

#BakeforSands
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BAKE FOR SANDS

Recipes for Summer



Saving babies' lives.
Supporting bereaved families.



BAKE FOR SANDS

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Sands



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 will 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 will 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. Then 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 teepee style while 2 rectangles will make a more traditional tent.
5. Bake your shapes for around 10-12 mins, you may need to adjust this time depending on the size of your shapes.
6. Once the biscuits are cooled mix your icing sugar with a small amount of water and use 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 your 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 will need

8-10 small serving pots
300g of strawberries
4 meringues
300ml whipping cream.
200ml condensed milk
1 lemon
4tbsp strawberry sauce/syrup

Directions

1. Chop the strawberries.
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 of your cream, fruit, meringue and your sauce/syrup. Pop in the fridge until ready to serve!

Top tips

Switch half you strawberries for raspberries or blueberries for an alternative flavour.



Sharing is Caring Chocolate Brownies

6th August is National Friendship day, if your getting your friends and family together with Bake for Sands we think these chocolate brownies are the perfect bakes to share.

What you will need

100g self-raising flour
275g soft butter
4 eggs
375g caster sugar
75g coco powder
100g chocolate

Directions

1. Pre-heat your oven to 180C/160C fan and line a tray-bake tin with baking paper. We recommend using a 25x25 tin but any tin roughly fitting these measurements will do.
2. In a large mixing bowl combine your flour, butter, eggs, sugar and coco powder.
3. Chop your chocolate into small pieces and add to the mix.
4. Pour you brownie mixture into your tin and bake for 42-46 minutes. Test your brownie is cooked by inserting a skewer in the center, if you can remove with no batter left on the skewer your brownie is ready!
5. Leave to cool and cut your bake in to small or large pieces, its up to you.

Top tips

Decorate your brownies with more chocolate or raspberries for an extra wow factor.





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! For this recipe we have chosen a classic ham and cheese combo.

What you will 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 really variety of flavours using this recipe, why not switch the mustard for tomato puree and swap the ham for pepperoni for puff pastry pizzas!



No Bake Marshmallow Crispy Cakes

Another simple recipe perfect for little helpers during the summer holidays. You don't even need to turn the oven on for this one!

What you will need

50g butter
170g rice crispies
250g marshmallow

Directions

1. Line a tray-bake dish with baking paper.
2. Heat a large pan and melt your butter on a low heat.
3. Keeping on a low heat add in your marshmallows, these should combine with the butter and melt into a gooey consistency.
4. Slowly add in your rice crispies, stirring them into your mix as you go. Keep the pan on a low heat while doing this.
5. Once all combined add your mixture to your tin and evenly distribute using a knife.
6. Pop in the fridge till its set, cut in to squares and enjoy!

Top tips

Serve your marshmallow squares in little cupcake cases to prevent sticky hands!



Good luck with your summer 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!



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