

## Food Technology Ingredients

### Shopping list: Fruit fusion

Date: \_\_\_\_\_

#### Ingredients

*Choose a maximum of 6 different fruits.*

- 1 apple          6 - 12 grapes
- 1 pear            2 x slices pineapple
- 1 clementine   1 x slice melon
- 6 strawberries   1x peach or nectarine
- 1 kiwi fruit
- 200ml fresh fruit juice or small can of pineapple in own juice

**Named container:** With a lid

### Shopping list: Fruity Flapjacks

Date: \_\_\_\_\_

#### Ingredients

- 75g dried fruit
- 150g oats
- 50g sugar
- 50g margarine

**Named container:** With a lid / cake tin

### Shopping list: French Bread Pizza

Date: \_\_\_\_\_

#### Ingredients

- A piece of French stick sliced in half or crust of bread
- 50g vegan cheese

*Choose a maximum of 2 toppings:*

- ½ pepper
- 1 mushroom
- 3 olives
- Any other appropriate pizza topping

**Named container:** With a lid

### Shopping list: Vegetable Couscous

Date: \_\_\_\_\_

#### Ingredients

- 1 vegetable stock cube

#### Optional

- 1 medium tomato
- 1 spring onion
- ½ cucumber
- ½ yellow pepper
- 4 dried apricots (optional)
- Any other appropriate salad ingredient

**Named container:** With a lid

### Shopping list: Apple Crumble

Date: \_\_\_\_\_

#### Ingredients

##### Crumble

- 150g plain flour
- 75g sugar
- 75g margarine

##### Apple layer

- 2 cooking apples
- 50g sultanas
- 25g sugar

**Named container:** Casserole / ovenproof dish

## Food Technology Ingredients

### Shopping list: Macaroni Cheese

Date: \_\_\_\_\_

#### Ingredients

- 250—300g macaroni/pasta shapes
- 100g vegan cheese
- 40g soft margarine
- 40g plain flour
- 1 pint soya milk

**Named container:** Casserole / ovenproof dish

### Shopping list: Mini Carrot Cakes

Date: \_\_\_\_\_

#### Ingredients

- 75g margarine
  - 125g carrots
  - 75g sugar
  - 100g self-raising flour
  - 75g sultanas (optional)
- (School will provide the egg replacer)

**Named container:** With a lid

### Shopping list: Dutch Apple Muffins

Date: \_\_\_\_\_

- 100g caster sugar
  - 100g soft margarine
  - 100g self raising flour
  - 1 eating apple
- (School will provide the egg replacer)

**Named container:** With a lid

### Shopping list: Burgers

Date: \_\_\_\_\_

#### Ingredients

- 200g-400g black beans
- 1 medium onion
- 50g bread
- 30g flour

**Container:** Container with a lid