

# Ideas and recipes to help make Cake Friday our healthiest yet

We all love a sweet treat every now and then, which is part of the reason why the PTA's Cake Fridays are so popular. However, adding too much sugar and fat to the end of a school week isn't always the best way to a peaceful weekend! With this in mind, and following parent feedback, we have put together a few suggestions for ways to tweak our home-made treats so that they can be just as nice but a little less naughty. If you'd like to add your suggestions, please visit our Facebook page (Brampton PTA, private group).

## **General hints and tips:**

- a. Cut down on refined sugar by using natural sugars from ripe fruit, honey, agave or maple syrup in your baking;
- b. Olive, coconut and vegetable oils are lower in saturated fats than butter or margarine and can make gorgeously moist cakes and bakes;
- c. Vegetables such as carrot, beetroot, squash and courgette can easily add vitamins and fibre to your baked treats. You'll find a tried-and-tested recipe for beetroot brownies below, but a quick search online will bring you plenty of inspiration.

## **Chocolate Beetroot Brownies (gluten free)**

Ingredients:

- 250g dark chocolate, chopped
- 200g unsalted butter, cut into cubes
- 250g cooked beetroot
- 3 eggs
- 200g caster sugar
- 50g cocoa powder
- 50g rice flour
- 1 teaspoon baking powder
- 100g ground almonds

Instructions:

1. Melt the butter and chocolate together in a bowl set over a pan of simmering water.
2. Grate or blend the beetroot in a food processor then add the eggs and sugar and mix until well combined.
3. Sift the cocoa powder, rice flour and baking powder into a bowl and stir in the almonds. Add the beetroot mixture to the buttery chocolate and then fold in the dry ingredients.
4. Pour into a lined tin (approximately 28 x 18cm) and bake at 180 C for 30-35 minutes until just firm to the touch.

\*From *Riverford Farm Cookbook* by Guy Watson & Jane Baxter (Fourth Estate, 2008).

## **Nut-free Granola bars:**

Ingredients:

- 2 cups oats, dry
- 2/3 cup coconut sugar
- 1 teaspoon vanilla extract
- 1/2 cup honey

- 1 cup flour, whole wheat
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 2 tablespoon coconut oil
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- Melted chocolate (optional)

Instructions:

1. Mix all ingredients and press into greased pan, 9x13 inches. Dough will be VERY dry and crumbly. It's OK, it will still turn out.
2. Bake at 160 C for 20 minutes or until edges are browned. Take out and let cool entirely.
3. Cut into strips and drizzle with melted chocolate (optional).

\*From *Super Healthy Kids* (<https://www.superhealthykids.com/recipes/delicious-and-chewy-homemade-granola-bars-for-nut-free-kids/>)

**Vegan Rocky Road:**

Ingredients:

- 75g dried apricots, chopped
- 150g rich tea biscuits, broken
- 75g coconut oil
- 200g dark chocolate
- 2 ½ tablespoons golden syrup
- 125g sultanas

Instructions:

1. Line a 20cm square loose-bottomed tin with baking parchment;
2. Break the chocolate into a bowl with the coconut oil and syrup and either set over a pan of simmering water or microwave for 30-second bursts until everything is melted;
3. Mix the biscuits, apricots and sultanas into the chocolate mixture and make sure everything is well-coated;
4. Tip the whole bowlful into the prepared tin and press it out to meet the edges. Chill for 1-2 hours until set;
5. Cut into equally-sized pieces.

\*Adapted from *Veggie Lean in 15* by Joe Wicks (Bluebird Books, 2018)