

Lower sugar recipes from Bidfood

Try our delicious recipes to help your school
meet its 5% added sugar target.

Supporting your schools

www.bidfood.co.uk



Fruit Chocolate Bake

serves
12

Code	Description	Quantity
03435	Everyday Favourites Extended Life Vegetable Oil - Polybottle	10ml
-	Banana	400g
55935	Strawberries	200g
07531	Tate & Lyle Caster Sugar	50g
34082	Everyday Favourites Wholemeal Flour	100g
04787	Cadbury Cocoa	25g
25611	Dr Oetker Baking Powder	10g
17695	Dr Oetker Vanilla Essence	10ml
04092	KTC Sunflower Oil	100ml
14831	Arla UHT Milk	100ml

Method

1. Grease an oven proof tray.
2. Peel and slice the banana. Sprinkle the banana and strawberries over the base of the tray.
3. In a bowl, mix the sugar, flour, and cocoa powder. Beat well.
4. Fold in the baking powder, vanilla essence, and sunflower oil, along with the milk.
5. Pour over the fruit and bake for 20-25 minutes in a hot oven at 180°C (gas mark 4) or until cooked.



For the nutritional information to be as stated, the recipe must be made up as instructed in the methodology. Information is correct at time of publication. The information has been provided by our suppliers; it could be updated at any time. Therefore, please refer to product packaging for the most up to date information. Bidfood are unable to accept responsibility for any reliance placed by you on this data.

Carrot and Pineapple Cake

serves
10

Code	Description	Quantity
-	Carrot	200g
01948	Pineapple Pieces in Juice	200g
04285	Everyday Favourites Free Range Medium Eggs	100g
17695	Vanilla Flavouring	10ml
07531	Tate & Lyle Fairtrade Caster Sugar	40g
04092	KTC Sunflower Oil	80ml
34082	Everyday Favourites Wholemeal Flour	150g
25611	Dr Oetker Baking Powder	10g
70371	Everyday Favourites Ground Cinnamon	10g

Method

1. Drain fruit. Wash and peel carrot.
2. Preheat the oven to 180°C (gas mark 4) and line a baking tray with grease proof paper.
3. Grate carrot into a bowl. Roughly chop the pineapple pieces to make them slightly smaller, and add to the bowl.
4. Place all the other ingredients into another bowl and mix well. Pour over the carrot and pineapple and mix well again.
5. Pour mixture into the grease proof tray and bake for 20 minutes, or until cooked and golden in colour.



For the nutritional information to be as stated, the recipe must be made up as instructed in the methodology. Information is correct at time of publication. The information has been provided by our suppliers; it could be updated at any time. Therefore, please refer to product packaging for the most up to date information. Bidfood are unable to accept responsibility for any reliance placed by you on this data.

Pineapple and Peach Crumble

serves
10

Code	Description	Quantity
15430	Everyday Favourites Peach Slices in Juice	250g
01948	Pineapple Pieces in Juice	250g
34082	Everyday Favourites Wholemeal Flour	140g
07531	Tate & Lyle Fairtrade Caster Sugar	40g
01313	Stork Baking Tub	120g

Method

1. Drain the fruit.
2. Preheat the oven to 180°C (or gas mark 4).
3. Place the drained fruit into a baking dish
4. In a bowl, mix the flour, sugar, and stork together until you get a fine crumb. Sprinkle over the fruit.
5. Bake in the oven for 30 minutes, or until piping hot and golden in colour.



For the nutritional information to be as stated, the recipe must be made up as instructed in the methodology. Information is correct at time of publication. The information has been provided by our suppliers; it could be updated at any time. Therefore, please refer to product packaging for the most up to date information. Bidfood are unable to accept responsibility for any reliance placed by you on this data.

Pineapple Ginger Sponge

serves
10

Code	Description	Quantity
01948	Pineapple Pieces in Juice	400g (drained weight)
04285	Everyday Favourites Free Range Medium Eggs	100g
17695	Vanilla Flavouring	5ml
07531	Tate & Lyle Fairtrade Caster Sugar	40g
04092	KTC Sunflower Oil	80ml
34082	Everyday Favourites Wholemeal Flour	160g
25611	Dr Oetker Baking Powder	10g
52245	Everyday Favourites Ground Ginger	5g

Method

1. Drain the pineapple.
2. Preheat the oven to 180°C and line a baking tray with grease proof paper.
3. Sprinkle the drained pineapple over the bottom of the tin.
4. Place all other ingredients in a bowl and mix well.
5. Pour the cake mixture over the pineapple and place in the oven.
6. Bake for 20 minutes, or until sponge is cooked and golden in colour.



For the nutritional information to be as stated, the recipe must be made up as instructed in the methodology. Information is correct at time of publication. The information has been provided by our suppliers; it could be updated at any time. Therefore, please refer to product packaging for the most up to date information. Bidfood are unable to accept responsibility for any reliance placed by you on this data.

Yoghurt Vanilla Panna Cotta

serves
10

Code	Description	Quantity
20569	Dr Oetker Bronze Leaf Gelatine	4g
07531	Tate & Lyle Caster Sugar	30g
14831	Arla UHT Milk	80ml
73611	Easiyo Natural Yogurt	600g
17695	Dr Oetker Vanilla Essence	10ml
-	Raspberries	200g
-	Strawberries	200g
-	Blueberries	100g

Method

1. In a dish, soak the gelatine in cold water.
2. Bring the milk and sugar to the boil.
3. Strain the gelatine and whisk into the milk. Allow to cool for 10 minutes.
4. Fold through the yoghurt and vanilla, and allow to set in a fridge.
5. Serve with fruit.



For the nutritional information to be as stated, the recipe must be made up as instructed in the methodology. Information is correct at time of publication. The information has been provided by our suppliers; it could be updated at any time. Therefore, please refer to product packaging for the most up to date information. Bidfood are unable to accept responsibility for any reliance placed by you on this data.

Raspberry and Apple Cake

serves
10

Code	Description	Quantity
-	Apple	300g
04285	Everyday Favourites Free Range Medium Eggs	2
17695	Dr Oetker Vanilla Essence	10ml
07531	Tate & Lyle Caster Sugar	45g
03435	Everyday Favourites Extended Life Vegetable Oil	80ml
34082	Everyday Favourites Wholemeal Flour	160g
25611	Dr Oetker Baking Powder	10g
-	Raspberries	250g

Method

1. Grate the apples into a bowl and discard the cores.
2. Add the eggs, vanilla essence, sugar, and oil. Mix well.
3. Whisk in the flour and the baking powder.
4. Fold in the raspberries. Place in a non-stick tray.
5. Bake in a hot oven at 180°C (gas mark 4) for 25 minutes then allow to cool and serve.



For the nutritional information to be as stated, the recipe must be made up as instructed in the methodology. Information is correct at time of publication. The information has been provided by our suppliers; it could be updated at any time. Therefore, please refer to product packaging for the most up to date information. Bidfood are unable to accept responsibility for any reliance placed by you on this data.

Chocolate Brownie

serves
10

Code	Description	Quantity
42019	Everyday Favourites Self Raising Flour	200g
04787	Cadbury Cocoa	50g
25611	Dr Oetker Baking Powder	5g
01586	Everyday Favourites Unsalted Butter	100g
14831	Arla UHT Milk	100ml
04285	Everyday Favourites Free Range Medium Eggs	150g
-	Sweet Potato	250g
-	Banana	125g
07531	Tate & Lyle Caster Sugar	50g

Method

1. Mix the flour cocoa and baking powder in a bowl and make a well in the middle.
2. Gently melt the butter in a pan and add the milk. Warm gently.
3. Beat the eggs, sweet potato, banana, and sugar in vigorously.
4. Pour the mixture into the middle of the well.
5. Fold all ingredients together, then pour into a non-stick tray.
6. Bake in a hot oven for 15 minutes, or until cooked, on 180°C (gas mark 4).



For the nutritional information to be as stated, the recipe must be made up as instructed in the methodology. Information is correct at time of publication. The information has been provided by our suppliers; it could be updated at any time. Therefore, please refer to product packaging for the most up to date information. Bidfood are unable to accept responsibility for any reliance placed by you on this data.

Apple Sultana Rock Cakes

serves
10

Code	Description	Quantity
03435	Everyday Favourites Extended Life Vegetable Oil	80ml
34082	Everyday Favourites Wholemeal Flour	300g
25611	Dr Oetker Baking Powder	10g
70371	Everyday Favourites Ground Cinnamon	10g
-	Banana	130g
04285	Everyday Favourites Free Range Medium Eggs	50g
07531	Tate & Lyle Fairtrade Caster Sugar	40g
17695	Vanilla Flavouring	5ml
-	Apple	100g
19897	Everyday Favourites Sultanas	75g

Method

1. Preheat oven to 180°C (or gas mark 4). Grease a tray with 5ml of oil.
2. In a bowl, mix the flour, baking powder, and cinnamon together.
3. Mash the banana in a bowl, mix the egg in well, then add the oil and essence and 50ml water.
4. Then mix both mixes together, grate the apple and add to the bowl, then fold in the sultanas.
5. Portion into 10 rounds on the tray and bake for 20 minutes, or until cooked, then allow to cool.



For the nutritional information to be as stated, the recipe must be made up as instructed in the methodology. Information is correct at time of publication. The information has been provided by our suppliers; it could be updated at any time. Therefore, please refer to product packaging for the most up to date information. Bidfood are unable to accept responsibility for any reliance placed by you on this data.

Blueberry Muffin

serves
10

Code	Description	Quantity
01586	Everyday Favourites Unsalted Butter	60g
34079	Everyday Favourites Plain Flour	280g
07531	Tate & Lyle Fairtrade Caster Sugar	45g
04285	Everyday Favourites Free Range Medium Eggs	50g
17695	Vanilla Flavouring	10ml
14831	Arla UHT Milk	250ml
-	Blueberries	240g
25611	Baking Powder	10g

Method

1. Preheat the oven to 220 °C, then melt the butter in a pan.
2. Sift the flour and baking powder into a bowl, and then mix in the sugar.
3. In another bowl, beat the egg lightly until just broken down.
4. Add the melted butter, vanilla, and milk, and beat the mixture until foamy.
5. Make a well in the flour, and then slowly pour the egg mixture into the well of the flour.
6. Fold together to make a smooth batter, then fold through the blueberries—taking care not to bruise them or over mix them, as the muffin will become tough.
7. Place muffin cases into a tin, then spoon the mixture into the cases and bake for 15 minutes or until cooked. Allow to cool.



For the nutritional information to be as stated, the recipe must be made up as instructed in the methodology. Information is correct at time of publication. The information has been provided by our suppliers; it could be updated at any time. Therefore, please refer to product packaging for the most up to date information. Bidfood are unable to accept responsibility for any reliance placed by you on this data.