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*Be strong and  
courageous.....for  
the Lord your God is  
with you*

June 2026

Dear Parent/Carer

### **Bread Pudding – Year 1 Courageous Advocacy Project**

Your child is bringing home a piece of the bread pudding we made collectively as a class as part of our Courageous Advocacy afternoon last Friday.

The recipe and ingredients are listed below. You may wish to make this yourself at some point. It is quite simple and the children all enjoyed it. You can also find the full recipe, along with a helpful video online at <https://www.bbcgoodfood.com/recipes/bread-pudding-0>

This is part of our ongoing Courageous Advocacy task in aiming to reduce food waste as it uses stale bread that many would throw away having become rather dry!

If you have any recipes that you use to avoid food waste, we would appreciate it if you could send them into school – either as paper copies with your child or by e-mail to the KS1 phase address FAO Mr Burgin. The e-mail address as a reminder is [ks1phase@highwycombecombined.bucks.sch.uk](mailto:ks1phase@highwycombecombined.bucks.sch.uk).

The class are hoping to collate these recipes and make a recipe book to discourage households from throwing away waste food which may be used in alternative ways.  
We look forward to receiving your recipe ideas.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Chris Burgin'.

Chris Burgin  
Year 1 Class Teacher



## Ingredients

500g white or wholemeal bread

500g mixed dried fruit

85g mixed peel

1½ tbsp mixed spice

600ml [milk](#)

2 large [eggs](#)  
beaten

140g [light muscovado sugar](#)

zest 1 [lemon](#)  
(optional)

100g [butter](#)  
melted

2 tbsp [demerara sugar](#)

## Method

### Step 1

Tear 500g white or wholemeal bread into a large [mixing bowl](#) and add 500g mixed dried fruit, 85g mixed peel and 1 ½ tbsp mixed spice.

### Step 2

Pour in 600ml milk, then stir or scrunch through your fingers to mix everything well and completely break up the bread.

### Step 3

Add 2 beaten large eggs, 140g light muscovado sugar and [zest](#) of 1 lemon, if using. Stir well, then set aside for 15 mins to soak.

### Step 4

Heat oven to 180C/160C fan/gas 4. Butter and line the base of a 20cm non-stick square cake tin (not one with a loose base).

### Step 5

Stir the melted butter into the pudding mixture, tip into the tin, then scatter with demerara.

### Step 6

Bake for 1½ hrs until firm and golden, covering with foil if it starts to brown too much. Turn out of the tin and strip off the paper. Cut into squares and serve warm.