



# HOME BAKE INFORMATION PACK



**HEALTHY** homemade bread,  
biscuits, & scones



# INFORMATION FOR HOME BAKERS

## **Thank You!**

Thank for your interest in the HPSS P&C Homebake program. You are joining a group of wonderful volunteers and your contribution will be greatly appreciated by teachers, parents and students alike!

## **What will I be making for homebake?**

This pack contains a collection of recipes. They are a combination of favourites used at other Brisbane schools, submissions provided by previous homebakers and some we've come across ourselves.

The recipes are very easy and mostly standard melt, mix and bake recipes. The top 2 sellers are the muffins and choc chip biscuits (healthy version) but we are always open to new ideas!

Feel free to choose one of these recipes or you can bake one of your own favourite, healthy treats. If you would like your own easy, healthy recipe to be added to our Homebake Collection, please email it to us.

Please note the following important points for Homebake items:

- Must not contain any NUTS
- Minimal icing
- If baking your own recipe, please include an ingredient list
- Items should not require refrigeration.
- Items should be able to be frozen (if not used on the same day)

Gluten free recipes are most welcome!

## **How much do I need to bake?**

The quantity you make is completely up to you. Usually the quantity the recipe makes will be enough, however if you want to make more, it will always be welcome and appreciated!

## **Homebake Promotion on Facebook: SUNDAYS**

Once you've decided on your homebake recipe, please email Mary Shyu at: [meshyu@optusnet.com.au](mailto:meshyu@optusnet.com.au) to advise what you are providing and if available, a photograph of your items (this can just be taken on your mobile phone), alternatively we'll find a stock photo online (*no pressure!*).

A post is made to our facebook page on Sunday night to let everyone know what is available for Homebake for the week. This helps with online tuckshop orders as well as over-the-counter sales.

## **Homebake Drop-Off : MONDAYS**

Please drop your home baking to the tuckshop at school drop off time on Monday mornings. Be sure to label any containers you would like returned and they will be washed and ready for you to pick up at the end of the day.

## **Homebake Food Safety**

In order to ensure we have fulfilled our obligations in relation to food safety, P&C Queensland has provided some Fact Sheets from Food Safety Australia to help with food preparation. Please review these by clicking on the link below, although we are confident you are already practicing safe food practices at home!

LINK:

<http://www.foodstandards.gov.au/consumer/safety/faqsafety/pages/foodsafetyfactsheets/charitiesandcommunityorganisationsfactsheets/preparingandcookingf1479.aspx>

If you have any questions regarding any of the processes, recipes or any aspect of the Homebake program, please contact Mary Shyu by emailing: [meshyu@optusnet.com.au](mailto:meshyu@optusnet.com.au)

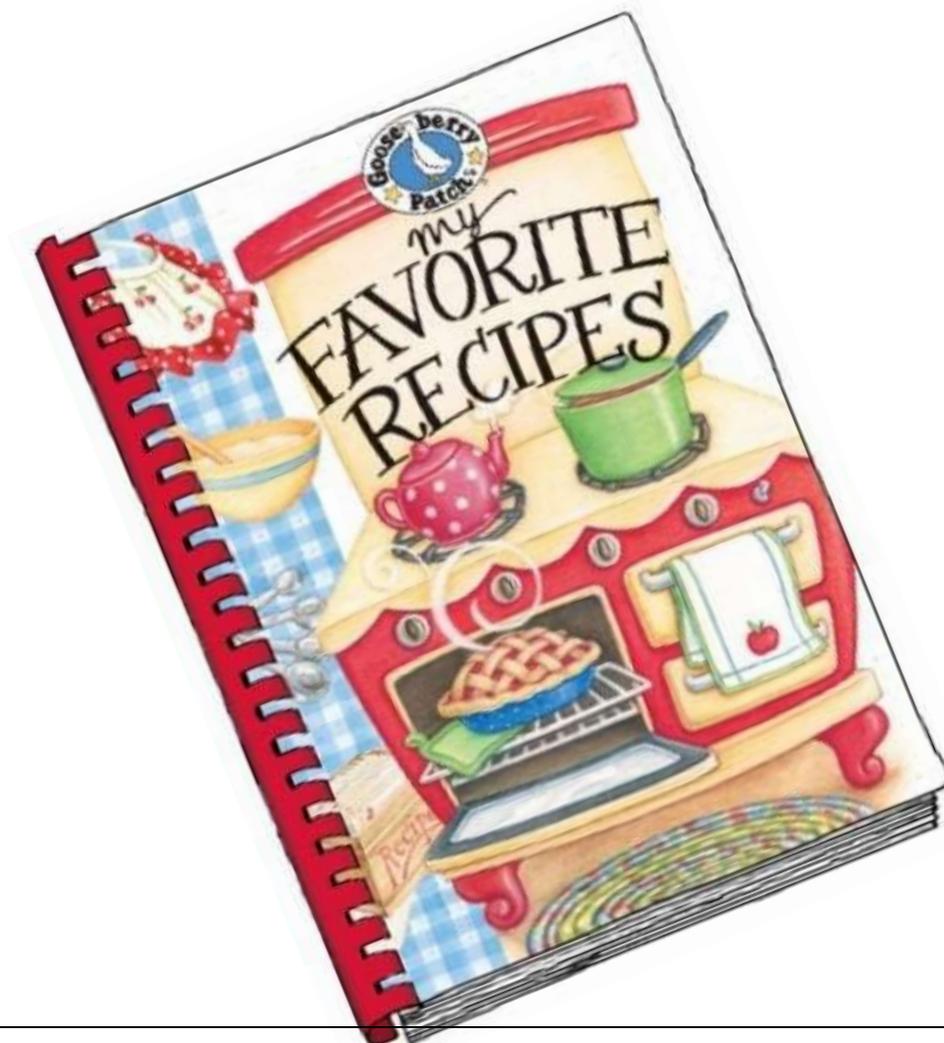


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# HOME BAKE RECIPE SUGGESTIONS



# Apple Crumble Muffins

Makes 16

Prep Time - 10 min

Cook Time - 30 min

## INGREDIENTS

Apples -

- 2 large pink lady apples, peeled, cored and diced small.
- 2 tablespoon of water
- 1 teaspoon ground cinnamon

Muffin base -

- 90g sugar
- 75g wholemeal, self-raising flour
- 230g self-raising flour
- Pinch of baking powder
- 200g milk
- 90g butter, melted
- 2 eggs
- 1 teaspoon vanilla extract or 1/2 tsp vanilla powder

Crumble –

- 40g plain flour
- 50g brown sugar
- 40g butter
- 1 teaspoon ground cinnamon

## PREPARATION

Apples -

1. Add apple ingredients into microwave safe bowl and cook on medium for 2 minutes. OR
2. Cook in a small saucepan over medium heat until softened slightly.

Crumble -

3. Meanwhile place crumble ingredients into a large bowl.
4. Using your fingertips, rub the ingredients together to form a breadcrumb like texture.
5. Set aside.

Muffins -

6. Preheat oven to 180 degrees.
7. Line muffin tin with muffin cases.
8. Add apples, any liquid from apples and remaining ingredients into a large bowl and mix until just combined – do not overwork mixture.
9. Pour mixture into muffin cases. Fill to 3/4 of the way up the case.
10. Sprinkle entire top of muffin with the crumble coating.
11. Bake for 18-30 minutes at 180 degrees until your crumble is golden and crunchy (This will depend on your oven and size of cake).



# Sugar Free Banana Cake

## INGREDIENTS

- 125 gm self-raising flour
- 75gm sultanas (can be omitted)
- ½ tsp baking powder
- 2 tsp ground cinnamon
- 50 gm butter melted
- 2tsp vanilla
- 1 egg
- 1 tablespoon milk
- 3 ripe bananas

## PREPARATION

1. Pre heat oven to 180°C
2. Grease and line a 450g loaf/1lb tin with baking powder.
3. Weigh flour, add baking powder, cinnamon and sultanas into a bowl and mix well with a wooden spoon.
4. Mix with small balloon whisk, the cooled melted butter, vanilla essence, whisked egg, milk and mashed bananas.
5. Pour the 'wet' banana mixture into the 'dry' flour mixture and combine thoroughly with a wooden spoon.
6. Cook for approx. 30mins or until a knife piercing the cake comes out clean.



# Coconut Chocolate Brownies

Makes 10

Prep Time – 10 mins

Cook Time – 20 mins

## INGREDIENTS

- ½ cup self-raising flour
- ½ cup coconut
- ½ cup cocoa
- ½ cup sugar
- 2 eggs
- ½ cup low fat vanilla yoghurt
- 1½ tablespoons vegetable oil
- 1 teaspoon vanilla essence

## PREPARATION

1. Preheat oven to 180 degrees.
2. Mix dry ingredients.
3. Add set ingredients and mix well.
4. Pour into well-greased slice pan and bake for 20 mins.



## Fruit Muffins

Makes 12 medium muffins

### INGREDIENTS

- 1½ cups self-raising flour
- ½ cup wholemeal self-raising flour
- ½ cup brown sugar
- 1 cup fruit (can be dried fresh, dried or canned fruit)\*
- 1 egg
- ¾ cup buttermilk OR ¾ cup skim or low fat milk
- ¼ cup vegetable oil (not peanut oil).

### PREPARATION

1. Preheat oven to 180 degrees. Line a 12 hole (1/3cup/80ml) muffin pan with medium sized paper cases and spray with cooking spray.
2. Mix all ingredients until just combined.
3. Spoon into paper cases and decorate the top with a little of the fruit.
4. Bake on 180 degrees for 20-25 minutes.

\* Fruit Suggestions:

- ✓ Fresh Fruit – apple, pear, peach, nectarine, plum, berries, mango.
- ✓ Frozen Fruit – raspberries, blueberries, mixed berries.
- ✓ Dried Fruit – apricots, dates, mixed fruit.



## Jam Coconut Slice

Makes 16 Slices

### INGREDIENTS

Base:           1 egg white  
                  1/3 cup sugar  
                  2 tablespoons margarine  
                  1/4 cup skim milk  
                  1½ cups self-raising flour  
                  Cooking spray

Top:            1 cup jam (raspberry, strawberry, blackcurrant, etc.)  
                  2 egg whites  
                  1/3 cup sugar  
                  ½ cup desiccated coconut

### PREPARATION

1. Preheat oven to 180 degrees. Beat egg white and sugar for 1 minute.
2. Melt margarine and add milk.
3. Combine margarine & milk with egg and sugar.
4. Fold in flour.
5. Spray slab tin (20x30cms) then press, mix-in, flatten and spread.
6. Heat jam and spread evenly over base.
7. Beat egg whites with beater until stiff and forming peaks.
8. Gradually add sugar as for meringue.
9. Fold coconut through, then spread over jam.
10. Bake for 35-40 minutes.



## Banana Muffins

Makes 12 medium muffins

### INGREDIENTS

- 1¼ cups self-raising flour
- 1 cup wholemeal self-raising flour
- ¼ cup brown sugar
- 2 tablespoons melted margarine
- 1 cup skim milk
- 1 egg
- 1 teaspoon of vanilla essence
- 2 ripe well-mashed bananas

### PREPARATION

1. Preheat oven to 180 degrees.
2. Line a 12 hole (1/3 cup/80ml) muffin pan with medium sized paper cases, then spray with cooking spray.
3. Sift flours into a large bowl (return husks to bowl).
4. Stir in sugar and make a well in the centre.
5. In a small bowl, whisk margarine, milk, egg, vanilla and bananas.
6. Add flour to the mixture and stir gently until just combined (do not over-mix).
7. Spoon the mixture into the prepared pan and decorate the tops with a slice of banana.
8. Bake for 20-25 minutes or until well risen.



## Apple & Apricot Loaf

Serves 10

### INGREDIENTS

- ¼ x 825g apricot halves in fruit juice
- 2 x 120g tubs apple puree
- 1/3 cup brown sugar
- 2 eggs, lightly beaten
- ¼ cup buttermilk (or reduced fat milk)
- 2 tablespoons olive oil
- 2 teaspoons finely grated lemon rind
- 1½ cups plain flour
- 2/3 cup wholemeal or white self-raising flour
- ½ teaspoon bicarb soda

### METHOD

1. Preheat oven to 180 degrees.
2. Grease a 7cm deep, 8x19cm base loaf pan and line with baking paper.
3. Drain apricots and place on a plate lined with paper towel.
4. Pat dry with paper towel and roughly chop.
5. Combine apple puree, sugar, eggs, buttermilk, oil and lemon rind in a jug.
6. Sift flours and bicarb of soda in a bowl.
7. Add puree mixture. Stir until just combined.
8. Fold in apricot.
9. Spoon mixture into prepared pan.
10. Bake for 1 hour and 10 minutes or until cooked.
11. Stand for 10 minutes.



## Apple & Custard Muffins

Makes 16 medium muffins

### INGREDIENTS

- 1½ cups self-raising flour
- 1 cup wholemeal self-raising flour
- ¼ cup custard powder
- 1 teaspoon cinnamon
- ½ cup firmly packed brown sugar
- 2 egg whites
- 1 cup skim or low fat milk
- ¼ cup vegetable oil
- 410g pie apples (chopped into small pieces – to freeze better)
- ¼ teaspoon ground cinnamon extra
- 2 teaspoons caster sugar



### PREPARATION

1. Preheat oven to 180 degrees and line a 12-hole (1/3 cup/80ml) muffin tray with medium sized cases, then spray with cooking spray.
2. Sift flours together (return husks), then add custard powder, cinnamon and brown sugar in a large bowl.
3. Combine egg whites, milk, oil, and ¾ of the pie apples. Mix until just combined – don't over mix!
4. Spoon mixture into prepared cases, top with remaining pie apples and sprinkle with combined caster sugar and extra cinnamon.
5. Bake at 180 degrees for about 30 minutes.

## Hummingbird Cupcakes

Makes 14 medium cupcakes



### INGREDIENTS

- 2 cups self-raising flour
- 1 cup caster sugar
- ½ cup desiccated coconut
- ½ cup grated apple
- 1 teaspoon bicarb of soda
- 440gm can crushed pineapple, drained (1 tablespoon juice reserved for icing)
- 2 large over-ripe bananas, mashed
- 2 eggs, lightly whisked
- ¾ cup of vegetable oil.

### PREPARATION

1. Preheat oven to 180 degrees (160 degrees fan-forced) and line muffin pans with muffin cases.
2. Combine flour, sugar, coconut, apple and bicarb soda in a large bowl. Make a well at the centre.
3. Combine pineapple, banana, apple, egg and oil in a jug. Add pineapple mixture to flour mixture. Stir to combine.
4. Spoon into muffin cases and bake for 20-25 minutes or until a toothpick inserted into the centre of a muffin comes out clean.
5. Cool in pan for 5 minutes before turning out.
6. Allow to cool completely and then lightly ice with a drizzle of glaze icing made with 1½ cups of icing sugar, reserved pineapple juice and 1 teaspoon of finely grated lemon zest.

## **Date, Oat & Chocolate Brownies**

Makes ~ 16 pieces

### INGREDIENTS

- 140g dates, finely chopped
- 140g unsalted butter
- 60g good quality cocoa powder
- 90g plain flour
- ½ cup rolled oats
- 1 tablespoon baking powder
- 95g brown sugar
- 3 medium eggs
- 1 teaspoon vanilla extract

### PREPARATION

1. Preheat oven to 160 degrees.
2. Melt butter, add dates and stand for 10 minutes to allow dates to soften.
3. Mix dry ingredients together.
4. Whisk eggs and vanilla.
5. Add dates and butter mixture to dry ingredients.
6. Pour into a slice tin and bake for 20-25 minutes.



## Chocolate Cake / Cup-cakes

Makes 18 cupcakes or 1 cake

### INGREDIENTS

- 2 x 420g can kidney beans or butter beans, drained and rinsed
- 1 tablespoon water
- 1 teaspoon vanilla extract (or more to taste)
- 70g raw cacao or cocoa powder
- 1 teaspoon GF baking powder
- 1/2 teaspoon bicarbonate of soda
- 1/4 teaspoon salt
- 125g Butter
- 5 eggs
- 140g rapadura or coconut sugar



### PREPARATION

1. In your TM puree the beans, water/coffee, 1 egg and vanilla until smooth on speed 7 (SP7). Set aside.
2. Without washing the bowl, beat the butter and sugar - SP5 for 30 seconds
3. Add the remaining eggs & beat for 20 seconds SP4.
4. Add bean mixture SP4 for 5 seconds.
5. Add the cocoa powder, baking powder, baking soda, and salt and blend SP4 for 10 seconds.
6. Pour batter into greased ring tin pan or cupcake cases and bake on moderate oven for 30 mins (20 mins if cupcakes) or until a toothpick inserted in the middle comes out clean.

**TIPS:** This GLUTEN FREE / NUT FREE /HIGH PROTEIN cake is wonderfully moist and works with most canned beans. Chickpeas work but they have a bit of a strong taste - If you use a round tin it will take a few minutes longer to bake.

To make it dairy free, just use oil instead of butter - But *butter is better!*

You can also make it in muffin tins which take about 20 mins to cook.