

Bake for
Sands

sands 

Spring and Summer Recipes



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Thank you for signing
up to Bake for Sands!

our Spring and Summer Recipes have all your baking inspiration covered, whether you're baking for Easter, summer parties, or to simply keep the kids busy during the holidays, we have collated a selection of recipes for you to try - It's the Yeast we could do!





Hey There, Hop Stuff Classic Carrot Cake

You'll have everyone jumping for joy with this classic carrot cake recipe.

What you'll 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.



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'll 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 or 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
- 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. Here we included the image of Grace and her colleagues bake sale





Baking in your Pride Rainbow Cupcakes

These Joyful, colourful cupcakes are sure to go down a treat at any occasion. This recipe will make 9 delicious cupcakes.

What you'll need

Cakes:

- 190g caster sugar
- 190g soft butter
- 190g self-raising flour
- 1 tsp vanilla extract
- 3 tsp milk
- 3 eggs
- Food colouring – colours of your choosing

Buttercream Icing and Decoration:

- 130g Soft Butter
- 260g Icing Sugar
- 1-2 tbsp Milk or Water
- 1ml (around ¼ tsp) Vanilla Extract
- Sprinkles and toppings of your choosing

Directions

1. Pre-heat your oven to 180C/160C fan and line your cake tin with 9 cake cases.
2. Mix together you sugar and butter, once creamed together add in your eggs, vanilla extract, milk and flour.
3. Once combined, split the mixture evenly between 5 or 6 bowls depending how many different colours you want to make. Add your food colouring to each bowl, be bold with your colouring.
4. Add the mixture to your cake cases one colour at a time. Try not to mix the colours to avoid them running.
5. Bake for 16-18 minutes and then leave to cool.
6. 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.
7. Pipe or spoon your icing on to you cakes and decorate with sprinkles.



Top tips

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



Festival Inspired Gingerbread Tents

With all the music festivals happening over summer, bring some festival inspiration to your baking with these gingerbread biscuit tents.

What you'll need

- 225g plain flour
- 100g salted butter
- 3 tbsp golden syrup
- 100g muscovado sugar
- ½ tsp bicarbonate of soda
- 1 tbsp ground ginger
- 1 tsp ground cinnamon
- 50g icing sugar

Directions

1. In a small pan melt together the butter, sugar, and syrup. Once melted and combined set aside to cool.
2. In a large bowl mix together the flour, ginger, cinnamon, and bicarb. Add in your melted mixture and stir. Using your hands form a soft dough, adding 1 tsp or 2 of milk if needed.
3. Put the dough on a sheet of baking paper and pop another sheet on top. Roll the dough out to a thickness of ½cm, then chill in the fridge for 1 hr.
4. Heat the oven to 190C/170C fan.
5. Remove the dough from the fridge and cut out triangle or rectangle shapes depending on the types of tents you wish to make. 3 triangles will form a tee-pe style while 2 rectangles will make a more traditional tent.
6. Bake your shapes for around 10-12 longer, you may need to adjust this time depending on the size of your shapes.
7. Once the biscuits are cooled mix your icing sugar with a small amount of water and sue to build your tents. You want your icing to be thick in consistency, too thin and your tents will not hold.

Top tips

Make sure to listen to you favourite tunes while baking! There is no festival without music!



Wimbledon Winning Eton Mess

This quick, throw together recipe will make you a big batch of Eton mess to split into smaller portions of 8-10 depending how you wish to serve. (tennis pun not intended!)

What you'll need

- 8-10 small serving pots
- 300g of strawberries (and raspberries if you like)
- 4 Meringues
- 300ml whipping cream.
- 200ml Condensed Milk
- 1 lemon
- 4tbsp Raspberry or strawberry sauce/syrup

Directions

1. Chop the strawberries and raspberries.
2. Using your hands, break the meringues into rough bite size pieces.
3. Whip the cream, then add in the condensed milk and slowly add in the juice of your lemon. Continue to whip until soft peaks form.
4. Fill your small containers with layers your cream with the fruit, meringue and your sauce/syrup. Pop in the fridge until ready to serve!

Top tips

Add some grated chocolate to the top for those with a real sweet tooth!



Here Comes the Sun Cheesy Pastries

A simple savoury recipe for all the family. An easy bake, perfect for little hands to get involved with, you can switch and change the fillings to suit everyone's tastes!

What you'll need

- 1 roll of pre-made puff pastry.
- 1-2 tbsp dijon mustard.
- 75-100g sliced ham.
- 60-80g grated cheese.

Directions

1. Roll out your pre-made pastry (most shop brought puff pastry will roll out to a rectangular shape)
2. Spread your mustard thinly on top of the pastry
3. Add your ham slices to cover the mustard and top with grated cheese, you only need to add a small amount as it will melt when cooking.
4. Roll your pastry sheet up, giving the look of a swiss roll. Wrap in cling film and pop in the fridge for 30 minutes to an hour.
5. Once chilled, pre heat your oven to 190C/170C fan and line a tray with baking paper. Unwrap your roll and slice in to circles, these are your suns!
6. Put your sunny slices on your tray and bake for 17-20 minutes depending on the thickness.
7. Serve your little sunshine's cold or warm.

Top tips

You can make a variety of flavours using this recipe, why not switch the mustard for tomato puree and swap the ham for pepperoni for puff pastry pizzas!

Good luck with your baking!



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.

