The Independent SCHOOL FOOD PLAN



1

Number of portions this recipe makes: 95 primary servings (45g) 78 secondary servings (55g)

Ŀ

Prep: 15 minutes **Cook:** 45 minutes to 1 hour

Allergy information: Egg, milk, wheat (gluten)

Top Tips

Use ripe bananas. They are sweeter and easier to mash.

APPLE & BANANA CAKE

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

Recipe adapted from: EATS (East Anglian Taste for Schools)

Ingredients

300g bananas, peeled and mashed 900g apples, solid pack, canned and drained or fresh, peeled and sliced 20ml lemon juice 450g unsaturated fat spread 450g granulated sugar 400g (8) eggs, beaten 400ml cold water 1kg self raising flour 360g wholemeal flour 40g milk powder 30g baking powder 10g (10tsp) ground cinnamon

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 based on unsaturated fats and ensure at least 50% of desserts provided are based on fruit.



Method

- 1. Pre-heat the oven to 180oC/350oF/gas mark 4. Line two tins.
- 2. Mix the banana and apple together with the lemon juice and set aside.
- 3. Cream the spread and sugar. Beat in the eggs, water and the fruit mixture.
- 4. Fold in the flour, milk powder, baking powder and cinnamon. Mix well and turn into the two tins.
- 5. Bake in the oven for 45 minutes-1 hour or until firm to the touch and golden brown. Cool slightly then turn out onto a wire rack to cool completely.

Serving suggestion: with custard or low-fat natural yoghurt.



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>



