

# Baking for the tuckshop

Food Smart Schools • another naq nutrition program

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Baked muffins, biscuits and cakes can be popular choices at the school tuckshop. When baking for the school tuckshop it is important that baked items reflect the intent of [Smart Choices, the Healthy Food and Drink Supply Strategy](#). This fact sheet provides tips for healthier baking which should be considered by anyone providing baked goods to students in the school environment.

## Increase fibre:

- **Replace some or all white flour with wholemeal flour.**  
Extra moisture (water or milk) may be required to prevent the mixture from drying out.
- **Add fruit.** Fresh, dried or canned fruit can be added.
- **Add grated vegetables** such as zucchini, beetroot or carrot.
- Replace  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of white flour with **rolled oats**.

## Decrease energy (kilojoules):

- **Use mini muffin trays** for baking or only half fill regular muffin trays.
- Cut slices and cakes into **smaller serves**. We recommend a serve size of 40g or less.



## Decrease fat:

- When preparing biscuits, only use **2 tablespoons of fat per cup of flour**.
- **Add fruit or vegetable puree.** Pureed apple, pumpkin or banana can be used to replace some of the fat in some recipes. These purees provide the moisture that fat normally would. Try replacing 50% of the fat in recipes with puree.
- **Switch to beans.** Puree cannellini beans, black beans or kidney beans in a food processor with a little water, then replace half the butter or oil in the baked goods with an equal amount of the puree. An added bonus is that this will also increase the fibre in the recipe.
- Use  $\frac{3}{4}$  cup of **prunes** soaked in  $\frac{1}{4}$  cup of boiling water and blend, instead of 1 cup of butter.
- Replace butter with **yoghurt or buttermilk**.

## How can I determine if my baking is a healthier choice?

To assess whether your baking is a healthier choice and fits into Smart Choices AMBER category you can use Food Standards Australia and New Zealand's Nutrition Panel Calculator (NPC).

Go to <http://www.foodstandards.gov.au/industry/npc/Pages/Nutrition-Panel-Calculator-introduction.aspx> and enter the ingredients and measurements to assess your products.

## Smart Choices strategy criteria

Items that meet the following criteria are likely to be **AMBER**.

	Energy	Saturated fat	Sodium	Fibre
<b>Snack food bars and sweet biscuits</b>	less than 600kJ per serve	less than 3g per serve		<u>more</u> than 1g per serve
<b>Savoury snack foods and biscuits</b>	less than 600kJ per serve	less than 3g per serve	less than 200mg per serve	
<b>Cakes, muffins and sweet pastries</b>	less than 900kJ per serve	less than 3g per serve		<u>more</u> than 1.5g per serve