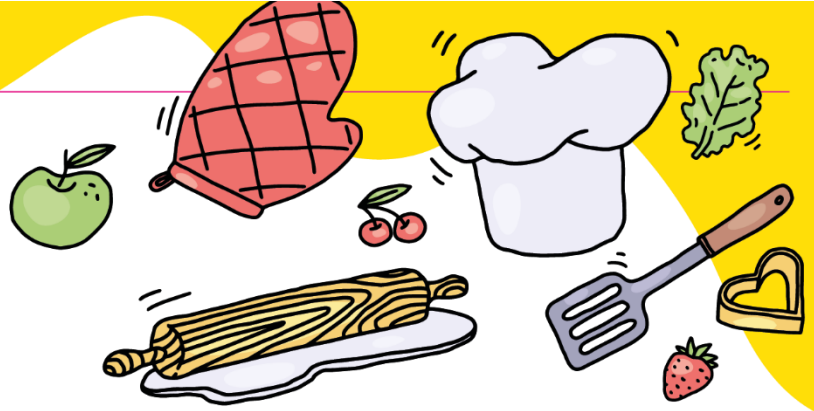




Raisin Bread Rolls



Ingredients:

- Strong plain **flour** - 400g (14oz)
(plus extra to sprinkle to roll out)
- **Porridge oats** - 50g (2oz)
- Bicarbonate of soda - 1 teaspoon
- **Raisins** - 200g (7oz)
- Natural **yoghurt** - 250ml (9fl oz)
- Semi-skimmed **milk** - 175ml (6fl oz)

Serves:

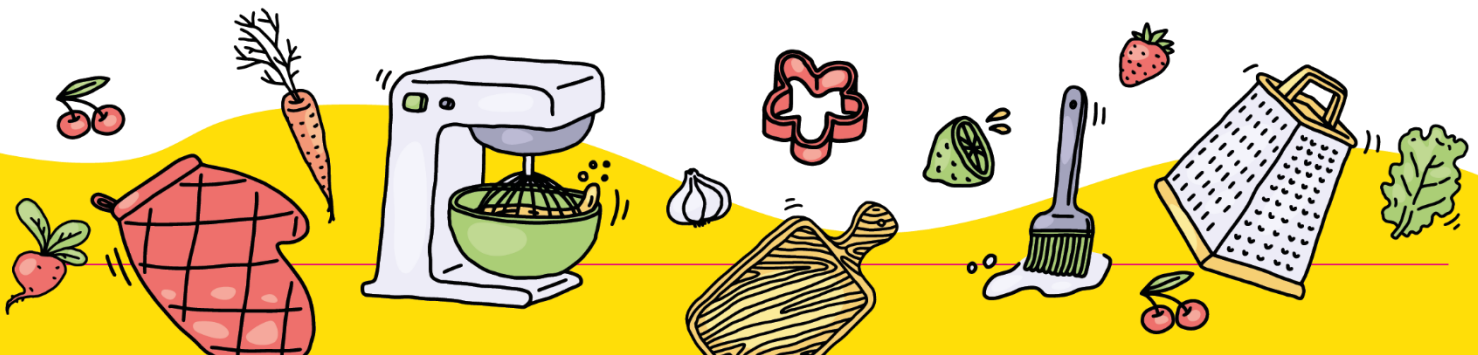
12 rolls

Method:

1. Adult to pre-heat the oven to 200°C /gas mark 6. Sprinkle a little flour onto a baking sheet.
2. Children to weigh (with help) the flour, oats, bicarbonate of soda and raisins. Children to put them into a bowl and stir everything together.
3. Children to measure out (with help) the yoghurt and milk. Children to stir the yoghurt and milk together in a jug and then pour into the bowl of dry ingredients. Mix gently with a spatula to make a very soft ball of dough.
4. Adult to split the dough into 12 balls. Children to sprinkle a little flour onto the table or plastic plate and place their dough ball on it.
5. Children to knead the dough lightly once or twice (don't over knead) and then put the balls of dough on the baking tray and pat down a little to make a thick circle.
6. Adult to cut a deep cross in each ball of dough with a knife, then bake for 15-20 minutes.
7. Adult to remove from the oven and allow them to cool before serving.

Allergen Information:

- Contains cereals containing **gluten** (check label), contains **milk**, may contain **sulphur dioxide**.



Here are a range of skills you can develop with some of the ingredients used in this recipe:



Basic:

Sprinkling the flour, spooning the ingredients into a bowl.

Intermediate:

Mixing together all the ingredients, kneading the dough. Weighing the flour, oats, bicarbonate of soda and raisins.

Advanced:

Measuring the milk and water.

Top Tips:

- Try making different shapes.
- Try using different combinations of dried fruit e.g. cranberries, chopped apricot, chopped dates.



- Give each child a ball of dough and see if it fits in the palm of their hand.
- Ask the children if it fits comfortably in their hands? If it's too big then it's too much for their tummies and they will need to put some dough back. If it fits comfortably then it's the right amount for their tummies.

2 Snacks Max



- Please remove raisins from the recipe if giving as a snack. Dried fruit should not be served at snack time as the sticky nature of these can contribute to tooth decay.
- Max wants us to base our snacks on fruit and vegetables and starchy foods. The bread roll will give us energy to concentrate so we can play and learn.

