

Fruity cakes

Basic cupcake mix - Adapt to be lower in sugar, with fruit & vegetables in of your choice.

Ingredients

100g Self raising flour
100g butter
100g sugar
2 eggs

Method

1. Preheat oven to 180°C or gas mark 4.
2. Place the cake/muffin cases into the cake tin.
3. Mix all the ingredients together to form a smooth cake mix.
4. Stir in the fruit or vegetables.
5. Divide the mixture equally between the cake/muffin cases using 2 spoons.
6. Bake for 20 - 25 minutes, until golden.
7. Allow to cool on a cooling rack

** With This recipe you can make other fruit and vegetable based cakes, why not try these...

1. Fruit and veg cakes Add 1 tspn cinnamon, 50g dried fruit, 100g parsnip grated, 100g carrot grated. 100g pineapple.
2. Butternut squash cakes Add 100g cooked butternut squash mashed, bring this to school already cooked or you will not be able to use it, $\frac{1}{2}$ tspn nutmeg, add brown sugar instead of white.
3. Sweet potato cakes Add 100g cooked sweet potato mashed, bring this into school already cooked or you will not be able to use it, 1 tspn cinnamon
4. Chocolate & beetroot Add 75g cooked beetroot, 1 tbsp of cocoa powder, 15g chocolate chunks.