**LIGHT SPONGE**

**Ingredients**

- 227g SR Flour
- 2 tsp Baking Powder
- 227g Olive Spread
- 180g Coconut Sugar
- 4 Eggs
- Reduced Sugar jam
- Low Fat Crème fraiche
- Fruit in season

**Method**

Grease and bottom-line 2 large sponge tins. Mix all ingredients in a bowl with an electric mixer and place into sponge tins to suit. Bake at 160°C for 25-30 mins depending on tin size and until sponges are slightly springy in the middle and a light golden brown.

Leave sponges to cool and then sandwich together with jam, crème fraiche and fruit.
PEANUT BUTTER COOKIES
(FLOURLESS, NON-DAIRY)

Ingredients

One cup of peanut butter
One cup of sugar
One egg
¼ teaspoon of vanilla essence
Vegetable oil to grease the sheet

Method

Heat the oven to 180 degrees C. Lightly grease a cookie sheet. Drop teaspoonfuls of the mixture onto the cookie sheet. Bake for eight minutes or a little longer until the cookies start to brown. Makes 12 small cookies.
OAT APPLE SQUARES (VEGAN, FLOURLESS)

Ingredients

400g Bramley Apple, peeled, cored, and chopped (about 3 medium apples)
200ml Water
1 tsp Ground Cinnamon
200g Oats
1 tsp Baking Powder
80g Sultanas/raisins
2 tbsp Maple Syrup
Vegetable Oil to grease the tray

Method

Preheat the oven to 180 degrees C and grease your baking tray with a little vegetable oil.

Place the water, cinnamon, and apples in a saucepan. Cover and cook over a medium heat for 10 minutes until the apples have reduced to a thick puree. Leave the apple to cool. Measure the oats, baking powder, and sultanas/raisins into a bowl and stir to combine. Add the apple puree and maple syrup and mix well to coat all the oats in the apple. Pour the mixture into your prepared tray and bake in the oven for 30-35 minutes until golden on top. Leave to cool before cutting into slices.
CARROT AND WALNUT CAKE WITH CREAM CHEESE ICING RECIPE

Ingredients

- 250 ml sunflower oil
- 4 large eggs
- 225 g light muscovado sugar
- 200 g carrots, peeled and coarsely grated
- 300 g self-raising flour
- 2 tsp baking powder
- 1 tsp ground mixed spice
- 75 g walnuts, shelled and chopped, plus 8 halves to decorate

For the icing 50 g butter (room temperature)
- 25 g icing sugar
- 250 g full-fat cream cheese (room temperature)
- 3 drops of vanilla extract

Method

Preheat the oven to 180°C (fan 160°C/350°F/Gas 4). Grease two deep 20cm (8in) round sandwich tins and line the bases of the cake tins with baking parchment.

In a large bowl, combine all the ingredients for the cake mixture as shown below. Spoon the mixture evenly between the tins.

Put the cakes in the oven and bake for about 35 minutes, or until golden brown, risen, and shrinking away from the sides of the tins. Transfer to a wire rack to cool.

Make the icing: measure the butter, icing sugar, cream cheese, and vanilla extract into a bowl and whisk using a hand or electric whisk until smooth and thoroughly blended.

Spread half the icing on one cake, sit the other cake on top, and spread the remaining icing on top to make a swirl pattern. Decorate the top of the cake with the halved walnuts.
FRUIT, OAT AND SPELT COOKIES

Ingredients:

2 free-range eggs, beaten
1/4 cup coconut oil, melted
1 tsp vanilla extract
1/4 cup brown sugar
1 1/4 cup whole-spelt flour
1 cup rolled oats
1 tsp baking powder
1/4 tsp salt
1 cup raisins, cranberries, almonds, walnuts or whatever you prefer
1 tablespoon pumpkin seeds

Method

Preheat the oven to 350F. Cover a baking sheet with parchment paper.

Put the eggs, melted coconut oil and vanilla extract in a medium bowl and whisk to combine.

In a large bowl, mix the brown sugar, spelt flour, oats, baking powder, salt, pumpkin seeds and fruit mix. Pour the wet ingredients into dry ingredients and mix using a large wooden spoon. When the dough becomes thick, knead it with your hands for about 1 minute.

Scoop pieces of dough about 1 tablespoon each and roll into balls. Place them on the baking sheet and press each ball with a fork to form cookies. If the edges fall apart, just stick them together with your fingers.

Bake the cookies for about 25 minutes or until they start to turn golden brown at the edges. Take the baking sheet out of the oven and let the cookies cool completely.

Store in an airtight container for up to 1 week.