

This is Grub4Life.Com – Britain’s foremost nutrition consultancy supporting vulnerable communities with practical resources for you and your clients.



For more information on free resources or training which could be supported by 100% grant contact us at feedback@grub4life.com for more information on : -

- Food Allergy and Intolerance Training course
- Common Nutrition Problems with Toddlers Training course
- 4 week rotation Menu Planning & Recipe Adaptation
- Training to help children and their parents overcome fussy and faddy eating
- Allergy Safe and Legally Compliant Recipe Manual for Nurseries
- Allergy Safe and Legally Compliant Recipe Manual for Childminders
- Food Allergies and Intolerance Manual

Weetabix Loaf

Serves 10

Ingredients	
300g Self-raising flour	1 tsp (5g) mixed spice
225g caster sugar	2 (200g) ripe bananas, mashed
200g raisins	275 ml milk
2 Weetabix, crushed	1 egg beaten

METHOD:

1. Pre-heat the oven to 130c, 250F Gas 3
2. Measure all the ingredients, except the milk and egg into a large bowl
3. Pour in the milk and beaten egg (the mixture will look like a lumpy batter at this stage)
4. Line a 1 lb loaf tin with baking paper
5. Pour the batter into the loaf tin and bake in the oven for 1 hr 15 mins until the centre firm to touch
6. Turn out onto a wire rack, allow to cool and then cut into 10 slices

COOK'S TIP

- FOR PUREE DIETS, MAKE A BANANA PUREE.
- FOR WHEAT-FREE DIETS, USE WHEAT FREE SELF RAISING FLOUR AND REPLACE THE WEETABIX WITH OATS
- FOR DAIRY FREE DIETS, USE SOYA MILK
- FOR EGG-FREE DIETS, USE ORGRAN EGG REPLACER

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
246	5	2	55	19	0.4	1.5	150

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