



Honey and Ginger Gingerbread biscuits

From Sandy Docherty



I always love to help charities and Little Hearts Matter is no exception. As we all know children have the biggest warmest hearts of all of us and when their hearts hurt it is up to all of us adults to help in any way we can.

I thought that these heart-shaped biscuits would be good to bake given that we are getting near those dark and cold days when we need something to 'dunk'. Also, it's a great recipe to use for Halloween, just cut the biscuits out with a 'spooky' style cutter.

As with all my recipes I want you to experiment and add other ingredients such as extra ginger, cinnamon, nutmeg etc. Dip them in white chocolate then chopped nuts. Please remember to play!

Ingredients:

Cake mix

- 2lbs Honey
- 25g butter
- 50g dark brown sugar
- 225g Self-raising flour.
- 2tsp ground ginger
- 50g ground almonds
- 1 egg plus a little milk if needed.



Method:

1. Preheat the oven to 160c gas mark 4/5
2. Melt together the butter, sugar and honey until just combined do not let it boil. Once melted leave to cool slightly.
3. Mix the flour, ginger, and ground almonds in a bowl. Add the cooled melted mixture and mix well.
4. Add the egg and give it a good stir. Using your hands bring the mixture together to form a soft dough. Depending on the size of the egg, the mixture may be a little crumbly. If so, add a drop of milk.
5. Wrap the mixture and chill for a good few hours or overnight. I must say that I left my mixture in the fridge for 2 days before I rolled it out and it was fine. This is an important step as it lets the finished biscuit have a neat finish once cooked.
6. Roll the dough out on a floured surface until it's about 2mm thick or if you prefer the softer style biscuit, roll it dough out a little thicker.
7. Lay on a baking sheet and bake for about 15 minutes until just turning golden around the edges. Cool on a wire rack.

Decorations (Optional):

- Drizzle with melted chocolate. How about melting a chocolate orange?



Banana Almond Muffins

From Liz Kenny



Ingredients:

- 2 ripe medium bananas
- 1 medium/large egg
- 100g of almond flour
- 60g of oat flour - rice flour could work too
- 1/2 teaspoon baking powder
- 1-2 tablespoons whole milk
- Vanilla essence (optional)



Method:

- 1) Preheat the oven to 180°C / 160°C fan / Gas Mark 4
- 2) In a large mixing bowl, mash the bananas & add vanilla essence.
- 3) Lightly whisk in the egg to the mixture.
- 4) Add in almond and oat flour and baking powder and mix in.
- 5) The mixture should resemble a thick pancake batter. If seems too dry, add a tablespoon at a time of milk until the desired consistency is reached.
- 6) Place in the oven and bake in greased mini muffin trays for 12-14 minutes if you are making mini muffins or for 20-25 minutes if you are making regular muffins.
- 7) Remove once golden, and allow to cool for 5 minutes before taking them out.



MCT Carrot Cake

From Verity Manger



Ingredients:

Cake mix

- 175g caster sugar
- 90ml MCT oil
- 85ml water
- 4 egg whites
- 140g grated carrot
- 100g sultanas or dates
- Grate zest of one orange
- 1tsp bicarbonate of soda
- 1tsp cinnamon
- 1/2tsp nutmeg
- 175g self-rising flour

Icing

- Icing sugar
- Juice from one orange



Method:

- 1) Put all the ingredients, apart from the egg whites, into a bowl and mix together.
- 2) In a separate bowl, whisk the egg whites until they are firm and fluffy.
- 3) Gently fold the whisked egg whites into the cake mixture.
- 4) Put the cake mixture into an oven-safe tin and cook for approximately 40 minutes, at 140 degrees Celsius.