

Recipe checklist for sweet baked items



Aim to tick all these boxes for a wholesome baked option

Contain at least one ingredient from the following:

- wholemeal flour or whole grain (e.g. oats, bran)
- vegetables
- fruits
- nuts, seeds or legumes.

☐

Examples include bran blueberry muffin, banana walnut loaf, orange poppy seed cake, carrot cake with raisin, muesli slice.

Avoid excessive use of sugar

- No icing on top of products.
- No confectionary as an ingredient within or on top of products, eg. chocolate chips, lollies.

☐

Limit the use of butter

- Use margarine or oil instead of butter.

☐

Portion control

- No larger than 100g/piece.
- When catering for composite schools, tailor portion sizes by offering smaller servings for younger children.

☐