



QUEENSLAND ASSOCIATION OF SCHOOL TUCKSHOPS

HOMEBAKE GUIDE

You can now help out in the school tuckshop,
in your own home!



Queensland Association of School Tuckshops Inc.



WELCOME, AND THANK YOU

Thank you for putting your hand up to make some home-baked items for our school tuckshop.

Homebake is a great option for parents and carers, who may not have the time to physically come into the tuckshop, to volunteer and contribute. It's a great way to give back!

To align with food safety regulations, we warmly welcome baked good donations only. This booklet contains a selection of recipes to offer enjoyable home baking treats for your children. All of these recipes meet the Smart Choices - Healthy Food and Drink Supply Strategy for Queensland Schools.

Before baking, familiarise yourself about safe food handling via the free online Food Handlers Course on the Queensland Association of School Tuckshops (QAST) website.

Other key points to remember:

- Wash your hands before preparing food
- Wear suitable clothes and tie your hair back (if applicable)
- Keep work surfaces clean
- Don't prepare food when you are unwell
- Transport the food safely and ensure it is covered to prevent contamination.

When you supply your baked goods you will be asked to sign off that they have been made as per the recipe, and in a hygienic manner.



Apple Streusel Slice

Ingredients:

- ½ cup caster sugar
- 1 & ½ cup wholemeal self-raising flour
- 1 tsp ground cinnamon
- 120g margarine, melted
- 2 eggs, beaten
- 2 cups of canned apple slices
- ¼ cup rolled oats (for topping)
- ¼ cup brown sugar (for topping)
- 1 tsp ground cinnamon (for topping)
- 30g margarine (for topping)

Method:

1. Preheat oven to 180°C.
2. Grease and line a large deep baking tray with baking paper.
3. Mix all dry ingredients for the base and make a well in the centre.
4. Pour in melted margarine and eggs and mix until smooth.
5. Spread evenly onto the tray.
6. Top with the apple slices, spreading across the base evenly.
7. Mix the topping ingredients together to form a crumbly mix, then sprinkle over the apples.
8. Bake for 30 minutes.

Notes:

Leave the slice uncut to keep it fresh.



Prep Time : 15 minutes

Cook Time : 30 minutes

Servings : 18

Coconut Choc Brownies

Ingredients:

- ½ cup self-raising flour
- ½ cup coconut
- ½ cup cocoa
- ½ cup sugar
- 2 eggs
- ½ cup low-fat vanilla yoghurt
- 1.5 tbsp vegetable oil
- 1 tsp vanilla essence



Procedure:

1. Preheat oven to 180°C.
2. Mix dry ingredients.
3. Add wet ingredients and mix well.
4. Pour into well-greased slice pan and bake for 20 minutes.

Prep Time : 10 minutes

Cook Time : 20 minutes

Servings : 10

Notes :

Leave the brownies uncut to keep them fresh.

Honey Oat Slice

Ingredients:

- 1 & $\frac{3}{4}$ cups rolled oats
- 1 cup self-raising flour
- $\frac{1}{3}$ cup brown sugar
- $\frac{1}{3}$ cup honey
- 6 tbsp margarine
- 1 egg, lightly beaten
- $\frac{3}{4}$ cup dried fruit medley or sultanas

Method:

1. Preheat oven to 180°C.
2. Grease and line a large deep baking tray with baking paper.
3. In a large mixing bowl combine all dry ingredients.
4. Melt margarine with honey and add to the dry mixture, along with the lightly beaten egg.
5. Add the dried fruit and stir to combine
6. Spread evenly onto the tray and bake for 20 to 25 minutes, or until golden brown.

Notes:

Leave the slice uncut to keep it fresh.



Prep Time : 10 minutes

Cook Time : 25 minutes

Servings : 16

Apple Tea Cake Muffins

Ingredients:

- 1 & ½ cups wholemeal self-raising flour
- ⅓ cup caster sugar
- ½ tsp salt
- ½ tsp ground cinnamon
- 2 tbsp margarine
- 2 Granny Smith apples
- ¾ cup Skim milk



Procedure:

1. Preheat oven to 180°C.
2. Mix all dry ingredients in a bowl.
3. Peel and finely dice the apples, or blitz them in a food processor.
4. Add the apple, margarine and skim milk to the bowl and mix through, being careful not to over-stir.
5. Pour the mix into muffin pans and bake for 12 to 15 minutes.

Prep Time : 10 minutes

Cook Time : 15 minutes

Servings : 10

Notes :

Any fruit would be acceptable for this recipe, such as berries, pears, or stone fruits.

Chewy Anzac Biscuits

Ingredients:

- 1 cup plain flour
- 1 cup rolled oats
- 1 cup desiccated coconut
- 1 tsp bicarb-soda
- ¾ cup brown sugar
- 125g margarine
- 2 tbsp golden syrup
- 2 tbsp water

Method:

1. Preheat oven to 160°C.
2. Sift flour and stir in oats, coconut and brown sugar
3. Melt margarine, golden syrup and 2 tbsp water in a small saucepan
4. Stir in bicarb (will expand in the saucepan)
5. Add the liquid mixture to the dry mixture.
6. Roll tablespoons of mixture into balls, place on baking tray and flatten them slightly with a fork. Allow plenty of room for them to spread out.
7. Bake for 10 minutes or until golden brown
8. Allow to cool on the tray.

Notes:

Plain flour can be substituted for wholemeal flour.



Prep Time : 15 minutes

Cook Time : 10 minutes

Servings : 24

Fruity Muffins

Ingredients:

- 450g wholemeal self-raising flour
- 50g caster sugar
- 2 eggs
- 200g finely chopped dried apricots or dates
- 6 tbsp vegetable oil
- 600ml Skim milk
- 5 tbsp rolled oats



Procedure:

1. Preheat oven to 180°C.
2. Lightly spray muffin tins with oil, or use muffin cases, and set aside.
3. Mix together flour, sugar and the fruit in a large bowl.
4. Add the eggs (lightly beaten), vegetable oil and Skim milk, and mix until combined.
5. Pour into muffin pans and add a sprinkle of rolled oats on top of each muffin.
6. Bake for 20 minutes.

Prep Time : 10 minutes

Cook Time : 20 minutes

Servings : 20

Notes :

Different dried and fresh fruits can be used in this recipe. Try experimenting with different fruit and spice combinations like apple and cinnamon.