



# CORSTORPHINE PRIMARY SCHOOL

## BREAKTIME SNACK RECIPES

### BLUEBERRY AND BRAN MUFFINS

#### INGREDIENTS

30g butter  
6fl oz honey  
4fl oz milk  
4fl oz vegetable oil  
3 eggs  
360g self raising flour  
1 tsp baking powder  
60g bran  
1½ tsp of cinnamon  
1 apple, grated  
2 bananas mashed  
250g blueberries  
6 strawberries, halved (optional)



1. Preheat your oven to 180c / 350f degrees. Pop your honey and butter in a small saucepan and cook over medium heat for about 5 min or until it's a bit caramelised.
2. Be careful not to forget it and let it burn.
3. Put your milk, eggs and oil in a bowl and give it a bit of a whisk.
4. Place your flour, baking powder, bran and cinnamon in a bowl and mix to combine.
5. Stir in your apple, banana and blueberries through the flour. Add your milk mixture and stir until the dry ingredients are just moistened. Then fold in the butter mixture until just combined, being careful not to over mix.
6. Set out your muffin trays with paper liners (pretty ones please).
7. Spoon your batter into each cup and top with half a strawberry if you've got them.
8. Bake for about 25 min until golden brown and the skewer comes out clean.



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### MINI CRUSTLESS QUICHES

SERVES 12

#### INGREDIENTS

Olive oil for greasing

6 -8 ham slices ( optional )

8 medium eggs

150ml milk

150g sliced mushrooms

150g sliced peppers

6 cherry tomatoes, halved

100g grated cheddar cheese

Fresh vegetables can be substituted for any alternative vegetables you would like to use or you can use fresh herbs



#### METHOD

1. Preheat oven to 180c
2. Grease a 12-case muffin tray well with olive oil
3. Cut each ham slice in half lengthways and use it to line the bottom and sides of each muffin case
4. In a jug, beat the eggs and milk.
5. Put a little mushroom and peppers into each muffin case
6. Top with half a tomato and some cheese.
7. Pour the egg mixture evenly between each mini quiche.
8. Bake for 25-30 minutes or until well-risen and golden.



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### STRAWBERRY MUFFINS

MAKES 20

#### INGREDIENTS

200g self-raising wholemeal flour  
50g porridge oats  
200g greek yogurt  
1 medium banana  
1 large egg  
2 tbsp honey  
2 tsp vanilla extract  
1.5 tsp baking powder  
0.5 tsp baking soda  
125g chopped fresh/frozen strawberries  
30g dark chocolate chips (optional)



#### METHOD

1. Preheat the oven to 180c / 390f.
2. Place all the ingredients except the strawberries and chocolate chips in a food processor and blitz until the mixture is smooth.  
Add in about 3/4 of the strawberries and chocolate chips and stir with a spoon.
3. Line a 12 hole muffin tray with paper cases and spoon the mixture into the cases  
(you should be able to make 20 small muffins).
4. Add the remaining chopped strawberries and chocolate chips on top.
5. Bake the muffins in the oven for between 15 and 20 minutes or until a skewer inserted in the centre comes out clear.
6. Allow the muffins to cool in the tin or on a wire rack before serving.



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### CHEESE CHIVE AND CHICKPEA DIP

SERVES 6

#### INGREDIENTS

200g cooked tinned chickpeas, drained  
200g cottage cheese  
75g grated mature cheddar cheese  
1 tbsp milk  
2 tbsp chopped fresh chives  
salt and pepper to taste

#### METHOD

1. Add the chickpeas, cottage cheese and grated cheese to a food processor and blitz until smooth.
2. If the consistency seems a little too thick add the milk and blitz again.
3. Stir in the chopped chives and then season with salt and pepper.
4. Serve immediately or store in an air tight container in the fridge for up to 3 days.





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### BANANA OAT BARS

MAKES 9 squares

#### INGREDIENTS

Olive oil or butter  
2 large, very ripe bananas  
1 teaspoon vanilla extract (optional)  
2 cups old-fashioned rolled oats  
1/4 cup pitted, chopped dried dates  
1/2 teaspoon salt (optional)  
1/4 cup chopped seeds, such as pumpkin, sunflower (nuts if eating at home)  
Grated nutmeg or cinnamon (optional)



#### INSTRUCTIONS

1. Arrange a rack in the middle of the oven and heat to 350°F. Lightly coat a 9 x 9 inch square baking dish with olive oil or butter.
2. Peel the bananas and mash their flesh in a medium bowl. Mash very thoroughly until no large chunks remain; the bananas should be essentially liquid. (You will have between 1 and 1 1/4 cups.)  
Stir in the vanilla, if using.  
Add the oats and stir them in. Stir in the dates, nuts, and salt.
3. Transfer to the baking dish and pat into an even layer. If desired, sprinkle the top lightly with nutmeg or cinnamon. Bake until the edges just begin to crisp up, about 30 minutes.
4. Place the baking pan on a rack to cool.



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### POPCORN

( Makes enough to fill two large sandwich bags )

1 tbsp sunflower or vegetable oil

50g popping corn

Use a heavy-based pot with a sturdy handle and a tight (glass) fitting lid.

Put the pot over a medium heat. Add the oil and corn. Lid it and heat, shaking occasionally, until it starts to pop.

Turn up the heat and shake constantly.

Hold your nerve and keep the pan lidded – you want the popcorn to pop as quickly as possible and a hot steamy lidded pan helps with this.

Once the frantic popping slows to 2-3 seconds between pops, remove from the heat and pour into a large bowl.

Remove any un-popped or partially popped kernels you see.

Serve plain or with seasoning (suggestions below)

1. Sprinkle popcorn with ground cinnamon

2. Smoked paprika & spice

1 tsp smoked paprika

1 tsp toasted cumin seeds, ground

1 tsp toasted fennel seeds, ground

Optional – sea salt

Mix together the spices (and salt if using) in a small bowl.

Transfer your freshly popped hot popcorn to a larger container with a lid, then add the spice mixture.

Close the lid and shake until the popcorn is evenly coated with spices.



Lots more recipes for popcorn seasoning can be found online.

Microwave popcorn makers can also be purchased which use no oil for a healthier option.



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### CHOCOLATE ORANGE MUFFINS WITH COURGETTES

These muffins are sweet, tender and beautifully chocolatey, the grated courgette adds a beautiful moistness to the crumb without being damp - to ensure the perfect texture, lightly pat your grated courgette with a kitchen towel before folding into the batter.

Serves: 30 small fairy cakes

#### Ingredients

280g self-raising wholemeal flour  
50g cocoa powder  
2 tsp baking powder  
pinch of salt  
60ml vegetable oil  
100g natural yoghurt  
2 large eggs  
325g courgette, coarsely grated  
100g pitted dried dates  
50ml milk  
1 orange  
1 tsp vanilla essence



#### Instructions

1. Preheat the oven to 175°C. Line a twelve-hole muffin pan with cases.
2. In a large bowl mix together the flour, cocoa, baking powder and salt. Set aside.
3. Pour hot water over dates to cover and leave to soften.
4. Finely grate orange zest and squeeze juice over the zest.
5. In another bowl, whisk together the yoghurt, milk, vanilla essence and oil.
6. Add the eggs to wet mix and lightly whisk.
7. Pour excess water off dates, puree then add to wet mix.
8. Beat until smooth and then fold in the courgette, orange zest and juice
9. Combine wet and dry ingredients and stir until just combined.
10. Divide between your fairy cases and bake for 12 - 15 minutes, until firm on the top and a skewer comes out clean in the middle.

Leave to cool in the cases.

Will keep for several days in an airtight container and freeze beautifully.