

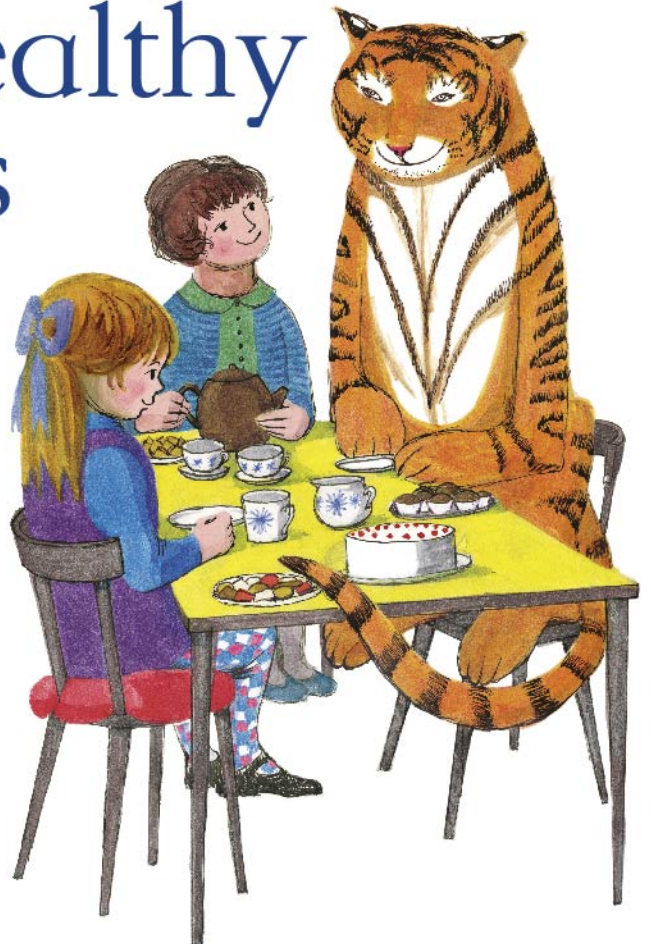
Homepride®

# The Tiger

# Who Came to Tea



Guide to Healthy Snacks



# Banana & Oat Muffins



Perfect teatime treats for hungry tigers – and everyone – to enjoy

Recipe kindly provided by Dani Brazier

This one bowl recipe is so easy to make, nutritious, delicious, and perfect for back-to-school lunch boxes!



15 mins  
prep time



20 mins  
cooking time



Easy  
Difficulty

## Ingredients:

100g oats  
180g Homepride Plain Flour  
110g light brown sugar  
2 eggs  
1½ tsp baking powder  
½ tsp bicarbonate of soda  
1½ tsp cinnamon  
80g raisins  
3 tbsp oil

50g melted butter  
2-3 ripe bananas  
3 tbsp whole milk  
1 tsp vanilla extract  
Optional - 40g dark chocolate (to top)  
Optional - sliced bananas (to top)



## Method:

1. Pre heat your oven to 170°C fan. Get all your ingredients at room temperature and line your muffin tin with cases.
2. Add all dry ingredients into a mixing bowl (oats, plain flour, light brown sugar, baking powder, bicarb and cinnamon). Mix this all together until it is evenly combined.
3. Add in the raisins and mix again until the raisins are coated in the flour mixture.
4. Make a well in the middle and add in the wet ingredients (melted butter, eggs and oil).
5. Next, mash the bananas with a fork. Into the banana mixture, add in the vanilla extract, whole milk, and mash again. Add this to the wet ingredients.
6. Whisk this all up for 30-40 seconds until it is mixed through.
7. Using an ice cream scoop, add a full scoop of batter into the muffin trays. Cook at 170°C fan for 20 minutes, until light golden in colour. You can insert a skewer too. If this comes out clean, they are cooked. Leave to cool for 30 minutes. Eat as it is or drizzle over some melted dark chocolate and add a slice of banana to serve.

# Date, Apple & Sesame Seed Squares

JUDITH KERR  
100  
YEARS

These are so good a hungry tiger may devour them in one go!

Recipe kindly provided by Val Stones



Bramley apples are perfect for this bake and work so well with dates giving a deliciously moist texture. The inclusion of dates and sesame seeds offer the benefit of calcium, iron and minerals.



20 mins  
prep time



35 mins  
cooking time



Makes 16  
squares

## Ingredients:

300g unsalted butter, plus extra for greasing  
200g cooking apples, peeled, cored and chopped into small pieces (Bramley apples will also work well)  
150g stoned dates, chopped  
1-2 tbsp of date syrup  
(adjust according to how sweet you like your apples)  
50g sesame seeds

250g soft brown sugar  
175g Homepride Plain Flour  
1 tsp bicarbonate of soda  
110g porridge oats  
1 tsp vanilla extract  
2 tbsp apricot jam to brush over the baked slice



## Method:

1. Heat the oven to 170°C fan, 190°C for convection or gas mark 5.
2. Grease an 18 cm square pan (or 23 cm square pan for a shallower bake) and line with baking parchment or silicone liner.
3. Place the prepared apples in a pan with 2 tablespoons of water. Bring to the boil and simmer until tender and pulpy.
4. Add the dates, 50g of the brown sugar, and date syrup. Simmer for a further 5 minutes. Take off the heat and using a wooden spoon, break the apples and dates down until the ingredients are combined together. Set aside to cool.
5. Gently melt the butter in a pan, or, if preferred, place the butter in a microwaveable bowl and heat for 1 minute (cover the bowl to prevent the butter from spitting).
6. Add the flour, bicarbonate of soda, oats, sesame seeds and remaining 200g of soft brown sugar to a bowl and combine well.
7. Pour the melted butter into the oat mixture and mix until the oats are well coated. Add the vanilla extract and mix again.
8. Transfer half your oat mixture to your pan. Press it firmly into the bottom of the pan and spread the apple mixture evenly over the top of the oats.
9. Now cover the apples with the remaining oat mixture and press down firmly, ensuring all the apple layer is covered and sealed.
10. Place in the oven and bake for 30-35 minutes or until golden brown and firm. Whilst still warm, brush the top with a little apricot jam.
11. Allow to cool in the pan. Once cold, tip the bake onto a board and cut into 16 pieces.
12. Store in an airtight container. They will keep for a week.



These freeze well. So bake ahead,  
freeze them and use them within two months.

# Sugar Free Blueberry & Honey Muffins



Perfect teatime treats for hungry tigers – and everyone – to enjoy

Recipe kindly provided by Dani Brazier



15 mins  
prep time



20 mins  
cooking time



Makes 12-14  
Muffins



## Ingredients:

2 large eggs  
10 tbsp Greek yogurt, at room temperature  
320g Homepride Plain Flour  
1 tbsp baking powder  
200g runny honey  
2 tsp vanilla extract  
140g melted butter

3 tbsp oil  
200g blueberries  
(frozen or fresh is fine), at room temperature

### Optional

Fresh blueberries  
1 tsp of demerara sugar

## Method:

1. 30 minutes before you start baking, get your chilled ingredients out of the fridge. Getting them to room temperature will give you a better bake.
2. Pre-heat your oven to 170°C fan and pop some cupcake or muffin cases in a 12-hole muffin tin.
3. Put the butter in a bowl and microwave until melted.
4. Add the butter into your mixing bowl along with the oil, eggs, vanilla, honey, and yogurt.
5. Mix this all together for 20-30 seconds.
6. Meanwhile, weigh the flour and add the baking powder. Mix these together well.
7. Fold the flour through the wet batter until it is mostly combined.
8. Lastly coat the blueberries in a little flour and add them to your muffin batter.
9. Now continue gently folding the blueberries through until even.
10. Using an ice cream scoop, put the batter into your muffin cases until 3/4 full.
11. As an optional finish, pop 3 blueberries on top and a sprinkle of Demerara sugar. To keep these completely sugar free, you can leave out this optional extra.
12. Cook in the oven at 170°C fan for 20 minutes or until cooked and light golden in colour.
13. These will keep in a cake tin for a few days.



They are super moist and perfect  
for a healthy summer treat.