



Chocolate Peanut Butter Swirl Brownie

High in both energy and protein

Serves 16

Approximate cooking time: 1 hour

Ingredients

2/3 cup caster sugar
1/2 cup brown sugar
1/2 cup margarine
2 tbsps milk (Bega Dairy & Drinks)
2 eggs
3/4 cup self-raising flour
3/4 cup crunchy peanut butter (Bega)
1/3 cup cocoa (Nestle)
1/3 cup dark chocolate pieces (Nestle)

Method

1. Pre-heat oven to 180°C and line a square baking pan with baking powder (20 cm x 20 cm)
2. Mix sugar, margarine, milk and eggs in medium-sized bowl.
3. Stir in flour.
4. Divide batter in half and stir peanut butter in 1 half.
5. Stir cocoa and chocolate chips into remaining half.
6. Spoon chocolate batter into pan.
7. Spoon peanut butter batter on top.
8. Gently swirl through batter with knife for marbled design.
9. Bake 30-35 minutes or until inserted toothpick comes out clean.
10. Cool completely for about 1 hour and slice into squares.

Bidfood Codes

Nestle Dark Chocolate - 6824/188329
Bega crunchy peanut butter - 1955/1956
Cocoa powder - 136

Nutrition Analysis (per 70g serve)

Energy 1343kJ (321cal) Protein 6g Fat 19g CHO 31g
Fibre 2g Na 210mg K 301mg



Carrot Quinoa Muffins with Cream Cheese

High in energy and protein with calcium

Serves 16

Approximate cooking time: 1 hour

Ingredients

3 cups self-raising flour
1 tsp cinnamon
1 tsp mixed spice
1 cup firmly packed brown sugar
1 cup cooked quinoa (Trumps)
2 cups grated carrot
½ cup dried pitted dates
185ml vegetable oil
1 tsp vanilla extract
4 eggs

Cream cheese frosting

250g cream cheese (Bega)
20g unsalted butter (Western Star)
1 cup icing sugar

Method

1. Preheat oven to 180°C and line muffin tin with 16-20 paper cases.
2. In a large mixing bowl, sift flour, cinnamon and mixed spice together.
3. Add the cooked quinoa, carrot, date and stir to combine.
4. Whisk oil, vanilla and eggs together, add to mixture and stir until well combined.
5. Spoon batter into each paper case and cook for 15-20 minutes.
6. To make the icing, beat the cream cheese, butter and icing sugar together using an electric mixer. Spread evenly over top of cooled carrot muffins and serve.

Bidfood Codes

Trumps quinoa tri colour - 145102
Western Star Butter - 125380
Bega cream cheese - 152587

Nutrition Analysis (per 90g/1 muffin)

Energy 1125kJ Protein 5g Fat 12g CHO 33g Fibre 2g
Na 110mg K 180g

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Plum Polenta Cupcakes

High in energy and protein

Serves 10

Approximate cooking time: 1 hour

Ingredients

150g butter
100g caster sugar
1 tsp vanilla essence
3 eggs
80g polenta (Trumps)
180g almond meal
1 tsp baking power
¼ cup Greek-style yogurt
1 cup diced plums (12 halves for decoration)
(Riviana)
Icing sugar to dust

Method

1. Preheat oven to 180°C and line a muffin tin with paper cases.
2. Put the butter, caster sugar and vanilla essence into a bowl and beat until pale and fluffy.
3. Gradually beat in the eggs then stir in the polenta, ground almond, baking powder and yogurt.
4. Fold in plums.
5. Spoon mixture into paper cases.
6. Top with slices of plums.
7. Bake in oven for 40-45 minutes.

Bidfood Codes

Trumps polenta – 165513

Riviana plums - 173247

Nutrition Analysis (per 90g/1 muffin)

Energy 1320kJ (315cal) Protein 7g Fat 22g CHO 35g

Fibre 3g Na 140g K 150g

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Polenta Sundried Ham Tomato Muffins

High energy and protein savoury option

Serves 10-12 muffins

Approximate cooking time: 1 hour

Ingredients

1 ¼ cup self-raising flour
100g polenta (Trumps)
½ cup cheese (Fonterra)
50g sundried tomatoes
200g ham (Primo)
15g chopped basil
1 egg
250ml milk (Bega Dairy & Drinks)
80ml olive oil

Method

1. Preheat oven to 180°C and line a muffin tin with paper cases.
2. Sift the flour into a large bowl, then stir in the polenta, cheese, sundried tomatoes, ham and basil.
3. Combine the egg, milk and oil in a bowl then pour into the mix.
4. Stir until combined (don't over mix).
5. Divide the mixture evenly between the paper cases.
6. Bake for 20-25 minutes or until the muffins are golden.
7. Cool on wire rack.

Bidfood Codes

Trumps polenta - 165513

Primo ham - 140282

Fonterra grated cheese - 7518

Nutrition Analysis (per 90g/1 muffin)

Energy 1017kJ (243cal) Protein 10g Fat 11g CHO 22g

Fibre 3g Na 260mg K 290mg

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Chocolate Chip Peanut Butter Bar

High energy and protein

Serves 20

Approximate cooking time: 2 hours

Ingredients

Base and topping

2 ¼ cups quick rolled oats (Whiles)
1 ¼ cups packed brown sugar
1 cup self-raising flour
1 cup butter (Bega)

Filling

395 mL Sweetened condensed milk (Nestle)
¼ cup smooth peanut butter (Bega)
1 cup dark chocolate chips (Nestle)
½ cup coarsely chopped salted peanuts

Method

1. Preheat oven 180°C and line a slice tin with baking paper.
2. In a large bowl, combine all the base and top ingredients until crumbly.
3. Reserve 2 cups of mixture for topping.
4. Press remaining crumbs mixture in bottom of slice tin.
5. In a small bowl, combine condensed milk peanut butter and vanilla mix well.
6. Pour mixture evenly over base.
7. Sprinkle with chocolate chips and peanuts.
8. Sprinkle reserve crumb mixture over top, press down gently.
9. Bake for 25-30 minutes or until golden brown.
10. Cool completely.
11. Cut into bars.

Bidfood Codes

Whiles instant oats mix - 140109
Nestle condensed milk - 139119/74262
Nestle dark chocolate - 6824/188329
Bega smooth peanut butter - 1737/6365

Nutrition Analysis (per 60g serve)

Energy 850kJ (203cal) Protein 5g Fat 11g CHO 21g
Fibre 1g Na 101mg K 157mg



Lemon Docello Mini Sponge Cake

High energy and protein

Serves 24

Approximate cooking time: 1 hour

Ingredients

Sponge

4 eggs

100g caster sugar

100g plain flour

Lemon zest

100ml cream

100g white and dark chocolate (Nestle)

Fresh strawberries

Topping

240g of Lemon Docello mix (Nestle)


750 ml water (this makes the Lemon Docello thicker)

Method

1. Preheat oven 180°C and line muffin tin with paper cases.
2. Pre-condition eggs to room temperature.
3. Whisk eggs and sugar together until ribbon stage.
4. Sift in flour, then add in lemon zest and mix by hand until just combined.
5. Spoon mixture into prepared muffin tins.
6. Cook in oven for 20 minutes.
7. Make lemon Docello and spread a little over each cake.
8. Garnish with strawberries and chocolate.

Bidfood Codes

Nestle protein enriched dessert mix (lemon) – 159258

 Nestle dark chocolate – 6824/188329

 Nestle white chocolate – 6365/6365

Nutrition Analysis (per 45g serve)

Energy 413kJ Protein 2g Fat 4g CHO 12g Fibre 0.5g

Na 210mg K 160mg



Cranberry Dark Chocolate Fudge Bar

High protein and energy

Serves 20

Approximate cooking time: 1 hour

Ingredients

1 cup dried cranberries (Trumps)
1 cup of peanuts
395g condensed milk (Nestle)
80g copha
360g dark chocolate (Nestle)

Method

1. Line a 23 x 23 cm tin with baking paper.
2. In a bowl, add cranberries and peanuts.
3. Add sweetened condensed milk.
4. Melt copha and chocolate in microwave on high for a minute and stir until copha has melted.
5. Mix into other ingredients and smooth out in tin.

Bidfood Codes

Trumps dried cranberries - 102760
Nestle sweetened condensed
milk - 74262/139119
Nestle dark chocolate - 6824/188329

Nutrition Analysis (per 55g serve)

Energy 1055kJ Protein 4g Fat 14g CHO 27g Fibre 1g
Na 156mg K 210mg



Apricot & Coconut Muffins

High energy and protein

Serves 12

Approximate cooking time: 1 hour

Ingredients

200g dried apricots (Trumps)
2 $\frac{1}{4}$ cups (335g) self-raising flour (gluten-free)
 $\frac{3}{4}$ cup (165g) packed brown sugar
2 eggs
 $\frac{2}{3}$ cup (160ml) milk
 $\frac{1}{4}$ cup of vegetable oil

Coconut topping

$\frac{1}{4}$ cup (35g) plain flour (gluten-free)
1 tbsp caster sugar
 $\frac{1}{3}$ cup (25g) shredded coconut
30g butter
60g diced dried apricots (Trumps)

Method

1. Preheat oven 180°C oven and place 12 paper cases in a muffin tin.
2. To make topping, combine all ingredients except dried apricots, by rubbing together.
3. Stir in the apricots, then set aside.
4. In a bowl, combine apricots, flour and brown sugar.
5. In a bowl, add eggs, milk and oil together and mix.
6. Add to dry ingredients and mix through – the mixture will be lumpy but do not over stir.
7. Fill each muffin $\frac{3}{4}$ full and top with coconut topping – press down lightly.
8. Bake in oven for 25 minutes or until golden brown.
9. Allow to cool.

Bidfood Codes

Trump dried apricots - 2611

Nutrition Analysis (per 90g serve)

Energy 1050kJ Protein 4g Fat 4g CHO 47g

Dietary Fibre 2g Na 41mg K 459mg

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Chocolate Muffins with Cream Cheese Filling

High energy and protein

Serves 18

Approximate cooking time: 1 hour

Ingredients

½ cup butter 125g
200g brown sugar
2/3 cup cocoa powder (Nestle)
3 eggs
1 cup milk
¼ cup vegetable oil
2 cups all purpose flour
200g dark chocolate melted (Nestle)

Frosting

250g cream cheese (Bega)
¾ cup butter
3 cups icing sugar

Method

1. Preheat oven 180°C and line a muffin pan with paper cases.
2. Beat butter and sugar together using an electric mixer.
3. Combine flour, oil, cocoa & eggs.
4. Beat all ingredients together.
5. Melt chocolate in microwave stir into mixture.
6. Mix together.
7. Spoon into paper cases (don't overfill otherwise the cakes will crack on the top).
8. Bake for 15 minutes.
9. To make frosting, combine cream cheese, butter and icing sugar and mix until smooth.
10. Cut top out of the cake and spoon in the cheese mixture.

Bidfood Codes

Nestle cocoa powder - 136
Nestle dark chocolate - 6824/188329
Bega Cream Cheese - 152587

Nutrition Analysis (per 120g serve)

Energy 1210kJ (289cal) Protein 6g Fat 12g CHO 27g
Fibre 1g Na 187mg K 210mg

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Mini Vanilla Cheesecakes with Hazelnut Mousse

High protein & energy

Serves 24

Approximate cooking time: 1 hour

Ingredients

Base

360g biscuits
125g butter

Filling

120g caster sugar
600g cream cheese (Dairymont)
2 Tbsps vanilla extra
4 eggs
100ml sour cream
100g punnet strawberries sliced
100g hazelnut nut mousse (Nestle)
100g white chocolate (Nestle)

Method

1. Preheat oven 160°C and line a spring form pan (23cm) with baking paper on bottom and sides.
2. Crush biscuits and add melted butter to make base.
3. Press base into bottom of pan.
4. To make filling, combine sugar, cream cheese, vanilla, eggs and sour cream and beat until smooth with electric mixer.
5. Pour on top of base.
6. Cook for 40 minutes or until the cheesecake is set in the middle.
7. Cool cheesecake (chill) in tin.
8. To make mousse mix 100g of hazelnut mousse with 200ml of full cream milk.
9. Beat until stiff and thick.
10. Spoon mousse mix into piping bag and use a star nozzle to decorate cheesecake. Garnish with strawberries and white chocolate.

Bidfood Codes

Bega Cream Cheese (Dairymont) - 174289
Nestle Nut Mousse - 84650
Nestle white chocolate - 6365

Nutrition Analysis (per 75g serve)

Energy 1026kJ Protein 5g Fat 17g CHO 18g
Dietary Fibre 0.3g Na 205mg K 78mg



Zucchini Polenta Muffins

Three Cheese Polenta Muffins

High protein & energy

Serves 10

Approximate cooking time: 1 hour

Ingredients

Zucchini Option

1 ¼ cup self-raising flour
100g polenta (Trumps)
150g zucchini grated
½ cup pumpkin grated
60g cheese
1 egg
250ml milk (Bega Dairy & Drinks)
80ml olive oil

Three Cheese Option

1 ¼ cup self-raising flour
100g polenta (Trumps)
50g of three different cheeses
1 egg
250 ml milk (Bega Dairy & Drinks)
80ml oil

Method

1. Preheat oven to 180°C and line a muffin tin with paper cases.
2. Sift the flour into a large bowl, then stir in the polenta (grated zucchini, pumpkin and cheese) or (3 cheeses).
3. Combine the egg, milk and oil in a bowl then pour into the mix.
4. Stir until combined (don't over mix).
5. Divide the mixture evenly between the paper cases.
6. Bake for 20-25 minutes or until the muffins are golden.
7. Cool on wire rack.

Bidfood Codes

Trumps Polenta - 165513

Nutrition Analysis (per 90g serve)

Zucchini - Energy 1028kJ (243cal) Protein 10g Fat 9g
CHO 22g Fibre 3g Na 230mg K 300mg

Three Cheese - Energy 1217kJ (291cal) Protein 10g
Fat 12g CHO 20g Fibre 1g Na 250mg K 250mg

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