Bedford Hospital NHS
NHS Trust

Healthy Weight in Pregnancy

Sweet recipes

Apple and raisin Tea Bread

18 portions
80kcals per portion

Ingredients:
225g (8oz) wholemeal flour
½ tsp ground mixed spice
1 tsp bicarbonate of soda
25g (1oz) margarine
1 medium cooking apple, peeled, cored and grated
100g (4oz) stoned dates, chopped
100g (4oz) raisins
1 egg, beaten
100ml (4fl oz) black tea
75ml (3fl oz) semi-skimmed or skimmed milk

2 small loaf tins, greased and lined.

15 portions
95-100kcals per portion

Method:
Pre-heat oven to 350℉/180℃/Gas mark 4.

Sift flour, spice and bicarbonate of soda into a bowl. Rub in margarine. Stir in apple, dates and raisins.

Make a well in the centre of flour mixture, add egg, cooled tea and milk and mix until well blended.

Pour mixture into prepared loaf tins and bake for 50mins or until well risen and a skewer inserted into the centre comes out clean. Cool on a wire rack.

Other ideas:

Banana Soda Faris

20 portions
90 kcals per portion

Ingredients
200g strong wholemeal flour
200g plain flour, plus extra for dusting
1tsp salt
2tbsp caster sugar
1tsp bicarbonate of soda
2 ripe bananas, peeled and mashed
250ml buttermilk OR 250g low-fat natural yogurt
100ml semi-skimmed milk

16 portions
115 kcals per portion

Method
Preheat oven to 220 ℉/℃/Gas mark 7.

Combine flours, salt, sugar and bicarbonate in a bowl.

Add bananas, buttermilk or yogurt and enough milk to make firm dough.

Turn out and knead until smooth. Shape into a 23cm (9-inch) round and cut into 6 wedges. Transfer to a non-stick baking sheet and sprinkle with a little flour. Bake for 20-30 mins.