

Gingerbread

Ingredients

250g flour
2 tsp. ground ginger
½ tsp bread soda
100g butter
100g brown sugar
2 tblsp treacle
1 egg, beaten
160ml milk

Method

1. Preheat the oven to 180°C / 350°F / Gas Mark 4.

2. Grease a medium loaf tin & line with parchment/greaseproof paper.



3. Sieve flour, bread soda & ginger into a bowl.

4. Melt the butter, sugar & treacle over a low-medium heat. Cool slightly.



(Warm only...Do not Boil)

5. Whisk egg & milk together & add into the dry ingredients along with the treacle mixture and mix well to give a soft consistency.



6. Pour into the greased tin, using a spatula to clean out the bowl.

7. Bake for 30-40 minutes in a preheated oven.

8. Leave in the tin for 5-10 mins before removing to a wire rack to cool.

9. If desired, mix 2 dessertspoons of icing sugar with just enough water to form a paste & drizzle over the cooled gingerbread. Allow to set before slicing.



Tomato and Basil Bruschetta

Serves: 4

- 4 ripe tomatoes, diced
- ½ cup basil, chopped (or dried basil)
- 1 Tbsp. olive oil
- 1 Tbsp. balsamic vinegar
- 1 clove garlic, crushed
- ½ red onion
- 1 tsp salt and pepper
- 1 whole wheat baguette

**A Perfect Summer-Time
snack!**

Other toppings:

- Diced pepper
- Goats cheese
- Caramelised onion

Method:

1. Dice tomatoes, crush the garlic and finely dice the onion. Place in a bowl.
2. Mix in chopped basil, garlic, salt, pepper, olive oil and balsamic vinegar and set aside.
3. Slice the baguette diagonally into 8 thick slices and lightly toast them under the grill until they are light brown on both sides.
4. Serve the mixture on the warm slices of bread.
5. You can also top with some mozzarella cheese and melt it under the grill.



Guacamole

Ingredients

2 **ripe** avocados
1 clove garlic, crushed
Juice of 1 lime
½ tsp. ground cumin
¼ tsp. salt
Pinch of black pepper

Optional extra's

¼ medium red onion, diced
1 tomato, diced
pinch chilli powder



Did you know...
Avocados are packed full of good fat & Vitamin E, which help keep the heart healthy.



Method

1. Halve the avocados & remove the stones. Spoon out the avocado flesh and place it into the bowl.
2. Cut the lime in half & squeeze the juice into the bowl with the avocado.
3. Add the garlic, cumin, salt & pepper. Add optional extras, if using.
4. Mix all the ingredients together with a fork, mash out large chunks.
5. Serve as a dip/snack or as part of lunch/tea.

Great served with sticks of raw vegetables/tortilla chips/pitta bread. It's also an ideal accompaniment to Quesadillas.



Upside-Down Apple Cake

Sponge

- 300g caster sugar
- 3 eggs
- 350g self-raising flour
- 150ml milk
- 200g butter (melted)
- 1 tsp. vanilla essence

Caramelised Apples

- 3 tbsp. light brown sugar
- 25g butter
- 350g apples (2 large apples)

Method:

1. Preheat oven to 160°C
2. Line a deep tin with parchment paper
3. In a large bowl, whisk the eggs and sugar together, until pale.
4. Sieve in the flour slowly, and mix well.
5. Melt the butter in the microwave and add to the milk and vanilla essence.
6. Slowly add in this liquid mix, and whisk well.
7. Make the caramel, by melting 25g butter in a small saucepan with 3 tbsp. of light brown sugar. This can set quickly, so once it is a runny texture, pour on to the base of the baking tin.
8. Peel and slice the apples, and place on top of the caramel base.
9. Pour the sponge mixture on top, and bake for 1 hour.
10. Leave to cool, then turn the cake upside down and remove the parchment paper.

