



# *Delightful Afternoon Tea Cakes*

A collection of sweet indulgences

## **Contents:**

1. Classic Vanilla Sponge Cake
2. Chocolate Brownie Cake
3. Lemon Drizzle Cake
4. Carrot Cake
5. Raspberry Almond Cake
6. Blueberry Yogurt Cake
7. Coffee Walnut Cake
8. Banana Bread
9. Orange Pound Cake
10. Marble Cake

in support of



## Introduction

HC-One is supporting Cake4Kindness CIC, a not-for-profit social enterprise that is focused on spreading kindness through the distribution of cakes, for their annual Cake4Kindness Day on 21st November.

Cake4Kindness Day is all about bringing communities together as they bake/decorate cakes and spread kindness by distributing those cakes to local charities, homeless charities and soup kitchens.

As part of the celebrations, we're encouraging our homes to bake and decorate cupcakes with residents to fundraise or donate cakes to a local charity of your choice in November, spreading kindness and growing relationships within your local communities.

### Did you know?

When you bake for others, it can be accompanied by a host of psychological benefits. Baking is a productive form of self-expression and can also be a great stress reliever. There is also a symbolic value in baking for others because food has such physical and emotional significance.

That, combined with giving, can leave you feeling happy and with a sense of purpose and inner peace, whilst helping and being kind to someone who may be in need of it.

To inspire you with recipe ideas for Cake4Kindness day, we have put together a selection of recipes for you to create with your residents.

To find out more visit [www.cake4kindness.org/](http://www.cake4kindness.org/) and remember to share your Cake4Kindness Day stories and photos.

### Happy baking

### 1. Classic Vanilla Sponge Cake:

#### Ingredients:

200g unsalted butter  
200g caster sugar  
200g all-purpose flour  
4 large eggs  
10ml vanilla extract  
10ml milk

1. Preheat the oven to 180°C.
2. Cream together butter and sugar until light and fluffy.
3. Beat in eggs one at a time, then add vanilla extract.
4. Gradually fold in the flour and add milk.
5. Pour batter into a greased and lined 8-inch cake tin.
6. Bake for 25-30 minutes or until cooked.



### 2. Chocolate Brownie Cake:

#### Ingredients:

200g dark chocolate  
150g unsalted butter  
200g caster sugar  
3 large eggs  
150g all-purpose flour  
50g cocoa powder  
5ml vanilla extract  
120ml milk

1. Preheat the oven to 180°C and grease a cake tin.
2. Melt chocolate and butter together, then let it cool.
3. Beat in sugar, eggs, and vanilla extract.
4. Sift in flour and cocoa powder, add milk, and mix.
5. Pour batter into the tin and bake for 25-30 minutes.



### 3. Lemon Drizzle Cake:

#### Ingredients:

200g unsalted butter  
200g caster sugar  
200g self-raising flour  
4 large eggs  
Zest of 2 lemons  
Juice of 1 lemon  
30ml milk

1. Preheat the oven to 180°C and grease a loaf tin.
2. Cream butter and sugar, then beat in eggs.
3. Add lemon zest, flour, and milk; mix until smooth.
4. Pour into the tin and bake for 40-45 minutes.
5. Mix lemon juice with sugar and drizzle over the cake when it's still warm.



### 4. Carrot Cake:

#### Ingredients:

200g grated carrots  
200g brown sugar  
150ml vegetable oil  
3 large eggs  
200g all-purpose flour  
5ml vanilla extract  
5g baking powder  
2g ground cinnamon  
2g ground nutmeg  
2g salt  
50g chopped walnuts (optional)

1. Preheat the oven to 180°C and grease a cake tin.
2. Mix grated carrots, sugar, oil, eggs, and vanilla extract.
3. In a separate dish, sift flour, baking powder, cinnamon, nutmeg, and salt.
4. Gradually add dry ingredients to the wet mixture.
5. Fold in walnuts if desired, then pour into the tin and bake for 30-35 minutes.



### 5. Raspberry Almond Cake:

#### Ingredients:

200g almond flour  
150g granulated sugar  
4 large eggs  
5ml almond extract  
200g fresh raspberries

1. Preheat the oven to 180°C and grease a cake tin.
2. Mix almond flour, sugar, eggs, and almond extract until smooth.
3. Gently fold in the raspberries.
4. Pour the batter into the tin and bake for 30-35 minutes.



### 6. Blueberry Yogurt Cake:

#### Ingredients:

200g all-purpose flour  
150g granulated sugar  
200ml plain yogurt  
3 large eggs  
60ml vegetable oil  
5g baking powder  
2g baking soda  
2g salt  
150g fresh blueberries

1. Preheat the oven to 180°C and grease a cake tin.
2. Whisk, flour, sugar, baking powder, baking soda, and salt.
3. In a separate bowl, mix yogurt, eggs, and vegetable oil.
4. Combine wet and dry ingredients, then fold in blueberries.
5. Pour the batter into the tin and bake for 35-40 minutes.



### 7. Coffee Walnut Cake:

#### Ingredients:

200g unsalted butter  
200g granulated sugar  
200g all-purpose flour  
4 large eggs  
10g instant coffee granules dissolved in 30ml hot water  
100g chopped walnuts

1. Preheat the oven to 180°C and grease a cake tin.
2. Cream butter and sugar until light and fluffy.
3. Beat in eggs and add coffee mixture.
4. Gradually fold in flour and add chopped walnuts.
5. Pour the batter into the tin and bake for 25-30 minutes.



### 8. Banana Bread:

#### Ingredients:

3 ripe bananas (about 300g)  
200g granulated sugar  
2 large eggs  
150g all-purpose flour  
5g baking soda  
2g salt  
60ml vegetable oil  
5ml vanilla extract

1. Preheat the oven to 180°C and grease a loaf tin.
2. Mash bananas, then mix in sugar, eggs, oil, and vanilla extract.
3. In a separate bowl, sift flour, baking soda, and salt.
4. Combine wet and dry ingredients, then pour into the tin.
5. Bake for 55-60 minutes or until cooked.



### 9. Orange Pound Cake:

#### Ingredients:

200g unsalted butter  
200g granulated sugar  
4 large eggs  
200g all-purpose flour  
Zest of 2 oranges  
Juice of 1 orange  
5ml vanilla extract

1. Preheat the oven to 180°C and grease a loaf tin.
2. Cream together butter and sugar until light and fluffy.
3. Beat in eggs one at a time, then add orange zest, juice, and vanilla extract.
4. Gradually fold in the flour.
5. Pour the batter into the tin and bake for 45-50 minutes.



### 10. Marble Cake:

#### Ingredients:

200g unsalted butter  
200g granulated sugar  
200g all-purpose flour  
4 large eggs  
10g cocoa powder  
15ml milk  
5ml vanilla extract

1. Preheat the oven to 180°C and grease a cake tin.
2. Cream together butter and sugar until light and fluffy.
3. Beat in eggs one at a time, then add vanilla extract.
4. Gradually fold in the flour.
5. Divide the batter in half. Mix cocoa powder and milk into one half.
6. Alternately spoon dollops of the two batters into the tin, then swirl with a skewer.
7. Bake for 30-35 minutes.



*Enjoy baking and sharing through kindness*



# Allergen Awareness Chart



MENU														

