<td>140ml</td>
</tr>
<tr>
<td>Orange juice or milk</td>
<td>25ml</td>
<td>50ml</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 35g  
Included in: Autumn/winter menu

### Method

1. Pre-heat the oven to 150°C /300°F/gas mark 2. Line a cake or muffin tin with mini muffin or cupcake cases.  
2. Grate the carrots.  
3. In a large bowl, mix the flour, sugar, cinnamon, grated carrots and raisins.  
4. Make a hole in the centre of the mixture and add the egg and oil. Mix well. Stir in the orange juice or milk.  
5. Spoon the mixture into the paper cases.  
7. Remove from the tray and allow to cool.

**Serving suggestion:** Add some nutmeg for an extra spicy flavour.

### Infants 10-12 months

**Typical portion size:** Avoid providing cakes and biscuits to infants under 12 months. Instead provide fruit and dairy-based desserts, such as fruit with plain yoghurt, semolina or rice pudding.  
For infants, try serving sticks of banana instead.

**Allergy Information:** Contains egg, milk, wheat (gluten)*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.
Moroccan fruit salad

Preparation time: 10 minutes
Cooking time: None

Dessert

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orange, peeled</td>
<td>150g (1 medium)</td>
<td>300g (2 medium)</td>
</tr>
<tr>
<td>Grapefruit, peeled</td>
<td>150g (½ medium)</td>
<td>300g (1 medium)</td>
</tr>
<tr>
<td>Pomegranate</td>
<td>70g</td>
<td>140g</td>
</tr>
<tr>
<td>Orange juice</td>
<td>30ml (2 tablespoons)</td>
<td>60ml (4 tablespoons)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 40g

Additional recipe: try instead of seasonal fruit salad

Method
1. Break the orange into segments and slice lengthways.
2. Chop the grapefruit.
3. Remove the seeds from the pomegranate.
4. Combine all the fruit and the fruit juice.

Servings suggestion: Try with different combinations of fruit.

**Infants 10-12 months**
Typical portion size: 30g
Recipe adaptations: Slice the fruit into fingers to make it easier for infants to hold.

* Allergy Information: None

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.
Dessert

### Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrot, peeled</td>
<td>75g (1 medium)</td>
<td>150g (2 medium)</td>
</tr>
<tr>
<td>Dried dates</td>
<td>35g</td>
<td>70g</td>
</tr>
<tr>
<td>Egg</td>
<td>60g (1 large)</td>
<td>120g (2 large)</td>
</tr>
<tr>
<td>Self-raising flour</td>
<td>75g</td>
<td>150g</td>
</tr>
<tr>
<td>Ground cinnamon</td>
<td>1.5g (½ teaspoon)</td>
<td>3g (1 teaspoon)</td>
</tr>
<tr>
<td>Ground nutmeg</td>
<td>1.5g (½ teaspoon)</td>
<td>3g (1 teaspoon)</td>
</tr>
<tr>
<td>Soft brown sugar</td>
<td>75g</td>
<td>150g</td>
</tr>
<tr>
<td>Vegetable oil</td>
<td>35ml (2 tablespoons)</td>
<td>70ml (4 tablespoons)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 35g

Additional recipe: try instead of pineapple upside down pudding

### Method

1. Pre-heat the oven to 180°C/350°F/gas mark 4. Grease and line a square baking tin.
2. Grate the carrot, chop the dates. Beat the egg.
3. Sift flour and spices into a bowl.
4. Add the carrot, dates and sugar and mix well.
5. Add the eggs and oil into mixing bowl. Beat until thoroughly combined.
6. Pour the mixture into the tin and bake for 30 minutes or until firm to touch and dry in the middle when tested.
7. Leave for 5 minutes and turn out to cool.

### Serving suggestion:

Serve with yoghurt of fresh fruit.

### Infants 10-12 months

Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with plain yoghurt, semolina or rice pudding.

---

* Allergy Information: Contains egg, wheat (gluten)*
Peach fool ripple

Preparation time: None  
Cooking time: 10 minutes

Dessert

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canned peaches in juice, drained</td>
<td>465g (2 x 400g cans, drained)</td>
<td>930g (4 x 400g cans, drained)</td>
</tr>
<tr>
<td>Greek whole milk yoghurt</td>
<td>570g</td>
<td>1.1kg</td>
</tr>
<tr>
<td>Vanilla extract</td>
<td>5ml (1 teaspoon)</td>
<td>10ml (2 teaspoons)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 100g

Included in: Spring/summer menu

Method

1. Blend the peaches with a hand blender to make a purée. If using fresh peaches, poach the peaches in water first to make soft.
2. In a bowl mix the yoghurt and vanilla extract until smooth.
3. Ripple through the peach purée then spoon into bowls to serve.

Serving suggestion: Use season fresh fruit or a frozen fruit mix for variety throughout the year.

Infants 10-12 months

Serve a smaller portion to infants aged 10-12 months (60g) and add nectarine slices as a finger food.

* Allergy Information: Contains milk*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.
Pineapple upside down pudding

Preparation time: 15 minutes
Cooking time: 30 minutes

Dessert

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh or canned pineapple, in juice</td>
<td>275g (1 x 432g can, drained)</td>
<td>550g (2 x 432g cans, drained)</td>
</tr>
<tr>
<td>Self-raising flour</td>
<td>90g</td>
<td>180g</td>
</tr>
<tr>
<td>Caster sugar</td>
<td>90g</td>
<td>180g</td>
</tr>
<tr>
<td>Vegetable oil spread</td>
<td>90g</td>
<td>180g</td>
</tr>
<tr>
<td>Eggs</td>
<td>(100g) 2eggs</td>
<td>200g (4 eggs)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 55g
Included in: Spring/summer menu

Method

1. Preheat the oven to 180ºC/350ºF/gas mark 4.
2. Drain the pineapple if using canned, or peel and prepare fresh pineapple.
3. Cream together the spread and sugar, then mix in the beaten eggs and flour until combined.
4. Grease an ovenproof dish and lay the pineapple rings across the bottom.
5. Top the pineapple with the sponge mixture and bake in the oven for 30 minutes, or until the sponge is lightly browned, and springs back when lightly pressed.

Serving suggestion: Serve with custard.

Infants 10-12 months
Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with plain yoghurt, semolina or rice pudding.
Try serving slices of fresh or canned pineapple (25g) with custard (50g).

* Allergy Information: Contains egg, milk, wheat (gluten)*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don’t assume.
Rice pudding and raspberries

Preparation time: 10 minutes
Cooking time: 2 hours

Dessert

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pudding rice</td>
<td>100g</td>
<td>200g</td>
</tr>
<tr>
<td>Caster sugar</td>
<td>30g (1 ½ tablespoons)</td>
<td>60g (3 tablespoons)</td>
</tr>
<tr>
<td>Milk</td>
<td>1L</td>
<td>2L</td>
</tr>
<tr>
<td>Raspberries</td>
<td>400g</td>
<td>800g</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years:
115g (75g rice pudding, 40g fruit)

Included in: Spring/summer menu

Method

1. Preheat the oven to 160°C/325°F/gas mark 3 and grease an ovenproof dish.
2. Wash the rice in a sieve and put it in the dish with the sugar.
3. Heat the milk in a pan and pour over the rice and sugar.
4. Bake in the oven for 1 ½-2 hours until the rice is tender. Cover the rice pudding with foil if it starts to burn on the top during cooking.
5. Wash the raspberries. Sprinkle the raspberries over the rice pudding to serve.

Serving suggestion: Can be served warm, or prepared in advance and served cold. For a quicker to prepare version, the rice pudding can be cooked in a pan on the hob instead of being oven baked.

Infants 10-12 months
Serve a smaller portion to infants aged 10-12 months (60g of rice pudding, with 25g raspberries).

* Allergy Information: Contains milk*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don’t assume.
Dessert

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canned or fresh rhubarb</td>
<td>400g</td>
<td>800g</td>
</tr>
<tr>
<td>Custard (see recipe below)</td>
<td>600g</td>
<td>1.2kg</td>
</tr>
<tr>
<td>Digestive biscuits</td>
<td>30g</td>
<td>60g</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 100g
Included in: Spring/summer menu

Method

1. If using fresh rhubarb, chop and stew for 10 minutes or until soft. Allow to cool.
2. Combine the rhubarb and custard.
3. Crush the biscuits and sprinkle evenly over the rhubarb and custard mix.

Serving suggestion: Try using any frozen, canned or fresh seasonal fruit.

Infants 10-12 months

Rhubarb is difficult to serve as a finger food, so for infants, serve a smaller portion of the custard, with sticks of banana or another seasonal fruit.

Custard

Preparation time: 5 minutes
Cooking time: 5 minutes

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>500ml</td>
<td>1L</td>
</tr>
<tr>
<td>Custard powder</td>
<td>50g (1 ½ heaped tablespoons)</td>
<td>100g (3 heaped tablespoons)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 60g
Included in: Spring/summer menu and autumn/winter menu

Method

1. Mix a little of the milk and all of the custard powder in a bowl until smooth. Heat the rest of the milk in a saucepan until hot, then pour over the custard powder and mix well. Return the pan to the heat and stir continuously to avoid lumps.
2. When the mixture starts boiling, slightly lower the heat and add the sugar. Continue stirring until the custard thickens.

* Allergy Information: Contains milk, oats, wheat (gluten)*
* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don’t assume.
Dessert

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried apricots</td>
<td>250g</td>
<td>500g</td>
</tr>
<tr>
<td>Semi skimmed milk</td>
<td>500ml</td>
<td>1L</td>
</tr>
<tr>
<td>Sago</td>
<td>50g</td>
<td>100g</td>
</tr>
<tr>
<td>Ground cinnamon</td>
<td>6g (2 teaspoons)</td>
<td>12g (4 teaspoons)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 85g (60g sago, 25g fruit)
Additional recipe: try instead of rice pudding and apricots

Method

1. Slice the apricots.
2. Bring the milk to the boil.
3. Whisk in the sago, stirring continually and cook out for 5 mins.
4. Add the cinnamon and stir. Sprinkle with apricots.

Serving suggestion: Serve with a variety of fresh, frozen, dried or canned fruit in juice.

Infants 10-12 months
Typical portion size: 60g
Recipe adaptations: Make with whole milk.
Serving to infants 10-12 months:
Chop or mince the apricots to the desired consistency before adding to the pudding.

* Allergy Information: Contains milk, sulphites*

* Allergy information is included as a guide only; always check labels to find out which allergens are included in each ingredient and product you are using by checking product packaging ingredient lists. Even if you have used them before, don't assume.
Seasonal fruit salad (autumn/winter)

Preparation time: 10 minutes
Cooking time: None

Dessert

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grapes</td>
<td>50g</td>
<td>100g</td>
</tr>
<tr>
<td>Satsuma</td>
<td>50g</td>
<td>100g</td>
</tr>
<tr>
<td>Apple, cored</td>
<td>40g</td>
<td>80g</td>
</tr>
<tr>
<td>Pear, cored</td>
<td>100g</td>
<td>200g</td>
</tr>
<tr>
<td>Plums, stones removed</td>
<td>100g</td>
<td>200g</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 40g
Included in: Autumn/winter menu

Method

1. Chop the fruit into slices, and the grapes into quarters.
2. Combine the fruit and spoon into bowls.

Serving suggestion: Serve with plain yoghurt.

Infants 10-12 months
Typical portion size: 30g
Recipe adaptations: Slice the fruit to make it easier for infants to hold.

* Allergy Information: None

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Seasonal fruit platter (spring/summer)

Preparation time: 10 minutes
Cooking time: None

Dessert

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kiwi fruit</td>
<td>100g</td>
<td>200g</td>
</tr>
<tr>
<td>Strawberries</td>
<td>100g</td>
<td>200g</td>
</tr>
<tr>
<td>Raspberries</td>
<td>100g</td>
<td>200g</td>
</tr>
<tr>
<td>Melon</td>
<td>100g</td>
<td>200g</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 40g
Included in: Spring/summer menu

Method
1. Slice the fruit.
2. Arrange on a fruit platter.

Serving suggestion: Allow the children to chop some of the soft fruits.

Infants 10-12 months
Serve a smaller portion to infants aged 10-12 months (30g).

* Allergy Information: None

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Seasonal fruit salad (spring/summer)

Preparation time: 10 minutes
Cooking time: None

Dessert

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kiwi fruit</td>
<td>80g</td>
<td>160g</td>
</tr>
<tr>
<td>Strawberries</td>
<td>80g</td>
<td>160g</td>
</tr>
<tr>
<td>Raspberries</td>
<td>80g</td>
<td>160g</td>
</tr>
<tr>
<td>Blueberries</td>
<td>80g</td>
<td>160g</td>
</tr>
<tr>
<td>Melon</td>
<td>80g</td>
<td>160g</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 40g
Included in: Spring/summer menu

Method

1. Slice the fruit.
2. Combine the fruit and serve in bowls.

Serving suggestion: Use any combination of colourful seasonal fruit.

Infants 10-12 months
Serve a smaller portion to infants aged 10-12 months (30g).

* Allergy Information: None

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Semolina and blackberry compote

Dessert

Ingredients

<table>
<thead>
<tr>
<th></th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blackberries</td>
<td>400g</td>
<td>800g</td>
</tr>
<tr>
<td>Semolina</td>
<td>50g</td>
<td>100g</td>
</tr>
<tr>
<td>Milk</td>
<td>750ml</td>
<td>1.5L</td>
</tr>
<tr>
<td>Caster sugar</td>
<td>40g (2 tablespoons)</td>
<td>80g (4 tablespoons)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years:
125g (85g semolina, 40g fruit)

Included in: Autumn/winter menu

Method

1. Place the blackberries in a blender and blend until smooth.
2. Place the semolina and milk in a large pan and bring to the boil.
3. Stir in the sugar, reduce the heat and simmer, stirring continuously until the semolina has thickened.
4. Serve the semolina with a portion of blackberry compote.

Serving suggestion: Use different seasonal fruits to vary colour and texture.

Infants 10-12 months
Typical portion size: 60g

Recipe adaptations: Prepare without sugar for infants under 12 months, and serve with 25g plum slices to provide a finger food.

* Allergy Information: Contains milk, wheat (gluten)*

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Semolina and raisins

Dessert

Ingredients

<table>
<thead>
<tr>
<th></th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Semolina</td>
<td>50g</td>
<td>100g</td>
</tr>
<tr>
<td>Milk</td>
<td>750ml</td>
<td>1.5L</td>
</tr>
<tr>
<td>Caster sugar</td>
<td>40g (2 tablespoons)</td>
<td>80g (4 tablespoons)</td>
</tr>
<tr>
<td>Raisins</td>
<td>250g</td>
<td>500g</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 110g (85g semolina, 25g fruit)
Included in: Autumn/winter menu

Method

1. Place the semolina and milk in a large pan and bring to the boil.
2. Stir in the sugar; reduce the heat and simmer, stirring continuously until the semolina has thickened.
3. Serve the semolina with a portion of raisins.

Serving suggestion: Use different seasonal fruits to vary colour and texture.

Infants 10-12 months
Typical portion size: 60g semolina and raisins plus 25g fruit as a finger food.
Recipe adaptations: Prepare without sugar for infants under 12 months, and chop the raisins before adding to the semolina.

* Allergy Information: Contains milk, wheat (gluten)*

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Shortbread and satsumas

Preparation time: 10 minutes plus 20 minutes chilling time
Cooking time: 20 minutes

Dessert

Ingredients | Quantity (serves 10) | Quantity (serves 20)
Vegetable oil spread | 100g | 200g
Caster sugar | 50g | 100g
Plain flour | 200g | 400g
Satsumas, segmented | 400g | 800g

Typical portion size for 1-4 years: Shortbread 35g and fruit 40g
Included in: Autumn/winter menu

Method

1. Pre-heat the oven to 190°C/375°F/Gas mark 5.
2. Beat the spread and the sugar together until smooth.
3. Stir in the flour to get a smooth paste. Turn the paste on to a clean work surface and roll out to 1cm thick.
4. Cut into rounds or fingers and place onto a baking tray. Chill in the fridge for 20 minutes.
5. Bake for 15-20 minutes, or until pale golden-brown. Set aside to cool on a wire rack before serving with a portion of satsuma segments.

Serving suggestion: Use fresh or frozen seasonal fruit. Use cookie cutters to make the shortbread into themed shapes.

Infants 10–12 months

Typical portion size: Avoid providing cakes and biscuits to infants under 12 months. Instead provide fruit and dairy-based desserts, such as fruit with plain yoghurt, semolina or rice pudding.

For infants 10-12 months, try serving 30g sliced mandarin segments.

* Allergy Information: Contains milk, wheat (gluten)*

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Dessert

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana, peeled</td>
<td>200g (1 medium)</td>
<td>400g (4 medium)</td>
</tr>
<tr>
<td>Egg</td>
<td>60g (1 large)</td>
<td>120g (2 large)</td>
</tr>
<tr>
<td>Ground mixed spice</td>
<td>6g (2 teaspoons)</td>
<td>12g (4 teaspoons)</td>
</tr>
<tr>
<td>Plain flour</td>
<td>100g</td>
<td>200g</td>
</tr>
<tr>
<td>Baking powder</td>
<td>3g (1 level teaspoon)</td>
<td>6g (2 teaspoons)</td>
</tr>
<tr>
<td>Oats</td>
<td>50g</td>
<td>100g</td>
</tr>
<tr>
<td>Caster sugar</td>
<td>25g (1 tablespoon)</td>
<td>50g (2 tablespoons)</td>
</tr>
<tr>
<td>Vanilla extract</td>
<td>5ml (1 teaspoon)</td>
<td>10ml (2 teaspoons)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 40g
Additional recipe: try instead of banana pancakes

Method
1. Pre-heat the oven to 190°C/375°F/Gas mark 5. Grease and line a loaf tin.
2. Mash the banana.
3. Add the egg and mixed spice to the banana and mix well.
4. Sieve the flour and baking powder and fold into the banana mixture then add the oats, sugar and vanilla extract.
5. Pour the mixture into the tin.
6. Bake for 15 minutes until cooked through and firm to touch.
7. Cool on a wire rack. Slice and serve.

Serving suggestion: Cut into squares or triangles.

Infants 10-12 months
Typical portion size: Avoid providing cakes and biscuits to infants under 12 months. Instead, provide fruit and dairy-based desserts, such as fruit with plain yoghurt, semolina or rice pudding.

*Allergy Information: Contains egg, oats (gluten), wheat (gluten)*
### Dessert

**Ingredients** | **Quantity (serves 10)** | **Quantity (serves 20)**
---|---|---
Strawberries | 150g | 300g
Raspberries | 150g | 300g
Apple, peeled | 100g | 200g
Caster sugar | 20g | 40g
Vegetable oil spread | 50g | 100g
Plain flour | 80g | 160g
Wholemeal flour | 30g | 60g
Soft brown sugar | 50g | 100g
Oats | 20g | 40g

Typical portion size for 1-4 years: 60g
Included in: Spring/summer menu

### Method

1. Preheat the oven to 190°C/375°F/gas mark 5.
2. Slice the strawberries, wash the raspberries and slice the peeled apple.
3. Mix the prepared fruit and lay on the bottom of an ovenproof dish
4. Sprinkle with the caster sugar.
5. Prepare the crumble mixture: gently rub the spread into the flour and brown sugar, then add the oats.
6. Sprinkle the mixture over the fruit and level ensuring all the fruit is covered.
7. Bake in the oven for 35 minutes.

**Serving suggestion:** Serve with custard.

**Infants 10-12 months**
Serve the mixed seasonal berries (25g) without crumble topping, with custard (50g) for infants 10-12 months.

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*Allergy Information:* Contains milk, oats (gluten), wheat (gluten)*

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Vanilla sauce

Preparation time: 5 minutes
Cooking time: 10 minutes

Dessert

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>500ml</td>
<td>100ml</td>
</tr>
<tr>
<td>Cornflour</td>
<td>25g (1 heaped tablespoon)</td>
<td>50g (2 heaped tablespoons)</td>
</tr>
<tr>
<td>Vanilla extract</td>
<td>2.5ml (½ teaspoon)</td>
<td>5ml (1 teaspoon)</td>
</tr>
<tr>
<td>Caster sugar</td>
<td>15g (1 level teaspoon)</td>
<td>30g (2 level teaspoon)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 60g
Included in: Autumn/winter menu

Method

1. Mix a small amount of the milk with the cornflour to make a smooth paste.
2. Heat the remaining milk with the vanilla extract, sugar and cornflour mixture on a low heat until it thickens.

Serving suggestion: Serve with warm fruit salad.

* Allergy Information: Contains milk*

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Warm winter fruit salad

Preparation time: 10 minutes
Cooking time: 10 minutes

Dessert

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pear, peeled and cored</td>
<td>160g (1 medium)</td>
<td>320g (2 medium)</td>
</tr>
<tr>
<td>Fresh orange, peeled</td>
<td>160g (1 medium)</td>
<td>320g (2 medium)</td>
</tr>
<tr>
<td>Orange juice</td>
<td>100ml</td>
<td>200ml</td>
</tr>
<tr>
<td>Ground cinnamon</td>
<td>3g (1 teaspoon)</td>
<td>6g (2 teaspoons)</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 40g
Included in: Autumn/winter menu

Method
1. Core the pear and break the orange into segments. Chop the fruit.
2. Warm the fruit, juice and cinnamon in a large pan on a low heat until the fruit has softened.

Serving suggestion: Serve with vanilla sauce.

Infants 10-12 months
Leave the warmed fruit salad to cool, and then serve the pieces of fruit as a finger food.

* Allergy Information: None

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Yoghurt and dried apricots

Preparation time: 5 minutes
Cooking time: None

Dessert

Ingredients

<table>
<thead>
<tr>
<th></th>
<th>Quantity (serves 10)</th>
<th>Quantity (serves 20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plain whole milk yoghurt</td>
<td>600g</td>
<td>120g</td>
</tr>
<tr>
<td>Dried apricots</td>
<td>200g</td>
<td>400g</td>
</tr>
</tbody>
</table>

Typical portion size for 1-4 years: 85g (60g yoghurt, 25g fruit)
Included in: Spring/summer menu

Method

1. Chop the apricots and either combine with the yoghurt and serve immediately or serve separately if children prefer.

Serving suggestion: Use a variety of dried fruit.

Infants 10-12 months
Serve a smaller portion to infants aged 10-12 months (50g yoghurt with 10g chopped dried apricots) and serve with melon slices as a finger food.

* Allergy Information: Contains milk, sulphites*

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