

APRICOT SLICES

INGREDIENTS

285g/10oz dried apricots
180ml/6fnoz water
1tsp lemon rind
115g/4oz coconut oil or butter or margarine
1tbsp molasses
115g/4oz gluten free flour or rice flour or wheat flour if not gluten or wheat sensitive
1 tsp cinnamon
225g/8oz oat or buckwheat flakes (buckwheat is gluten free; gluten free oats are also available)
55g/2oz sunflower seeds



1. Set the oven temperature to 200°C/400°F/Gas Mark 6.
2. Finely dice the apricots, place in a pan and add the water. Simmer on a low heat until they are soft and most of the water has been absorbed. Mash or process the apricots with the lemon rind until they are fairly smooth. Add a little water if the mixture is too stiff to spread easily.
3. Place the coconut oil/butter or margarine and the molasses in a medium sized pan and melt over a low heat.
4. Add the flour, cinnamon, flakes, sunflower seeds and two tablespoons of the apricot mixture. Mix by hand until crumbly and combined.
5. Spread half the flour and flake mixture in an ungreased Swiss roll tin (approximately 18x28cm/7x11inches) and press down firmly. spread the apricot mixture over this and cover with the remaining oat mix. Press well by hand and flatten and firm.

6. Bake the slice for 20-25 minutes until firm and golden brown. Cut in to 12 squares while warm and allow the slices to cool in the tin. Store in an airtight container and eat within 3 days or freeze.

DATE SLICES

Follow the recipe as for Apricot slice but replace the apricot with chopped dates.

FIG AND ORANGE SLICES

Follow the recipe for apricot slice and substitute the apricots and lemon rind with dried figs and orange rind. The water can also be replaced with orange juice.

GRANOLA BAR

4 Cups of Oats
1 cup of Desiccated Coconut
1/2 cup of Honey
1/2 cup of Raisins
4 Eggs



Mix all the ingredients together and then place on an oiled baking tray. Bake on a low heat, 80°C for 40-60 minutes. Remove from the oven and cut into squares while hot and leave them in the tin. Let them cool, and then they are ready to eat.

LINSEED, SUNFLOWER & RAISIN COOKIES



55g/2oz mixed linseeds and sunflower seeds (walnuts are great if not being brought in to school)

115g/4oz softened butter or margarine or coconut oil

1 tbsp of honey

1 tsp ground mixed spice

1 medium egg or egg replacer

85g/3oz gluten free flour or rice flour or wheat flour

140g/5oz oats or buckwheat flakes (buckwheat is gluten free)

55g/2oz raisins

Extra flakes for coating

1. Set the oven temperature to 180°C/350°F/Gas Mark 4.
2. Process the butter, honey, mixed spice, egg and flour until well mixed.
3. Add the seeds, flakes and raisins and process for a few seconds to combine. Do not over process or you will break up the seeds and raisins.
4. Roll the mixture into walnut-sized balls and then roll in the extra flakes to coat. Place on an ungreased baking tray and flatten to make biscuit shapes about 5mm/1/4in thick with the back of a fork.
5. Bake for approximately 12-15 minutes or until golden brown.

6. Allow the biscuits to cool on the tray for 5 minutes then place them on a fire cooling rack. Once cold, store in an airtight tin and eat within three days or Freeze.

Glossary

Linseeds : Also known as Flax.



Linseeds are a rich source of Omega 3 fatty acids (ALA), containing twice as much as fish oil.

As it is plant-based, it is perfect for vegetarians and vegans, but it benefits everyone.

It is also a good source of Omega 6, Omega 9 and vitamin E. It also contains lignans, which are a class of phytoestrogens considered to have anti-oxidant properties.

If you are looking for a bit of a boost then eating golden or brown linseed can help because iron is known to help reduce tiredness and fatigue.

Linseeds are also rich in Calcium, Phosphorus and Magnesium which helps contribute to the maintenance of normal bones. If that was not enough there is plenty of Thiamin and Niacin (Vitamins B1 and B3), the nutrients that help you to release energy from the food you eat.

Sunflower Seeds: Health Benefits



Promotes Cardiovascular Health. Contains Vitamin E & folate acid. Sunflower seeds contain a high level of phytosterols. These phytosterols have physical properties similar to cholesterol: research has linked them to supporting healthy cholesterol levels.

High source of magnesium, Magnesium deficiency can lead to a variety of health problems that affect the cardiovascular, nervous, and immune systems. The muscles and skeletal system also require magnesium for proper function.

Support healthy mood - Sunflower kernels are one of the finest sources of B-complex group of vitamins. They are very good sources of B-complex vitamins such as niacin, folic acid, thiamin (vitamin B1), pyridoxine (vitamin B6), pantothenic acid, and riboflavin.

The seeds are incredibly rich sources of many essential minerals.

Calcium, iron, manganese, zinc, magnesium, selenium, and copper are especially concentrated in sunflower seeds. Many of these minerals play a vital role in bone mineralization, red blood cell production, enzyme secretion, hormone production, as well as in the regulation of cardiac and skeletal muscle activities.

Coconut Oil:



Here are some of the many benefits of coconut oil:

- **Digestive Help**– The high concentration of beneficial fats in coconut oil make it helpful for digestion. Its antimicrobial

properties can help fight irritation and infection in the gut from Candida.

- **Great Source of Healthy Fats**– Over 50% of the fat in coconut oil is lauric acid- the same substance present in breast milk. In fact, coconut oil is the richest source of lauric acid after breastmilk.
- **Mental Boost**– MCTs are also well known for their ability to contribute to focus and mental performance. Adding coconut oil to a drink in the morning can help improve mental performance all day.
- **Hormone Support**– Getting the wrong kinds of fats can create havoc on hormones. Coconut oil contains specific fats that support the body's natural hormone production.
- **Immune Support**– The MCTs (including lauric acid, capric acid and caprylic acid) have antifungal, antibacterial and antiviral properties that make it beneficial for immune support.

Buckwheat flour:



Buckwheat flour is ideal for those avoiding wheat. Buckwheat is not a form of wheat, and does not naturally contain gluten. Buckwheat flour can be used to make bread, scones, pancakes and many more. It is usually mixed with tapioca flour or potato flour in order to do what the gluten normally does. Buckwheat flour is also known as "Sarasin flour".

Molasses:



Thick, dark, heavy syrup which is a by-product of sugar refining. It is far less sweet than syrup or honey and the darker the molasses, the less sugar it contains. Molasses has a slightly bitter flavour that is favoured in traditional North American recipes such as Boston baked beans and it also goes into the making of rich fruit cakes, gingerbread and treacle toffee.

Other seeds and nuts if no allergy and made for at home use..

Index: Some recipes been have adapted from Cooking Without by Barbara Cousins: Cooking made easy free from gluten, sugar, yeast and dairy.

WARREN ROAD PRIMARY SCHOOL IS A NUT FREE SCHOOL
All recipes have had nuts substituted with seeds to make safe for
consumption on school premises.