

Healthy Loaf

Adapted from a recipe provided by Sudbury Community House. A tasty, healthy snack which is high in fibre. Other dried fruit such as sultanas, raisins and cranberries can be used making this a versatile snack for morning or afternoon tea.



Serves 10 children



35 minutes

INGREDIENTS

All-bran 45g ($\frac{3}{4}$ C)

Flour, self-raising wholemeal 95g ($\frac{3}{4}$ C)

Sugar, brown 65g ($\frac{1}{3}$ C)

Apple, juice 180ml ($\frac{3}{4}$ C)

Fruit, dried, mixed 120g ($\frac{2}{3}$ C)

DIRECTIONS

1. Preheat oven to 180°C. Grease one lamington tin.
2. Soak All-bran in apple juice for 2 hours (can soak overnight covered in fridge).
3. In a large mixing bowl combine soaked All-bran with remaining ingredients and mix well.
4. Pour into lamington tin.
5. Bake in preheated oven for 20 minutes.
6. Place on a wire rack to cool.

Allergy Information

Contains: wheat.

All-bran ingredients include wheat bran 85%, gluten and may contain traces of peanuts or tree nuts.

Childcare RDI Calculator:

Fat		0 %
Vegetables		0 %
Meat/Alt*		0 %
Cereals	<div></div>	60 %
Dairy		0 %
Fruit	<div></div>	50 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services