

Simple but Scrummy Cake Recipes

CHOCOLATE BALLS

Ingredients:

400g of digestive biscuits
100g of butter
10 dessert spoons of sugar
10 dessert spoons of cocoa powder
100ml milk (1/2 cup)
2 teaspoons of vanilla essence
Desiccated coconut for decoration
Mini paper cases



Instructions:

1. Put biscuits in a plastic bag and crush into small pieces; place into a bowl
2. Melt the butter in a frying pan and add the sugar
3. Pour the butter and sugar on the crushed biscuits; add the cocoa powder, milk and vanilla essence. Stir well until you get a thick dough
4. Moisten your hands with water and roll the dough into little balls
5. Put the desiccated coconut on a flat plate and roll each ball into the coconut until covered
6. Put each ball in a paper case and refrigerate for 30 minutes

CHOCOLATE TIFFIN

Ingredients:

225g/8oz of digestive biscuits (made into fine crumbs)
110g/4oz of margarine or butter
1 rounded dessert spoon of sugar
3 rounded dessert spoons of drinking chocolate/cocoa
1 tablespoon of golden syrup
85g/3 oz of sultanas
110-175g/4-6oz of good quality chocolate



Hemiplegia Awareness Week
Monday 14th – Friday 18th October 2013



Instructions:

1. Melt the fat and the syrup, add all the dry ingredients except the biscuits
2. Add the biscuits gradually, stir well
3. Grease a Swiss Roll tin or similar, preferably a deep tin
4. Cover the tin with mixture and press down well
5. Cover with melted chocolate
6. Refrigerate for a short while and cut into pieces

FLAPJACK

Ingredients:

175g/6oz of margarine
1½ tablespoons of golden syrup
175g/6oz of granulated sugar
75g/3oz of oats
75g/3oz of self raising flour
115g/4½oz of cornflakes



Instructions:

1. Melt the margarine and syrup gently in a pan
2. Mix the dry ingredients together in a bowl
3. Pour the syrup mixture over the dry ingredients and mix well
4. Place in a greased tin and bake for 30 minutes at 180C/350F/Gas Mark4
5. Cut into slices whilst still warm

Tip: You can add anything you like to your basic flapjack mix from glace cherries to chocolate chips!

SIMPLE FAIRY CAKES

Ingredients:

Sponge:

4 free-range eggs
225g/8oz of sugar
225g/8oz of self-raising flour
225g/8oz of butter, melted

Icing:

170g/6oz of icing sugar
110g/4oz of butter
55g/2oz of cocoa powder, sifted



Instructions:

1. Preheat the oven to 180C/350F/Gas 4 and prepare two 12-hole tins with fairy cake cases
2. Beat together the eggs and sugar until light and fluffy
3. Gradually add the flour and butter, folding the mixture together gently
4. Pour the mixture carefully into the fairy cake cases
5. Bake the cakes for 10-15 minutes, until golden on top and a skewer or sharp point carefully inserted into one of the cakes, comes out clean. Allow to cool for ten minutes on a wire rack before removing from the tin
6. To make the icing, beat together the icing sugar, butter and cocoa powder
7. Once the cakes are cool, ice them generously
8. Decorate the cakes with chocolate buttons or sweets of your choice – the more eye-catching they are the better!!

Some cake decoration ideas:

- **Strawberries and Cream Theme** – why not make some vanilla butter icing, cut a strawberry in half and pop on top. Perfect for a Tea Party in the sunshine!
- **Hundreds and Thousands** – Use sprinkles to add a little colour to your cupcakes!
- Why not decorate your cakes in the HemiHelp colours of Blue and White – add a small drop of Blue food colouring to your icing to make a pale blue colour.
- **Sweets** make the perfect topping for cupcakes as they are bright, eye-catching and appeal to both children and grown ups!
- **For a surprising treat** in your cupcakes why not make a small hole and pour in some jam (warm the jam to make it runny and easier to pour in) or chocolate spread.