

#BakeforSands
sands.org.uk/bakeforsands



BAKE **FOR** SANDS

Recipes for Spring



Saving babies' lives.
Supporting bereaved families.



BAKE FOR SANDS

Contents Page



03

Egg-celent Easter Cup Cakes

04

Hey There, Hop
Stuff Classic Carrot Cake

05

Piece of Cake Rice Crispy Nests

06

It's No Yolk Vegan
Shortbread Biscuits

07

Life Is What You Bake It! Simple
Scones and the Perfect British Tea

08

Grace's Rolo Cookies

09

Flour Power Irish Soda Bread

Egg-celent Easter Cup Cakes

It's all about the design with this simple cup cake recipe. This recipe will make 12 cup cakes for you to creatively design how you wish!

What you will need

Cakes:

100g Soft Butter
100g Caster Sugar
2 Medium Eggs
100g Self-raising Flour
2.5ml (around ½ tsp) Vanilla Extract

Buttercream Icing and Decoration:

130g Soft Butter
260g Icing Sugar
1–2 tbsp Milk or Water
1ml (around ¼ tsp) Vanilla Extract

Optional:

food colouring, sweets, chocolates etc. anything you need to create your easter designs!

Directions

1. Pre-heat your oven to 180°C/160°C fan and line two tins with cupcake cases.
2. Mix together your sugar and butter, once creamed together add in your eggs, vanilla extract and flour.
3. Once combined, spoon the mixture evenly between your cake cases and bake for around 14-16 minutes.
4. Leave cakes to cool before decorating.
5. For the buttercream mix together your soft butter, icing sugar and vanilla extract. Then slowly add your milk or water a little bit at a time until you get a creamy consistency. Remember - if you are going to add food colouring to your buttercream you may not need to add as much milk/water.
6. Get creative! From here it's really up to you, what you would like to do and how you would like to decorate for your Easter theme.

Here are some of our ideas:

- Cut a marshmallow diagonally in half to make the perfect rabbit ears! You could also do this to make flower petals.
- Use mini marshmallows to create a woolly looking little lamb.
- Use yellow food colouring to turn your cakes in to easter chicks!
- Chocolate drops and buttons can make great eyes for your animal creations.
- Colourful sweets are great for adding some brightness to your bakes, you could create many beautiful flowers or rainbows using these!

Top tips

You could create different flavoured buttercream by adding a little orange or lemon juice and zest and reducing the milk/water added.





Hey There, Hop Stuff Classic Carrot Cake

Your customers will be jumping for joy with this classic carrot cake recipe.

What you will need

220g Self Raising Flour
150g Muscovado Sugar
100g Walnuts or Pecans
100g Carrots (Trimmed & Grated)
2 Large Eggs
150ml Sunflower Oil
50g Soft Butter
50g Cream Cheese (Full Fat is best!)
150g Icing Sugar
2.5ml (around 1/2 tsp) Vanilla Extract

Directions

1. Preheat the oven to 180°C/ 160°C Fan. Line a 20cm deep cake tin with non-stick baking paper.
2. Sift together the self-raising flour and baking powder in a large bowl and stir in the muscovado sugar. Chop and add 50g of the nuts and all the grated carrots. Mix and combine.
3. Make a well in the centre of your mixture, crack in the eggs, add the oil and beat.
4. Add the mix to the tin and place in the preheated oven for around 70-80 minutes. To check the cake is cooked, pop a skewer into the centre, once removed it should come out clean, this means the cake is cooked!
5. Leave the cake to cool before decorating.
6. Place your soft butter, cream cheese, icing sugar and vanilla extract in to a bowl and mix well together.
7. Spread your icing mixture over the cake, use your left over 50g of nuts to decorate how you like, either chopped or whole.

Top tips

If you prefer smaller bakes you can use the recipe above to make around 12 cupcakes and simply reduce the baking time to around 30 minutes.





Piece of Cake Rice Crispy Nests

Baking without baking!
Little ingredients and little
time needed for these cakes,
perfect to make with the
help of little hands.

What you will need

200g Milk Chocolate
80g-100g Cereal of your Choice, we
recommend Rice Crispies, Cornflakes
or Shredded Wheat!
1-2 Share bags of Chocolate eggs

Directions

1. Break your chocolate into small pieces and melt in a bowl placed over a pan of water simmering on a low heat.
2. Add your melted chocolate to your cereal of choice and mix until well coated.
3. Spoon your mixture in to 12 cake cases, making sure to create a little well in the centre of each cake using the back of the tea spoon, giving the shape of the nest.
4. Add your chocolate eggs to the nest and leave your cakes to set in the fridge for 1.5-2hours.

Top tips

switch your milk chocolate to white
chocolate for something a little sweeter!



It's No Yolk Vegan Shortbread Biscuits

These versatile biscuits are easy to make and easy to personalise however you wish! Why not get creative with different shapes and toppings! This recipe will make around 20 cookies depending on the size and shapes you go with.

What you will need

200g Dairy-free Butter
1 tsp Vanilla Extract
100g Sugar (a powdered sugar will give you a slightly smoother texture but any will do!)
300g Plain Flour

Directions

1. Mixed together your sugar, soften butter and vanilla extract, once combined sift in your flour.
2. Leave your dough to chill for around an hour in the fridge.
3. Once cooled pre heat your oven 160°C / 140°C Fan and line a baking tray with non-stick baking paper.
4. Roll out your dough till you have ½-1cm thickness then cut in to whatever shapes you desire, from circles to stars to dinosaurs! The options are endless.
5. Sprinkle the tops of your biscuits with a little extra sugar and pop on to your baking tray.
6. Bake your biscuits for 12-16 minutes, timing will vary depending on your thickness and shape. As soon as the bottoms and edges of your biscuits are turning golden brown, they should be ready.
7. Leave to cool and feel free to decorate or enjoy them as they are!

Top tips

If not baking for vegans you could also swap the vegan butter out for a standard butter.



Life Is What You Bake It! Simple Scones and the Perfect British Tea

Sure to go down well on a cake stall or at an afternoon tea party, this recipe is your guide to a simple scone ready to pimp up with your own choice of filling. We have also included a guide to the perfect British tea as nothing goes better with scones than a cuppa!

What you will need

220g Self-raising flour
½ tsp Salt
50g Butter (plus a little extra for greasing your tray!)
25g Caster Sugar
150ml Full Fat or Semi-Skimmed Milk
1 Small or Medium Egg

Directions

1. Pre-heat the oven to 220°C/200°C Fan and using a little butter grease your baking tray or you could always use grease proof baking paper if you prefer.
2. Mix together your flour, salt, butter, sugar and slowly add the milk until your left with a mouldable dough.
3. Softly knead your dough on a floured surface. Roll your dough to around 2cm in thickness and cut out your scones (we recommend a cutter around 5cm). Place on your baking tray.
4. Beat your egg in a small bowl. Use the egg to glaze the scones by lightly brushing the tops of each scone.
5. Bake for 14-16 minutes, or until the scones have risen and are golden in colour.
6. Leave to cool before slicing and adding your filling!

Top tips

Accompany with the Perfect tea!

Directions

1. Boil your water and add it to your tea bag or tea leaves. Water has to be at boiling point when making contact with the tea to make sure it brews properly!
2. Leave your tea to brew for a minimum of 2 minutes, longer if you want it stronger or if you're making a pot.
3. Finally add a dash of semi skimmed or skimmed milk and sugar to taste.



Grace's Rolo Cookies

Grace, a Bake for Sands baker, sent in her wonderful recipe after raising an amazing £357 by hosting a bake sale at work.

What you will need

300g Plain Flour
 1/2 tsp Bicarbonate of Soda
 115g Unsalted Butter
 100g Light Brown Sugar
 100g Granulated Sugar
 1 Large Egg
 1/2 tsp Vanilla
 250g Milk Chocolate Chips
 200g Rolo's

Directions

1. Preheat oven to 160 fan of 180 and line two trays with parchment paper.
2. Mix your flour, bicarb, egg and vanilla together in a bowl.
3. In a separate bowl, melt the butter and then add both sugars to butter, whisk together for around 2 minutes
4. Combine both bowls and add your chocolate chips and rolo's
5. Roll your dough into ball shapes and place on your tray, leaving a good gap between them all so they don't join together when cooking in oven
6. Bake your cookies for around 10-12 minutes, take them out when they are still a little soft and leave to cool.

Top tips



A huge thank you to Grace and her colleagues for raising money for Sands. If you too have a recipe you would like to share you can email fundraising@sands.org.uk





Flour Power Irish Soda Bread

The 17th May 2023 is World Baking Day, the perfect day for your Bake for Sands fundraiser! Why not fully embrace the nature of the day and attempt a bread? You could serve it with soup and give your event a tasty savoury option.

What you will need

260g Plain Flour
260g Wholemeal Flour
1 tsp Bicarbonate of Soda
1 tsp Salt
30g Soft Butter
1 tbsp Caster Sugar
300ml Buttermilk

Directions

1. Preheat your oven to 200°C/Fan 180°C. Add grease proof paper to your tray and then dust with a little extra plain flour.
2. Sift both flours into a large bowl and mix in the bicarbonate of soda and salt. Add the butter in small chunks and stir in the sugar.
3. Slowly add the buttermilk, a little bit at a time, while stirring until a dough forms.
4. Softly knead your dough on a floured surface for around 60 seconds, then form your loaf, traditionally the shape should be circular, about 5 cm thick and 15 cm wide.
5. Place on your flour dusted tray and cover with a little extra flour. Using a knife make a 'x' shape on top of your loaf.
6. Bake in the oven for 35-38 mins until the loaf has risen and is browned in colour.
7. Leave to cool before serving.

Top tips

If you don't have wholemeal flour you can substitute it for plain flour, this will just result in a lighter version of the soda bread.



Good luck with your spring baking!



Make sure to tag us online in your photos and use the hashtag #BakeForSands. You can also join our facebook group 'Bake for Sands' where you can connect with other fundraisers, share recipes and seek further inspiration.



If you would like your recipe to feature in our future resources, please do send them to fundraising@sands.org.uk along with your pictures and contact details.

Ready, set, BAKE!



**Saving babies' lives.
Supporting bereaved families.**



Sands (Stillbirth and Neonatal Death Society). Charity Registered in Scotland SC042789, England and Wales 299679. We also operate in Northern Ireland. Company Limited by Guarantee Number: 2212082. Registered Address: CAN Mezzanine, 49-51 East Road, London, N16AH.