

# Fresh Fruit Salad

## Ingredients

1 lemon

1 banana

1 apple (red skinned)

1 pear

1 orange

100g / 4oz grapes

(maximum of 5 fruits)

Other fruit as available e.g. kiwi, strawberries, raspberries, pineapple, melon, peach, cherries etc.

250ml / ½ pt fruit juice

Container with tight fitting lid.

Apron

# Vegetable Cous Cous

## Ingredients

170ml water, boiling  
1 vegetable stock cube  
100g cous cous  
1 med tomato  
1 spring onion  
¼ cucumber  
½ yellow pepper  
4 dried apricots  
1 x 15ml spoon parsley  
2 x 15ml spoons low fat  
dressing

Container with tight fitting lid  
Apron

# Ratatouille

## Ingredients

½ onion

1 clove garlic

½ aubergine

½ green pepper

½ courgette

1 tin chopped tomatoes

1 x 10ml spoon oil

1 handful fresh basil

Container with tight fitting lid

Apron

# Pizza Toast

## Ingredients

1 slice bread (or bagel, bread roll, small piece of french stick)

1 tblsp tomato puree

½ yellow pepper

1 spring onion

2 small mushrooms

30 g grated cheese

Container – this product is often eaten in school.

Apron

# Fruit Cobbler

## Ingredients

500g tinned, frozen or already prepared fresh fruit  
1 small orange or 2 tblsps juice  
2 tblsps brown sugar – depends on fruit used

## Topping

125g SR Flour  
100g Block margarine  
25g porridge oats  
50g soft brown sugar  
½ tsp cinnamon/mixed spice  
4 tblsp yoghurt

Oven proof dish or 20p to buy tinfoil dish fro school

# **Muffins** (assessment practical)

## **Ingredients**

125g SR Flour

½ tsp baking powder

Pinch salt

50g sugar

1 egg

100ml milk

1 tblsp oil

## **Flavourings – choose ONE**

25g fresh fruit e.g. blueberries, raspberries etc

25g dried fruit e.g. sultanas, apricots, cherries

1 banana (reduce milk to 40ml)

Orange / lemon (grated zest)

25g tinned fruit (well drained)

6 Muffin cases, large container

Apron

# Fruit / Savoury Scones

## Ingredients

250g S R Flour

50g block margarine

125ml milk

Choose ONE

Sweet

or

Savoury

25g sugar

50g grated cheese

75g dried fruit

Container

Apron