# The Independent **SCHOOL FOOD PLAN**

## **COCOA BEETROOT BROWNIES**

Dessert: Desserts, cakes and biscuits are allowed at lunchtime only. They must not contain any confectionery.

Recipe adapted from: Bidvest 3663 Food Development team

#### Ingredients

150g unsaturated fat spread 275g granulated sugar 150g (3) eggs, beaten 75g reduced fat cocoa powder 75g plain flour 75g beetroot, cooked and grated

#### **Method**

- 1. Pre-heat the oven to 160°C/325°F/gas mark 3.
- 2. Line or grease a baking tin.
- 3. On a low heat, melt the butter and sugar together. Remove from the heat and fold through the eggs, continuing to stir.
- 4. Add the cocoa powder and plain flour and fold into egg mixture.
- 5. Finely grate the beetroot and fold through the cake mixture.
- 6. Place in the baking tin and bake in the oven for 15 minutes.
- 7. Test with a skewer. When ready, allow to cool on a wire rack.

Serving suggestion: with cocoa flavoured custard

Number of portions this recipe makes: 18 primary servings (44g) 14 secondary servings (57g)

Allergy information: Egg, milk, wheat (gluten)

### Top Tips

Prep: 10 minutes

Cook: 20 minutes

Make into muffins

#### Government Buying Standards for Food & Catering Services Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets

For this recipe: choose oils and spreads are based on unsaturated fats.



We have asked Children's Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF). Public Health England has supported the School Food Plan to develop this 'What Works Well' recipe. The 'What Works Well' website brings together the best ideas in school food & food education <u>http://www.schoolfoodplan.com/www</u>



WHAT WORKS WELL