

Recipes for a happy, healthy, budget kitchen!

Sweet Treats

We hope you enjoy this collection of healthy, budget and time-friendly recipes.

This is the *Sweet Treats* edition!

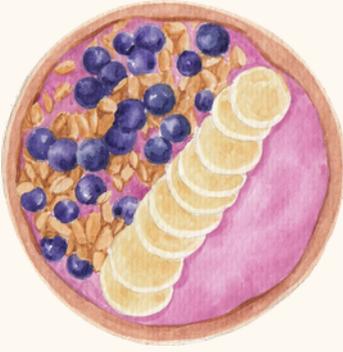
We'd love to see photos of your efforts of these recipes...

Send them to info@boltoncarers.org.uk

We'd also love to include your favourite tried and tested recipes.

Send details of ingredients and step by step instructions to
info@boltoncarers.org.uk





Sweet treats



Baked Oats with Fruit

Frozen Yoghurt

Yoghurt Bark

Sweet Dates

Lemon Butter Biscuits

Overnight Oats



Baked Oats with Fruit

Prep Time: 25 min Cook Time: 30min - 1h Serves: 4



Ingredients

- 300g tin mandarins in juice
- 432g tin pineapple chunks in juice
- 70g mixed dried fruit or sultanas
- 120g porridge oats
- A pinch of ground cinnamon (optional)

Method

1. Preheat oven to 180C/160C Fan/Gas 4
2. Strain the liquid from both tins into a measuring jug. Gently push the fruit down in a sieve to get the most out of it without squishing it to a pulp. If the liquid is short of 350ml, add cold water to make up the difference.
3. Put all the fruit and oats into a baking dish and stir gently to distribute the fruit evenly.
4. Pour over the liquid and stir again. Sprinkle over the cinnamon, if using.
5. Bake for 40 minutes, or until plump and golden-brown. Leave to cool for a few minutes before serving. The oats can be enjoyed as they are, or with a splash of milk or a dollop of yoghurt

Frozen Yoghurt

Prep Time: 5 min Cook Time: No Cooking Serves: 4



Ingredients

- 250g frozen mixed berry
- 250g Greek yogurt
- 1tbsp honey

Method

1. Blend berries, Greek yogurt and honey or agave syrup in a food processor for 20 seconds, until it comes together to a smooth ice-cream texture. Scoop into bowls and serve.

Yoghurt Bark

Prep Time: 1-2 hours Cook Time: No cooking Serves: -



Ingredients

- 500g yoghurt, low-fat Greek, coconut, soya or thick kefir
- 150g frozen mixed berries
- 30g pistachios, roughly chopped
- 1 tbsp honey or maple syrup

Method

1. Line a large baking tray with greaseproof paper and spread the yoghurt over the paper in an even layer.
2. Add your chosen toppings, distributing them evenly over the yoghurt. Freeze for 2 hours or until solid.
3. Carefully peel away the paper, then break the yoghurt into shards and place in a freezer bag. Seal and keep frozen for up to 3 months.

Sweet Dates

Prep Time: 20 min Cook Time: 45 min Serves: 2
dates pp



Ingredients

- 500g dates
- Peanut butter
- 200g dark chocolate
- Pinch of salt

Method

1. Carefully slice the date lengthways (but don't slice the whole way through!) and remove the stone from the dates
2. Melt the chocolate: fill a saucepan with water place a Pyrex dish on top with the chocolate inside. Place on the hob on a medium light, stirring as the chocolate melts.
3. Remove the Pyrex dish from the saucepan.
4. Fill the middle of the dates with a healthy serving of peanut butter (just enough to fill the gap in the middle), then, using tongues, dunk the date in the melted chocolate to create a nice coating.
5. Repeat step 4 for all of the dates, and place them all on greaseproof paper on a baking tray.
6. Place the baking tray with the dates in the fridge for 45 min or more to harden.

Lemon Butter Biscuits

Prep Time: 20 min Cook Time: 12 min

Serves: 35
biscuits



Ingredients

- 165g butter
- 100g icing sugar
- 1 tsp lemon zest
- 250g plain flour
- 1 tbsp milk
- 100g chocolate (milk, white or dark)

Method

1. Beat the butter with the icing sugar, a pinch of salt and the lemon zest until a smooth.
2. Sift in the flour and add the milk, mix to a dough and then knead briefly. Wrap and chill for 1-2 hours.
3. Heat the oven to 200C/fan 180C/gas 6. Line 2 baking sheets with baking parchment. Roll the dough out on a floured worksurface to 2mm and cut out different shapes.
4. Arrange the biscuits on the baking sheets, grouping all the same sizes together. Bake for 10-12 minutes until golden, then cool completely.
5. Melt the chocolate in a microwave or in a bowl set over simmering water. Dip one side of each cookie into the chocolate and leave to cool and set.

Overnight Oats

Prep Time: 10 min Cook Time: Overnight Serves: 2



Ingredients

- 50g porridge oats
- 200g Greek yoghurt
- 100ml milk
- Honey (to taste)
- Serve with fruit, seeds, raisins, nuts or cinamon

Method

1. In a bowl mix the oats, yoghurt and milk, then cover the bowl and chill in the fridge for several hours or overnight. (Add any fruits or extras now too)
2. Enjoy the next day!