CARROT & RAISIN BAGEL

Breakfast or Mid-morning break: This recipe provides a portion of starchy food, and a portion of fruit/vegetables.

Recipe adapted from: Magic Breakfast

Ingredients

- 20g reduced-fat cream cheese
- 90g (1 bagel) plain bagel
- 60g carrots, grated
- 25g raisins
- ¼ tsp cinnamon

Method

1. Spread a thin layer of light cream cheese on each side of the bagel.

2. Add the carrot on top of cheese layer and then add dried raisins and cinnamon.

3. Serve half a bagel for primary school pupils, and a full bagel for secondary school pupils.

Number of portions this recipe makes:

- 2 primary servings (95g)
- 1 secondary servings (195g)

Prep: 5 minutes
Cook: None

Allergy information:
Barley (gluten), milk, rye (gluten), wheat (gluten)

Top Tips

Toast the bagel before adding the cream cheese, raisins and cinnamon.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children’s diets.

For this recipe: choose bagels with less than 1.0g salt per 100g.

We have asked Children’s Food Trust to check this recipe against the School Food Standards, list allergens and ensure ingredients are aligned to the Government Buying Standards for Food & Catering Services nutrition criteria (GBSF). Public Health England has supported the School Food Plan to develop this ‘What Works Well’ recipe. The ‘What Works Well’ website brings together the best ideas in school food & food education http://www.schoolfoodplan.com/ww