

Week Four

Date:

Apple Crumble



Ingredients:

2/3 cooking apples
75g brown sugar
Cinnamon (optional)
250g gluten free Plain White Flour
150g caster sugar
150g butter

Ovenproof container/Pyrex dish
about 5cm deep

Week Five

Date:

Blueberry Muffins



Ingredients:

75g oil
2 tbsp natural yogurt
100g caster sugar
1 egg
150g GF self raising flour
100g fresh blueberries

6 paper cases

Container to take muffins home

Ferndown Middle School

Problem with recipe?

Speak to Mrs Baynam



Year 5 GF Ingredients List

Please keep this leaflet in a safe place.
It will tell you each week the
ingredients your child will need to bring
to school. It is your responsibility to
check these recipes are suitable for the
needs of your child.

**Always remember a named container
to carry the food home.**

Week One

Date:

Fruit Salad



Ingredients:

Apple
Grapes (any colour)
Banana
Kiwi fruit
Orange , satsuma or clementine
Any other fruit you like. **No whole mangoes or pineapples.**
Small carton of orange/apple juice
Named watertight container to take fruit salad home.

Week Two

Date:

Vegetable Rice



Ingredients

170ml boiling water
1 vegetable stock cube
50g rice
1 medium tomato
2 spring onions
1 carrots
1/2 yellow/red/green pepper
1/4 cucumber
Named container to take home
couscous.

Week Three

Date:

Cheese and Herb Scones



Ingredients:

350g white self raising gluten free flour
1 1/2 teaspoons gluten free baking powder
1/2 teaspoon mustard powder
1/4 teaspoon salt
60g margarine
1/2 teaspoon dried mixed herbs
75g strong cheese, grated
100 to 150ml milk, plus more for brushing
Named container to take scones home.