



Carrot and Raisin Muffins

These are deliciously moist and are best kept for a day before eating.

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| 1 cup wholewheat flour | 3 eggs |
| 1 cup plain $\frac{3}{4}$ cup sugar | $\frac{1}{3}$ cup veg oil |
| 2 tsp baking powder | 2 tsp vanilla extract |
| 2 tsp cimmamon | 1 tsp salt |
| $\frac{1}{2}$ tsp bicarbonate of soda | |
| $\frac{1}{2}$ cup buttermilk or $\frac{1}{2}$ cup milk mixed with $\frac{1}{2}$ tsp vinegar and left for 5mins | |
| 2 cups grated carrots | |
| $\frac{1}{2}$ cup raisins | |
| 1 apple peeled and grated | |

Gas 4 or 180 °C

1. Put 12 muffin cases into a muffin tin. Spray with oil if you wish.
2. In a bowl stir together the flours, sugar, baking powder, bicarbonate of soda, salt and cinnamon.
3. In a large bowl stir together the beaten eggs; buttermilk, oil and vanilla.
4. Add the carrots, apples and raisins to the egg mixture
5. Add the flour mixture and mix thoroughly.
6. Spoon the mixture into the muffin cases.
7. Bake for approx 30min

Baked Lentil and Tomato Savoury

Can be made in advance and then baked when required

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| 1 tin chopped tomatoes (use only half of the liquid) | |
| 4ozs red lentils (washed) | $\frac{1}{2}$ pt milk |
| 6ozs grated cheddar cheese | 1 egg |
| 1 onion chopped | Seasoning |

Gas 6 or 175 °C

1. Put half the lentils in a greased oven proof dish, cover with half the onion, half the tomatoes and half the cheese. Season.
2. Repeat the process finishing with cheese.
3. Beat together the milk and egg.
4. Pour the milk and eggs over the lentil mixture.
5. Baked covered for 45min and then uncovered for 20-30 min.



Butter Bean Bake

2 tins cooked butter beans
2 med onions chopped.
1 green pepper chopped
1 tin chopped tomatoes

1 heaped tablespoon of tomato puree.
1 heaped tablespoon of brown sugar
1 tsp oregano

Topping

Mix together-

4 ozs low fat grated cheddar cheese
200g tube cottage cheese
1 beaten egg

Bake Gas 4 or 170°C

1. Fry the pepper and onions for 3mins then add the tomatoes, puree, oregano and seasoning.
2. Stir in the beans and sugar and put into a 2pt oven proof dish.
3. Spread the topping over the top.
4. Bake 40mins

Flapjacks

6ozs marg
4ozs demerara sugar
2 tablespoons golden syrup
8ozs porridge oats.

Gas 5 or 180 °C

1. Melt marg, sugar and syrup.
2. Stir in the oats.
3. Spread the mixture evenly into a Swiss roll tin or 2x 7" sandwich tins. Press down well. (Wet hands are good for this)
4. Bake 15-20mins.
5. Cut in the tin when hot. Remove from the tin when cold.



Quick Cookies

The dough can be wrapped in cling film and frozen in a log shape to be baked when required.

225g flour (white or whole-wheat)

5mls baking powder

100g butter or margarine.

175g sugar.

1 egg

Flavourings-

Chocolate chip add 50g chips with the sugar.

Cherry add 50g chopped cherries with the sugar

Fruity add 50g dries fruit with the cookies.

Cimmanon add 1 rounded tsp cinnamon with the flour

Gas 5 or 180 °C

1. Sieve the flour and baking powder together.
2. Rub in the butter until the mixture looks like fine breadcrumbs.
3. Stir in the sugar and any flavouring.
4. Add the beaten egg and mix to a smooth dough.
5. Shape the dough into a log roll 5cms in diameter.
6. Chill or freeze until required.
7. Cut into 10mm slices.
8. Flatten slightly.
9. Bake for 10min or until turning golden brown.
10. Cool on the tray for 2mins and then move onto a cooling rack.

Banana and Sultana Bread

This is fantastic if made with over ripe blacked skinned bananas!

2 large or 3 medium bananas

60mls (4 tblsp) thick honey

Juice ½ lemon

125g (4ozs) soft margarine

225g (8ozs) Self-raising flour

5mls (1 level tsp) baking powder

125g (4ozs) Sugar

2 eggs

50g (2ozs) sultanas

Gas 4 or 180 °C

1 lined and greased loaf tin.

1. Peel the bananas and break into pieces into a large bowl with the lemon juice and honey.
2. Mash with a potato masher until very soft.
3. Add the margarine and mash again. The mixture will look lumpy at this stage.
4. Add all the remaining ingredients and beat thoroughly.
5. Put the mixture in to the prepared tin.
6. Bake in the centre of the oven for 1-1¼ hours or until a metal skewer when pushed into the centre of the cake comes out clean.