



Year 10 Catering Class

Ingredients for 16th September

Fruit fusion

- 1 Clementine / orange / Satsuma
- 6 red grapes
- 6 green grapes
- 1 kiwi fruit
- 1 banana
- 1 apple
- 2 x 15ml spoons orange juice

Flapjacks

- 75g dried apricots / raisons
- 150g oats
- 50g sugar
- 50g butter or margarine
- 2 x 15ml spoons golden syrup

*Other equipment to bring: Leak proof container for fruit fusion and a container to take flapjacks home in.

TIP: Pre-weigh dry ingredients at home to save time in lessons.