The Independent **SCHOOL FOOD PLAN**



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Number of portions this recipe makes: 60 primary servings (105g) 38 secondary servings (165g)



Prep: 20 minutes Cook: 20 minutes



Allergy information: Milk, oats (gluten)



Top Tips Use grapes and sliced melon if no seasonal fruit is available. 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 spreads based on unsaturated fats.

SUMMER FRUIT YOGHURT CRUNCH POTS

50% Fruit-Based Dessert: This recipe provides a portion of fruit. It also counts towards the standard to provide a 50% fruit-based dessert at least twice each week.

Recipe adapted from: Food for Thought, Liverpool.

Ingredients

350g unsaturated fat spread 350g caster sugar 220g golden syrup 500g porridge oats 1kg blueberries 1kg raspberries 1kg strawberries 1L low-fat natural yoghurt

Method

- 1. Preheat the oven to 190°C/375°F/gas mark 5.
- 2. Gently melt the fat spread, sugar and golden syrup in a heavy bottomed saucepan.
- 3. Sir in the oats and mix well ensuring they are well coated.
- 4. Line a baking tray with parchment paper.
- 5. Spread the oat mixture over the baking tray to a thickness of around 2cm.
- 6. Cook for 20 minutes until set and golden brown.
- 7. Mix the blueberries, raspberries, and strawberries in a bowl.
- 8. Portion the mixed fruit into pots or serving dishes.
- 9. Layer the yoghurt on top of the fruit.
- 10. Crumble the cooled oat mix over the top and serve.

Serving suggestion: serve in a clear pot to see the layers.



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>

