9. Folate recipes and tips

Recipes for success

Tried and tested, nutritionally analysed recipes to help you offer a popular menu, and tips to meet the national standards for school food.
Why has this booklet been developed?

We know that some schools find it difficult to meet the nutrient-based standard for folate at lunchtime.¹

Cooks have told us they would like more ideas to help them meet this standard whilst providing pupils with a varied and popular menu.

This booklet offers practical tips to increase the folate content of your lunch menu, along with 10 tried and tested, folate-rich recipes which each contain at least 50 per cent of the nutrient-based standard for folate.

Why have a standard for folate?

• Folate occurs naturally in foods and is one of a group of B vitamins. The manufactured form of folate used in supplements is called folic acid.

• Folate has several important functions. It works with vitamin B₁₂ to form healthy red blood cells and to help nerves function properly. It is also essential for the formation of DNA (genetic material) which allows each cell to reproduce. A lack of folate can cause a type of anaemia, leading to tiredness and lack of energy.² ³

• It is particularly important to have sufficient intake of folate in early pregnancy to reduce the risk of central nervous system defects in unborn babies, such as spina bifida.²

• Folate cannot be stored in the body, so children must eat folate-rich foods regularly. Most children will get enough folate if they eat a balanced and varied diet high in wholefoods, fruit and vegetables.⁴

• The most recent national diet and nutrition survey shows that 5 per cent (one in 20) 11 to 18-year-olds in the UK have insufficient folate in their diet.⁴

Acknowledgements

The Children’s Food Trust would like to thank the following schools and caterers for sharing their folate-rich recipes to include in this booklet:

• Creative Management Services Ltd
• Cygnet Catering
• Lynn Grove High School
• Lancashire County Commercial Group

• North Tyneside Council Catering Services
• abm Catering
• HC3S (Hampshire County Council Catering Services)
• The Deanes School
• Harrison Catering

A survey of food provision and consumption in secondary schools in 2004 (before the standards were introduced) shows low intakes of folate amongst pupils.⁵ Despite school lunches being healthier following the introduction of the standards, the 2011 survey¹ shows that low folate intakes remain a concern.
Good sources of folate

Wholegrains
Use wholegrain varieties of starchy foods, such as brown rice, wholemeal pasta, and wholemeal or granary bread as part of main meals at lunchtime. Soya flour has four times more folate than wholemeal flour, so try using half wholemeal flour and half soya flour in your dessert recipes. Some brands of breakfast cereals are fortified with folate, so check the label and include in cake, biscuit or crumble topping recipes.

Potatoes
Potatoes left in their skins are higher in folate than peeled potatoes. Make your own potato wedges or provide jacket potatoes with folate-rich fillings, such as bean chilli or turkey stew as a tasty grab-and-go option.

Vegetables
Green leafy vegetables, such as broccoli, sprouts, spinach and kale, are all good sources of folate and iron. Peas, beetroot, spring onions and bean sprouts also provide folate. Be careful not to overcook vegetables, as folate is a water-soluble vitamin – this means it can be lost during the cooking process. Try adding these vegetables to stir-fries, or steam and serve as an accompaniment to stews and casseroles.

Pulses
Chickpeas, black-eyed beans, kidney beans and soya beans provide folate and are also high in protein, fibre and low in fat and saturated fat. Try adding these to meat and vegetable curries, stews and casseroles.

Fruit
Oranges, satsumas, orange juice, blackberries, raspberries and sultanas are all good sources of folate. Use these fruits to make fruit-based desserts or add them to breakfast cereals.

Meat
Liver and kidney are good sources of folate. The dark meat (legs and wings) from turkey is also a good source. Try coating turkey drumsticks in a tasty herb or spicy marinade and bake or grill.

Dairy
Milk and cheese are good sources of folate. These foods can be high in saturated fat so choose low-fat varieties such as semi-skimmed milk, Cheddar, Edam and cottage cheese where possible and use in small amounts.

Eggs
Offer eggs at your breakfast club. Eggs are a popular sandwich filling and can also be offered at salad bars, added to fish pie or used to make vegetable frittata.

Nuts and seeds
Add nuts\* and seeds, such as peanuts and sesame seeds, to stir-fries and other Chinese dishes. Hazelnuts and walnuts can also be added to desserts for a crunchy texture.

Herbs
Fresh mint and parsley are especially rich sources of folate. Use them to flavour sauces and soups instead of salt and stock cubes. This will reduce the salt content and increase folate.

* The Children’s Food Trust recommends you visit www.anaphaphlaxis.org.uk for accurate and reliable information on managing allergies in schools.
Tips – increasing folate in lunches

Put folate-rich meals on the menu more often by substituting some of your current dishes for tried and tested recipes that are higher in folate.
Modify existing recipes to increase their folate content by adding a good source of folate.
Ask children what they like and offer combinations of popular, high folate menu items in meal deals or grab bags.

Remember
An average school lunch must contain at least 53µg of folate in primary schools and 70µg in secondary schools.6

Soaps
• Try pea and mint soup7 or add beetroot to parsnip soup and serve with a granary bread roll and fortified low-fat spread.

Main meals/composite dishes
• Roast turkey legs or thighs and serve as part of a roast dinner with dark green leafy vegetables. Or add to a casserole with a variety of pulses such as pinto beans or green lentils.

Grab-and-gos
• Fill wholewheat pitta breads with tasty hot fillings, such as our soya bean chilli recipe.8
• Provide hot pasta pots with wholemeal pasta, such as our chilli chicken pasta.7

Accompaniments
• Offer our popular cauliflower and broccoli bake as an accompaniment to roast lunch.8
• Mix white and wholegrain varieties of pasta or rice together to encourage pupils to taste different varieties. Try our brown rice and peas recipe.9

Salad bar
• Create seasonal salads, such as homemade coleslaw or mixed bean salad. Take a look at our tried and tested recipes and shaker salads for more ideas.9, 10
• Offer a beetroot and smoked mackerel salad with wholemeal bread and meet the food-based standard for oily fish.

Desserts
• Use half white or wholemeal flour with half soya flour in cakes and puddings. Have a go at modifying our beetroot surprise cake.11
• Use fortified breakfast cereals as an alternative topping for fruit crumbles, or in flapjacks. Try our bran gingerbread recipe.11

Drinks
• Offer orange juice by itself or diluted with still or carbonated water. Remember to check whether it meets the standards for healthier drinks.12

Tips – increasing folate in food at other times

Remember
The nutrient-based standards apply only to school lunches, but it’s good practice to encourage children to also eat folate-rich foods at other times of the school day.

Breakfast clubs
• Offer fortified breakfast cereals with orange juice or topped with fresh fruit. Try our cereal, fruit and yoghurt pots.10

Mid-morning break
• Try our cheese, onion and courgette rolls or the bean and salad wrap.10
• Offer small servings of soup such as pea, mint and vegetable7 or mushroom soup.8
• Try our vegetable stromboli recipe and use plenty of folate-rich fillings such as spinach and chickpeas.7

After school clubs
• Try making pizzas with a mix of wholemeal and soya flour and top with small amounts of reduced-fat Cheddar cheese and lots of folate-rich vegetables such as green peppers and onions.
• Use our cauliflower, potato, and chickpea curry as part of a cooking activity.13
• Make a smoothie using mixed seasonal berries such as raspberries and blackberries.
• For more ideas read the After school club recipes and tips booklet.14

Vending
• Offer vegetable pots via vending machines so pupils don’t need to queue for their mid-morning snacks.
• Try creating small bags of dried fruit, such as sultanas, dates, mixed nuts* and seeds.
• Try different variations of our fruit jelly using seasonal fruits.15

* The Children’s Food Trust recommends you visit www.anaphaphlaxis.org.uk for accurate and reliable information on managing allergies in schools.
The importance of folate, B\textsubscript{12} and meal deals

The latest national diet and nutrition survey shows that 7 per cent of girls between the ages of 11 and 18 years in the UK have insufficient levels of folate in their diets, compared to only 2 per cent of boys in the same age group.\textsuperscript{4}

Schools play an important role in establishing healthy eating habits. Encouraging girls to eat a balanced diet high in fruit and vegetables and whole foods will ensure they have sufficient folate intakes.\textsuperscript{16}

Folate and vitamin B\textsubscript{12} work together to produce red blood cells. Vitamin B\textsubscript{12} is mainly found in foods from animal sources so vegetarian and vegan diets may lack this vitamin. Vegetarians should consume dairy products and eggs to ensure they have sufficient B\textsubscript{12} but vegans may need supplements.\textsuperscript{17}

How meal deals can be used to help meet the nutrient-based standard for folate

The Trust’s survey of food and drink provision and consumption in secondary schools shows that school lunches have become healthier since the introduction of the standards. However the survey also shows a decrease in the folate content of school lunches since 2004.\textsuperscript{1}

This is because pupils are choosing to eat individual items at lunchtime instead of meals, which means energy and nutrient intakes are lower than recommended.

Meal deals can help solve this. The survey showed that pupils who had meal deals were more likely to have sufficient folate, as well as many other nutrients, including energy.\textsuperscript{1}

Meal deals can be made up of both hot main meals or cold grab-and-go options. A nutritionally balanced meal deal should be based on the four food groups listed below. These provide a range of essential nutrients that pupils need to grow and develop:

- starchy foods
- fruit and vegetables
- meat, fish, eggs, beans and other non-dairy sources of protein
- milk and dairy foods.

These three meal deal combinations meet the nutrient-based standard for folate for both primary and secondary school lunches.

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<th>Hot option</th>
<th>Vegetarian option</th>
<th>Cold grab-and-go option</th>
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<tr>
<td>Turkey and sweetcorn pasta</td>
<td>Vegetarian shepherd’s pie</td>
<td>Cajun vegetable fajita</td>
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<tr>
<td>with salad</td>
<td>Autumn fruit cobbler and custard</td>
<td>Apple and sultana crumble and</td>
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<tr>
<td>Pear and chocolate sponge</td>
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<td>yoghurt pot</td>
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Note: These recipes have been nutritionally analysed and each contains at least 50 per cent of the nutrient-based standards highlighted. These recipes use canned pulses without added salt or sugar.

If you include these recipes in your school menu cycle, analyse your full menu cycle to check you still comply with the standards.
Mackerel and mixed pepper wraps with potato salad

Grab-and-go

Prep time: 20 minutes
Cooking time: 20 minutes

Ingredients
• 800g potatoes, peeled and diced
• 100g reduced-fat mayonnaise
• 20ml lemon juice (1 lemon)
• 1g black pepper (½tsp)
• 500g canned mackerel, (drained weight 360g)
• 400g mixed leaf lettuce, roughly chopped
• 400g mixed peppers, deseeded and sliced
• 600g flour tortillas (10 x 60g wraps or 14 x 43g wraps)

Method
1. Boil the potatoes for 15-20 minutes until soft. Drain and leave to cool.
2. Combine the mayonnaise, lemon juice and black pepper in a large mixing bowl.
3. Add the cooled potatoes to the mayonnaise mixture and combine well.
4. Serve the mackerel with lettuce and mixed peppers in a wrap, with a portion of potato salad.

Recipe adapted from: Creative Management Services Ltd

www.childrensfoodtrust.org.uk

Tip:
• swap canned mackerel for smoked mackerel, canned salmon or sardines

Chickpea dahl

Grab-and-go

Prep time: 15 minutes
Cooking time: 30 minutes

Ingredients
• 300g potatoes, peeled and diced
• 20ml vegetable oil (1tbsp)
• 200g onions, peeled and chopped
• 8g garlic, peeled and crushed (2 cloves)
• 6g chilli powder (2tsp)
• 3g cumin (1tsp)
• 3g coriander, ground (1 tsp)
• 3g turmeric, ground (1 tsp)
• 400g fresh tomatoes, diced
• 200ml water
• 3g ginger, ground (1 tsp)
• 3g garam masala (1 tsp)
• 1.2kg canned chickpeas, drained (3 x 400g cans)
• 300g green beans, sliced
• 20g fresh coriander, chopped
• 1kg naan bread

Method
1. Boil the potatoes for 15-20 minutes until soft. Drain and leave to cool.
2. Heat the oil in a saucepan. Add the onion and garlic, stirring occasionally until soft.
3. Add the chilli powder, cumin, coriander and turmeric and cook for a minute.
4. Add the tomatoes and half of the water and bring to the boil.
5. Turn down to a simmer and continue to add water if required until you get a thick sauce.
6. Add the ground ginger, garam masala, chickpeas and green beans and cook for 10 minutes.
7. Once the chickpeas and beans are cooked, add the potatoes and combine well before serving with chopped coriander in a toasted or warmed naan bread.

Recipe adapted from: Harrison Catering

www.childrensfoodtrust.org.uk

Tip:
• use canned tomatoes instead of fresh

www.childrensfoodtrust.org.uk
Quorn™, broccoli and noodle stir-fry

**Grab-and-go**

**Method**
1. Heat the oil in a large wok. Add the broccoli, and red peppers and stir-fry for 5 minutes.
2. Cook the noodles according to the manufacturer’s instructions.
3. Add the Quorn™, bean sprouts, mangetout, spring onions, ginger and garlic to the wok and stir-fry for a further 2-3 minutes.
4. Mix the soy sauce, ground coriander, lime juice and water and pour over the Quorn™ and vegetable mix. Simmer for a few minutes.
5. Once the noodles are cooked and drained, add them to the stir-fry and combine well.

**Ingredients**
- 30ml vegetable oil (2tbsp)
- 300g broccoli, broken into small florets
- 200g red pepper, deseeded and sliced
- 850g dried egg noodles
- 800g Quorn™ pieces
- 100g bean sprouts
- 100g mangetout
- 100g spring onions, sliced
- 10g root ginger, chopped
- 8g garlic, peeled and crushed (2 cloves)
- 15ml light soy sauce (1tbsp)
- 3g ground coriander (1tsp)
- 20ml lemon or lime juice
- 150ml water

**Nutrient content**

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<th>Nutrients</th>
<th>Per 100g</th>
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<th>Secondary serving (360g)</th>
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**Recipe adapted from:** abm catering

www.childrensfoodtrust.org.uk
Butternut squash and bean risotto

Main

Ingredients
• 400g butternut squash, peeled and diced
• 30ml vegetable oil (2tbsp)
• 350g onion, peeled and chopped
• 20g fresh parsley, chopped
• 200g spinach, fresh
• 800g canned haricot beans, drained (drained weight 480g)
• 800g canned black-eyed beans, drained (drained weight 480g)
• 20g fresh parsley, chopped

Method
1. Preheat the oven to 200°C/400°F/gas mark 6.
2. In a large mixing bowl, coat the diced butternut squash in half the oil.
3. Place on a baking tray, making sure the pieces do not overlap. Roast in the oven for 30 minutes or until soft.
4. Meanwhile, heat the remaining oil in a deep saucepan.
5. Add the onion and garlic and heat gently until it softens.
6. Add the mix and rice and mix well for a few seconds before adding the butternut squash, spinach and half the water and bring to a gentle simmer. Cook until almost all the water is absorbed.
7. Add a little more water and the beans. Continue to add the water a little at a time until the rice is cooked. Stir in the roasted butternut squash, spinach and half the parsley. Stir regularly until the spinach has wilted.
8. Add the rice mix and mix well for a few seconds to coat with oil, then pour in one-third of the water and bring to a gentle simmer. Cook until almost all the water is absorbed.
9. Add a little more water and the beans. Add the beans and a little water and the beans. Continue to add the water a little at a time until the rice is cooked. Stir in the roasted butternut squash, spinach and half the parsley. Stir regularly until the spinach has wilted.
10. Sprinkle with remaining fresh parsley before serving.

Nutrient content

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<th>Nutrients</th>
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Mexican chicken enchiladas

Main

Ingredients
• 1.6kg canned chopped tomatoes
• 60g tomato purée
• 12g garlic, peeled and crushed (3 cloves)
• 9g chilli powder (3tsp)
• 20ml vegetable oil (1tbsp)
• 300g onion, peeled and chopped
• 1.2kg chicken breast, diced
• 80g red pepper, deseeded and diced
• 80g green pepper, deseeded and diced
• 400g black-eyed beans
• 700g tortilla (12 x 50g)
• 50g mozzarella, grated

Method
1. Preheat the oven to 200°C/400°F/gas mark 6.
2. Combine the chopped tomatoes, tomato purée, garlic and chilli powder in a mixing bowl.
3. Heat the oil in a large pan. Fry the onions for 10 minutes until soft. Add the chicken and cook for a further 5 minutes until browned.
4. Add the peppers and courgette and cook for 5 minutes. Stir in the ground coriander and cumin, then fry for 1 minute.
5. Add half of the tomato mixture to the chicken and vegetables and cook on a low heat for 10-15 minutes. Add some of the water if required.
6. To assemble the enchiladas, lay the tortillas onto a board and divide the chicken and vegetable mixture between them, folding over the ends and rolling up to seal.
7. Lay in an ovenproof dish with the seal side down. Cover the enchiladas with the remaining tomato sauce and sprinkle with the grated cheese.
8. Bake in the oven for 30 minutes. Serve with a fresh side salad.

Nutrient content

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<th>Nutrients</th>
<th>Per 100g</th>
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This recipe makes:
14 primary servings (330g)
10 secondary servings (460g)

Prep time: 15 minutes
Cooking time: 45 minutes

Serving suggestion:
as a grab-and-go option in an insulated disposable cardboard pot

Tip: stir in some crème fraîche for a creamier flavour

Recipe adapted from:
Lynn Grove High School

www.childrensfoodtrust.org.uk

This recipe makes:
16 primary servings (295g)
12 secondary servings (390g)

Prep time: 15 minutes
Cooking time: 50 minutes

Serving suggestion:
with mixed green leaf salad

Tip: swap half the chicken for some kidney beans

Recipe adapted from:
Lancashire County Commercial Group
**Vegetable layer and tomato bread**

**Main**

**Ingredients**
- 200g wholemeal bread mix
- 140ml warm water
- 30g tomato purée (2tbsp)
- 2g mixed dried herbs (2tbsp)
- 40g plain flour (2tbsp)
- 60g potato, peeled and sliced
- 20ml vegetable oil (1tbsp)
- 140g red onion, peeled and sliced
- 140g courgette, sliced, deseeded and sliced
- 4 eggs, beaten
- 520ml semi-skimmed milk
- 10g mustard powder (3tbsp)
- 100g reduced-fat Cheddar cheese, grated

**Method**

**For the bread**
1. Preheat the oven to 230°C/450°F/gas mark 8.
2. Make the bread dough according to the manufacturer’s instructions, adding the tomato purée and herbs at the beginning of the process.
3. When the dough is ready mould into 10 pieces (primary) or 6 pieces (secondary), shape and place on a greased baking tray and dust the top with flour.
4. Bake for approximately 15-20 minutes. They should sound hollow when they are ready. Turn the oven down to 180°C/350°F/gas mark 4.

**For the vegetable layer**
5. Boil the potato slices for 10 minutes, then drain.
6. Heat the oil in a large pan. Add the onions, courgette and pepper and fry for 5 minutes.
7. Combine the egg, milk, mustard powder and cheese in a mixing jug or bowl.
8. Grease a deep baking tray or casserole dish.
9. Layer the sliced potatoes, and vegetable mixture.
10. Pour over the egg mixture and bake in the oven for 1 hour or until the egg mixture has set.

**Tip:**
- Serve with bread rolls and salad.

**Recipe adapted from:**
HC3S (Hampshire County Council Catering Services)

**Nutrient content**

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<tr>
<th>Nutrients</th>
<th>Per 100g</th>
<th>Primary serving (38g bread, 200g vegetable layer)</th>
<th>Secondary serving (50g bread, 330g vegetable layer)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy kcal</td>
<td>106</td>
<td>243</td>
<td>405</td>
</tr>
<tr>
<td>Fat g</td>
<td>3.4</td>
<td>7.7</td>
<td>12.9</td>
</tr>
<tr>
<td>Saturates g</td>
<td>1.2</td>
<td>2.6</td>
<td>4.4</td>
</tr>
<tr>
<td>Carbohydrate g</td>
<td>14.0</td>
<td>32.2</td>
<td>53.6</td>
</tr>
<tr>
<td>NME sugars g</td>
<td>0.3</td>
<td>0.7</td>
<td>1.1</td>
</tr>
<tr>
<td>Fibre g</td>
<td>1.3</td>
<td>3.1</td>
<td>5.1</td>
</tr>
<tr>
<td>Protein g</td>
<td>5.5</td>
<td>12.5</td>
<td>20.9</td>
</tr>
<tr>
<td>Iron mg</td>
<td>0.7</td>
<td>1.6</td>
<td>2.6</td>
</tr>
<tr>
<td>Calcium mg</td>
<td>89.3</td>
<td>205.5</td>
<td>342.4</td>
</tr>
<tr>
<td>Vitamin A μg</td>
<td>72.7</td>
<td>167.3</td>
<td>278.8</td>
</tr>
<tr>
<td>Folate μg</td>
<td>18.3</td>
<td>42.1</td>
<td>70.1</td>
</tr>
<tr>
<td>Vitamin C mg</td>
<td>7.7</td>
<td>17.6</td>
<td>29.3</td>
</tr>
<tr>
<td>Sodium mg</td>
<td>95.6</td>
<td>219.9</td>
<td>366.5</td>
</tr>
<tr>
<td>Zinc mg</td>
<td>0.6</td>
<td>1.5</td>
<td>2.5</td>
</tr>
</tbody>
</table>

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**Turkey and sweetcorn pasta**

**Main**

**Ingredients**
- 450g dried white pasta
- 400g dried wholemeal pasta
- 40g soft margarine
- 40g plain flour (2tbsp)
- 550ml semi-skimmed milk
- 20ml vegetable oil (1tbsp)
- 300g onions, peeled and chopped
- 200g red pepper, deseeded and chopped
- 800g turkey leg or thigh meat, cooked, chopped
- 400g canned sweetcorn, drained (drained weight 300g)
- 20g fresh parsley, chopped

**Method**

1. Cook the pasta according to the manufacturer’s instructions. Then drain.
2. On a low heat, combine the margarine and flour together to form a paste. Gradually add the milk and stir until the mixture thickens into a white sauce.
3. Heat the oil in a separate pan and sauté the onions until soft. Add the peppers and cook for a further 5 minutes.
4. Add the onion, pepper, turkey, sweetcorn, cooked pasta and chopped parsley to the white sauce. Combine well.
5. Serve with a portion of salad.

**Nutrient content**

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Per 100g</th>
<th>Primary serving (280g)</th>
<th>Secondary serving (415g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy kcal</td>
<td>115</td>
<td>318</td>
<td>477</td>
</tr>
<tr>
<td>Fat g</td>
<td>3.2</td>
<td>8.7</td>
<td>13.1</td>
</tr>
<tr>
<td>Saturates g</td>
<td>0.8</td>
<td>2.3</td>
<td>3.4</td>
</tr>
<tr>
<td>Carbohydrate g</td>
<td>14.2</td>
<td>39.3</td>
<td>59.0</td>
</tr>
<tr>
<td>NME sugars g</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Fibre/NISP g</td>
<td>1.3</td>
<td>3.7</td>
<td>5.5</td>
</tr>
<tr>
<td>Protein g</td>
<td>8.4</td>
<td>23.3</td>
<td>35.0</td>
</tr>
<tr>
<td>Iron mg</td>
<td>0.8</td>
<td>2.2</td>
<td>3.3</td>
</tr>
<tr>
<td>Calcium mg</td>
<td>28.0</td>
<td>77.6</td>
<td>116.3</td>
</tr>
<tr>
<td>Vitamin A μg</td>
<td>44.9</td>
<td>124.6</td>
<td>187.0</td>
</tr>
<tr>
<td>Folate μg</td>
<td>11.1</td>
<td>30.8</td>
<td>46.2</td>
</tr>
<tr>
<td>Vitamin C mg</td>
<td>4.7</td>
<td>13.0</td>
<td>19.5</td>
</tr>
<tr>
<td>Sodium mg</td>
<td>68.8</td>
<td>190.7</td>
<td>286.1</td>
</tr>
<tr>
<td>Zinc mg</td>
<td>1.1</td>
<td>3.2</td>
<td>4.7</td>
</tr>
</tbody>
</table>

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**This recipe makes:**
15 primary portions (280g)
10 secondary portions (415g)

**Prep time:**
15 minutes
**Cooking time:**
30 minutes

**High in folate, protein, fibre, iron, zinc, vitamins A and C**

**Serving suggestion:**
as a grab-and-go option in an insulated, disposable, cardboard pot

**Tip:**
top with some low-fat grated cheese and bake in the oven

**Recipe adapted from:**
The Deanes School

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**Serving suggestion:**
hot or cold with mixed salad leaves

**Tip:**
add sliced tomatoes to the vegetable layer and cook for a further 15 minutes

**Recipe adapted from:**
HC3S (Hampshire County Council Catering Services)
**Apple and sultana cornflake crumble**

**Dessert**

**Ingredients**
- 120g soft margarine
- 40g plain flour (2tbsp)
- 80g wholemeal flour (4tbsp)
- 60g caster sugar (3tbsp)
- 120g cornflakes, light crushed
- 700g cooking apples, peeled and chopped
- 100g sultanas
- 6g ground cinnamon (2tsp)

**Method**
1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Cut the vegetable fat spread into pieces.
3. Place the flour and margarine in a mixer and mix on a low speed until it resembles breadcrumbs.
4. Add the sugar and cornflakes and mix carefully – do not overmix.
5. Spread the apples evenly in the bottom of a ovenproof dish and sprinkle with the sultanas and cinnamon.
6. Spread the crumble mix over the apples and smooth out.
7. Bake for 40 minutes.
8. Remove from the oven, portion and serve.

**Nutrient content**

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Per 100g</th>
<th>Primary serving (90g)</th>
<th>Secondary serving (120g)</th>
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</thead>
<tbody>
<tr>
<td>Energy kcals</td>
<td>202</td>
<td>176</td>
<td>247</td>
</tr>
<tr>
<td>Fat g</td>
<td>8.5</td>
<td>7.4</td>
<td>10.3</td>
</tr>
<tr>
<td>Saturates g</td>
<td>4.0</td>
<td>3.5</td>
<td>4.9</td>
</tr>
<tr>
<td>Carbohydrate g</td>
<td>31.1</td>
<td>27.1</td>
<td>37.9</td>
</tr>
<tr>
<td>NME sugars g</td>
<td>10.7</td>
<td>9.4</td>
<td>13.1</td>
</tr>
<tr>
<td>Fibre/NSP g</td>
<td>2.0</td>
<td>1.8</td>
<td>2.5</td>
</tr>
<tr>
<td>Protein g</td>
<td>2.3</td>
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<td>2.8</td>
</tr>
<tr>
<td>Iron mg</td>
<td>1.4</td>
<td>1.2</td>
<td>1.7</td>
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<tr>
<td>Calcium mg</td>
<td>16.0</td>
<td>13.9</td>
<td>19.5</td>
</tr>
<tr>
<td>Vitamin A μg</td>
<td>65.6</td>
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<td>80.0</td>
</tr>
<tr>
<td>Folate μg</td>
<td>35.6</td>
<td>31.0</td>
<td>43.4</td>
</tr>
<tr>
<td>Vitamin C mg</td>
<td>6.3</td>
<td>5.5</td>
<td>7.7</td>
</tr>
<tr>
<td>Sodium mg</td>
<td>111.6</td>
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<td>136.2</td>
</tr>
<tr>
<td>Zinc mg</td>
<td>0.3</td>
<td>0.2</td>
<td>0.3</td>
</tr>
</tbody>
</table>

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**Bran and date biscuits with satsuma segments**

**Dessert**

**Ingredients**
- 250g soft margarine
- 150g sugar
- 250g wholemeal flour
- 250g bran cereal sticks
- 100g dates
- 1.6kg satsuma segments

**Method**
1. Preheat the oven to 160ºC/350ºF/gas mark 4.
2. Lightly grease a baking tray.
3. Cream the margarine and sugar together.
4. Add the flour, bran cereal sticks and dates and combine well.
5. Divide the mixture into 25 balls (primary) and 20 balls (secondary).
6. Place on the baking tray, leaving space for them to spread, and press until each is about 1½ cm thick.
7. Bake in the oven for 12–15 minutes or until golden.
8. Remove from oven and cool before serving with satsuma segments.

**Nutrient content**

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Per 100g</th>
<th>Primary serving (40g biscuit, 60g satsuma)</th>
<th>Secondary serving (50g biscuit, 80g satsuma)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy kcals</td>
<td>179</td>
<td>179</td>
<td>223</td>
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<tr>
<td>Fat g</td>
<td>7.7</td>
<td>7.7</td>
<td>9.6</td>
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<tr>
<td>Saturates g</td>
<td>1.9</td>
<td>1.9</td>
<td>2.4</td>
</tr>
<tr>
<td>Carbohydrate g</td>
<td>25.8</td>
<td>25.8</td>
<td>32.3</td>
</tr>
<tr>
<td>NME sugars g</td>
<td>9.4</td>
<td>9.4</td>
<td>11.8</td>
</tr>
<tr>
<td>Fibre g</td>
<td>4.3</td>
<td>4.3</td>
<td>5.4</td>
</tr>
<tr>
<td>Protein g</td>
<td>3.3</td>
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<td>4.1</td>
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<td>Iron mg</td>
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<td>Calcium mg</td>
<td>60.4</td>
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<td>75.6</td>
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<tr>
<td>Vitamin A μg</td>
<td>89.9</td>
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<td>112.4</td>
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<td>Folate μg</td>
<td>36.6</td>
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<tr>
<td>Sodium mg</td>
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<td>179.2</td>
<td>223.2</td>
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<tr>
<td>Zinc mg</td>
<td>1.0</td>
<td>1.0</td>
<td>1.2</td>
</tr>
</tbody>
</table>

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References

2. NHS Choices. Information on B vitamins and folic acid is online at: http://www.nhs.uk/Conditions/vitamins-minerals/Pages/Vitamin-B.aspx
3. The British Dietetic Association factsheet on folic acid is online at: http://www.bda.uk.com/foodfacts/FolicAcid.pdf
4. National Diet and Nutrition Survey (NDNS): Headline results for Years 1, 2 and 3 (combined) of the rolling programme 2008/09 – 2010/11 is online at: http://transparency.dh.gov.uk/2012/07/25/ndns-3-years-report/
6. The Children’s Food Trust. Nutrient-based standards for school lunch is online at: www.childrensfoodtrust.org.uk/the-standards

For references 7 to 11 and 13 to 15, these are all within our suite of Recipes for success booklets, as follows:
7. see our Grab-and-go booklet
8. see our Calcium booklet
9. see our Wholefoods booklet
10. see our Mid-morning booklet
11. see our Iron booklet
12. see our Vegetables booklet
13. see our After school clubs booklet
14. see our Fruit booklet

These are all online at www.childrensfoodtrust.org.uk/resources

12. The Children’s Food Trust – information about the healthier drinks standard is online at: www.childrensfoodtrust.org.uk/healthierdrinks
17. Vegetarian and vegan diets NHS choices. Information about vegetarian and vegan diets is online at: http://www.nhs.uk/Livewell/Vegetarianhealth/Pages/Vegetarianhealthqanda.aspx

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Web: www.childrensfoodtrust.org.uk

The Children’s Food Trust
The Children’s Food Trust aims to reduce childhood obesity and improve educational performance through improving the food our children eat both in and out of school and in early years settings. We work directly with thousands of schools, millions of parents and with local authorities across the country. We campaign on key issues for school food. We run the UK’s biggest network of cooking clubs and, under our previous name of the School Food Trust, we were directly responsible for developing and introducing the national food and nutrition guidelines in both schools and early years settings. We make a difference, and would be pleased to help you too.

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www.letsgetcooking.org.uk

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