



High energy oat bar - make a food label

My Recipes

This recipe is a basic recipe for a high energy bar made from oats.

Your task is to adapt the recipe by adding seeds and fruit to add crunchiness and colour to the recipe. This will also change the nutritional value and the cost. Find out how you have changed the nutritional value of your new recipe and test it out.

High energy oat bar

Makes 16 squares

Ingredients for basic recipe

2 tablespoons golden syrup (60g)

80g brown sugar

100g margarine or butter

200g rolled oats

Method

1. Put the oven on at 175°C/ Gas 5.
2. Heat the tablespoon over the gas or in hot water then measure the tablespoons of golden syrup.
3. In a saucepan melt the sugar, margarine and golden syrup.
4. Stir in the oats and spoon into a 22 cm square tin and smooth down.
5. Bake for 25 minutes – a bit longer if you want it crunchy.
6. Take out of the oven and mark into 16 squares. Leave to cool.

Use the Nutrition Program

- Put the recipe into the Nutrition Program and save the work.
- Produce a label for the High energy bar.
- Go to the Food Label section and complete the sections:
 - Storage info
 - Manufactured by
 - Use by
- In Appearance you can add a food picture of your product and change the label style.
- Export your label and either print it off or save it into your work.

The label for the high energy bar shows that the bar is high in sugar, fat and saturated fat.



High energy oat bar - make a food label

These are ingredients you can add to the basic recipe to add flavour and colour:

- 50g mixed seeds
- 30g mixed peel
- 20g glace cherries, chopped.

Extra ingredients that add other nutrients:

Mashed banana, sultanas, raisins, dried cranberries, dried blueberries, chocolate, carob.

Test it out

Put the basic recipes into the Nutrition Program.

View the nutrition analysis.

Now adapt the recipe by adding some seeds, nuts, fruit, dried fruit or chocolate.

Compare this recipe with the basic recipe.

How has the cost changed?

How has the nutrition changed?

Make a food label of the new product.

What allergens are found in the new recipe?

What would be your selling price for this product and how would you describe the new product?

High energy bar		
	100g	portion
Energy kcal		
Protein		
Carbohydrate		
Fat		
Saturated fat		
Fibre		
Salt		
cost		

High energy bar with seeds and other ingredients		
	100g	portion
Energy kcal		
Protein		
Carbohydrate		
Fat		
Saturated fat		
Fibre		
Salt		
cost		