The Independent **SCHOOL FOOD PLAN**



1

Number of portions this recipe makes: 22 primary servings (40g) 16 secondary servings (55g)



Prep: 20 minutes Cook: 20 minutes



Allergy information: Eggs, milk, sulphites, wheat (gluten)



Top Tips

Swap white for wholemeal self-raising flour.

DATE & COCOA BROWNIES

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

Recipe adapted from: Local Food Links, Dorset

Ingredients

270g dates, dried, chopped 200ml water 90g unsaturated fat spread 175g dark brown sugar 150g (3) eggs 150g self-raising flour 70g cocca powder

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 based on unsaturated fats.



Method

- 1. Pre-heat the oven to 170°C/325°F/gas mark 3.
- 2. Grease the baking tray approximately 325 mm x 265mm
- 3. Cover dates with water and cook until soft then liquidize and cool. Set aside.
- 4. Melt the fat spread in a saucepan, beat in pureed dates.
- 5. Beat sugar and eggs together in a bowl.
- 6. Add the puréed dates and melted margarine to the egg mixture and mix together.
- 7. Sift the flour and cocoa into the date mixture and mix together.
- 8. Pour the brownie mix into lined baking tray and cook for 25-30 minutes.
- 9. Cool and cut into squares.

Serving suggestion: these brownies can be sticky; serve in a napkin.



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>



