

Dessert



Fruit Muffins 12 Adults (Desserts)

Prep Time: 20 minutes

Cooking Time: 30 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
150g Plain white flour	£0.37/kg	£0.04/100g	£0.05	£0.06
150g Wholemeal flour	£1.34/kg	£0.20/100g	£0.21	£0.30
1 ½ Tsp Bicarbonate of soda	£0.59/100g	£0.29/100g	£0.05	£0.01
1 ½ tsp Baking powder	£0.82/100g	£0.35/100g	£0.08	£0.01
110g Caster Sugar	£1.60/kg	£1.35/kg	£0.24	£0.20
4 eggs	£1	£0.89	£0.60	£0.59
150ml Sunflower Oil	£0.16/100ml	£0.16/100ml	£0.24	£0.24
2 tsp Vanilla essence	£0.16/10ml	£1.55/100ml	£0.16	£0.15
100g Fresh or frozen Blueberries	£4.40/kg	£4.63/kg FRZ	£0.44	£0.46
			£2.07	£2.02

Total Cost for Recipe	Price per Portion (Average)
£2.07	£0.17 per muffin

Fruit Fluff 4 Adults (Desserts) - Strawberry

Prep Time: 5-10 minutes

Cooking Time: 3 hours (Chill Time)

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
26g Sugar free jelly crystals	£0.99 x 2 26g	£0.50	£0.48	£0.50
125ml Boiling Water	£0	£0	£0	£0
125ml Cold water	£0	£0	£0	£0
1 tin(410g) light evaporated milk	£1.10	£0.52	£1.10	£0.52
150g Fruit	£5.63/kg	£4.38/kg	£0.77	£0.65
			£2.35	£1.67

Total Cost for Recipe	Price per Portion (Average)
£2.35	£0.59

Fruit Crumble 8 Adults (Desserts)- Apple*Prep Time:* 15 minutes*Cooking Time:* 25 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
450g apple	£0.89/pack	£1.39/pack	£0.89	£1.39
150g Plain Flour	£0.37/kg	£0.04/100g	£0.05	£0.06
75g Margarine	£1.70/kg	£0.17/100g	£0.12	£0.13
75g Brown sugar	£2.30/kg	£1.38/kg	£0.17	£0.10
75g porridge oats	£0.08/100g	£0.08/100g	£0.06	£0.06
1tsp Cinnamon	£0.25/10g	£1.23/100g	£0.12	£0.09
			£1.41	£1.83

Total Cost for Recipe	Price per Portion (Average)
£1.41	£0.18 (8)

Crunchy Apple Bake 4-6 Adults (Dessert)*Prep Time:* 15 minutes*Cooking Time:* 30 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
5 Cooking Apples	£2/kg	£1.39	£1	£1.39
3 Tbsp Water	£0	£0	£0	£0
150g Cornflakes	£0.11/100g	£0.11/100g	£0.16	£0.16
50g caster sugar	£1.60/kg	£1.35/kg	£0.08	£0.07
1 ½ tsp cinnamon	£0.25/10g	£1.23/100g	£0.18	£0.14
40g vegetable spread	£2/kg	£1.70/kg	£0.18	£0.16
			£1.60	£1.92

Total Cost for Recipe	Price per Portion (Average)
£1.60	£0.40(4) £0.27(6)

Banana Bread 8 Adults (Dessert)

Prep Time: 15 minutes

Cooking Time: 1 hour

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
100g Margarine	£1.70/kg	£0.17/100g	£0.17	£0.17
70g Caster sugar	£1.60/kg	£1.35/kg	£0.12	£0.10
2 eggs	£1	£0.89	£0.32	£0.29
3 large bananas	£0.78	£0.19 each	£0.78	£0.57
100g self-raising flour	£0.37/kg	£0.04/100g	£0.05	£0.06
100g wholemeal flour	£1.34/kg	£0.20/100g	£0.21	£0.30
1 tsp mixed spice	£0.25/10g	£1.38/100g	£0.12	£0.06
			£1.77	£1.55

Total Cost for Recipe	Price per Portion (Average)
£1.77	£0.22

Egg Free fruit cake 12 Adults (Dessert)

Prep Time: 3 hours

Cooking Time: 1 ½ hours

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
150g Wholemeal sf flour	£1.34/kg	£0.20/100g	£0.21	£0.30
50g ground almonds	£11.50/kg	£9.27/kg	£0.12	£0.09
2 tsp mixed spice	£0.25/10g	£1.38/100g	£0.12	£0.06
450g mixed fruit	£2.80/kg	£2.70/kg	£0.42	£0.41
110g date	£7.00/kg	£6.60/kg	£0.77	£0.66
10g dried apricots	£4/kg	£4.78/kg	£0.04	£0.05
150ml Orange juice	£0.14/100ml	£0.11/100ml	£0.21	£0.20
25ml Water	£0	£0	£0	£0
			£1.89	£1.77

Total Cost for Recipe	Price per Portion (Average)
£1.89	£0.24

Fruit Kebabs / salad (Dessert)*Prep Time:* 3 hours *Cooking Time:* 1 ½ hours

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
Mixture Seasonal fruit	£1.20	£1.10	£1.20	£1.10
2 Tbsp orange juice for fruit salad	£0.14/100ml	£0.11/100ml	£0.01	£0.01
			£1.20	£1.10

Total Cost for Recipe	Price per Portion (Average)
£1.20	

Melting Moments 4-6 Adults (Dessert)*Prep Time:* 10 minutes *Cooking Time:* 25 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
150g Self raising flour	£0.37/kg	£0.04/100g	£0.05	£0.06
75g Caster sugar	£1.60/kg	£1.35/kg	£0.12	£0.10
100g margarine	£1.70/kg	£0.17/100g	£0.17	£0.17
½ egg beaten	£1	£0.89	£0.08	£0.07
1tsp vanilla	£0.16/10ml	£1.55/100ml	£0.08	£0.07
4 tbsp. oats	£0.08/100g	£0.08/100g	£0.06	£0.06
			£0.56	£0.53

Total Cost for Recipe	Price per Portion (Average)
£0.56	£0.14 (4) £0.09 (6)

Scotch Pancakes/ Fruit coulis 4 Adults (Dessert)*Prep Time:* 3 hours *Cooking Time:* 1 ½ hours

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
50g Self raising flour	£0.37/kg	£0.04/100g	£0.02	£0.02
1 tbsp sugar	£1.60/kg	£1.35/kg	£0.01	£0.01
1 egg	£1	£0.89	£0.16	£0.15
3 ½ tbsp milk	£0.60/L	£0.60/L	£0.01	£0.01
2 tsp sunflower oil	£0.16/100ml	£0.16/100ml	£0.01	£0.01
1 handful berries	£4.40/kg	£4.63/kg FRZ	£0.44	£0.46
			£0.64	£0.65

Total Cost for Recipe	Price per Portion (Average)
£0.64	£0.16

Seasonal Stewed Fruit 8 Adults (Dessert)*Prep Time:* 5 minutes *Cooking Time:* 5-8 minutes

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
4 pears or Apples	£2/kg	£1.39	£1	£1.39
1-2 tbsp water	£0	£0	£0	£0
2 tbsp raisins	£3.30/kg	£2.70/kg	£0.04	£0.03
2 tbsp caster sugar	£1.60/kg	£1.35/kg	£0.01	£0.01
			£1.05	£1.43

Total Cost for Recipe	Price per Portion (Average)
£1.05	£0.13

Rice Pudding 4 Adults (Dessert)

Prep Time: 3 hours *Cooking Time:* 1 ½ hours

Product	Tesco	Aldi	Cost Tesco	Cost Aldi
110g pudding rice	£0.20/100g	£0.06/100g	£0.22	£0.07
50g sugar	£1.60/kg	£1.35/kg	£0.08	£0.06
570ml semi skimmed milk	£0.60/L	£0.60/L	£0.06	£0.06
150ml water	£0	£0	£0	£0
¼ tsp cinnamon	£0.25/10g	£1.23/100g	£0.09	£0.06
			£0.45	£0.25

Total Cost for Recipe	Price per Portion (Average)
£0.45	£0.11