



VIRTUAL

SUMMER

FOOD FESTIVAL

7 JUNE TO 31 JULY

FORTIFICATION PRODUCT & RECIPE GUIDE

Dairy & free from products



132718	Marvel Skimmed Milk Powder	1 x 2kg
6462	Brakes Skimmed Milk Powder	1 x 2kg
126785	Jajá Cream of Coconut 425g	12 x 425g
85106	Kingfisher Oriental Light Coconut Milk 400ml	6 x 400ml
103171	Maggi Coconut Milk Powder Mix 1kg	1 x 1kg
126924	Sasco Vegan Mayo 1 Litre	1 x 1ltr
115072	Amoy Coconut Milk 400ml	12 x 400ml
25002	Brakes Evaporated Milk	1 x 410g
74090	Brakes American Style Full Fat Soft Cheese	1 x 2kg
119294	Laughing Cow Nutrient Fortified	1 x 1kg
126335	Alpro Almond for Professionals	12 x 1ltr
123951	Alpro Coconut for Professionals	12 x 1ltr
70215	Brakes Fresh Double Cream	1 x 2.27ltr
71095	Meadowland Double 1L	1 x 1ltr
113654	Alpro For Professionals Soya Long Life Drink 1L	1 x 1ltr
113655	Alpro For Professionals Coconut Long Life Drink 1L	1 x 1ltr
107465	Phase 250g Block	40 x 250g
132777	Alpro Oat No Sugars	8 x 1ltr
11394	Brakes Greek Style Yoghurt	1 x 2kg
18421	Brakes Full Fat Soft Cheese	1 x 2kg
346	Lakeland Dairies Real Dairy Whipping Cream	1 x 1ltr
113345	Millac Single Gold Cooking Cream Alternative 1 Litre	1 x 1ltr
120586	Millac Gold Double Cream Alternative 1 Litre	1 x 1ltr
119346	Cool Delight Fortified Vanilla Flavoured Ice Cream Tubs	60 x 120ml
71773	Laughing Cow Fortified Square Portions	80 x 17.5g
129803	Flora Plant Cream	8 x 1ltr

Dairy foods such as milk, yoghurt and cheese are a source of calcium and protein as well as providing calories for individuals who need additional energy. Fortified dairy alternatives also provide essential nutrients such as calcium, however not all dairy alternatives are fortified. Natural or plain yoghurt often contains live good bacteria, which is hugely beneficial to the gut, which has been shown to positively impact the immune system. A diverse gut flora may also have a positive impact on cognitive health too, as the gut and brain are interconnected. Dairy foods and appropriate alternatives to dairy are a great way of including calcium and protein in the diet. Calcium helps to build strong bones and teeth, helps to regulate muscle contractions, including the heart muscle, and helps with normal blood clotting. Individuals who do not consume adequate calcium may develop osteoporosis. Vitamin D is needed to absorb calcium in the diet, highlighting the need for both vitamin D and calcium in the diet. Some dairy free alternatives are also fortified with vitamin D.

Spreads & Preserves



133542	Lotus Biscoff Smooth Spread	1 x 1.6kg
115343	Brakes Squeezy Clear Blossom Honey	6 x 680g
132588	Sun-Pat Crunchy Peanut Butter 600g	6 x 600g
132587	Sun-Pat Smooth Peanut Butter 600g	6 x 600g
131508	Wow Butter Crunchy	6 x 500g
131507	Wow Butter Creamy	6 x 500g
24486	Cadbury Smooth Chocolate Spread	6 x 400g
24774	Nutella Hazelnut & Chocolate Spread Jar	400g
89121	Brakes Mango Chutney	1 x 3kg
110728	Nutella Chocolate Spread 3kg	1 x 3kg
127123	Sun-Pat Crunchy Peanut Butter CASE	6 x 300g
127122	Sun-Pat Smooth Peanut Butter CASE	6 x 300g

Energy requirements can increase due to acute or chronic disease since energy in the body is needed to fight infection or repair damaged tissue, for example. Nut butter can be a good source of protein, which is important for maintaining muscle mass as we age.

Nuts & Seeds



1622	Brakes Whole Cashew Nut Kernels	1 x 1kg
2926	Brakes Walnut Pieces	1 x 1kg
5154	Brakes Ground Almonds	1 x 1kg
5874	Brakes Flaked Almonds	1 x 1kg
4617	Brakes Whole Hazelnuts	1 x 1kg
100256	Brakes Walnut Halves	1 x 1kg
5750	Brakes Chopped Mixed Nuts	1 x 1kg
35005	Brakes Sesame Seeds	1 x 650g
88884	Brakes Sunflower Seeds	1 x 1kg
130610	Brakes Nut, Fruit & Seed Topper	1 x 1kg
130609	Brakes Toasted Seeds & Grains Topper	1 x 1kg
130608	Brakes Berries, Coconut & Seed Topper	1 x 1kg

Energy requirements can increase due to acute or chronic disease since energy in the body is needed to fight infection or repair damaged tissue, for example. Nuts and seeds are energy dense, a source of fibre and other nutrients such as vitamin E. The general population are advised to consume 30g fibre each day, so a handful of nuts/ seeds is a great way to help towards that target. Fibre has many health benefits including encouraging a more diverse gut flora which can help support the immune system. Nuts can be a good source of protein too, which is important for maintaining muscle mass as we age.

Dried Fruit



100211	Brakes Pitted Dates	1 x 3kg
100210	Brakes Dried Prunes	1 x 3kg
89781	Brakes Chopped Dates	1 x 3kg
100209	Brakes Dried Mixed Fruit	1 x 3kg
110931	Pitted Prunes	1 x 3kg
8284	Brakes Dried Apricots	1 x 3kg
89849	Brakes Dried Cranberries	1 x 1kg

Dried fruit are a source of fibre as well as numerous vitamins and minerals, not to mention a practical way of flavouring cooked food. Being simply that dried fruit is fresh fruit that has been dried, the flavour is concentrated which means you can eat a seemingly smaller portion of dried fruit but get the benefits of larger quantities of fresh fruit. Dried fruit such as dried apricots contain a significant amount of fibre, which can help relieve gut issues such as constipation as well as encourage a more diverse gut flora, which can benefit immune health. Dried fruit can also contain calcium, folic acid, potassium, phosphorus, magnesium and iron to name a few, which support a healthy diet. Calcium and phosphorus help to maintain healthy bones and teeth.

Beans & Pulses



10143	Brakes Red Kidney Beans in Water	1 x 800g
15785	Brakes Butter Beans in Water	1 x 2.55kg
100171	Royal Crown Black Eye Beans	1 x 800g
132404	Royal Crown Chick Peas in Water	1 x 2.5kg
1050	Brakes Cannellini Beans in Water	1 x 800g
22724	Brakes Butter Beans in Water	1 x 800g
100348	St. Nicholas Mexican Style Bean Salad 800g	1 x 800g

Beans and pulses contain protein, are a source of fibre and count as a portion of vegetables towards your 5 a day. When appetite may be reduced, the body still needs energy and nutrients to carry out every day processes and maintenance, such as maintaining bone density. Adding beans or pulses to a meal are an ideal way of adding additional fibre and protein without increasing the apparent size of the meal. Roughly 4 tablespoons of beans or pulses equate to a portion of protein. Constipation can negatively affect quality of life, whereas including beans and pulses in the diet can help prevent it.

Fish

126781	Pink Salmon CASE	6 x 418g
127134	Princes Sardines in Rich Tomato Sauce	10x120g
114982	Princes Mackerel Fillets in Sunflower Oil	10x120g
114981	Princes Sardines in Sunflower Oil 120g	10 x 120g



Oily fish such as salmon, sardines and mackerel are a source of vitamin D, which helps the body absorb calcium, supporting healthy bones. Vitamin D can be made in the body from sunlight between April and October, however many institutionalised individuals, such as care home residents, are often deficient in vitamin D as they do not spend adequate time outdoors, or they cover their skin. Oily fish is also a source of omega 3 healthy fats, which has been found to be hugely beneficial to heart health.

Malted Drinks



101730	Nesquik® Chocolate Milkshake Powder Tub	10x 300g
505	Horlicks The Original Malted Milk Drink Traditional	1 x 2kg
28502	Ovaltine Original add milk Malted Cocoa Drink Jar	1 x 800g

Milky drinks such as these can provide a number of vitamins and minerals such as B2; B12, calcium, phosphorus, iodine as well as protein in just one 200ml glass. Protein contributes to maintenance of normal bone, muscle growth and maintenance. Calcium helps maintain bones and teeth; promote blood clotting; muscle function and helps with normal neurotransmission. Iodine helps support brain function; normal production and function of thyroid hormones and helps with skin maintenance. Vitamins B2 and B12 help to reduce tiredness and fatigue and promote normal red blood cell formation.

Brakes guide to MALNUTRITION

- in the care sector -

What is malnutrition?

Malnutrition literally translates as 'poor nutrition' which can either mean that you are not getting enough nutrients (under-nutrition) or that you are getting more nutrients than you need (over-nutrition). For the purpose of this leaflet, we are focusing on under-nutrition.

How many people does it affect?

It is estimated that malnutrition affects over 3 million people in the UK*. Of these, about 1.3 million are over the age of 65.

It is also estimated that between 25-34% of patients admitted to hospital and 30-42% of residents admitted to care homes are at risk of malnutrition*.

*Both Association for Personal and Social Medicine (APSM)

How does it affect them?

There are a number of reasons why people become malnourished such as having a poor appetite, as a result of an illness, having poor sense of taste and smell or it could be as a consequence of disorders like dysphagia (swallowing difficulties). It could also be because food is presented poorly, meals are served at unsuitable times, there is no choice of portion size, food is served at an inappropriate temperature or there is a lack of snacks and nourishing drinks throughout the day.



Hints and tips

Although nutritional supplements can play a useful role for some people, using the 'food first' approach is advised. Use everyday ingredients to Fortify meals and snacks with extra calories and protein. Increasing the energy content of meals without increasing the portion size is particularly useful for people with smaller appetites.

Food fortification can be more practical and cheaper than using nutritional supplements. Offering fortified small snacks, meals and drinks regularly throughout the day should help to stimulate appetite. Consider these food swaps below:

- Add skimmed milk powder to whole milk to use in drinks, on cereals etc
- Add cheese to savoury dishes, in to soup and to mashed potato
- Add butter to vegetables, potatoes and scrambled eggs
- Add cream to custard, soup and mashed potato
- Add jam, honey or peanut butter to porridge and rice pudding
- Add ground almonds when making biscuits and on cakes

- Brakes guide to dementia, dementia and malnutrition -

Brakes guide to MALNUTRITION

- in the care sector -

Snacking

Snacks between meals can be a really helpful way of increasing overall food intake, particularly for people with smaller appetites. Offer 2-3 snacks in between meals each day and some milky drinks too.

SAVOURY SNACKS

- Cheese and crackers
- Small bag of crisps
- Buttered toast, crumpets or a toasted scone
- Cheese on toast
- Dill on toast
- Buttered malt loaf

SWEET SNACKS

- Chocolate biscuits
- Dried fruit and nuts
- Slice of cake
- Fruit with cream
- Scone with cream & jam
- Choc ice

MILKY DRINKS

- Coffee with whole milk
- Hot chocolate with whole milk
- Malt drinks such as Ovaltine
- Ice cream or milk-based smoothies

A typical days fortified food diary

Meal	Food	Calories	Food to Fortify	Extra Calories
Breakfast	Porridge	95 calories	Sugar Cream Butter Milkshake Butter Cheese	20 calories 20 calories 40 calories 25 calories 40 calories 40 calories
	52 flavoured cereal	75 calories		
Mid Morning	Digestive biscuits	70 calories	Butter Cheese	40 calories 40 calories
	Roast beef	210 calories		
Lunch	Coriander	90 calories	Butter Butter	40 calories 40 calories
	Baked potato	88 calories		
Mid afternoon	Tomato pasta	55 calories	Enriched milk Ice Cream Cream	80 calories 50 calories 70 calories 70 calories
	Sprouts and	55 calories		
Dinner	Soup	75 calories	Cream Cream	70 calories 70 calories
	Scrambled egg	80 calories		
Tepper	52 flavoured cereal	75 calories	Cream Cream	70 calories 70 calories
	Custard cream	52 calories		
Mid evening	25 pot chocolate milk	255 calories	Milk powder Fortified Calorie	100 calories 200
	Total calories	1210		

To download a copy of this fact sheet visit:

<https://www.brakes.co.uk/news/covid-19/care-homes/training-and-support>



Recipes to help fortify

#StrongerWithBrakes

Non Bake Oat, Fruit And Yoghurt Bites

A breakfast bite high in fibre

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
A 25148	Ospiro Flaked Oats	180	g	
A 89781	Brakes Chopped Dates	180	g	
A 8284	Brakes Dried Apricots	80	g	roughly chop
A 35005	Brakes Sesame Seeds	20	g	
A 100535	Brakes Pure Canadian Maple Syrup	15	ml	
C 10312	Large Oranges	1	ea	zest and juice
C 109345	Müller® Healthy Balance Natural Yogurt	125	g	



Allergens - Contains

Milk, Sesame, Sulphites & Oats(Cereal Containing Gluten)

Allergens - May Contain

Nutrition (pre-cooking)

Energy per Portion (kcal)	157.2
Energy per Portion (kJ)	661
Protein per Portion	4.4
Carbohydrate per Portion	29.1
Sugars per Portion	17.1
Fat per Portion	2.8
Saturates per Portion	0.3
Fibre per Portion	2.6
Salt Equivalent per Ptn	0

* Indicates Incomplete Information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

Method

- 1 Blend all items together except the sesame seeds
- 2 Roll into 10 even balls and shape using a fork or pallet knife
- 3 Coat in sesame and chill before serving



Chocolate And Orange Sundae

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
F 122253	The Great British Ice Cream Co Blood Orange Sorbet	60	g	
F 111998	Brakes Dark Chocolate Dairy Ice Cream	60	g	
A 128656	Brakes Mini Chocolate Curis	1	g	
A 21141	Brakes Whole Mandarin Segments In Light Syrup	50	g	drain the mandarin
A 100530	Da Vinci Gourmet Chocolate Flavoured Sauce 500g	5	g	
A 16810	Marcantonio Sundae Sensations 280 Rossini Curis	2	ea	
C 18502	Brakes UHT Aerosol Cream	10	g	
A 100087	McVitie's The Original 12 Jaffa Cakes	5	g	



Allergens - Contains

Egg, Milk, Soya & Wheat

Allergens - May Contain

Milk

Nutrition (pre-cooking)

Energy per Portion (kcal)	378.5
Energy per Portion (kJ)	1593.1
Protein per Portion	5.2
Carbohydrate per Portion	62.7
Sugars per Portion	49.3
Fat per Portion	11.1
Saturates per Portion	7.6
Fibre per Portion	3.5*
Salt Equivalent per Ptn	0.2

* Indicates Incomplete Information

Suitable for Vegetarians	No
Suitable for Vegans	No

Method

- 1 assemble in a dish/bowl



Peanut Butter, Banana & Dark Chocolate Pudding

Serves 8

Code	Description	Qty	Units	mise en place / Preparation
C 74088	Brakes Unsalted Butter	75	g	
A 127122	Sun-Pat Smooth Peanut Butter CASE	25	g	
A 114953	Brakes Self Raising Flour	250	g	
A 35023	Brakes Baking Powder	10	g	
A 350102	Tate & Lyle Mediterranean Inspired Medium Bodled	125	g	
A 10678	Freshers Fat Reduced Cocoa Powder 500g	50	g	
C 10354	Bananas	2	ea	
A 16392	Brakes 18 British Free Range Fresh Medium Eggs	3	ea	
C 70219	Brakes Fresh Whole Milk	200	g	
A 85910	Callebaut Dark Chocolate Callets (811)	100	g	
A 1	Tap Water (for VC recipes)	250	ml	
A 5825	Sun Valley Roasted and Salted Peanuts 1kg	25	g	

Method

Estimated Cooking Time: 60

- 1 Butter a 2 litre baking dish and heat the oven to 180oC
- 2 Melt the butter and half the peanut butter together in a pan until runny and smooth.
- 3 Put the flour, baking powder, sugar and cocoa powder together in a large mixing bowl
- 4 Mash the bananas well, then whisk with the eggs and milk.
- 5 Tip into the dry ingredients with the nutty butter and stir together until smooth. Stir in the chocolate chunks and pour into the baking dish.
- 6 For the sauce, mix 250ml of boiling water into the remaining peanut butter, followed by the sugar and cocoa
- 7 Pour all over the top of the pudding
- 8 Bake for 40-45 minutes until the top is risen and crisp.



Allergens Contained in this recipe

Celery	No	Sesame	No
Crustacea	No	Soya	Yes
Egg	Yes	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	Yes	Kamut	No
Peanuts	Yes	Gluten	Yes

Nutrition (pre-cooking)

Energy per Portion (kcal)	667.3
Energy per Portion (kJ)	2804.2
Protein per Portion	13.5
Carbohydrate per Portion	104.6
Sugars per Portion	74.8
Fat per Portion	20
Saturates per Portion	10.2
Fibre per Portion	5.1*
Salt Equivalent per Ptn	0.9

* Indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No



Peanut Butter Chicken

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
A 470829	Vegetable Oil	50	ml	
C 16792	Prime Meats British Boneless and Skin Less Chick	2000	g	
C 10324	Large Onions	500	g	Peel & slice
C 10439	Fresh Garlic	20	g	Finely chopped
C 114212	Chillies Red	30	g	Finely sliced
C 10380	Ginger	20	g	Finely chopped
A 35002	Brakes Garam Masala	40	g	
A 127122	Sun-Pat Smooth Peanut Butter CASE	250	g	
A 85106	Kingfisher Oriental Light Coconut Milk 400ml	800	g	
A 19839	Brakes Chopped Tomatoes In Tomato Juice	800	g	
C 113885	Herb Bunched Coriander	10	g	Finely chopped



Allergens Contained in this recipe

Celery	No	Sesame	No
Crustacea	No	Soya	Yes
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	Yes	Kamut	No
Peanuts	Yes	Gluten	No

Nutrition (pre-cooking)

Energy per Portion (kcal)	638.4
Energy per Portion (kJ)	2656.2
Protein per Portion	46.2
Carbohydrate per Portion	13.5
Sugars per Portion	8.7
Fat per Portion	43.4
Saturates per Portion	13.2
Fibre per Portion	4.4
Salt Equivalent per Ptn	0.7

* Indicates incomplete information

Suitable for Vegetarians	No
Suitable for Vegans	No

Method

Estimated Cooking Time: 40

- 1 Brown the chicken in oil in a deep frying pan over a medium heat, remove and set aside
- 2 Fry the onion for 8 mins until softened, then add garlic, chilli and ginger and cook for 1 min
- 3 Add the garam masala and fry for a further minute
- 4 Stir in the peanut butter, coconut milk and tomatoes - bring to a simmer
- 5 Return the chicken to the pan and add the chopped coriander
- 6 Cook for 30 mins until the sauce thickens and the chicken is cooked through



Satay Chicken & Peanut Dip

Serves 10

Code	Description	Qty	Units	mise en place / Preparation
C 16792	Prime Meats British Boneless and Skin Less Chick	600	g	Cut Into large dice
A 85106	Kingfisher Oriental Light Coconut Milk 400ml	400	ml	
A 33582	Brakes Madras Curry Powder	20	g	
A 308	Brakes Granulated Sugar	5	g	
A 128596	Brakes Thai Red Paste	10	g	
A 286	Saxa Table Salt 750g	5	g	
A 128596	Brakes Thai Red Paste	40	g	
A 127123	Sun-Pat Crunchy Peanut Butter CASE	180	g	
A 308	Brakes Granulated Sugar	10	g	
A 286	Saxa Table Salt 750g	5	g	
A 16285	Blue Dragon Dark Soy Sauce 2 Litre	30	ml	
A 114485	Mikado Cider Vinegar	30	ml	
A 1	Tap Water (for VC recipes)	185	ml	
C 10478	Limes	2	ea	Cut Into wedges

Method

Estimated Cooking Time: 120

- Mix together half of milk with curry powder, sugar, salt & Thai red paste
- Place diced chicken in marinade and place in fridge for at least 2 hours
- Place remaining milk in small saucepan with all other ingredients for Thai Peanut sauce
- Over a low heat mix together and keep warm until required
- Thread chicken on to metal skewers and place on ovenable tray
- Cook skewers under hot grill for 4-5 mins before turning over and cooking for a further 4-5 minutes
- Skewers can also be cooked in the oven at 200 for 12-15 minutes turning half way through cooking



Allergens Contained in this recipe

Celery	No	Sesame	No
Crustacea	No	Soya	Yes
Egg	No	Sulphites	Yes
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	No	Oats	No
Molluscs	No	Rye	No
Mustard	Yes	Spelt	No
Nuts	Yes	Kamut	No
Peanuts	Yes	Gluten	Yes

Nutrition (pre-cooking)

Energy per Portion (kcal)	266.8
Energy per Portion (kJ)	1110.1
Protein per Portion	16.4
Carbohydrate per Portion	8.4
Sugars per Portion	4.6
Fat per Portion	18.1
Saturates per Portion	5.6
Fibre per Portion	2.3*
Salt Equivalent per Ptn	2

* Indicates Incomplete Information

Suitable for Vegetarians	No
Suitable for Vegans	No



Peanut Butter Cookies

Serves 20

Code	Description	Qty	Units	mise en place / Preparation
C 74088	Brakes Unsalted Butter	115	g	
A 127123	Sun-Pat Crunchy Peanut Butter CASE	115	g	
A 350098	Tate & Lyle Caster Sugar 2kg	115	g	
A 350102	Tate & Lyle Mediterranean Inspired Medium Bodied	115	g	
A 16392	Brakes 18 British Free Range Fresh Medium Eggs	1	ea	Beaten
A 87846	Preema Natural Vanilla Extract 500ml	3	g	
A 100222	Brakes Plain Flour	85	g	
A 33596	Brakes Bicarbonate of Soda	3	g	
A 35023	Brakes Baking Powder	3	g	
A 286	Saxa Table Salt 750g	2	g	
A 25148	Osprio Flaked Porridge Oats	115	g	

Method

Estimated Cooking Time: 12

- 1 Pre-heat the oven to 180oC
- 2 Beat butter & peanut butter together then add sugar and beat again
- 3 Add beaten egg & vanilla
- 4 Sift the flour, baking powder, soda and salt into the mixture along with the oats
- 5 Stir until combined
- 6 Place spoonfuls (approx 35g) on to baking sheets and press down lightly
- 7 Bake in oven for approximately 12 minutes until golden brown
- 8 Remove from oven and allow to for 2 minutes on baking tray
- 9 Transfer to cooling rack



Allergens Contained in this recipe

Celery	No	Sesame	No
Crustacea	No	Soya	No
Egg	Yes	Sulphites	No
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	Yes	Oats	Yes
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	Yes	Kamut	No
Peanuts	Yes	Gluten	Yes

Nutrition (pre-cooking)

Energy per Portion (kcal)	165.8
Energy per Portion (kJ)	693.9
Protein per Portion	2.9
Carbohydrate per Portion	19.7
Sugars per Portion	12
Fat per Portion	8.4
Saturates per Portion	3.7
Fibre per Portion	1*
Salt Equivalent per Ptn	0.3

* Indicates Incomplete Information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

Coconut Ring Tiffin

Serves 20

Code	Description	Qty	Units	mise en place / Preparation
A 131796	McVitie's Tasties Coconut Rings Biscuits	450	g	
C 74826	Unsalted Butter	240	g	
A 127463	Lyles Golden Syrup	120	g	
A 350098	Tate & Lyle Caster Sugar 2kg	50	g	
A 89938	Brakes Arriba Cocoa Powder	20	g	
A 89849	Brakes Dried Cranberries	140	g	
A 8823	Brakes Pistachio Kernels	100	g	
A 255	Brakes Desiccated Coconut	100	g	
A 85910	Callebaut Dark Chocolate Callets (811)	400	g	



Allergens Contained in this recipe

Celery	No	Sesame	No
Crustacea	No	Soya	Yes
Egg	No	Sulphites	Yes
Fish	No	Wheat	Yes
Lupin	No	Barley	No
Milk	Yes	Oats	Yes
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	Yes	Kamut	No
Peanuts	May	Gluten	Yes

Nutrition (pre-cooking)

Energy per Portion (kcal)	426.6
Energy per Portion (kJ)	1779.4
Protein per Portion	4
Carbohydrate per Portion	38.3
Sugars per Portion	27.2
Fat per Portion	27.6
Saturates per Portion	16.2
Fibre per Portion	4.1*
Salt Equivalent per Ptn	0.3

* Indicates Incomplete Information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

Method

- 1 Line a 9x9 foil tray with parchment paper
- 2 Crush coconut rings into a medium crumb
- 3 Melt butter, golden syrup, sugar and coco over a gentle heat
- 4 Once melted add biscuits, pistachios, cranberries and coconut and mix well
- 5 Pour into 9x9 tray and press down
- 6 Chill until set
- 7 Once set melt chocolate and pour over the top and allow to chill before portioning



This information is correct at the date published but is subject to change at any time and without notice. Check the product packaging for definitive information on allergens & nutrition

Peanut Butter & Banana Loaf

Peanut butter and banana loaf cake

Serves 15

Code	Description	Qty	Units	mise en place / Preparation
C 74088	Brakes Unsalted Butter	200	g	Softened and keep 25g for greasing
A 350102	Tate & Lyle Mediterranean Inspired Medium Bodied	200	g	
A 86874	Preema Vanilla Essence 500ml	5	ml	
A 16392	Brakes 18 British Free Range Fresh Medium Eggs	4	ea	
C 10354	Bananas	2	ea	Peeled and mashed
A 114957	FREEE by Doves Farm Gluten Free Self Raising W	200	g	
A 33581	Brakes Ground Cinnamon	5	g	
A 107022	Lyle's Golden Syrup Maple Flavour 454g	80	g	
A 127123	Sun-Pat Crunchy Peanut Butter CASE	200	g	



Allergens Contained in this recipe

Celery	No	Sesame	No
Crustacea	No	Soya	No
Egg	Yes	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	Yes	Oats	No
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	Yes	Kamut	No
Peanuts	Yes	Gluten	No

Nutrition (pre-cooking)

Energy per Portion (kcal)	454
Energy per Portion (kJ)	1901.3
Protein per Portion	7.6
Carbohydrate per Portion	61
Sugars per Portion	46.1
Fat per Portion	19.4
Saturates per Portion	6.8
Fibre per Portion	2.6*
Salt Equivalent per Ptn	0.3

* Indicates Incomplete Information

Suitable for Vegetarians	Yes
Suitable for Vegans	No

Method

Estimated Cooking Time: 0

- 1 Pre-heat the oven to 160°C
- 2 Grease and line a loaf tin
- 3 Sift the flour
- 4 Beat sugar, butter and vanilla together until light and creamy
- 5 Add eggs 1 at a time and mix well, then add the remaining ingredients
- 6 Scrape down and make sure everything is combined
- 7 Empty mixture into your lined baking tin and bake for approx. 1 hour
- 8 Allow to cool before slicing



Smoked Salmon With Scrambled Eggs (Fortified)

Serves 1

Code	Description	Qty	Units	mise en place / Preparation
A 16392	Brakes 18 British Free Range Fresh Medium Eggs	2	ea	crack eggs into jug
A 120586	Millac Gold Double Cream Alternative 1 Litre	40	ml	mix cream into eggs
A 6462	Brakes Skimmed Milk Powder	5	g	add to egg mix
C 74827	Brakes Salted Butter	20	g	
F 126234	Smoked salmon trimmings 250g	50	g	back fat removed and cut into thin strips
C 113880	Premium Large Chives Bunch	1	g	chopped



Allergens - Contains

Egg, Fish & Milk

Allergens - May Contain

Method

- 1 melt butter in a pan
- 2 add egg mix and smoked salmon strips add cook until core temp is achieved
- 3 serve on a plate and top with chive

Nutrition (pre-cooking)

Energy per Portion (kcal)	449.1*
Energy per Portion (kJ)	1858.2*
Protein per Portion	15.8*
Carbohydrate per Portion	4.9*
Sugars per Portion	4.9*
Fat per Portion	40.7*
Saturates per Portion	25.4*
Fibre per Portion	0*
Salt Equivalent per Ptn	0.9*

* Indicates Incomplete Information

Suitable for Vegetarians	No
Suitable for Vegans	No



Peanut Butter & Raspberry Flapjacks

Serves 12

Code	Description	Qty	Units	mise en place / Preparation
C 11127	Brakes Unsalted Butter	75	g	
A 26941	Brakes Golden Syrup	55	g	
A 127123	Sun-Pat Crunchy Peanut Butter CASE	100	g	
A 25148	Osprio Flaked Porridge Oats	200	g	
C 131293	Raspberries	100	g	
A 88422	Brakes Raspberry Decorating Coulls	200	g	



Allergens Contained in this recipe

Celery	No	Sesame	No
Crustacea	No	Soya	No
Egg	No	Sulphites	No
Fish	No	Wheat	No
Lupin	No	Barley	No
Milk	Yes	Oats	Yes
Molluscs	No	Rye	No
Mustard	No	Spelt	No
Nuts	Yes	Kamut	No
Peanuts	Yes	Gluten	Yes

Method

Estimated Cooking Time: 40

- 1 Heat the oven to 180°C/160°C fan/Gas mark 4
- 2 Melt the butter, golden syrup and peanut butter in a small pan
- 3 Tip the oats into a bowl, pour in the melted mixture from the pan and stir well
- 4 Gently fold in the raspberries, then drizzle in the raspberry coulls and fold a few times to ripple
- 5 Tip into a lined 20cm square tin and press down. Bake in the oven for 20-25 mins
- 6 Cool completely then cut into 12 bars

Nutrition (pre-cooking)

Energy per Portion (kcal)	204.7
Energy per Portion (kJ)	856.6
Protein per Portion	4.2
Carbohydrate per Portion	23
Sugars per Portion	10.7
Fat per Portion	10.8
Saturates per Portion	4.3
Fibre per Portion	2
Salt Equivalent per Ptn	0.1

* Indicates incomplete information

Suitable for Vegetarians	Yes
Suitable for Vegans	No



