

# BREAD BASED SNACKS

## Variations on a theme

A variety of nutritious bread-based snack foods can be prepared using the same basic ingredients in different ways, thereby adding variety and interest while keeping costs down. The following pages provide snack food ideas that are 'variations on a theme'.

### 1. BREAD CASES

Make bread cases from day old bread.

Trim the crusts. Press into muffin tins and dry out in the food warmer or oven, on a low temperature until crisp. Store in an airtight container.

#### ADD HOT SAVOURY FILLINGS EG:

- baked beans
- creamed corn
- tuna/chicken mornay
- lean meat sauce

Heat through and serve.

#### MORNAY (TO FILL 24 BREAD CASES)

Preparation time: 10 mins

Melt 3T margarine

Add 3T plain flour stir well cook 1 minute

Add 1 cup reduced fat milk

Whisk over moderate heat until sauce thickens. Remove from the heat.

Add ½ cup grated cheese – stir through.

Add 1 cup cooked chicken or tuna in springwater – stir through.

Serve in toasted bread cases.



### 2. PIZZA TOPPING

#### COMBINE:

4T Tomato paste

2 cups lean diced ham

2 cups, chopped red and green capsicum

2 cups crushed pineapple, drained

2 cups reduced fat, grated cheese.

#### USES:

- On English muffins
- In bread rolls
- In pita pockets
- On flat bread, cooked on trays in the oven
- On pizza subs
- In pizza swirls
- In jaffles
- On scone based pizzas

#### PIZZA SWIRLS (MAKES 12 SERVES)

Make the scone based pizza dough – Roll out to 1cm thick rectangular shape.

Add pizza topping and starting on a long side roll up tightly.

Use a serrated knife to cut the roll into 12 equal sized rounds.

Bake swirl side up for 20-30 mins in a 200°C oven.



#### SCONE BASED PIZZA (MAKES 8-10 SERVES)

1 ½ cups SR flour

½ cup wholemeal SR flour

1T oil

⅔ – 1 cup water

Use a round ended knife to combine to form a soft dough.

Press onto floured baking tray.

Add pizza topping and bake for 20-30 mins in 200°C oven.

### 3. LEAN MEAT SAUCE

(See recipe in Hot Food Choices section)



In bread cases



Mix with pasta spirals. Top with a sprinkle of grated cheese.



On baked jacket potatoes



Add red kidney beans to the meat sauce. Serve in burritos and tacos, or on a small number of corn chips.



On halved bread rolls

### 4. SCONES – SWEET & SAVOURY

#### USING A FOOD PROCESSOR



#### SCONES (MAKES 12)

1 ½ cups SR flour

½ cup wholemeal SR flour

2T poly or monounsaturated margarine

¾ cup milk

**Place** flour into bowl of food processor.

**Process** the margarine into the flour until the mixture looks like breadcrumbs.

**Add** the milk and process quickly to form a soft dough

**Knead** the dough gently, on a lightly floured board.

**Press** out to 2cm thick.

**Cut** into 6cm rounds with a scone cutter.

**Place** close together on floured oven tray.

**Bake** at 180°C for 8-10 minutes until well risen and golden brown.

#### ALTERNATE METHOD

**Rub** margarine into the flour using fingertips until the mixture looks like breadcrumbs.

**Add** the milk mix with a knife lightly and quickly to form a soft dough.

**Knead** the dough gently, on a lightly floured board.

**Press** out to 2cm thick.

**Cut** into 6cm rounds with a scone cutter.

**Place** close together on floured oven tray.

**Bake** at 180°C for 8-10 minutes until well risen and golden brown.

#### FOR VARIETY

**Cheese scones** – add 50g of grated, reduced fat cheese after rubbing in the margarine.

**Fruit scones** – add ½ teaspoon of cinnamon and nutmeg with the dry ingredients. Mix in 1 tablespoon of sugar and ¾ cup dried fruit after rubbing in the margarine.

# RECIPE

## RECIPE/MENU ITEM

## Apple Muffins



Total cost of ingredients	\$ 4.18
Number of serves	12
Cost per serve	\$ 0.35
Selling price per serve	\$ 0.70
Date last reviewed	June 2005

## RECIPE

Ingredients	Qty	Cost		Method
		\$	¢	
Oil, polyunsaturated blend	¼ cup		30	Combine oil, lightly beaten eggs, milk and vanilla.
Vanilla	1 teaspoon		5	
Eggs	2		64	
Milk	¼ cup		8	
Raw Granny Smith apple, grated	3 medium	1	92	Add apple and sugar.
Brown sugar	½ cup		40	
Self raising flour, white	1 cup		13	Add flours and cinnamon and lightly mix through. Place into muffin tins lined with paper muffin cases. Bake at 200°C for 20-25 minutes.
Self raising flour, wholemeal	1 cup		22	
Ground cinnamon	2 teaspoon		20	
Muffin cases	12		24	

**NOTES:** Store in an airtight container in the refrigerator.

**Variations:** Substitute the apple with 2 mashed bananas or ½ cup sultanas or ½ cup chopped dates.

# RECIPE

## RECIPE/MENU ITEM

## Banana Bread



Total cost of ingredients	\$ 2.13
Number of serves	15
Cost per serve	\$ 0.14
Selling price per serve	\$ 0.60
Date last reviewed	June 2005

## RECIPE

Ingredients	Qty	Cost		Method
		\$	¢	
Margarine, poly or monounsaturated	60g		30	Cream margarine and brown sugar.
Brown sugar	¼ cup		17	
Eggs	2		64	
Vanilla	1 teasp		5	Add eggs, banana, vanilla and milk.
Banana, ripe, mashed	2		46	Add flours to banana mixture and mix lightly.
Milk, reduced fat	½ cup		16	
Self raising flour, wholemeal	1 cup		22	Spoon mixture into a well greased loaf pan (14cm x 21cm).
Self raising flour, white	1 cup		13	Bake in 180°C moderate oven for 50 minutes or until a skewer inserted into the loaf comes out clean.

**NOTES:** Use overripe bananas in this recipe.  
Cool loaf, slice and serve in zip lock bags or plastic wrap.  
These can be frozen for longer shelf life.  
Preparation time: 10 minutes. Cooking time: 50 minutes.

# RECIPE

## RECIPE/MENU ITEM

## Rock Cakes



Total cost of ingredients	\$ 2.17
Number of serves	24
Cost per serve	\$ 0.09
Selling price per serve	\$ 0.30
Date last reviewed	June 2005

## RECIPE

Ingredients	Qty	Cost		Method
		\$	¢	
Self raising flour, wholemeal	1 cup		22	Place flours in bowl or food processor.
Self raising flour, white	1 cup		13	
Margarine, poly or monounsaturated	90g		45	Rub in margarine.
Sugar	¼ cup		7	Add sugar, ginger, mixed spice and dried fruit.
Ground ginger	¼ teasp		5	
Mixed spice	¼ teasp		5	
Dried fruit (sultanas)	1 cup		72	
Egg	1		32	Add egg and milk to flour mixture. Mix well. Drop spoonfuls onto a greased tray.
Milk, reduced fat	½ cup		16	Bake in 180°C moderate oven for 15 minutes or until golden brown.

NOTES: