



FRUIT BREAD

Breakfast: this dish provides a portion of fruit.

Recipe adapted from: Children's Food Trust Recipes for Success series – Mid-morning break recipes and tips

Ingredients

800 g strong white bread flour
14 g dried yeast
1 lemon, grated zest
170 g apricots, dried, ready-to-eat, chopped
170 g prunes, dried, ready-to-eat, chopped
100 g figs, dried, ready-to-eat, chopped
170 g raisins
500 ml tepid water

Method

1. Mix the flour with the yeast and the lemon zest in a large bowl.
2. Add the apricots, prunes, figs and raisins and mix well.
3. Stir in the water and work the mixture together with your hand to form a soft dough.
4. Turn out on to a floured surface, knead for 10 minutes then place the dough in a greased bowl, cover with a damp cloth and leave to rise for 1 hour, or until doubled in size.
5. Turn out the dough, and knead until back to its original size.
6. Shape into a loaf, place on a well-greased baking sheet, cover with a damp cloth and leave to rise for a further 1 hour.
7. Preheat the oven to 200°C/400°F/gas mark 6.
8. Bake the loaf for 30-40 minutes until it is browned and sounds hollow when tapped on the base.

Serving suggestion: serve warm slices.



Number of portions this recipe makes:

30 primary servings (60g)
20 secondary serving (90g)



Prep: 2 hours 30 minutes
Cook: 30-40 minutes



Allergy information:

Sulphites, wheat (gluten)



Top Tips

Make rolls or twisted plait instead of a loaf & try using 50/50 white and wholemeal flour.

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.

If buying morning goods, such as fruited and non-fruited buns, hot cross buns & teacakes choose those with <1g salt per 100g.