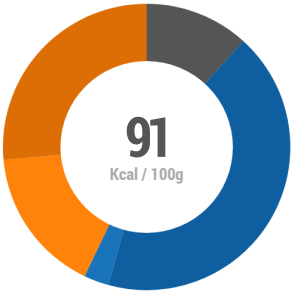


Sticky Toffee Frozen Yoghurt Wibble

By Zoe Gill from Brakes

OVERVIEW ...



CALORIES:
45.3% Carbs
11.8% Protein
42.9% Fat

FOOD LABELLING...

UK Label values per 100g

Serves **10**

	PER 100G	%RI	PER 50G SERVING	%RI
Energy(Kj)	386 kJ	5%	195 kJ	2%
Energy(kcal)	92 kcal	5%	47 kcal	2%
Fat	4.3 g	6%	2.2 g	3%
of which saturates	2.7 g	14%	1.4 g	7%
Carbohydrate	10 g	4%	5.2 g	2%
of which sugars	9.7 g	11%	4.9 g	5%
Fibre	0.5 g	2%	0.5 g	2%
Protein	2.7 g	5%	1.4 g	3%
Salt	0.08 g	1%	0.04 g	1%

CONTAINS:



NUTRIENT BREAKDOWN PER 100G...

ENERGY	LIPID COMPONENTS	VITAMINS
Energy(kcal) 5% RI	Saturated Fat 13% RI	Vitamin A (ret eq)
Energy(Kj) 5% RI	Monounsaturated fat	Retinol
	cis-Mono	Carotene
	Polyunsaturated fat	Vitamin D
	Omega3(n-3)	Vitamin E
	Omega6(n-6)	Vitamin K ₁
	cis-Poly	Thiamin (B ₁)
	Trans-fatty acids	Riboflavin (B ₂)
	Cholesterol	Niacin total (B ₃)
		Niacin
MACRONUTRIENTS		
Carbohydrate 4% RI		
Protein 5% RI		
Fat 6% RI		
Water		
Water from Drinks		
Alcohol		

CARBOHYDRATE		MINERALS & TRACE ELEMENTS			
Starch	0.6423g	Sodium 1% RI	32.5mg	Tryptophan	-
Oligosaccharide	-	Potassium	-	Pantothenic Acid (B ₅)	-
Fibre 2% RI	0.5154g	Chloride 6% RI	49mg	Vitamin B ₆	-
NSP	0.3965g	Calcium	-	Folates (B ₉) Total	0ug
Sugars 11% RI	9.7g	Phosphorus	-	Vitamin B ₁₂	-
Glucose	-	Magnesium	-	Biotin (B ₇)	-
Galactose	-	Iron	-	Vitamin C	-
Fructose	-	Zinc	-		
Sucrose	-	Copper	-		
Maltose	-	Manganese	-		
Lactose	-	Selenium	-		
		Iodine	-		

RECIPE INGREDIENTS ...		QUANTITY:	DESCRIPTION:	METHOD:	COST:
152225	CARAMEL MOUSSE	BRAKES 120g	1.2 x Each	N/A	£0.08
89781	CHOPPED DATES	BRAKES 50g	0.02 x Each	 Stewed	£0.24
114931	GREEK STYLE YOGURT	BRAKES 200g	0.04 x Each	unchanged	£1.03
1		BRAKES 100g	0.1 x Each	N/A	£0.00
85330		BRAKES 26g	10 x Each	N/A	£0.88
136436	COMPOSTABLE PAPER SPOON	BRAKES 35g	10 x Each	N/A	£0.47

TOTAL COST: £2.70

PRODUCTS / PACK SIZES ...

1 Serving




🕒 50g / 47kcal
1.0
\$ £0.27 / £0.90 ↗
\$

COOKING INSTRUCTIONS & NOTES

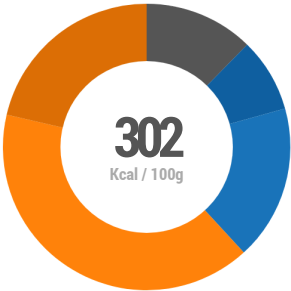
METHOD

1. Boil the water and pour over the chopped dates, cover and allow to soften.
2. Blend the dates once soft and cool.
3. Add the date mixture to the yoghurt and place in mixing bowl
4. Add the wibble powder and whisk on high for 3 mins till light and fluffy
5. Pipe into cups and insert spoon then place in freezer till hard.
6. Once frozen remove from cup allow to sit for a minute and serve

Chocolate Cake (Protein Enriched)

By Zoe Gill from Brakes

OVERVIEW ...



CALORIES:
25.9% Carbs
12.3% Protein
61.8% Fat

FOOD LABELLING...

UK Label values per 100g

Serves 16

	PER 100G	%RI	PER SERVING	%RI
Energy(KJ)	1274 kJ	15%	719 kJ	9%
Energy(kcal)	306 kcal	15%	173 kcal	9%
Fat	21 g	30%	12 g	17%
of which saturates	7.2 g	36%	4 g	20%
Carbohydrate	20 g	8%	11 g	4%
of which sugars	6.3 g	7%	3.6 g	4%
Fibre	2 g	8%	1.1 g	4%
Protein	9.3 g	19%	5.3 g	11%
Salt	0.42 g	7%	0.24 g	4%

CONTAINS:



EGGS



MILK

NUTRIENT BREAKDOWN PER 100G...

ENERGY	LIPID COMPONENTS	VITAMINS
Energy(kcal) 15% RI	Saturated Fat 36% RI	Vitamin A (ret eq)
Energy(KJ) 15% RI	Monounsaturated fat	Retinol
	cis-Mono	Carotene
	Polyunsaturated fat	Vitamin D 15% RI
	Omega3(n-3) 1% RI	Vitamin E
	Omega6(n-6) 2% RI	Vitamin K 1
	cis-Poly	Thiamin (B1) 0% RI
	Trans-fatty acids	Riboflavin (B2) 6% RI
	Cholesterol	Niacin total (B3) 4% RI
		Niacin 0% RI
MACRONUTRIENTS		
Carbohydrate 8% RI		
Protein 19% RI		
Fat 30% RI		
Water		
Water from Drinks		
Alcohol		

CARBOHYDRATE		MINERALS & TRACE ELEMENTS			
Starch	13.2g	Sodium 7% RI	169mg	Tryptophan	-
Oligosaccharide	-	Potassium 2% RI	33.9mg	Pantothenic Acid (B ₅)	-
Fibre 8% RI	2g	Chloride 34% RI	270mg	Vitamin B ₆ 1% RI	0.0079mg
NSP	1.6g	Calcium 1% RI	10.8mg	Folates (B ₉) Total	0ug
Sugars 7% RI	6.3g	Phosphorus 6% RI	42mg	Vitamin B ₁₂ 2% RI	0.0591ug
Glucose	-	Magnesium 1% RI	3mg	Biotin (B ₇) 2% RI	1.1ug
Galactose	-	Iron 3% RI	0.4025mg	Vitamin C 2% RI	1.6mg
Fructose	-	Zinc 3% RI	0.2574mg		
Sucrose	-	Copper	-	OTHER	
Maltose	-	Manganese	-	GI (estimated)	0
Lactose	-	Selenium	-	GL	0
		Iodine	-	Caffeine	-

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:	COST:
152158 Eat Curious Dehydrated Mince.. - BRAKES DEHYDRATED MINCE	BRAKES 70g	0.7 x Each	 Baked or roast...	£1.87
1 Tap Water (for VC recipes)..	BRAKES 210g	0.21 x Each	N/A	£0.00
129273 Brakes Cooking & Baking.. - BRAKES COOKING & BAKING	BRAKES 150g	0.6 x Each	 Fat fully incorp...	0.00
114962 Tate & Lyle Fairtrade Light Brown Soft Pure Cane S... FAIRTRADE LIGHT BROWN SOFT PUREE SUGAR	BRAKES 50g	0.1 x Each	N/A	£0.16
16392 Brakes 18 British Free Range Fresh Medium Eggs.. - ... EGG	BRAKES 222g	4 x Each	 Cooked by moi...	£1.95
114957 FREEE Gluten Free Self Raising White Flour 1kg.. - ... FLOUR	BRAKES 50g	0.05 x Each	 Cooked by dry ...	£0.13
188401 JimJams No Added Sugar Nut Free Chocolate Spre... NO ADDED SUGAR CHOCOLATE SPREAD	BRAKES 150g	0.15 x Each	N/A	£2.31

TOTAL COST: £6.42

PRODUCTS / PACK SIZES ...

1 Serving





🕒 56g / 173kcal
1.0
\$ £0.40 / £1.33 ↗
\$

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation

Soak the mince as per guideline and allow to completely cool

Sift the cocoa & flour

Line a 9x9 tray/dish with parchment paper

Pre heat the oven to 160°c

In a food processor blend the mince until the mix resembles a paste similar to houmous

Transfer to a mixing bowl, add the fat & sugar & cream together

Add the eggs, flour & cocoa combine well

Place in the oven & bake for approximately 30 minutes

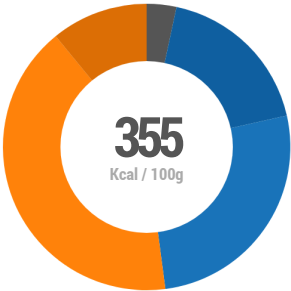
| U Ref Code: | Nutritics ID: **U17444226** | Last Modified: **20 Feb 2026**

Generated by Nutritics v6.20 on 20th Feb 2026

Apple, Banana & Date Muffins

By Zoe Gill from Brakes

OVERVIEW ...



CALORIES:
44.6% Carbs
3.3% Protein
52.1% Fat

FOOD LABELLING...

UK Label values per 100g

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	1491 kJ	18%	1595 kJ	19%
Energy(kcal)	357 kcal	18%	382 kcal	19%
Fat	21 g	30%	22 g	31%
of which saturates	4.3 g	22%	4.6 g	23%
Carbohydrate	40 g	15%	42 g	16%
of which sugars	16 g	18%	17 g	19%
Fibre	0.6 g	2%	0.7 g	3%
Protein	3 g	6%	3.2 g	6%
Salt	0.61 g	10%	0.65 g	11%

Serves **20**

CONTAINS:



EGGS



MILK

OTHER PROPERTIES:



VEGETARIAN

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS				
Energy(kcal)	18% RI	355kcal	Saturated Fat	22% RI	4.3g	Vitamin A (ret eq)	0% RI	0.1168ug
Energy(Kj)	18% RI	1485kJ	Monounsaturated fat	0% RI	0.0023g	Retinol		0ug
MACRONUTRIENTS			cis-Mono		-	Carotene		0.8178ug
			Polyunsaturated fat	0% RI	0.0117g	Vitamin D		0ug
			Omega3(n-3)		-	Vitamin E	0% RI	0.0053mg
			Omega6(n-6)		-	Vitamin K	1 0% RI	0.3271ug
			cis-Poly		-	Thiamin (B ₁)	0% RI	0.0023mg
			Trans-fatty acids		0g	Riboflavin (B ₂)	0% RI	0.0023mg
			Cholesterol		0mg	Niacin total (B ₃)	0% RI	0.0059mg
						Niacin	0% RI	0.0058mg

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:	COST:
152995 Sysco Classic Gluten Free Sponge and Muffin Mix.... 152995 GLUTEN FREE SPONGE AND MUFFIN MIX	BRAKES 1kg	1 x Each	 Baked or roast...	£4.91
350094 Sysco Classic Sunflower Oil.. - BRAKES 350094 SUNFLOWER OIL	BRAKES 350g	0.18 x Each	 Fat fully incorp...	£1.20
1 Tap Water (for VC recipes)..	BRAKES 485g		N/A	£0.00
10354 Bananas.. - BRAKES 10354 BANANAS FRESH DIRECT	BRAKES 100g		unchanged	£0.22
5552 Brakes Solid Pack Apple.. SOLID PACK APPLE	BRAKES 125g		N/A	£0.29
89781 Brakes Chopped Dates.. CHOPPED DATES	BRAKES 75g		unchanged	£0.36
33581 Sysco Classic Ground Cinnamon.. GROUND CINNAMON	BRAKES 5g		N/A	£0.04

PRODUCTS / PACK SIZES ...

METHOD

Preparation

Mash the banana

Chop the apple

Line a muffin tray with paper cases

Pre-heat the oven to 170°C

Method

Make the mix as per guidelines

Stir in the fruits & cinnamon

Transfer to a piping bag, pipe the mixture into the cases, filling approximately three quarters fill

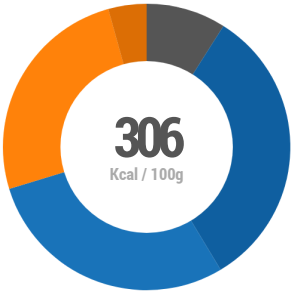
Bake for approximately 18-22 minutes, remove from the oven, allow to stand for 10 minutes, before transferring to a cooling wire

Porridge Bars with Banana & Sultana copy

Plant based & gluten free

By Zoe Gill from Brakes

OVERVIEW ...



CALORIES:
61.3% Carbs
9% Protein
29.7% Fat

FOOD LABELLING...

UK Label values per 100g

Serves **12**

	PER 100G	%RI	PER SERVING	%RI
Energy(Kj)	1322 kJ	16%	1190 kJ	14%
Energy(kcal)	315 kcal	16%	283 kcal	14%
Fat	10 g	14%	9.1 g	13%
of which saturates	1.5 g	8%	1.3 g	7%
Carbohydrate	47 g	18%	42 g	16%
of which sugars	25 g	28%	22 g	24%
Fibre	4.3 g	17%	3.9 g	16%
Protein	6.9 g	14%	6.2 g	12%
Salt	0.02 g	0%	0.02 g	0%

CONTAINS:



OATS

MAY CONTAIN:



WHEAT

OTHER PROPERTIES:



VEGETARIAN

NUTRIENT BREAKDOWN PER 100G...

ENERGY	LIPID COMPONENTS	VITAMINS
Energy(kcal) 15% RI Energy(Kj) 15% RI	Saturated Fat 7% RI Monounsaturated fat cis-Mono Polyunsaturated fat Omega3(n-3) Omega6(n-6) cis-Poly	Vitamin A (ret eq) Retinol Carotene Vitamin D Vitamin E Vitamin K ₁ Thiamin (B ₁)
MACRONUTRIENTS		
Carbohydrate 18% RI Protein 14% RI		

RECIPE INGREDIENTS ...		QUANTITY:	DESCRIPTION:	METHOD:	COST:
10354 Bananas.. - BRAKES	 10354	BANANAS	FRESH DIRECT		
	BRAKES	300g	0.2 x Each	unchanged	£0.65
350094 Sysco Classic Sunflower Oil..					
SUNFLOWER OIL	BRAKES	50g	0.03x Each	Fat fully incorp...	£0.17
591099 Tate & Lyle Fairtrade Light Brown Soft Pure Cane S...					
FAIRTRADE LIGHT BROWN SOFT PUREE SUGAR	BRAKES	110g	0.22x Each	N/A	£0.39
118890 Quaker Gluten Free Original Porridge Oats 510g..					
PORRIDGE OATS	BRAKES	400g	Each	Baked or roast...	£2.35
85702 Brakes Sultananas..					
SULTANAS	BRAKES	160g	0.05x Each	Baked or roast...	£0.72
88884 Brakes Sunflower Seeds.. - BRAKES					
SUNFLOWER SEEDS	BRAKES	30g	0.03x Each	unchanged	£0.18
10844 Sysco Classic Pumpkin Seeds..					
PUMPKIN SEEDS	BRAKES	30g	0.05x Each	unchanged	£0.54

PRODUCTS / PACK SIZES ...



1.0

\$

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation;

Peel & mash the banana

Line a deep baking tray with parchment paper

Pre heat the oven to 170°c

Method:

In a bowl place all of the ingredients & mix well

Transfer to the baking tray, pressing down

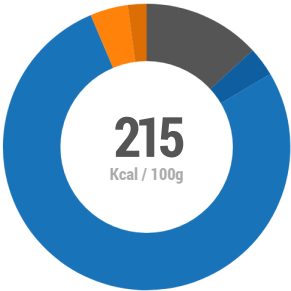
Bake for approximately 15-20 minutes

Allow to cool before cutting

Porridge Bread

By Zoe Gill from Brakes

OVERVIEW ...



CALORIES:
80.4% Carbs
13.2% Protein
6.4% Fat

FOOD LABELLING...

UK Label values per 100g

Serves **12**

	PER 100G	%RI	PER 85G SERVING	%RI
Energy(Kj)	930 kJ	11%	793 kJ	9%
Energy(kcal)	219 kcal	11%	187 kcal	9%
Fat	1.5 g	2%	1.3 g	2%
of which saturates	0.5 g	3%	0.4 g	2%
Carbohydrate	43 g	17%	37 g	14%
of which sugars	1.8 g	2%	1.5 g	2%
Fibre	2.1 g	8%	1.8 g	7%
Protein	7.1 g	14%	6.1 g	12%
Salt	0.8 g	13%	0.68 g	11%

CONTAINS:



OATS, WHEAT



MILK

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 11% RI	215kcal	Saturated Fat 3% RI	0.5045g	Vitamin A (ret eq)	0ug
Energy(Kj) 11% RI	913kJ	Monounsaturated fat	0g	Retinol	0ug
MACRONUTRIENTS		cis-Mono	-	Carotene	-
		Polyunsaturated fat	0g	Vitamin D	0ug
		Omega3(n-3)	-	Vitamin E	0mg
		Omega6(n-6)	-	Vitamin K ₁	-
		cis-Poly	-	Thiamin (B ₁)	0mg
		Trans-fatty acids	0g	Riboflavin (B ₂)	0mg
		Cholesterol	0mg	Niacin total (B ₃)	0mg
				Niacin	0mg
Carbohydrate 17% RI	43g				
Protein 14% RI	7.1g				
Fat 2% RI	1.5g				
Water	45g				
Water from Drinks	0g				
Alcohol (0% ABV)	0g				

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:	COST:
118890 Quaker Gluten Free Original Porridge Oats 510g.. PORRIDGE OATS	BRAKES	50g	Each	<i>unchanged</i> £0.29
70219 Wholesome Farms Fresh British Whole Milk.. MILK	BRAKES	150ml	0.07x Each	<i>unchanged</i> £0.21
85737 Hovis Strong White Bread Flour 1.5kg.. - BRAKES FLOUR	BRAKES	500g	0.33x Each	<i>unchanged</i> £1.12
350098 Tate & Lyle Caster Sugar 2kg.. CASTER SUGAR	BRAKES	8g	0x Each	<i>N/A</i> £0.02
85120 Chef William Cooking Salt.. - BRAKES COOKING SALT	BRAKES	8g	0x Each	<i>unchanged</i> £0.01
2351 Fermipan Yeast.. - BRAKES YEAST	BRAKES	8g	0.02x Each	<i>unchanged</i> £0.06
1 Tap Water (for VC recipes).. TAP WATER	BRAKES	300g	0.3 x Each	<i>N/A</i> £0.00

PRODUCTS / PACK SIZES ...

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation;

Allow the porridge to cool & stir in 300ml tepid water

Pre heat oven to 200°c

Method;

In a mixer with a dough hook, place the flour, salt, sugar, yeast, add the porridge & water mix

Beat on a medium-high speed for approximately 8 minutes

Place in a clean & lightly oiled bowl, cover with oiled cling film & leave for 1 hour to prove

Transfer to a lightly floured surface & knock back

Shape, allow to prove for 45 minutes

Make slashes along the length of the loaf, sprinkle with oats

Bake for approximately 45 minutes

Allow to cool slightly before transferring to a cooling wire