

NO-BAKE FRUIT AND NUT BITES



FOOD SERVICE



A simple to make grab and go style bar which requires no baking. Full of nuts and dried fruit for energy, crushed biscuits to lighten the mix and milk chocolate for indulgence.

Customer Services Phone 0800 800 617

www.chelsea.co.nz/foodservice

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SERVES 24

INGREDIENTS

	Approx Unit Price	Approx Ingredient Cost
600g milk chocolate chips	0.00807	\$4.84
250g butter	0.00800	\$2.00
150g Chelsea Soft Brown Sugar	0.00230	\$0.34
200g Greek yoghurt	0.00345	\$0.69
200g pecan nuts, chopped	0.03000	\$6.00
230g raisins	0.00639	\$1.47
230g sultanas	0.00466	\$1.07
200g shortbread biscuits, roughly crushed	0.00939	\$1.88

METHOD

Lightly grease a 28cm square tin and line with baking paper.

Melt chocolate and butter together in a bowl over a pan of barely simmering water. Stir in the sugar.

Remove from the heat and stir in the yoghurt, nuts, fruit and crushed biscuits until evenly combined.

Pour into the tin press and smooth into an even layer.

Cover tin with cling film and chill until firmly set - 4 hours minimum.

Turn out and cut into 24 pieces with a sharp knife.

TOTAL COST	\$18.30
COST PER PORTION	\$0.76
GROSS PROFIT %	70%
SALES TAX	15%

MIN. SELLING PRICE (per portion)	\$2.92
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Costs based on average wholesale prices at February 2012

SOME KEY POINTS TO REMEMBER:

VARIATIONS

- Change the flavour by varying the biscuit – try gingernuts with chopped crystallised ginger
- Use a combination of dark and white chocolate
- Change the nuts – try hazelnuts, brazil nuts, pistachios etc. or change the fruits (apricots, dried cranberries, dried figs etc.)

PROFIT

- A batch costs around \$9.15 to make, and can be cut into any size you like. As a guide, it could be divided into
- large slices - 24 portions at 85g each, requiring a sell price of \$2.95 to achieve 70% GP
- smaller slices - 34 portions at 60g each, requiring a sell price of \$2.10 to achieve 70% GP
- Any broken pieces can be used as a coffee-spoon giveaway or crumbled up to incorporate into a muffin mix or sprinkled over ice-cream

NUTRITION

- Contains dairy (butter, milk chocolate, yoghurt), gluten (wheat) and nuts.
- Can easily be made nut-free by simply omitting nuts (replace with chopped apricots or dried cranberries).
- Could be made gluten-free by replacing shortbread biscuits with gluten-free biscuits

SERVICE

- Should be served at room temperature. Store in an airtight container with layers separated by greaseproof paper
- Display covered on counter top
- Ideal for grab and go to take away
- Does not need to be served with any garnish or accompaniment
- Very rich, so keep portion sizes small