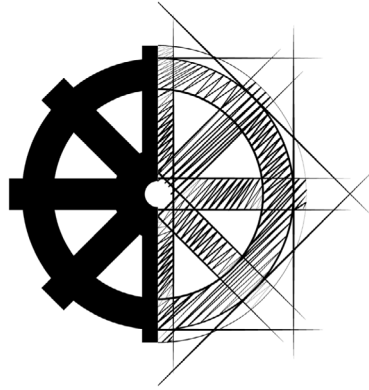


THE SKILL MILL

The Skill Meal





THE SKILL MILL

Created by Oriel Square, in collaboration with The Skill Mill.



Disclaimer: The nutritional values within this book are approximate and can vary depending on the specific brands of ingredients used or the exact quantities. If you need precise nutritional values, please refer to the ingredient packaging for more detailed information.

We have provided thorough information about ingredients within recipes, but this does not cover specific food allergies. All recipes should be thoroughly reviewed before undertaking, to assess their allergenic content and any risks associated with ingredients.

With thanks

With thanks to Davie and Charlotte, and all the Supervisors and young people who helped put this book together.

If you would like to know more about The Skill Mill and support our work please contact info@theskillmill.org.

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“Breakfast is everything. The beginning,
the first thing. It is the mouthful that is the
commitment to a new day.”

A. A. Gill





Foreword

I have been aware of the excellent work conducted by The Skill Mill for many years, and as they work with young people who have not always had the easiest start to life – a subject very close to my heart – I was happy to contribute to this book. The outstanding work conducted by David Parks OBE and his wider team is nothing short of miraculous, and demonstrates the positive outcomes that can be achieved by providing young people with structured opportunities that support their personal growth and contribution to society.

This book provides a rich and unique guide to organisations working with young people, whether ex-offenders or not, and is informed by both academic research and practice. Moreover this young person-centred approach and the accompanying recipes have been tried and tested by the young people themselves, so you can be confident that the recipes will appeal. I particularly like that the breakfasts are offered in a variety of ways and contexts to suit different tastes and dining preferences, ensuring that young people can eat breakfast in a way that is suitable for them as individuals.

In my opinion, the addition of a flexible breakfast model to the work that The Skill Mill undertakes not only ensures that young people are eating a healthy breakfast, but also provides them with life-long skills about eating on a budget whilst instilling a sense of autonomy and achievement. I really can't say enough good things about this book, and it only captures a snapshot of what The Skill Mill offers to the young people and the wider society.

– **Professor Greta Defeyter OBE**, Dean of Social Mobility Policy Engagement, Northumbria University

“A good breakfast is a pleasure,
and if you start the day with a good breakfast,
everything else will fall into place.”

Franklin D. Roosevelt

Introduction

In recent years, supervisors at The Skill Mill have observed that a significant number of young people arriving at work having skipped breakfast, with some forgoing lunch or relying on ultra-processed foods that are typically high in fat, sugar and salt. For young people doing physically demanding work, this negatively affects their energy levels, performance and overall wellbeing.

The Skill Meal project addresses this issue by providing all young people in The Skill Mill teams with a nutritious meal every workday. By ensuring that young people start the day with the fuel they need, The Skill Mill reinforces its holistic approach to supporting their overall physical and mental wellbeing.

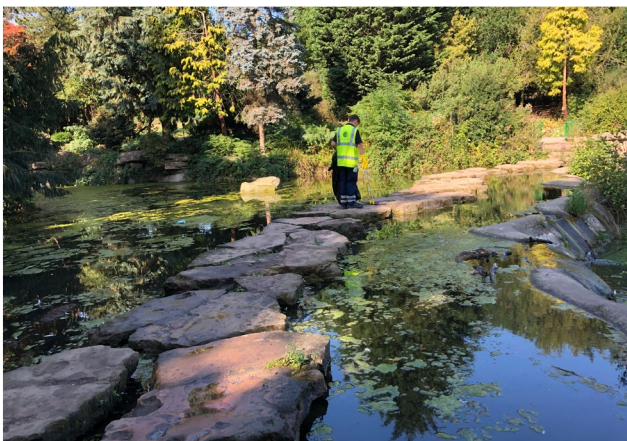
One of the unique aspects of The Skill Mill is its focus on environmental work. Research consistently highlights the mental and physical health benefits of spending time outdoors. Activities such as clearing waterways, planting trees and restoring natural habitats combine physical work with the therapeutic effects of nature, promoting overall wellbeing of young people.

The benefits are significantly amplified when paired with good nutrition. It not only provides the energy needed to tackle demanding tasks but also supports cognitive function, sustained attention, working memory and decision-making. This helps young people make better decisions, stay focused and motivated.

The Skill Meal project is also an educational initiative that teaches young people the value of nutrition. Supervisors help to raise awareness about affordable, healthy and delicious breakfast options. Young people learn to prioritise their health, recognise the importance of balanced meals, and avoid diets that are high in fat, salt and sugar.

In addition, the shared breakfast experience fosters a sense of community. Social eating helps create a supportive work environment where young people feel connected and valued, reducing the likelihood of reoffending.

By showcasing affordable, nutritious and easy-to-prepare breakfasts, this book offers practical guidance for maintaining a healthy diet on a budget. With contributions from young people themselves, the book celebrates their journey, transforming lessons learned through The Skill Meal project into a foundation for healthier, more resilient futures.



Recipe 1

Breakfast granola bars

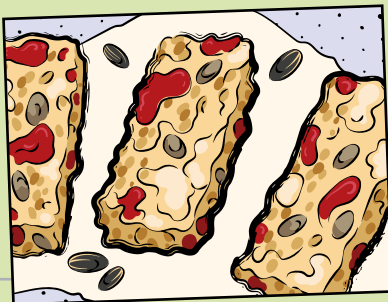


"We cooked most days (when the budget would allow), the young people enjoyed all the food they made and had a say in what they cooked. The only proviso was that it must be healthy. They tended to make lunch rather than breakfast due to time constraints although they did make breakfast granola bars which they enjoyed."

Simon Knight, former Surrey 2 Supervisor

Ingredients

200g porridge oats
100g sunflower seeds
50g chopped nuts
100g butter
100g brown sugar
3 tbsp honey
1 tsp ground cinnamon
100g dried fruit



Prep time 12 minutes

Cooking time 30 minutes

Recipe (serves 12)

Heat oven to 160°C.

Line an oven tray with baking paper, sprinkle on the oats, seeds and nuts and bake in the oven for 10 minutes until toasted. You can use any type of nuts, such as walnuts, hazelnuts or peanuts.

Melt the butter, sugar and honey in a saucepan. Take off the heat then stir in cinnamon, dried fruit and the toasted oats, nuts and seeds. You can use any type of dried fruit, such as cranberries, raisins or cherries. Tip into tin, press down then bake for 30 min.

Cool, then remove from tin and cut into 12 bars.



**Nutritional
information**
(per serving)

213
kcal

13g
fat

5g
saturates

22g
carbs

3g
protein

0.05g
salt

The benefits of breakfast Energy Boost After Overnight Fasting

When you sleep your body is essentially fasting, so by morning your blood sugar levels are lower. Breakfast helps replenish glucose, which is your body's primary energy source. Eating in the morning provides a steady stream of energy to kickstart your metabolism and help you feel alert.

Eggs and bacon pitta

Recipe 2

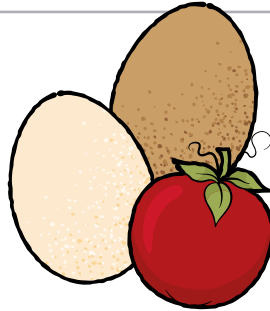
"We decided because of the low cost throughout the week, we would treat ourselves on a Friday with something hot and tasty! Unanimous decision!"

David Edgar, Newcastle/Northumberland Supervisor



Prep time 10 minutes

Cooking time 20 minutes



Recipe (serves 1)

Heat a frying pan and add the butter or olive oil.

Add the bacon and fry gently until almost cooked. If you're using another meat option, add it to the pan for a couple of minutes until it's heated through. You could use cooked ham, chicken or sausage, or meat-free alternatives.

While the bacon cooks, crack the eggs in a bowl and whisk with a fork until well combined. Move the bacon to the side and then pour the eggs into the pan, mixing with a non-stick spatula so they scramble!

Open your pitta and add in the tomatoes or salad. Once the eggs are cooked, fill the pitta and enjoy!

Ingredients

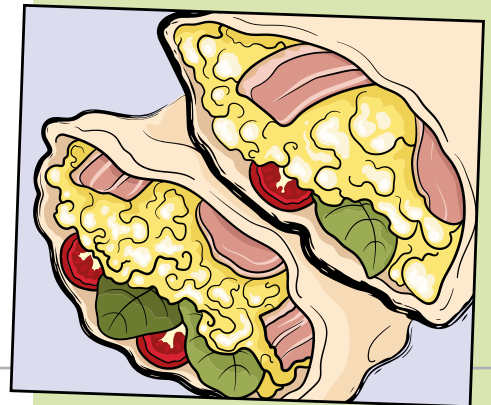
1 tbsp /10g butter
or olive oil (for frying)

2 rashers of bacon (or
protein option of your
choice)

2 eggs

1 pitta bread

Tomatoes or salad of your
choice, chopped



**Nutritional
information**
(per serving)

520
kcal

29g
fat

9g
saturates

39g
carbs

23g
protein

0.72g
salt

The benefits of breakfast Supports Metabolism

Eating breakfast helps jumpstart your metabolism after a night of fasting. When you skip breakfast, your body may go into "starvation mode", slowing down metabolism and making it harder to burn calories efficiently throughout the day.

The Origins

The Skill Mill was established in 2013, after the Environment Agency approached Newcastle Youth Offending Team (YOT) about cleaning-up local waterways. Sessions were then organised where young people would work for 5 hours per day on watercourse tasks. It soon became evident that reoffending rates for the young people taking part were lower than the national average.

The Skill Mill was then launched to provide young people who have come into contact with the criminal justice system with progression routes into employment in environmental and construction services.

The first Skill Mill site was set up in Newcastle in 2014, others soon followed in the North of England and eventually across England.

David Parks OBE

David is the founder and Managing Director of The Skill Mill Limited, a NatWest SE100 listed social enterprise company and recipient of two Queen's Awards for Enterprise in 2021.

David has worked in juvenile justice and young people's services across the UK for over 30 years. In June 2024, David was named an Officer of the British Empire (OBE) in the King's Birthday Honours list for services to young people.



Why breakfast?

Breakfast provides balance and structure to your day, but **the real importance lies in what you eat** for breakfast.

Sugary cereals, pastries or ultra-processed foods do not provide the same benefits as a healthy breakfast that is rich in slow-release carbohydrates and fibre, and can cause energy crashes later in the day. A nutritious breakfast with protein, fibre, healthy fats and some carbohydrates is ideal for sustaining energy and overall wellbeing.

The Skill Meal programme has a positive impact on food preparation skills, kitchen confidence and general self esteem. It increases the likelihood that people will cook using basic ingredients themselves, at home. Without learning these skills there would be a reliance on fast food, ready meals and ultra-processed meals, which are expensive and offer little nutritional value.

With limited opportunities to learn real everyday cooking skills, The Skill Mill helps young people to **gain independence and skills that last a lifetime**. Cooking also increases agency and has a lasting impact on health, wellbeing and issues linked to the cost of living and food insecurity.

The Experience

From The Skill Mill supervisors



David Edgar

"I enjoy giving the young people a new experience. One thanked me when I showed him a scenic view point in Northumberland. It was a huge eye opener which lead to a group trip in the Lake District. This was mind blowing to the group, leading to them climbing their first mountain."

Craig Edwards

"The best memory [...] is of two young people that were offered roles as peer mentors. It's always rewarding when they get to give back and turn their lives around as I don't think there are enough mentors around currently."



Matt Jones

"Providing breakfast for the young people we worked with was a huge success. It ensured that all young people were equal, we all ate together, it provided sustenance so that young people could complete physical work and it helped manage the group creating a feeling of belonging to a team, which benefited the days' tasks and helped in managing the group."

David Lebourn

"[The best part is] to get the chance to show them a different way. Make connections with them when clearly every other adult supervision has failed. To be able to make that connection and gain that trust. We don't 'do' anything, they make the right choices, they need to be put in the environment to make the right choices."



Mark Cooper

"I would like to see more Skill Mills across the UK as it really can offer some young people an opportunity that they never thought possible and with hard work and commitment can lead them on a journey of success instead of a life of crime, prison and uncertainty."

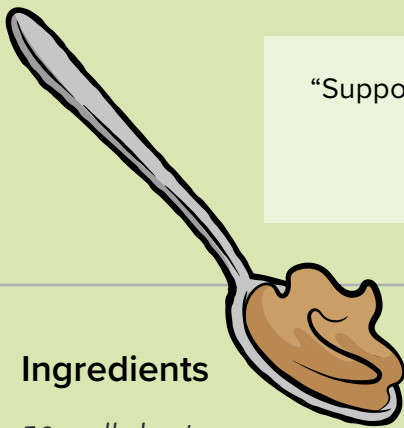
Ross Carter

"Starting the morning with a breakfast at Skill Mill always gave a positive start to our day and made the team feel more equipped to take on our tasks. Some of the young people were only used to starting the day with a fizzy drink and a bar of chocolate. I witnessed a more calmer and focused team when they had eaten something a bit more substantial."



Recipe 3

Overnight oats



“Support and engagement in my opinion is the most effective way to have a positive impact on a young person’s life.”

Mark Cooper, Leeds Supervisor

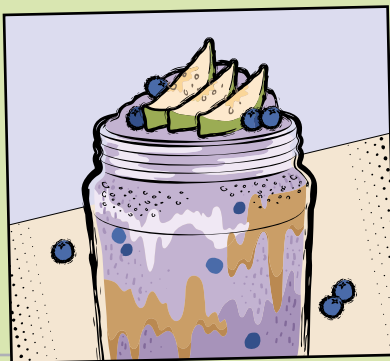
Ingredients

50g rolled oats

120ml milk

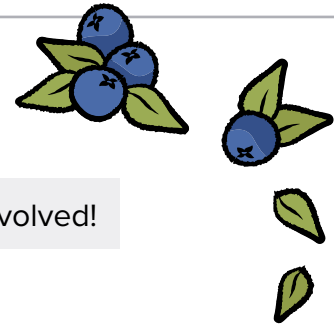
Optional toppings: fresh, frozen or dried fruit, chocolate chips, nuts or seeds, granola, peanut butter, jam

50g natural yogurt



Prep time 10 minutes

Cooking time No cooking involved!



Recipe (serves 1)

Put the oats in a jar or container, add the milk and mix.

Add in your toppings; you could use peanut butter and chocolate chips, apple and blueberries, strawberry jam and granola... the list is endless!

Spoon on a layer of yogurt, and seal the container.

Leave this in the fridge overnight, and it's ready to go in the morning!

Top tip! You can make cheesecake-style overnight oats using crushed digestive biscuits as a bottom layer!

Nutritional information
(per serving)

431
kcal

9g
fat

3g
saturates

77g
carbs

13g
protein

0.07g
salt

The benefits of breakfast Better Nutrient Intake

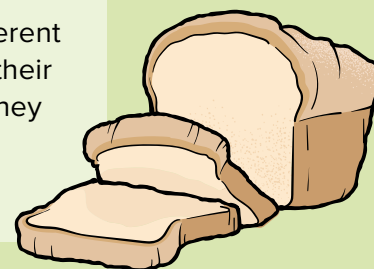
Breakfast can contribute a significant portion of the essential vitamins and minerals you need. A well-rounded meal – like one with whole grains, fruits, protein and healthy fats – can provide fibre, protein and vitamins that are important for overall health. People who eat breakfast are more likely to meet their nutritional needs compared to those who skip it.

Cheesy beans on toast

Recipe 4

“What I love about working with young people is showing them a different aspect to life. Showing them what skills they already have and what their individual strengths are. Also making them see what opportunities they have and what they can become in the future.”

Craig Edwards, Birmingham Supervisor



Prep time 10 minutes

Cooking time 5 minutes

Recipe (serves 1)

If using a bap, cut this in half. Put the bread or bap halves in the toaster.

Heat up the baked beans in the microwave according to the instructions. While this is cooking, you could slice or grate the cheese.

Add grated cheese and finish off under the grill for 5 minutes. If you don't have a grill nearby, put the cheese on first and the hot beans will melt it for you!

Top tip! Try adding Worcestershire sauce for a twist!

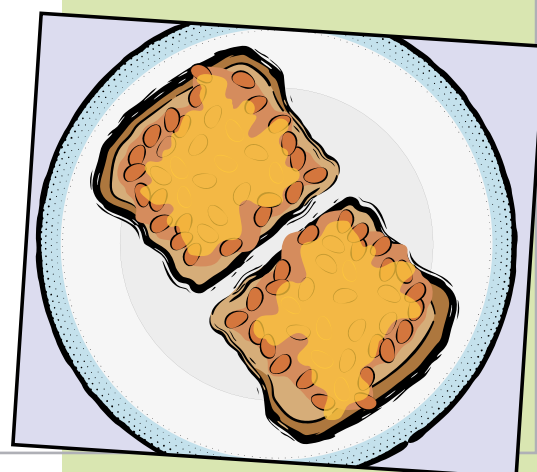
Ingredients

1-2 slices of wholemeal bread, or a bread roll/bap

Half a tin of baked beans or individual pack

30g cheddar cheese

Optional: Worcestershire sauce



Nutritional information
(per serving)

266
kcal

12g
fat

6g
saturates

25g
carbs

13g
protein

0.46g
salt

The benefits of breakfast Improved Cognitive Function

Breakfast provides your brain with the nutrients it needs to function at its best. Studies show that eating a balanced breakfast can improve focus, concentration, memory and overall cognitive performance, especially for tasks requiring attention or problem-solving.

The Impact

In 10 years, The Skill Mill has employed

450 young people

in the UK, with only 33 of those being re-convicted



Approximately

11,000

meals made



88

young people helped over the course of the breakfast club

17 teams with
17 supervisors
over the course of the
year of doing the
Skill Meal

Northumberland

Newcastle

Durham (x2)

Rochdale

Leeds (x2)

Bury

Nottingham (x2)

Birmingham (x2)

Norfolk

Surrey (x2)

Croydon

West Sussex

£2

per day

5

days per week

26

weeks

Of the 243 young people involved with The Skill Mill since January 2024

100%

completed the programme

91.3%

gained a qualification

91.5%

did not reoffend

75%

of the young people The Skill Mill has employed have progressed to further employment, education or training

Why The Skill Mill?

1

Proven success in reducing youth reoffending

Independent evaluations show that 91.5% of young people who participate in The Skill Mill do not reoffend during their time in the programme. By providing paid work placements, mentoring and vocational training, we break the cycle of crime and help young people transition into stable employment.

2

A model that delivers real outcomes

The Skill Mill operates on a Social Outcomes Contract model, meaning we focus on measurable results rather than inputs. Our employment-led intervention provides tangible benefits for young people, their families and their communities while ensuring that every investment leads to real impact.

3

Tackling serious youth violence through employment

Many young people involved in crime feel trapped in cycles of poverty, exclusion and lack of opportunity. By giving them a real job, accredited training and the support they need, The Skill Mill redirects their potential into constructive, long-term careers.

4

Strengthening communities and creating sustainable employment

Our projects do more than just support young people – they contribute directly to environmental sustainability, flood risk management and community regeneration. Every project improves local areas, while participants develop a sense of belonging and pride in their communities.

5

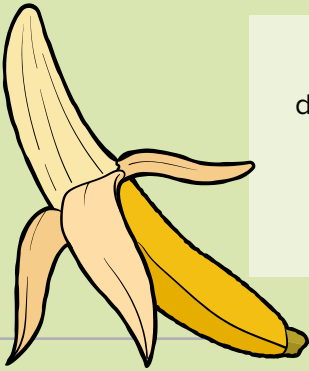
A scalable, high-impact model ready for expansion

The new Social Outcomes Partnership would expand our work to more Local Youth Justice Services, reaching a wider, more diverse group of young people. We are committed to growing our impact by creating more job opportunities, expanding training programmes and engaging new partners.

The Skill Mill regularly publishes blogs on their website, which feature stories and experiences of the supervisors and young people involved. They also share updates about the programme across the country, and what is going on across all of their existing sites – you can find them [here](#).

Recipe 5

Banana nut pancakes

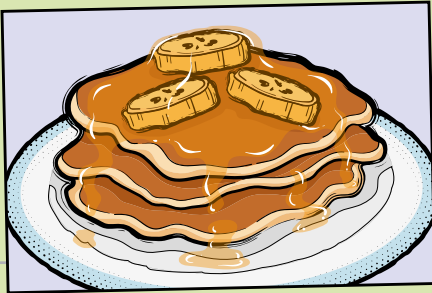


"I got involved with The Skill Mill so I could make a difference. I was just driving them around at my first job at the Prison service – I wanted to help them not get on the bus in the first place. Equip them with the tools to make better choices."

David Lebourn, Norfolk Supervisor

Ingredients

1 ripe banana
200g self raising flour
250ml milk
1 tsp baking powder
Handful of chopped walnuts
or peanuts
1 tbsp maple syrup or honey
Pinch of ground cinnamon



Prep time 10 minutes

Cooking time 10 minutes

Recipe (serves 2-3)

Mash the banana in a bowl with a fork, and then add everything else. Mix until combined and then spoon into a hot frying pan, about 2 spoonfuls per cake. Flip after a couple of minutes, and serve warm!

You could add more maple syrup or yogurt, and once cooked they can be stored and eaten later!

Top tip! If you don't have a frying pan, this recipe works well in a waffle maker too!

**Nutritional
information**
(per serving)

411
kcal

10g
fat

2g
saturates

67g
carbs

12g
protein

0.19g
salt

The benefits of breakfast Helps Regulate Appetite

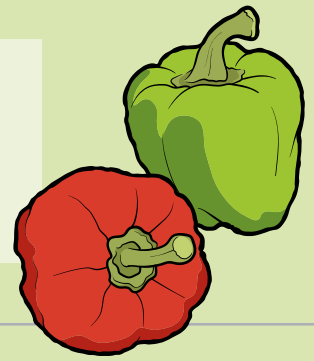
Eating breakfast can help control hunger later in the day. Skipping breakfast often leads to overeating or making unhealthy food choices later on because of increased hunger. A nutritious breakfast keeps you feeling full and satisfied, preventing you from reaching for high-calorie, less nutritious foods.

Veggie breakfast quesadilla

Recipe 6

"My favourite aspect of working with young people is being someone they can depend on and being a positive male role model in their lives. I find if you just spend a bit of time and be consistent the results are so positive."

Jake Kinsey, West Sussex Supervisor



Prep time 10 minutes

Cooking time 10 minutes

Recipe (serves 1)

Cut the bell pepper into small cubes, and heat the butter in a pan.

Cook the pepper and add the spinach to the pan.

While this is cooking, mix up the eggs in a bowl until they are combined. Pour into the pan and turn down the heat.

When the eggs are almost cooked, put the wrap on top and press down so it sticks.

Flip the quesadilla over and add the cheese - this could be grated or sliced. Fold in half and cook a few more minutes so the cheese melts. Serve with salsa.



Ingredients

1 bell pepper

1 tbsp /10g butter or olive oil (for frying)

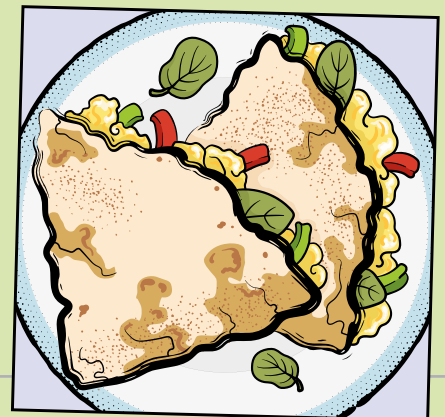
Handful of spinach

2 eggs

1 tortilla wrap

30g cheddar cheese

Optional: salsa



Nutritional information
(per serving)

475
kcal

31g
fat

10g
saturates

26g
carbs

23g
protein

0.78g
salt

The benefits of breakfast Better Weight Management

Some studies suggest that people who eat breakfast are more likely to maintain a healthy weight. Skipping breakfast can lead to overeating later or slower metabolism. A balanced breakfast can help regulate hunger hormones, reducing the likelihood of overeating during the day.

The People

Connor, Rochdale Skill Mill

“The Skill Mill breakfast club for young people who didn’t have time to eat was really beneficial for us. Some people chose to eat breakfast at home, some at the The Skill Mill. I mostly recommend it at The Skill Mill more as it’ll motivate more young people to come in.

‘We’ll pay for your breakfast and a salary as long as you don’t muck about when you’re doing the work’

I would love to come back to The Skill Mill. I’ve applied for a job after The Skill Mill to work in waste removal. I highly recommend The Skill Mill to come back to Rochdale/Greater Manchester, it really gets young people, like myself, engaged and work-ready. It gave me confidence to be in the workplace, gave me the confidence to actually get a job. I think it’s more beneficial for young people who need that guidance in life which The Skill Mill is prepared to do. It’s also up to the young people to put the effort in too.”

“From the Skill Mill I have learned how to work independently and work with a team. I have also learned skills that I can use for future jobs.”

Alexander, Durham Skill Mill

Bradley, Newcastle Skill Mill

“I found out about the Skill Mill through community service while at youth justice. At the time I was delivering gardening services around Newcastle. I liked the idea of it, and during my time at TSM I enjoyed it so much I asked for a job.

I now have something more stable and focused which stopped me from running around in the streets committing nefarious acts. I am also making my own money which has helped me to support my daughter. TSM have put me through my level 1 chainsaw certificate, health and safety as well as my green CSCS card which allows you access onto building sites and potential labouring jobs. There is also the possible opportunity for my drivers licence. I have also had support and advice from the supervisors.

Being a young person coming through the project I am able to support others when joining TSM. This can include challenging attitudes that were similar to mine when I first started. Giving advice from personal experiences, supporting them in their new role and sharing all my experiences and knowledge to help them learn.”

Positive impacts of The Skill Mill

- 1** Supporting access to training and employment for a marginalised group of young people.
- 2** The opportunity to gain practical and work-oriented skills through the programme.
- 3** The opportunity to gain life skills: learning how to budget and use money more effectively, receiving support for gaining basic services such as bank cards and other forms of identification.
- 4** Changed outlooks and perspectives on both themselves, their futures, and work in general.

“Breakfast is the most important meal of the day,
for it sets the tone for the rest of it.”

Winston Churchill



Recipe 7

Choco-nut porridge



“The most rewarding aspect of The Skill Mill work is seeing the team members change over the six-month period. They show that with a little help and patience real ability comes to the surface, interaction with their peers and members of the public gives them confidence and self-belief allowing them to develop work and life skills”

Peter Cook, Durham Supervisor

Ingredients

50g rolled oats
250ml milk
1 tsp cocoa powder
1 tbsp shredded coconut
1 tsp almond butter
1 tsp honey
Chocolate chips

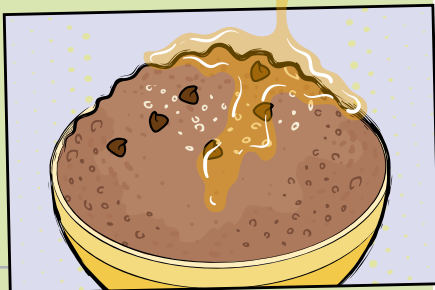
Prep time 5 minutes

Cooking time 5 minutes

Recipe (serves 1)

Add the oats, milk and cocoa powder to a bowl and cook in the microwave for 2 minutes. Make sure your bowl is big enough and keep an eye on it! You can add more or less milk depending on how thick you like your porridge.

Stir in shredded coconut, almond butter, and honey. Top with chocolate chips and enjoy! This can be eaten hot or cold, and stored in the fridge once cooled to be eaten later. Cooked oats are a great option to be eaten on the go, all you need is a spoon!



**Nutritional
information**
(per serving)

466
kcal

18g
fat

8g
saturates

60g
carbs

16g
protein

0.10g
salt

The benefits of breakfast Supports Heart Health

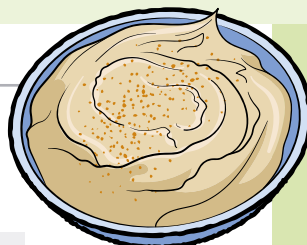
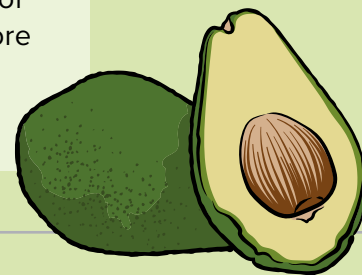
Eating a healthy breakfast has been linked to better heart health. A breakfast with whole grains, fibre and healthy fats can help lower cholesterol levels and reduce the risk of cardiovascular problems.

Green machine breakfast wrap

Recipe 8

"I noticed over a period of time, some of the team would make more of an effort to bring food in like a sandwich. They in general became more conscious and aware of the benefits of eating well in the morning."

Ross Carter, Surrey Supervisor



Prep time 10 minutes

Cooking time No cooking involved!

Recipe (serves 1)

Slice the hard boiled eggs and chop your salad.

Spread hummus on the tortilla wrap, then layer with the eggs, spinach, avocado slices, lettuce and turkey.

Roll it up for a portable, protein-packed breakfast.

Top tip! The contents of this wrap could be swapped out to include your favourite ingredients. Remember, protein keeps you fuller for longer so start with a good protein source!

Ingredients

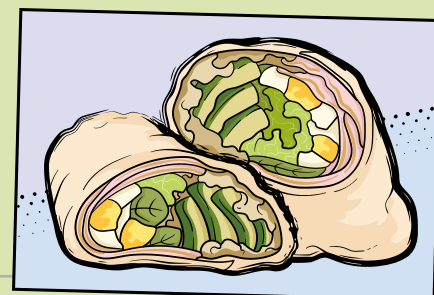
2 hard boiled eggs

Salad of your choice: ½ avocado, handful of lettuce leaves or spinach

2 tbsp hummus

1 tortilla wrap

40g cooked turkey slices



Nutritional information
(per serving)

343
kcal

17g
fat

4g
saturates

21g
carbs

24g
protein

0.50g
salt

The benefits of breakfast Stabilises Blood Sugar Levels

Breakfast helps stabilise your blood sugar levels, which is especially important for people with diabetes or those trying to avoid blood sugar spikes and crashes. A combination of protein, fibre and healthy fats in the morning can prevent sudden drops in blood sugar, keeping energy levels steady. Low blood sugar levels can also make you irritable, tired and anxious, so eating breakfast can improve your mood and mental clarity.

A Call to Action

Join us in creating lasting change!

At The Skill Mill, we believe in second chances, real opportunities and sustainable change. For years, we have been transforming the lives of young people involved in the justice system by providing structured employment, accredited skills training and community-driven environmental projects. Our work has been proven to reduce reoffending rates, improve employability and create safer, stronger communities.

Now, we need your support to expand our impact and give more young people the chance to rebuild their futures through meaningful employment.

How You Can Get Involved

Funders & Commissioners:

By supporting The Skill Mill, you are investing in a proven model that reduces crime, increases employment and strengthens communities. Your contribution will directly support job placements, training programmes and new locations for expansion.

Corporate Partners & Employers:

We need forward-thinking businesses to employ The Skill Mill teams on practical projects and offer employment opportunities to Skill Mill graduates. By working with us, you can gain access to a diverse, motivated workforce while making a meaningful social impact and claim ESG outcomes. We can help you increase your Social Value offer.

Local Authorities & Youth Justice Services:

We work in partnership with Youth Offending Teams, probation services and other government agencies to ensure that our approach aligns with national strategies for reducing reoffending and improving life outcomes for vulnerable young people.

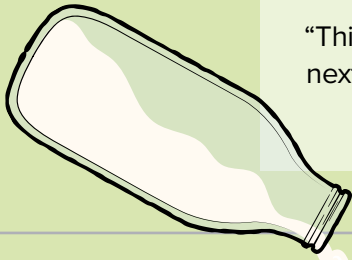
“I am not afraid of tomorrow, for I have seen yesterday and I love today.
Especially breakfast.”

A. A. Milne



Recipe 9

Easy rice pudding



"This is an excellent tool for helping young people to plan and prepare for the next day, not only will their uniform be ready to go, but so will their breakfast."

Matt Jones, Rochdale Supervisor

Ingredients

100g pudding rice

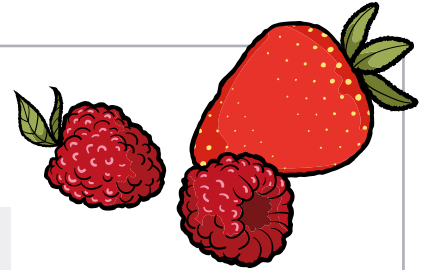
250ml milk,
oat milk or water

Optional toppings:
sugar, ground cinnamon,
raisins, or fruit such as
strawberries, raspberries or
blueberries



Prep time 5 minutes

Cooking time 10 minutes



Recipe (serves 1)

Soak pudding rice overnight in the milk, oat milk or water.
Keep it in the fridge.

Microwave on a medium power setting for 2 minutes.

Stir and repeat until cooked (soft and gooey). It will take
around 10 min to cook, but stop regularly to stir to prevent it
boiling over.

You may need to add some extra liquid.

Add toppings to taste.

*Top tip! If you don't have weighing scales, you can use
measuring cups. Using the same cup, one cup is equal to
around 200g for dry ingredients and 250ml for wet ingredients.*

**Nutritional
information**
(per serving)

259
kcal

9g
fat

5g
saturates

32g
carbs

11g
protein

0.10g
salt

The benefits of breakfast Promotes Better Mood

Low blood sugar can make you irritable, tired and anxious. Eating breakfast helps maintain stable blood sugar, which can improve your mood and mental clarity.

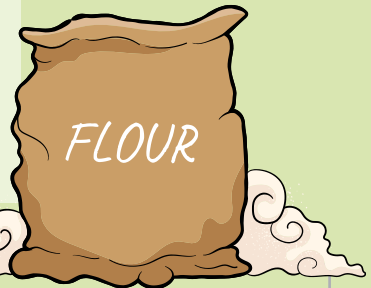
Apple fritter pancakes

Recipe 10

"We were team building in the Lake District and none of the young people could believe this place existed in the UK. They were very engaged, conquering their fears and focused on the challenge of getting back down.

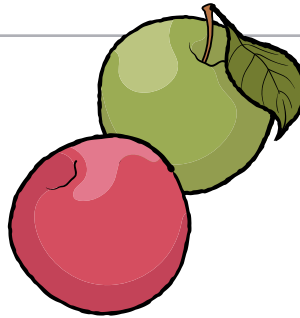
I could talk for hours about this."

David Edgar, Newcastle/Northumberland Supervisor



Prep time 10 minutes

Cooking time 15 minutes



Recipe (serves 2-3)

In a bowl, whisk together the flour, milk, egg, cinnamon and sugar. The batter should be fairly smooth - like regular pancake batter. Add a splash more milk if it feels too thick.

Core and slice the apples. You can leave the peel on or peel them, it's up to you!

Heat a pan over a medium heat and add the butter or oil. Pour a couple of spoonfuls of the batter into the pan to make individual fritters, and allow to set a little. Place the apple slices on top so that they stick to the batter. Once golden on the bottom, flip over and cook on the other side for 1 minute.

Once cooked through, enjoy!

Top tip! You can adapt this recipe for banana, pineapple or blueberries, or remove the cinnamon and make savoury pancakes with mushrooms, cheese or ham!

Ingredients

200g plain flour

Optional: 1 tsp baking powder (for fluffiness)

250ml milk

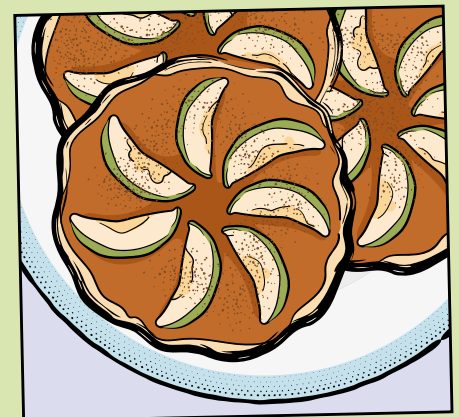
1 egg

1 tsp ground cinnamon

2 tbsp sugar

2-3 apples

1 tbsp /10g butter or olive oil (for frying)



Nutritional information
(per serving)

441
kcal

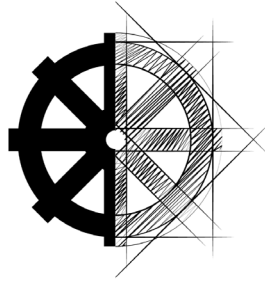
8g
fat

2g
saturates

80g
carbs

10g
protein

0.21g
salt



THE SKILL MILL

Join Us in Changing Lives

We have the experience, the model and the impact – now we need the resources and partnerships to take this to the next level. If you are a funder, business leader, policymaker or philanthropic investor looking to create meaningful, measurable change, we invite you to join us on this journey.

Get in touch today to explore how we can work together to build a future where every young person gets a real opportunity to succeed.

www.theskillmill.org

Together, we can transform lives, strengthen communities, and create a safer future for all.

We would like to express our heartfelt thanks to the Access Foundation for their generous support through the *Cost of Living in Your Communities* grant, delivered via Resonance Ltd. This vital funding has enabled us to bring this project to life at a time when support for food poverty is more important than ever. Our sincere gratitude also goes to Professor Greta Defeyter OBE (Dean of Social Mobility Policy Engagement, Northumbria University), Joanna Lacey (Founder of Nourish Food School CIC), and the entire team at Oriel Square for their invaluable contributions to this project and the production of this book. Their expertise, encouragement, and collaboration have been instrumental in shaping both the content and the impact.



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#TeamSkillMill