



## SPACE ROCKS

**Craggy, fruity, seedy buns with sneaky banana and carrot. Try different seeds or a mixture - pumpkin, sesame, poppy, linseed etc. Or vary the dried fruit - chopped prunes or dates, raisins etc. Best eaten on the same day but any uneaten 'rocks' can be frozen.**



**Skills Check:** Follow a recipe; follow food safety and hygiene rules; tidy away; use a timer to cook correctly; crack an egg; use measuring spoons; use a measuring jug to measure liquid; use weighing scales; cut using bridge/claw knife technique safely; use a vegetable peeler safely; use a box grater safely; beat ingredients together; use a hand blender | oven with adult supervision.

**Equipment:** Baking sheet, baking paper, weighing scales, mixing bowl, measuring spoons, wooden spoon, jug, hand blender, knife, chopping board, box grater, tablespoon, cooling rack.

**Allergens\*:** Gluten | Eggs | Sulphites

### Ingredients (makes 12):

- 3 wheat biscuits
- 175 g self-raising flour
- 1 tsp cinnamon
- 40 g sultanas
- 40 g dried apricots
- 1 tbsp sunflower seeds
- 80 ml vegetable oil
- 2 small bananas
- 1 large egg
- 1 large carrot
- 1 tbsp clear honey, plus extra for drizzling

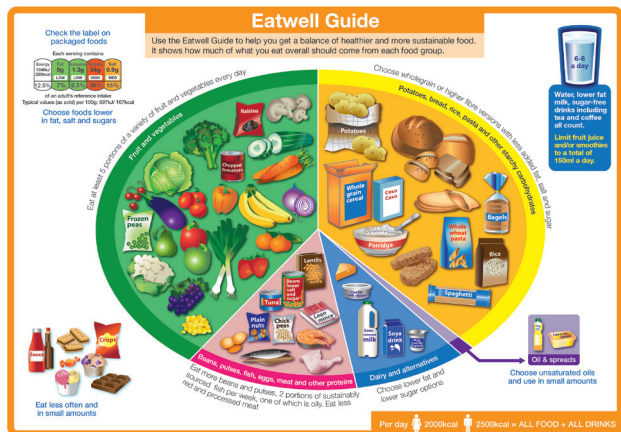
*\*Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*

### Method

1. Pre-heat the oven to 200C / gas mark 6 and brush the baking sheet with oil and cover with baking parchment paper.
2. Cut the apricots into small pieces. Peel and grate the carrot.
3. Place the wheat biscuits in the bowl and crush with your hands to break the biscuits into crumbs.
4. Add the flour, cinnamon, dried fruit and seeds. Stir well.
5. Put the bananas, egg, honey and vegetable oil into a jug and use a hand blender to blend until smooth. Pour into the mixing bowl, add the grated carrot and stir everything together.
6. Use a tablespoon to create 12 mounds of the mixture on the lined baking sheet (around 2 heaped tablespoons of mixture per mound).
7. Bake in the preheated oven for around 15-20 minutes until the 'rocks' have risen and are golden brown.
8. Drizzle a little honey over the top of the warm cakes, and leave them on the baking sheet for a few minutes to cool slightly. Once cool enough to handle, transfer to a wire cooling rack.
9. Space rocks are delicious eaten while still warm! Once completely cool, transfer any uneaten 'rocks' to a freezer bag and freeze.



## SPACE ROCKS Nutrition Information



Source: Public Health England in consultation with the Food Commission, Food Standards Scotland and the Food Standards Agency Northern Ireland. © Crown Copyright 2016

The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

### So, thinking about Space Rocks ...

**Fruit/Vegetables** are generally low in fat and calories and high in fibre. Fruit and vegetables offer an array of important vitamins and minerals, and also contain phytochemicals which may help protect our bodies against diseases.



**Cakes** tend to be high in fat and sugar, although some types are worse than others. The Eatwell Guide says that if you are consuming food and drinks high in fat, salt and sugar we should have these less often and in small amounts.

### Energy, sugar, fat and salt per serving

Per 45g serving

**ENERGY**  
734kJ / 175kcal **9%**

**MED** **FAT**  
7.4g **11%**

**LOW** **SATURATES**  
0.7g **4%**

**MED** **SUGARS**  
8.4g **9%**

**MED** **SALT**  
0.2g **3%**

% of an adult's reference intake

Typical values per 100g : Energy 1639kJ / 391kcal

### Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

**% Reference Intakes** are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage