



Recipes



Toffee Apple Pots



You could either make one large dessert pot or flan but it would look very pretty in individual glasses.

INGREDIENTS (serves 4-5)

10g reduced fat spread

8 Lotus Biscoff Biscuits

110g light cream cheese

175g light Greek-style yogurt

1 tbsp maple syrup

4 tbsp salted caramel sauce

3 desert apples

1tsp granulated sweetener

1 tbsp water

4 tsp salted caramel sauce

STEP 1 Peel, core and chop apples into 1cm cubes, pop into a small saucepan together with the water and granulated sweetener. Cook on a low heat for 10 mins until the apple has softened. Leave to cool.

STEP 2 Melt the spread gently, meanwhile crush the biscuits into fine crumbs. Add to the melted spread and mix well. Divide the mixture into four or five small glasses, or one bowl or small flan tin and press down the crumb mixture firmly and transfer to the fridge to firm.

STEP 3 Mix the light cream cheese, yogurt, syrup and 4tbsp caramel sauce and mix until smooth and combined. Chill until needed.

STEP 4 To assemble divide the creamy mixture between the glasses on top of the biscuit base. Divide the apple between them too and top with the remaining caramel sauce.

*Recommended by the
Emergency Department*



Carrot Cake Cupcakes



*Recommended by
Edward Philips, chairman*

INGREDIENTS (makes 12 muffins)

3 eggs

120g greek yogurt (I used zero fat but other unsweetened varieties are fine too)

170g maple syrup

60ml milk

1 tsp vanilla extract

2 carrots grated

195g wholemeal flour

2 tsp baking powder

2 tsp ground cinnamon

Frosting

225g light cream cheese

80g maple syrup

1 tsp vanilla extract

STEP 1 Line 12 hole muffin pan with muffin liners. Preheat oven to 175 degree, gas 4

STEP 2 In a large bowl whisk the eggs until fluffy. Add the greek yogurt, milk, maple syrup and vanilla and whisk again until the mixture is smooth, taking care not to over whisk all the air out.

STEP 3 In a bowl mix the carrots, flour, baking powder and cinnamon. Add this to this to the wet ingredients and carefully fold together with a rubber spatula or large metal spoon. Try to keep as much air in the mixture as you can.

STEP 4 Divide the batter between the muffin cases and bake for approx. 20-25 minutes until the

muffins have risen and are quite firm to the touch. Leave to cool for a while in the tin (this helps to keep the cases from coming away from the muffins). When they are still a little warm remove the muffins and cool completely on a wire rack,

STEP 5 For the frosting beat the cream cheese until smooth, add the maple syrup and vanilla and mix well. When the cupcakes are completely cook and just before you want to serve them spread or pipe the mixture on top of the cakes.

STEP 6 If you have any leftovers they will need to be kept refrigerated.

'Cheats' No Bake Helipad Cupcakes



INGREDIENTS (serves 4-5)

12 shop bought vanilla cupcakes

Ready made vanilla frosting

*Ready coloured fondant icing in
black, grey and yellow*



*Recommended by the
Fundraising Team*

STEP 1 Start 24 hours before serving. You will need a round cookie cutter the same diameter as the top of the cupcake, a slightly smaller one, a ruler and sharp knife. It might also be helpful to have a plain nozzle and piping bag.

STEP 2 Line two baking sheets with greaseproof paper or baking parchment. Using the black fondant roll it out (to the thickness of a £1 coin) on top of some lightly dusted icing sugar to prevent sticking. Cut out 12 circles using the larger cutter. Don't roll out the fondant too thickly or it won't dry out and hold its shape. Carefully transfer onto the baking sheet.

STEP 3 Cut out 12 smaller grey circles, to the same thickness. Transfer to the baking sheet.

STEP 4 Using the yellow fondant roll out to the same thickness and carefully cut out 12 'H' shapes, you can use a alphabet cutter if you have one. Or cut out 0.5cm long strips and cut to lengths to make the 'H' shape.

STEP 5 Leave the fondant to dry out somewhere cool and dry for 12-24 hours. Don't cover the fondant as it won't dry out.

STEP 6 When you are ready to assemble the cakes, pipe or spread some of the ready made frosting on top of the cupcakes. Put a little dab of icing on the centre of the black circle. Put the grey circle on top. Put two or three little daps of icing to stick the yellow 'H' on top. Place the finished helipads on top of the cupcakes. When you're done, breath a sigh of relief and have a cuppa because you deserve it!

Savoury Spinach Muffins

INGREDIENTS (serves 6-8)

Large handful of spinach (frozen is fine; three-four blocks if using frozen)

360ml yoghurt

1 egg

2 handfuls of grated cheese

200g self-raising flour

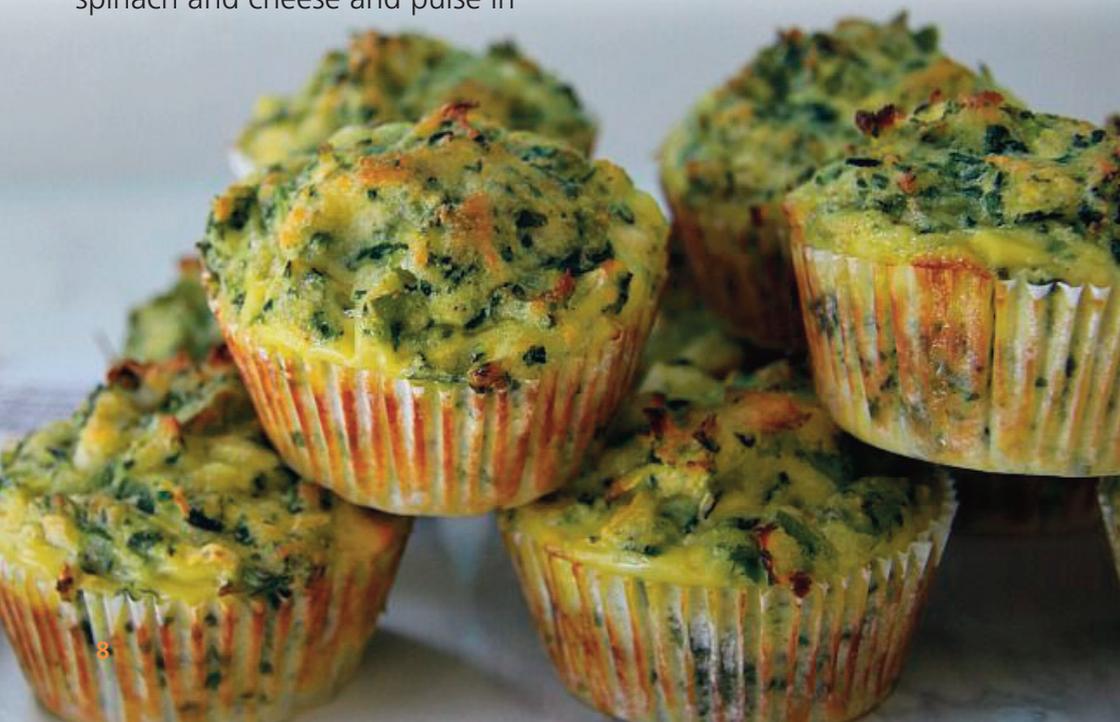
glug of olive oil

STEP 1 Preheat the oven to 200C/180fan/gas 4. Steam spinach if not using frozen.

STEP 2 In a food processor blitz the yoghurt, oil and egg. Add the spinach and cheese and pulse in

short bursts. Add the flour and pulse again.

STEP 3 Spoon the mixture into muffin cases. Bake for 15-20 minutes or until golden brown.



Sugar-free Banana Bread



INGREDIENTS (makes one loaf - 9 x 5 x 2in loaf tin)

8oz self raising flour

pinch salt

4oz butter

(8oz sultanas - if desired)

1-2 tsp cinnamon, depending on taste

2 eggs

1lb peeled ripe bananas

STEP 1 Sift the flour and salt into a large mixing bowl. Rub in the butter until the mixture is crumbly and the fat evenly distributed. Add the sultanas, if desired, and cinnamon likewise.

STEP 2 In a separate bowl peel and mash the bananas. Crack the eggs into a hollow in the flour mixture and add the mashed bananas on top. Beat all the

ingredients thoroughly - no extra liquid will be required.

STEP 3 Pour into a greased and lined loaf tin and bake at 180C for around an hour, or spoon the mixture into the muffin cases (nearly to the top of the paper) and bake for 20-30 minutes or until golden brown. This bread keeps well and will freeze.

One-Pan Chocolate Orange Cake



INGREDIENTS (makes 12 muffins)

125g butter

*100g good quality dark
chocolate, broken into pieces*

*300g good, thin-cut
marmalade*

100g caster sugar

2 large eggs

150g self-raising flour

STEP 1 Put the butter and chocolate together in a pan and put over a low heat to melt.

STEP 2 As the chocolate begins to soften remove from the heat and stir until well mixed. Add the marmalade, sugar and eggs and stir well again.

STEP 3 Then beat in the flour bit by bit. Pour into a 20cm springform tin (buttered and floured) and bake for about 50 minutes.

STEP 4 This cake does not need icing but a sprinkling of icing sugar often improves its presentation!

