



Rainworth State School's
Tuckshop
Homebaking
Recipe Ideas
Booklet



Please email rainworthtuckshop@gmail.com if you have any questions regarding these recipes. Happy baking!



Anzac Biscuits

1 cup plain flour

1 cup rolled oats

1/2 cup brown sugar

1 cup desiccated coconut

125g butter

2 tblsp golden syrup

2 tblsp water

½ tsp bi-carb of soda

In a large bowl, mix together dry ingredients. In a saucepan, melt butter, water and golden syrup and then add bi-carb soda. Add butter mix to the dry ingredients and mix well. Roll 1tblsp of mix into balls, flatten slightly and place on lined baking tray, 5 cm apart. Bake at 160 for 15-20 mins. They will be slightly soft when cooked but will harden as they cool down. Makes 22.

Apple Crumble Slice

For the Base

145g butter

1/3 cup caster sugar

1 egg

½ cup plain flour

1/3 cup self-raising flour

1 tblsp custard powder

400g unsweetened apple puree

For the Crumble

1/3 cup plain flour 1/4 cup self raising flour

¼ cup brown sugar

½ tsp gnd cinnamon

1/3 cup rolled oats

In a large bowl, cream butter, sugar and egg until light and fluffy, then fold in flours and custard powder. Grease and line a rectangular baking tray 20 x 30 and spread mix evenly. Bake at 180 for 15 mins and then allow to cool for 10 minutes before spreading with the apple puree. For the crumble, combine all ingredients in a bowl and then rub in using your fingertips. Sprinkle over the apple mix. Increase oven to 200 and bake for approximately 15-20 minutes until golden.



Apricot and Sunflower Seed Bread

125g butter, at room temperature	½ tsp ground cinnamon
½ cup brown sugar	½ tsp ground allspice
¼ cup golden syrup	2 eggs, lightly beaten
2/3 cup buttermilk	½ cup sunflower seeds
1 tblsp finely grated orange zest	½ cup chopped dried apricots
1 ¼ cup self-raising flour	½ tsp bi-carb of soda

In a small bowl, soak apricots with bi-carb soda in boiling water for 10 mins and then drain. In a saucepan, combine butter, sugar, syrup, buttermilk and zest and on a low heat, stir until butter is melted. Cool for 5 mins.

Sift together flour and spices into a large bowl, then add butter mix, eggs, nuts and apricots. Stir until just combined. Pour into a greased and lined 12 x 22 cm loaf pan and bake at 180 for about 45 mins or until skewer comes out clean. Stand in tin for 15 mins before turning out. Cut to serve 10.

Banana Cake

125g butter, cubed at room temp	400g peeled ripe banana, mashed
125g castor sugar	250g self-raising flour
4 eggs	

Cream butter and sugar. Add eggs, one at a time and mix well. Add banana mix and stir until combined. Finally add flour and mix well. Pour mix into a greased and lined 18 x 10 cm loaf tin and bake at 160 for 30 mins or until skewer comes out clean. Cut to serve 10.

Banana and Date Bread

110g dates, pitted and chopped	½ cup brown sugar
1 tsp bi-carb soda	2 eggs, lightly beaten
125ml boiling water	125g melted butter
2 cups plain flour	2 medium bananas, mashed
2 tsp baking powder	1 tsp ground cinnamon

Soak dates in boiling water with the bi-carb and set aside. Mix flour, baking powder, and brown sugar in a large bowl or Kitchen Aid. Add butter and eggs and mix until combined. Now fold through banana, date mix and cinnamon. Pour into a greased and lined 18 x 10 cm loaf tin and bake at 170 for approx. 40 mins or until skewer comes out clean. Cut to serve 10.

Banana, Date and Rolled Oat Cookies

125g softened butter	1 ½ cup plain flour
1 tsp lemon zest	½ tsp bi carb of soda
¾ cup brown sugar	1 cup rolled oats
1 egg yolk	½ cup chopped dates
1/3 cup mashed banana	2/3 cup extra rolled oats

Using a mixer, beat butter, zest, sugar and yolk. Stir in banana, then sifted flour and rest of ingredients until combined. Roll level tablespoons of mix into balls then coat in extra oats and place on lined baking tray 5 cm apart. Bake for 15 minutes at 180. Makes 28.

Crunchy Muesli Cookies

1 cup rolled oats	1/3 cup chopped dried apricots
½ cup wholemeal plain flour	½ cup sunflower seeds
½ cup plain flour	125g butter, chopped
½ cup brown sugar	2 tblsp golden syrup
2 tsp ground cinnamon	½ tsp bicarb of soda
¼ cup dried cranberries	1 tblsp boiling water

In a large bowl, combine dried ingredients. In saucepan, melt butter and syrup over a low heat and once melted add boiling water and bi carb of soda. Add this mix to dried ingredients and combine. Roll level table spoons of mix into balls and place 5 cm apart on a lined baking tray. Flatten slightly and bake at 150 for 20 minutes, allowing to cool on the tray. Makes 22.

Sticky Bran Fruit Cakes

1 cup plain flour	1 cup bran flakes
2 tsp baking powder	50g butter
½ cup brown sugar	3 tblsp golden syrup
½ tsp baking soda	1 ripe banana, mashed
1 tsp cinnamon	¾ cup milk
½ tsp allspice	1 egg, beaten
¾ cup chopped dried apricots	

Place all dry ingredients together in a bowl and make a well in the centre. Melt butter and golden syrup together, mix with the remaining wet ingredients and pour into the well. Stir briefly to just combine. Spoon into ½ cup capacity muffin tin lined with patty pans and bake at 190 for 15 – 20 mins or until a skewer comes out clean. Makes 12.

Banana, Honey and Seed Loaf

1 tblsp sesame seeds	½ cup mashed banana
¼ cup sunflower seeds	½ cup buttermilk
¼ cup pepitas	¼ cup oats
½ cup light olive oil	¼ cup sultanas
1/3 cup brown sugar	1 ¼ cup self-raising flour
¼ cup honey	1 tsp cinnamon
2 eggs	

Combine seeds in a small bowl and set aside. Place oil, sugar, honey, eggs, banana, buttermilk, oats, sultanas, sifted flour and cinnamon and 2/3 of the seeds in a large bowl. Stir until combined. Pour into a greased and lined 10 x 18 cm loaf tin. Sprinkle the remaining seeds on top and bake at 180 for approximately one hour or until skewer comes out clean. Cut into 10 portions.

Carrot Fruit Salad Cake

½ cup raw sugar	¾ cup self-raising flour
½ cup veg oil	pinch of salt
1 tsp vanilla essence	½ tsp bi-carb soda
2 eggs	¼ cup desiccated coconut
½ cup canned fruit salad, drained and chopped	1 ½ tsp ground cinnamon
1 ripe banana, mashed	1 tsp ground allspice
1 cup grated carrot	

Whisk sugar, oil and vanilla together in a large bowl. Add eggs, one at a time, beating until mixture is creamy. Stir in fruit salad, banana and grated carrot. Add sifted flour and spices, bi-carb soda and coconut and stir to combine. Spoon mixture into a greased and lined 20 cm spring-form tin and bake at 175 for approx. 40 mins or until skewer comes out clean. When cool, spread with lemon cream cheese icing.

Lemon Cream Cheese Icing

1 cup cream cheese, softened	½ cup icing sugar
50g melted butter	zest of one lemon

Beat all ingredients together until creamy.



Coconut, Chocolate and Raspberry Slice

1 cup wholemeal self-raising flour

125g melted butter

1 cup shredded coconut

2/3 cup raw sugar

1/3 cup rolled oats

1 egg

1/3 cup cocoa

2/3 cup frozen raspberries, crumbled

In a large mixing bowl, mix together dry ingredients. Now add melted butter and lightly beaten egg, stir until combined and then fold through raspberries. Pat mix into a greased and lined 18 x 26cm tin and bake at 180 degrees C for 22 mins. Cut to serve 15.

Banana, Blueberry and Chocolate Muffins

1 cup self-raising flour

1 egg

2/3 cup wholemeal self-raising flour

½ cup veg oil

¼ cup cocoa

1 large banana, mashed

¾ cup raw sugar

2/3 cup frozen blueberries

1 cup natural yoghurt

In a large mixing bowl, combine dry ingredients. Stir in yoghurt, beaten egg and oil until just combined. Now fold through banana and blueberries. Spoon mix into 1/3 cup lined muffin tin with patty pans and bake at 180 degrees C for approx. 25 mins until done. Makes 12.

Easy Banana and Blueberry Loaf

130ml plain yoghurt

125g plain flour

½ tsp bi carb of soda

½ tsp baking powder

50g unsalted butter, melted

½ tsp ground cinnamon

100g caster sugar

130g ripe mashed banana

1 egg, lightly beaten

½ cup frozen blueberries

In a large bowl mix together the yoghurt and bi-carb of soda and leave to stand for 5 minutes. Now add, sugar, egg and melted butter and mix. Add sifted flour, baking powder and cinnamon and stir until combined. Finally add banana and blueberries. Pour into greased and lined 10 x 18 cm loaf tin and bake at 180 for around 40 mins or until a skewer inserted comes out clean. Leave to stand in tin for 15 mins and then turn out onto wire a rack to cool completely. Cut to serve 10.



Bill's Healthier Chocolate and Date Brownie

140g unsalted butter	1 tsp baking powder
140g pitted dates, finely chopped	95g brown sugar
60g cocoa	3 eggs
90g plain flour	1 tsp vanilla extract

Melt the butter in a saucepan and add dates. Leave to stand for 10 minutes. In a large bowl, sift in the cocoa, flour and baking powder, then add the sugar and stir to combine. In another bowl, whisk eggs and vanilla and add to butter mixture. Combine butter and egg mix to flour and stir until incorporated. Pour the mix into a greased and lined 20cm square tin and bake at 160 for 20 minutes or until set. Allow to cool on a wire rack and cut when cool.

Mini Pineapple and Carrot Cakes

2/3 cup plain flour	440g can of crushed pineapple
1 cup self-raising flour	320g finely grated carrot
1 tsp bi-carb of soda	2/3 cup veg oil
½ cup caster sugar	2 eggs, lightly beaten
1 tsp ground cinnamon	

Sift dry ingredients and add carrot and pineapple. Now stir in oil and egg, being careful not to over mix. Place into muffin trays lined with patty pans. Bake at 180 until skewer comes out clean. Makes 18.

Overnight Muesli and Date Muffins

1 ¼ cup plain flour	½ cup all bran
1 ¼ cup toasted muesli	¾ cup chopped dates
1 tsp ground cinnamon	1 large ripe banana, mashed
1 tsp bi-cab of soda	1 ½ cup buttermilk
½ cup brown sugar	½ cup veg oil
1 egg, lightly whisked	

Mix all the dried ingredients and then add buttermilk, egg and oil. Allow the mix to rest overnight and place in muffin trays lined with patty pans. Bake at 180 until skewer comes out clean. Makes 16.

Oatmeal and Raisin Cookies

150g unsalted butter	1 tsp baking powder
175g soft brown sugar	pinch of salt
1 egg, lightly beaten	235g rolled oats
2 tsp vanilla extract	125g raisins
125g wholemeal plain flour	

Cream the butter and sugar until fluffy and smooth. Add the egg and vanilla, then sift in flour and baking powder and mix lightly. Add oats and raisins and mix. Roll tablespoons of the mix into balls and place on lined baking trays. Flatten the balls with a fork dipped in flour. Bake for 20 mins at 180, or until pale and golden. Cool on trays for 5 mins before transferring to a wire rack to cool completely.

Berry Yoghurt Muffins

135g self-raising flour	125ml natural yoghurt
200g wholemeal self-raising flour	2 eggs, lightly beaten
1 tsp ground cinnamon	2 tblsp veg oil
155g brown sugar	250g frozen or fresh mixed berries
250ml buttermilk or milk	

Sift flours and cinnamon together in a large bowl. Stir in the sugar and then make a well in the centre. In a separate bowl, whisk oil, yoghurt, buttermilk and eggs and pour into flour and egg mix, mixing lightly to combine. Add berries and fold through gently. Be careful not to over mix as your muffins will be tough. Spoon into ½ cup capacity muffin tin lined with patty pans and bake at 180 for 20 minutes or until golden.

Pear, Raspberry and Muesli Loaf

1 ½ cup self-raising flour	125g melted butter
½ tsp bi-carb of soda	1 egg, whisked
¾ cup toasted muesli	1 ripe pear, cored and diced
½ cup brown sugar	½ cup frozen raspberries
¾ cup buttermilk	rolled oats

In a large bowl sift flour and bi-carb and then add sugar and muesli. Stir until combined. In a smaller bowl mix together milk, egg and butter and add to dry ingredients, mixing until just combined. Now fold through pear and raspberries and pour mix into a 12 x 22 cm greased and lined loaf tin and sprinkle with extra rolled oats to decorate. Bake at 180 for around 45 mins or until skewer comes out clean. Allow to rest in tin for 15 mins before turning out onto a wire rack to cool. Cut to serve 10.



Sugar Free Chewy Apricot Muesli Bars

100g dried apricots, chopped	1/3 cup plain flour
100g dried prunes, chopped	1 tblsp honey
Juice of 1 orange	1/3 cup sultanas
2 eggs, lightly beaten	½ tsp ground cinnamon
75g melted butter	½ tsp baking powder
2 cups rolled oats	pinch of salt
1 cup desiccated coconut	

In a food processor, blitz dried apricots, prunes and orange juice. Add eggs, honey and butter and pulse until well combined. In a large bowl, mix oats, coconut, flour, cinnamon, baking powder, salt and sultanas. Add dried fruit mix and stir until well combined. Press mix firmly into a 20 x 30 cm greased and lined tin and bake at 180 for 15 – 20 mins. Allow to cool in tin and cut into squares when cool with a serrated edge knife.

Yoghurt Fruit Loaf

100g softened butter	1 cup yoghurt
2 tsp orange zest	1/3 cup orange juice
¾ cup caster sugar	1 cup chopped dried fruit (apples, peaches, pears, figs etc)
2 eggs	1 cup sultanas
2 cups wholemeal self-raising flour	

Beat butter, zest, sugar, eggs, flour, yoghurt and juice on low speed until just combined. Stir in fruit. Pour into 10 x 18 cm greased and lined loaf tin. Cover with foil allowing for room to rise. Bake for 1 hour at 180 and then remove foil and bake for a further 15 mins or until skewer comes out clean. Cut to serve 10.

Jenny's Sticky Date Pudding Pies

40 pitted dates, approx. 1.5 cups	¼ cup softened butter
½ tsp bi-carb soda	¼ cup rice malt syrup
1/3 cup boiling water	1 egg
½ cup flour (or use gluten free flour, sorghum flour etc)	

Roughly chop dates, and place in a large bowl, adding the bi-carb and then pour over boiling water, leaving to stand for 15 minutes till softened. Now add butter, rice malt syrup, flour and baking powder, mixing well to combine. Lightly whisk egg and add to mix, stirring to combine. Spoon mixture into ½ cup capacity muffin patty pans (up to half way) and bake for 20 minutes at 180 degrees till golden and cooked through.

This mix will make 10.

Tania's Banana and Pear Loaf

210g plain flour, or wholemeal plain flour	1 tsp baking powder
125g softened butter	1 tsp bi-carb soda
200g raw caster sugar	pinch of salt
2 eggs, lightly beaten	3 very ripe bananas, frozen and defrosted
1 large pear, grated	125ml buttermilk

Using either a large bowl and a wooden spoon, kitchen aid or food processor, process all ingredients together. Be careful not to over process the mix or your loaf will be slightly tough, not light and fluffy. If using a processor, use pulse action to avoid over mixing. Pour mix into a greased and lined medium size loaf tin and bake at 170 degrees for 55-60 mins till cooked through. Allow to cool before removing from tin.



Date, Orange and Banana Muffins

1 cup plain flour	1/2 cup wholemeal plain flour
3 tsp baking powder	½ tsp bi-carb soda
¼ tsp ground nutmeg	pinch of salt
1 medium sized navel orange	160g pitted dates, chopped
½ cup brown sugar	2 eggs
½ cup mashed banana	½ cup light olive oil

½ cup fresh orange juice 1 tsp vanilla extract

In a large bowl, mix together both flours, bi-carb, baking powder, salt, nutmeg and the dates. Wash and dry the orange and chop into small chunks, then, using a food processor, blitz till a rough puree has formed. You will have to scrape down the sides several times to achieve this. Now to the processor, add the eggs, sugar, oil, juice, banana and vanilla and blitz till smooth. Pour this wet mix into the bowl of flours and mix till just combined. Allow to rest for 5 minutes before spooning into ½ cup capacity muffin patty pans, and bake at 200 degrees for approx. 20 mins till cooked through. This recipe makes 12

Coconut Bread

200g plain flour	150g wholemeal plain flour
2 tsp baking powder	1 tsp ground cinnamon
200g raw caster sugar	300 ml buttermilk
2 eggs	75g melted butter

150g shredded coconut or moist coconut flakes

In a large bowl, mix the flours, baking powder, cinnamon and sugar, then stir in the coconut and make a well in the centre. In a separate bowl, whisk together the eggs, buttermilk and melted butter and pour this mix into the flour, gently stirring till combined being careful not to over mix the batter. Pour into a large, greased and lined loaf tin and bake at 180 degrees for 60-65 mins till golden and cooked through. Allow to cool for 20 minutes before removing from the tin to cool completely.