

LIGHT SPONGE

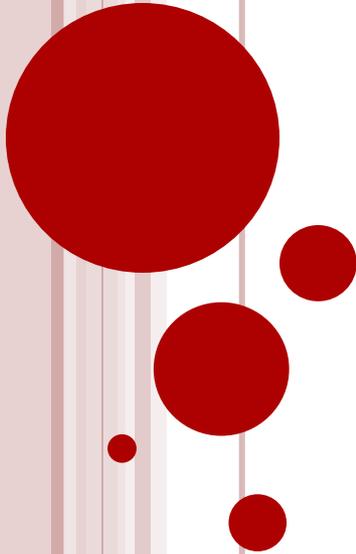
Ingredients

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.



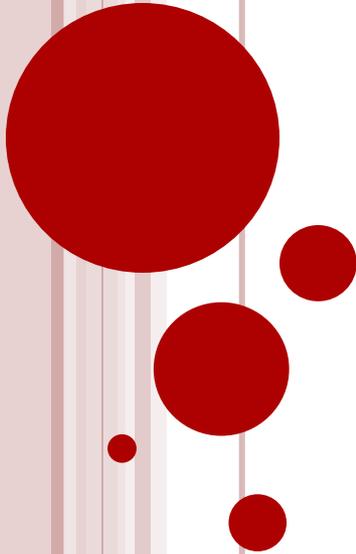
PEANUT BUTTER COOKIES (FLOURLESS, NON-DAIRY)

Ingredients

One cup of peanut butter
One cup of sugar
One egg
 $\frac{1}{4}$ 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

1tsp Ground Cinnamon

200g Oats

1tsp Baking Powder

80g Sultanas/raisins

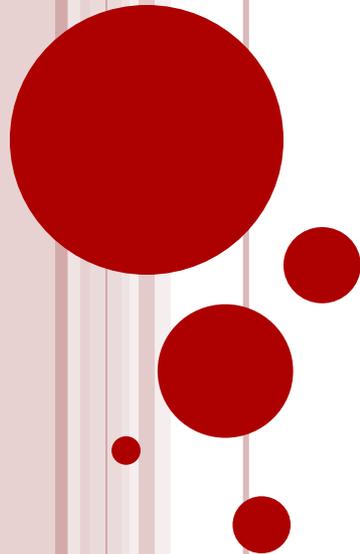
2tbsp Maple Syrup

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

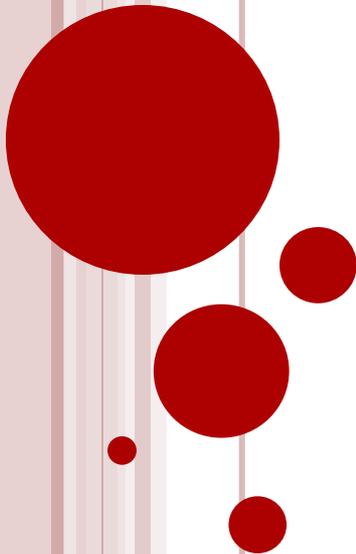
Preheat the oven to 180°C (fan 160°C/350°F/Gas 4). Grease two deep 20cm (8in) round sandwich tins and line the bases of the cake tins with baking parchment.

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.

