

National Food and Drink Policy

Bakery

example GREEN recipes

January 2025

This document provides examples of:

- berry and black bean brownie muffins
- caramelised onion and cheese muffins
- carrot cake
- cheese and onion scones
- cocoa, peanut, oat cookies
- coconut, carrot, lentil muffins
- courgette and lime cake
- honey, oat, apricot cookies
- lemon, coconut bliss balls
- olive, sun-dried tomato, feta loaf
- orange and blueberry muffins
- pumpkin, orange, date cake
- salted caramel bliss balls
- savoury veggie muffins
- spinach and feta scones
- sultana loaf

Berry and black bean brownie muffins

Portion size: 100g



Ingredients	Quantity			
	6	12	24	48
Black beans, canned (drained)	320g (190g)	850g (380g)	1.7kg (760g)	3.4kg (1.52kg)
Egg, large	1	2	4	8
Oil	25ml	50ml	100ml	200ml
Vanilla extract	2ml	4ml	8ml	16ml
Cocoa powder, unsweetened	35g	75g	150g	300g
Sugar	75g	150g	300g	600g
Baking powder	3g	6g	12g	25g
Salt, iodised	1g	1g	2g	4g
Berries, frozen (blueberries, strawberries, boysenberries)	65g	125g	250g	500g



Method

1. Preheat oven to 180°C. Line muffin tins and spray with oil.
2. In a food processor, puree drained black beans into a rough paste.
3. In a large bowl, mix the bean puree, eggs, oil and vanilla.
4. In a separate bowl, combine cocoa powder, sugar, baking powder and salt.
5. Add the dry ingredients to the wet ingredients.
6. Pat berries with a paper towel, then slice thinly. Stir half into mixture.
7. Pour batter into muffin tins and place remaining berry slices on top.
8. Bake for 25 minutes or until when shaken, the mixture is stiff and not wobbly.
9. Allow muffins to cool.

Optional: dust with cocoa powder

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Caramelised onion and cheese muffins

Portion size: 80g



Ingredients	Quantity			
	6	12	24	48
Oil	15ml	30ml	60ml	120ml
Onion, thinly sliced	150g	300g	600g	1.2kg
Balsamic vinegar	10ml	20ml	40ml	80ml
Brown sugar	12g	25g	50g	100g
Flour	150g	300g	600g	1.2kg
Baking powder	7g	15g	25g	50g
Paprika	1g	2g	4g	8g
Cayenne pepper	0.2g	0.4g	0.8g	1.6g
Salt, iodised & pepper	1g	2g	4g	8g
Butter, softened	30g	60g	120g	240g
Cheese, edam, grated	50g	100g	200g	400g
Spinach, finely cut	30g	60g	120g	240g
Egg, large	1	2	4	8
Milk	180ml	360ml	720ml	1.4L



Method

1. Heat oil in saucepan. Add onions, stir to coat in oil and cook until onions are clear. Add balsamic vinegar and brown sugar. Cook for 20 minutes or until onions have caramelised. Set caramelised onions aside.
2. Preheat oven to 200°C. Line a muffin tray with parchment paper and/or spray.
3. In a bowl, sift flour, baking powder, paprika, cayenne pepper, salt and pepper. Add butter to the flour mixture and mix gently. Add grated cheese and spinach.
4. In a separate bowl, beat the egg and milk, then add to the flour mixture. Gently mix with a fork until mixture is combined (do not over mix).
5. Spoon part of the mixture into each muffin dish, add caramelised onion, then top with more mixture.
6. Bake in oven until muffins are golden brown.

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Carrot cake

Portion size: 120g



Ingredients	Quantity			
	6	12	24	48
Flour, wholemeal	75g	150g	300g	600g
Flour, self-raising	62g	125g	250g	500g
Baking soda	3g	5g	10g	20g
Brown sugar	100g	200g	400g	800g
Walnuts	30g	60g	120g	240g
Cinnamon	5g	10g	20g	40g
Nutmeg	5g	10g	20g	40g
Carrot, grated	165g	330g	660g	1.32kg
Crushed pineapple, canned, drained	430g	860g	1.72kg	3.44kg
Canola oil	30ml	60ml	120ml	240ml
Eggs, large	2	3	6	12
Vanilla essence	1/2 tsp	1 tsp	2 tsp	4 tsp



Method

1. Preheat oven to 180°C. Grease baking pan.
2. Sift flours and baking soda into a bowl, return husks to bowl. Add brown sugar and mix well. Add walnuts, cinnamon, nutmeg, grated carrot and crushed pineapple and mix.
3. In another bowl mix oil, eggs and vanilla. Add to the other ingredients and mix until blended.
4. Bake for 40-50 minutes or until cooked.
5. Cool in pan for 5 minutes before turning out. Lightly dust with icing sugar.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Cheese and onion scones

Portion size: 120g



Ingredients	Quantity			
	6	12	24	48
Onions, white, finely diced	100g	200g	400g	800g
Flour, white	185g	370g	740g	1.48kg
Flour, wholemeal	185g	370g	740g	1.48kg
Baking powder	11g	22g	44g	88g
Baking soda	2g	4g	8g	16g
Salt, iodised	1g	2g	4g	8g
Butter	75g	150g	300g	600g
Cheese, edam/mild, grated	75g	150g	300g	600g
Egg, large	1	2	4	8
Milk	185ml	370ml	740ml	1.48 L



Method

1. Preheat oven to 220°C. Line baking tray with parchment paper or silicone mat.
2. Finely dice onions and saute on medium heat until soft, allow to cool.
3. Mix flours, baking powder, baking soda and salt in a large bowl.
4. Using a mixer, mix in butter just until the butter looks like breadcrumbs in the flour. Add the cheese. Add onion, egg and milk and mix, creating a sticky, wet dough.
5. Roll out on a floured surface to about 2cm thick. Using a scone/cookie cutter (6cm), cut out medium-sized rounds. Alternatively, roll into a circle (use a plate as a guide) and cut into triangles with a sharp knife.
6. Place on baking tray and brush with egg wash (optional) - mixture of egg yolk and a little milk - to glaze. Chopped spring onion garnish (optional).
7. Bake for 10-15 minutes until golden brown.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Cocoa, peanut, oat cookies

Portion size: 60g



Ingredients	Quantity			
	6	12	24	48
Butter, unsalted, softened	35g	70g	140g	280g
Brown sugar	60g	120g	240g	480g
Sugar	27g	55g	110g	215g
Egg, large	1	1	2	5
Peanut butter, smooth	75g	150g	300g	600g
Vanilla extract	3g	6g	12g	24g
Salt, iodised	0.5g	1g	2.5g	5g
Quick cook/instant oats	145g	290g	575g	1.15kg
Cocoa powder	15g	30g	60g	120g
Baking soda	3g	6g	12g	24g



Method

1. Preheat oven to 180°C. Line baking sheet with parchment paper.
2. Beat softened butter with sugars until fluffy and light.
3. Add egg, peanut butter and vanilla, and mix.
4. Stir in salt, oats, cocoa powder and baking soda until combined.
5. Refrigerate dough for 15 minutes.
6. Form 2Tbs of dough into a ball, place on baking sheet and slightly flatten.
7. Bake for 12 minutes until tops crack.
8. Cool on the baking sheet, then transfer to wire rack.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Coconut, carrot, lentil muffins

Portion size: 100g



Ingredients	Quantity			
	6	12	24	48
Lentils, pureed	110g	220g	440g	880g
Egg, large	1	2	4	8
Banana, mashed or Apple puree	80g	160g	320g	640g
Vanilla extract	2ml	4ml	8ml	16ml
Yoghurt, plain, full fat/Greek	90ml	180ml	360ml	720ml
Brown sugar	80g	160g	320g	640g
Flour	95g	190g	380g	760g
Cinnamon	1.5g	3g	6g	12g
Baking soda	3g	6g	12g	24g
Baking powder	2.5g	5g	10g	20g
Carrots, grated	95g	190g	380g	760g
Coconut, desiccated	15g	30g	60g	120g



Method

1. Preheat oven to 180°C. Line muffin tray with parchment paper or silicone liners.
2. Add lentils to a food processor and process until smooth (or mash with a fork or potato masher).
3. In a large bowl, combine measured lentil purée, egg, banana/apple, vanilla, yoghurt and brown sugar.
4. In another bowl, blend flour, cinnamon, baking soda and baking powder.
5. Add the dry ingredients to the wet ingredients and mix until combined (do not over mix). Then, fold in carrots.
6. Spoon mixture into the muffin liners. Sprinkle with coconut.
7. Bake for 20-25 minutes or until a toothpick comes out clean.
8. Store in a sealed container in the fridge for up to 4 days.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Courgette and lime cake

Portion size: 120g



Ingredients	Quantity			
	6	12	24	48
Eggs, large	3	6	12	24
Caster sugar	140g	280g	560g	1.12kg
Oil	140ml	280ml	560ml	1.12L
Courgettes, grated	120g	240g	480g	960g
Walnuts, crushed	80g	160g	320g	640g
Lime zest	4g	8g	16g	32g
Flour, self-raising	145g	290g	580g	1.16kg
Baking soda	3g	6g	12g	24g
Cinnamon	4g	8g	16g	32g
Lime juice	30ml	60ml	120ml	240ml
Sugar	40g	80g	160g	320g



Method

1. Preheat oven to 180°C. Line and grease loaf pan.
2. In a bowl, add egg, caster sugar and oil, and beat well.
3. Squeeze liquid out of grated courgettes, add to wet ingredients and stir.
4. Add nuts, lime zest, self-raising flour, baking soda and cinnamon, and combine.
5. Bake for 45-60 minutes until cooked through and a toothpick comes out clean.
6. Mix lime juice and sugar. When the cake comes out of the oven, poke holes all over the top of the cake using a kebab stick. Spoon the lime juice and sugar mixture over the hot cake.
7. Leave in the pan to cool completely.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Honey, oat, apricot cookies

Portion size: 60g



Ingredients	Quantity			
	6	12	24	48
Quick cook/instant oats	100g	200g	400g	800g
Flour, wholemeal	90g	180g	360g	720g
Baking powder	6g	12g	24g	48g
Cinnamon	6g	12g	24g	48g
Salt, iodised	0.5g	1g	2g	4g
Margarine, melted	30g	60g	120g	240g
Egg, large	1	2	4	8
Vanilla essence	4g	8g	16g	32g
Honey	120ml	240ml	480ml	960ml
Dried apricots, diced	40g	80g	160g	320g



Method

1. Preheat oven to 160°C. Line baking sheet with parchment paper or silicone mat.
2. In a bowl, stir oats, flour, baking powder, cinnamon and salt.
3. In a larger bowl, whisk margarine, egg and vanilla. Stir in the honey.
4. Add dry ingredients to wet ingredients, stirring just until incorporated. Fold in the apricot. Chill the cookie dough until slightly firm.
5. Drop rounded scoops of dough (60g) onto the baking sheet, and flatten slightly.
6. Bake for 10–15 minutes until golden brown.
7. Cool on the baking sheet, then transfer to wire rack.

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Lemon, coconut bliss balls

Portion size: 50g



Ingredients	Quantity			
	6	12	24	48
Cashews, raw, unsalted	130g	260g	520g	1040g
Coconut, desiccated	90g	180g	360g	720g
Lemon juice	30ml	60ml	120ml	240ml
Lemon zest	15g	30g	60g	120g
Honey	60ml	120ml	240ml	480ml
Coconut, desiccated	75g	150g	300g	600g



Method

1. In a food processor or blender, add first five ingredients and blend until all ingredients are finely chopped and combined.
2. Roll into balls. If the mixture is too crumbly or difficult to roll into balls, add a little water or extra lemon juice to the mixture and blend again.
3. Roll balls in coconut (second portion) to cover.
4. Store in the fridge for up to 5 days or freeze in an airtight container for up to 2 months.

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Olive, sun-dried tomato, feta loaf

Portion size: 100g



Ingredients	Quantity			
	6	12	24	48
Flour	165g	330g	660g	1.32kg
Baking powder	10g	20g	40g	80g
Salt, iodised	3g	6g	12g	24g
Black pepper	4g	8g	15g	30g
Oregano, dried	4g	8g	16g	30g
Rosemary, dried	4g	8g	15g	30g
Oil (includes oil drained from sun-dried tomatoes below)	80ml	160ml	320ml	640ml
Eggs, large	2	4	8	16
Milk	80ml	160ml	320ml	640ml
Feta cheese	100g	200g	400g	800g
Sun-dried tomatoes, drained	130g	260g	520g	1.04kg
Black olives, sliced, drained	30g	60g	120g	240g
Basil, dried	8g	15g	30g	60g



Method

1. Preheat oven to 180°C.
2. Line 10 x 20cm loaf pan with parchment paper or spray with cooking oil.
3. In a bowl, mix flour, baking powder, salt, pepper, oregano and rosemary.
4. Drain oil from sun-dried tomatoes and top up for oil measure.
5. In another bowl, whisk oil, eggs and milk.
6. Stir the wet ingredients into the dry ingredients until smooth.
7. Fold in feta cheese, sun-dried tomatoes, olives and basil.
8. Bake in centre of oven for 45 minutes or until top is crusty and golden brown and a toothpick inserted in centre comes out clean.
9. Cool completely on a wire rack before slicing.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Orange and blueberry muffins

Portion size: 100g



Ingredients	Quantity			
	6	12	24	48
Milk	150ml	300ml	600ml	1.2L
Oil	85ml	170ml	340ml	680ml
Sugar	65g	130g	260g	520g
Egg, large	1	2	4	8
Flour	170g	340g	680g	1.36kg
Rolled oats, jumbo/ wholegrain	42g	85g	170g	340g
Baking powder	7.5g	15g	30g	60g
Baking soda	2g	4g	8g	16g
Cinnamon	5g	10g	20g	40g
Orange zest	5g	10g	20g	40g
Blueberries	150g	300g	600g	1.2kg
Rolled oats, jumbo, topping	15g	30g	60g	120g



Method

1. Preheat oven to 180°C (fan bake).
2. Add milk, oil, sugar and egg to a jug and whisk until combined.
3. In another bowl, mix flour, oats, baking powder, baking soda, cinnamon, orange zest and blueberries.
4. Add the wet ingredients to the dry ingredients. Whisk until fully combined and no visible lumps of flour.
5. Spoon mixture into muffin dishes. Sprinkle oats (second portion) on tops.
6. Bake for 15 minutes until golden brown and springy to the touch.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Pumpkin, orange, date cake

Portion size: 110g



Ingredients	Quantity			
	6	12	24	48
Pumpkin, raw, chunks	185g	370g	740g	1.48kg
Dates, small chunks	80g	160g	320g	640g
Orange, juice	45ml	90ml	180ml	360ml
Orange zest, grated	6g	12g	24g	48g
Butter	120g	240g	480g	960g
Brown sugar	35g	70g	140g	280g
Vanilla essence	3ml	6ml	12ml	24ml
Eggs, large	2	4	8	16
Milk	75ml	150ml	300ml	600ml
Flour	150g	300g	600g	1.2kg
Baking powder	2.5g	5g	10g	20g



Method

1. Preheat oven to 180°C. Grease cake pan.
2. Place pumpkin chunks on greased baking tray and bake for 30 minutes or until cooked. Mash with fork.
3. Soak date chunks in freshly squeezed orange juice and zest for 15 minutes.
4. Soften butter in microwave for 30 seconds.
5. Beat butter, sugar and vanilla until fluffy. Then add eggs one at a time and beat.
6. Add milk, flour and baking powder and stir to combine.
7. Bake for 35 minutes or until cooked through and a toothpick comes out clean.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Salted caramel bliss balls

Portion size: 60g



Ingredients	Quantity			
	6	12	24	48
Dates, chopped (prefer medjool)	180g	360g	720g	1.44kg
Almonds or Cashews	150g	300g	600g	1.2kg
Coconut, desiccated	30g	60g	120g	240g
Salt, iodised	2.5g	5g	10g	20g
Vanilla extract	5g	10g	20g	40g



Method

1. In a food processor, add dates, almonds/cashews, $\frac{1}{4}$ of the coconut, salt and vanilla.
2. Blend until smooth. Adjust moisture (add a little water) if needed.
3. Roll into balls, then coat in the remaining coconut.
4. Store in the fridge for up to 5 days or freeze in an airtight container for up to 2 months.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Savoury veggie muffins

Portion size: 100g



Ingredients	Quantity			
	6	12	24	48
Flour	165g	330g	660g	1.32kg
Baking powder	2g	4g	8g	16g
Baking soda	2g	4g	8g	16g
Salt, iodised	3g	6g	12g	24g
Egg, large	1	3	6	12
Milk	167ml	333ml	667ml	1.33L
Oil	65ml	130ml	260ml	535ml
Cheese, edam/mild, grated	135g	270g	530g	1.07kg
Vegetables e.g. sweetcorn, tomato, spinach, grated carrot	100g	200g	400g	800g



Method

1. Preheat oven to 200°C. Brush the inside of muffin tray with oil.
2. In a large bowl, combine flour, baking powder, baking soda and salt.
3. In a separate bowl or jug, mix egg, milk, oil and cheese thoroughly.
4. Pour the wet ingredients into the dry ingredients. Stir until combined and no flour pockets remain (do not over mix).
5. Stir vegetables into mixture.
6. Spoon mixture into muffin dishes. Bake for 20–25 minutes or until golden brown.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Spinach and feta scones

Portion size: 120g



Ingredients	Quantity			
	6	12	24	48
Flour, white	130g	260g	515g	1.03kg
Flour, wholemeal	130g	260g	515g	1.03kg
Baking soda	6g	12g	24g	48g
Salt, iodised	2g	4g	8g	16g
Garlic powder	1g	3g	6g	12g
Oregano, dried	2g	3g	6g	12g
Dill, dried	3g	7g	14g	28g
Butter, unsalted, cubed	50g	100g	205g	410g
Baby spinach, fresh, finely chopped	40g	80g	155g	310g
Feta cheese, crumbled	50g	100g	205g	410g
Yoghurt, plain, Greek	105g	210g	420g	840g
Milk	160ml	320ml	640g	1.28L
Egg, lightly beaten	1	2	4	8



Method

1. Preheat oven to 200°C. Line baking tray with parchment paper.
2. Combine flours, baking soda, salt, garlic powder, oregano and dill.
3. Chop butter into small cubes. Add to flour mixture and combine with fingertips until crumbly.
4. Stir in chopped spinach and crumbled feta.
5. Mix yoghurt and milk, then add to flour mixture. Stir until a rough dough forms, then press into a cohesive ball with hands.
6. Press dough into a rectangular square. Cut into smaller squares.
7. Transfer to baking tray and brush with egg. Sprinkle with dried herbs and coarse salt (optional).
8. Bake for 20–25 minutes until golden brown. Transfer to a cooling rack.

This recipe has not been tested to a large scale. We recommend that you test them in your kitchen as cooked yields and end results may vary.

Sultana loaf

Portion size: 100g



Ingredients	Quantity			
	6	12	24	48
Sultanas	65g	130g	260g	520g
Butter	15g	30g	60g	120g
Baking soda	2.5g	5g	10g	20g
Water, boiling	125ml	250ml	500ml	1L
Brown sugar	100g	200g	400g	800g
Flour, wholemeal	130g	260g	520g	1.04kg
Baking powder	5g	10g	20g	40g
Cinnamon	2g	4g	8g	16g
Salt, iodised	1g	1.5g	3g	6g
Egg, large, beaten	1	2	4	8
Golden syrup	8ml	15ml	30ml	60ml
Vanilla essence	2.5ml	5ml	10ml	20ml



Method

1. Preheat oven to 180°C. Grease or line loaf pan.
2. In a medium pot add sultanas, butter, baking soda and boiling water. Bring to the boil and cook for 3-5 minutes stirring occasionally.
3. Pour sultana mixture into a medium bowl and cool for 5-10 minutes.
4. Add sugar, flour, baking powder, cinnamon and salt to sultana mixture and mix.
5. Add beaten egg, golden syrup and vanilla and mix thoroughly.
6. Bake for 40-60 minutes, or until loaf springs back when lightly touched.
7. Leave in pan for 10 minutes before turning out onto a wire rack to cool.

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