

Small Cakes

Ingredients

100g SR flour 12 paper cake cases
100g soft margarine
100g castor sugar
2 eggs

Method

1. Oven at 180°C, Gas mark 5.
2. Put all ingredients into a mixing bowl.
3. Beat well with an electric hand mixer until the mixture is pale and fluffy.
4. Divide the mixture evenly between cake cases in a bun tin. Try not to get any drips on the tin.
5. Bake until they are golden brown and well risen, about 15 minutes. Do not open the oven door for the first ten minutes of baking or they will sink. The cakes are done when they spring back from a light touch.
6. Cool on a cooling tray

Optional extras

25g cocoa	1 grated carrot
1 tsp coffee, dissolved	1 grated apple
1 grated apple	1 chopped banana
50g dried fruit	25g coconut
50g chopped nuts	50g chocolate chips
orange or lemon zest	1 tsp mixed spice
50g chopped cherries	1 chopped banana

Oat cookies

Ingredients

100g soft margarine
100g brown sugar
1 egg
2 tbsp milk
1tsp baking powder (10p from school)
150g plain (brown if you like) flour
100g rolled oats

Add one of the following

100g sultanas and 1tsp mixed spice (spice 5p from school)
100g chocolate chips
100g coconut
100g chopped glace cherries
100g chopped apricots

At home you could try adding chopped nuts. Walnuts and dates together go really well.

Method

1. Preheat the oven to Gas Mark 4, 170°C. Grease a baking sheet
2. Put the margarine and sugar into a mixing bowl and cream together using an electric hand mixer until it is fluffy – about 2 minutes on high speed.
3. Beat in the egg and the milk
4. Add the flour, oats, baking powder, oats and your added flavouring, and mix together with a metal spoon to make a soft dough

Bread Rolls

Ingredients

250g strong plain flour
pinch of salt
25g margarine
1 sachet Easy-Blend dried yeast
125ml warm water

50g extra flour

Method

1. Light oven at Gas Mark 7 or 220°C
2. Put the salt and flour into a mixing bowl and rub in the margarine with your fingertips.
3. Stir the dried yeast into the flour with a knife.
4. Using the knife, mix the water into the flour to make soft dough. Add a little more water if you need to.
5. Shape the dough roughly into a ball. Knead the dough by folding, squashing and turning it. Do this for at least 5 minutes.
6. Divide the dough into eight even portions and make into a variety of shapes. Leave to rise on a well-floured baking tray for about 15 minutes or until doubled in size.
7. Bake for 15 minutes or until the bread is well browned.

White bread on its own is very unhealthy, you can add things to make it more healthy (by slowing down how fast the body digests it and by adding fibre). Choose one of the options below

(Copy this bit)

75g grated cheese and half a chopped onion
100g pumpkin or sunflower seeds
100g raisins and 1 tbsp honey (add the honey to your warm water before you mix)

Use half or entirely brown flour. Granary flour adds flavour and texture as well

Use olive oil instead of margarine, this makes the texture more open as well

Knead in a handful of chopped olives

Knead in some chopped sun dried tomatoes in oil. You can also mix in some of the oil

5. Wet your hands under the tap and using wet hands, mould the dough into shapes the size of a golf ball. Put them on the baking tray and flatten slightly. You can fit 9 on the tray.
6. Put into the oven and bake for 15 – 20 minutes or until golden brown and slightly firm to touch.

Makes 15-18

Bread Base Pizza

125g strong plain flour
1 tbsp olive oil or 15g margarine
1 teasp dried yeast.
75ml warm water
1 tbsp tomato puree
toppings of your choice e.g. onion, sweet corn, ham, tuna, pineapple, etc.
50g grated hard cheese

50g extra flour

1. Oven; Gas 7, 220°C
2. Stir the oil or rub the fat into the flour until it resembles fine bread crumbs. Stir in dried yeast if using
3. Make a well in the centre of the flour and add all the water at once. Stir in with a knife to make a soft dough. Turn out onto a floured surface and knead for five minutes.
4. Roll out the dough into a thin circle and place on a floured baking sheet.
5. Prepare the ingredients for the topping. Chop any vegetables or meat. Grate the cheese if not already done.
6. Spread the tomato puree over the dough. Evenly arrange the topping ingredients over the tomato puree, trying not to leave too wide a rim around the edge.
7. Sprinkle the cheese over last.
8. Bake for 10-15 minutes or until the cheese is golden brown and the edge of the base is cooked.

Pizza can be very unhealthy if it is made with white dough and has just cheese and fatty pepperoni on top. The ingredients below will help to make your pizza healthier

Use strong cheese and use less

Use half or all brown flour in the base, and mix it with olive oil, not margarine

Use lots of vegetables – courgettes, peppers, mushrooms, tomatoes

Add olives, tuna, anchovies

Fruity Muffins

Makes 12

200g wholemeal plain flour
2 teaspoons baking powder
25g soft brown sugar
1 beaten egg
250ml milk
3 tbsp oil
100g dried apricots or sultanas
A mashed banana
1 orange
1 tbsp rolled oats to sprinkle (optional)

12 paper cake cakes (**NOT** muffin cases)

Chicken Nuggets and 'Chips'

1 big potato
1 tbsp oil, preferably olive oil but any oil will do
pinch salt
½ tsp chilli powder or paprika (optional)

2 chicken breasts
1 tsp herbs
zest of a lemon (optional)
2 tbsp flour
3 slices bread, brown or white
1 egg

2 plastic bags, the type with no holes in the bottom.
Ziplock bags work really well.

1. Preheat the oven at Gas Mark 7 or 220°C
2. Make the slices of bread into crumbs using the food processors. Add the flavourings you are using and put into one of the plastic bags. Put the flour into the other bag. Put to one side.
3. Wash your potatoes and cut lengthways into halves and then each half into four fat wedges. Put into a mixing bowl and sprinkle over the oil, salt and spice if using. Mix all together using your hands and arrange evenly on a baking tray.
4. Put the potatoes into the oven.
5. Cut the chicken breasts lengthways and then into big-ish chunks. Put them into the bag with the flour and give it all a good shake and squish around until the chicken is coated in the flour.
6. Break your egg into the mixing bowl that had the potatoes in and whisk it with a fork to break it up.
7. A few at a time, take the chunks of chicken out of the flour, shaking off the excess, swirl around in the egg to coat and then drop into the crumbs, shaking like you did before to coat. Take them out of the crumbs and put onto a plate and repeat until all are done.
8. Take the potato wedges out of the oven – remember to use an oven cloth and put the baking tray onto a board - and arrange the chicken nuggets around and between them. Put back into the oven and bake for a further 29 minutes until the nuggets are golden and firm when you squeeze them. Cut one in half if you are unsure, it should be white all through.
9. Serve with salad or a green vegetable.

1. Preheat the oven at 200°C Gas 6
2. Wash the orange well under the hot tap with the green scourer. Grate off the zest with the fine side of the grater – be careful not to grate any pith, and then cut in half and juice with a juicer.
3. Chop up the apricots with scissors or a large knife.
4. Mash the banana onto a plate with a fork
5. In a bowl combine flour, baking powder, chopped apricots and sugar. In a jug combine egg, milk, banana mashed with the orange juice, orange zest and oil.
6. Add egg mixture to flour mixture and mix, do not overmix. Use the batter to fill 12 paper cake cases, sprinkle with oats and bake for 15-20 minutes or until firm.