

breast
cancer uk.



BREAST CANCER UK'S

BAKE SALE

RECIPES



WHAT'S INCLUDED?



- Bake sale recipes to wow people at your next event
- Cake flags for those amazing bakes
- Bunting for your baking stall
- How you can pay in your fundraising

We have tried to make them as healthy as possible.

Feel free to swap or add ingredients to make them even healthier. You can enjoy the occasional cake as part of a healthy, balanced diet.

Need help? Email us info@breastcanceruk.org.uk.



Carrot cake, chocolate cake, lemon drizzle loaf cake and more...



Let us know if you try any of these! Tag us @BreastCancerUK.



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Chocolate Cake.

Serving: 1 cake (8=10 slices)

 **Prep Time:** 40 mins

 **Cook Time:** 25-30 mins

Ingredients

- 130g (1 cup) wholemeal flour
- 30g (4 tbsp) cocoa powder
- 5g (1 tsp) baking powder
- 100g (1/2 cup) granulated sugar
- 2 eggs
- 5 ml (1 tsp) vanilla extract
- 80 ml (1/3 cup) sunflower oil
- 80ml (1/3 cup) milk of choice
- 100g (1/2 cup) dark chocolate - chopped

Directions

- Preheat your oven to 180°C/160°C fan/gas 4. Lightly oil a cake tin (where possible, avoid using non-stick cookware) and set aside.
- In a bowl, mix the dry ingredients: flour, cocoa powder and baking soda.
- In a separate bowl, mix the sugar, eggs and vanilla extract. Add the oil and whisk for a few seconds.
- Slowly and gradually add half the dry ingredients and half the milk to the sugar and egg mix and whisk slowly. Then add the rest of the dry ingredients and milk and mix it gently until everything is combined.
- Transfer the cake batter to the cake tin and top with the chopped dark chocolate.
- Bake for 25-30 minutes or until a toothpick inserted in the centre comes out clean.
- Remove from the oven and let cool completely.



Carrot Cake.

Serving: 1 cake = 12 squares

 **Prep Time:** 40 mins

 **Cook Time:** 25-30 mins

Ingredients

- 240g (1 $\frac{3}{4}$ cups) wholemeal flour
- 5 g (1 tsp) baking powder
- 4 eggs
- 120ml (1/2 cup) extra virgin olive oil - (plus extra to grease cake tin)
- 3g (1 tsp) cinnamon
- 1.5g (1/2 tsp) mixed spice
- 75g (1/2 cup) raisins or sultanas
- 100g (1/2 cup) granulated sugar
- 4 carrots – peeled and grated
- For the cream cheese frosting:
- 165g (3/4 cups) cream cheese
- 5ml (1 tsp) vanilla extract
- Optional: 14ml (1 tbsp) honey or maple syrup

Directions

- Preheat your oven to 180°C/160°C fan/gas 4. Lightly oil a medium-sized cake tin and set aside.
- In a bowl, mix the flour, baking powder, eggs, oil, cinnamon, mixed spice, raisins or sultanas, and sugar.
- Add the grated carrots to the bowl and stir until well combined.
- Pour the cake mixture into the tin and bake for 30-35 minutes or until a toothpick comes out clean.
- Let cool. In the meantime, make the cream cheese frosting. Place the cream cheese, vanilla extract and optionally the maple syrup or honey into a bowl and mix until smooth.
- Once the carrot cake is cool enough, frost, slice, and enjoy!



Chocolate & Banana Muffins.

Serving: 10 muffins

 **Prep Time:** 30 mins

 **Cook Time:** 20 mins

Ingredients

- 3 bananas – ripe
- 100g (3/4 cup) whole wheat flour
- 2.5g (½ tsp) baking powder
- 3 eggs
- 2.5 ml (½ tsp) vanilla extract
- 50g (1/4 cup) granulated sugar
- 60g (1/3 cup) dark chocolate
- (chocolate chips or crushed chocolate)

Directions

- Preheat your oven to 180°C/160°C fan/gas 4. Lightly oil a 10-cup muffin tin and set aside.
- In a medium-sized bowl, mash the bananas with a fork.
- Add the flour, baking powder, eggs, vanilla extract and sugar, and mix until well blended.
- Fold in the chocolate until combined. Reserve a little chocolate for the topping,
- Pour the batter evenly into the prepared muffin cups, filling each well at least ¾ full. Add some chocolate to the tops of the muffins.
- Bake for 20 minutes or until a toothpick inserted in the centre comes out clean.
- Allow the muffins to cool before serving.



Lemon Drizzle Loaf Cake.

Serving: 1 cake (8=10 slices)



Prep Time: 50 mins



Cook Time: 40-45 mins

Ingredients

- 100g (1/2 cup) granulated sugar
- 4 eggs
- 2 unwaxed lemons – zested and juiced
- 120ml (1/2 cup) extra virgin olive oil (plus extra to grease tin)
- 220g (1 ½ cups) wholemeal flour
- 5 g (1 tsp) baking powder
- 2 tbsp water
- For the lemon drizzle topping (optional):
- 50g sugar
- 1 medium unwaxed lemon - juiced
- 1 tbsp water

Directions

- Preheat your oven to 180°C/160°C fan/gas 4. Lightly oil a medium-sized cake tin and set aside.
- In a bowl, whisk together the sugar and eggs until light and fluffy.
- Fold in the juice and zest of 2 lemons (reserving some zest for decoration), along with the olive oil and water.
- Fold in the wholemeal flour and baking powder. Stir until well combined.
- Pour the cake mixture into the tin and bake for 40-45 minutes or until a toothpick comes out clean. Let cool.
- Optional: While the cake starts cooling down, prepare the lemon drizzle. In a small bowl, mix the sugar, lemon juice and water together with a spoon. Prick all over the top of the warm cake with a skewer and pour the drizzle slowly over the top of the cake. The sugar will settle to the bottom, so give it a good stir before using the drizzle on the cake. Leave to cool in the tin.



Victoria Sponge Cake with Homemade Strawberry Jam.

Serving: 1 big jar of jam & 2 20cm round cakes

 **Prep Time:** 40 minutes

 **Cook Time:** 30 mins



Jam:

Ingredients

- 500g (2 ½ cups) strawberries
- 3 tbsp chia seeds
- Juice of ½ lemon
- 1-2 tbsp honey

Directions

- Before making the jam, sterilise the glass jar you will use to store the jam by boiling it in a large pot of water.
- Wash the strawberries, remove the stalk and cut the fruit into quarters.
- Put the strawberries in a saucepan over medium-high heat and heat until the fruit begins to break down and bubble (approximately 5 minutes), stirring constantly.
- With a spoon or a potato masher, puree the strawberries to your desired consistency.
- Add the chia seeds and lemon juice until combined. Taste the jam to check if it is sweet enough for you, and stir in the honey if needed.
- Remove the pot from the cooker and wait for it to cool down. The jam will thicken as it cools down.
- Pour the jam into the prepared jar. Close tightly, turn upside down and leave to cool.

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Wholemeal Sponge Cake:

Ingredients

- 130g (1 cup) of wholemeal flour
- 5g (1 tsp) baking powder
- 100g (1/2 cup) of sugar
- 4 eggs
- 10ml (2 tsp) vanilla extract
- 60ml (1/4 cup) extra virgin olive oil - plus extra to grease cake tin
- 60ml (1/4 cup) water
- For cream and berry filling:
- 150ml (2/3 cup) double cream
- 250g strawberries – stalk removed and halved
- 3-4 tbsp strawberry jam – see recipe above

Directions

- Preheat your oven to 180°C/160°C fan/gas 4. Lightly oil the 2 cake tins (where possible, avoid using non-stick cookware) and set aside.
- In a bowl, mix the wholemeal flour and baking powder.
- In a separate bowl, mix the sugar, eggs and vanilla extract.
- Slowly pour the egg mixture into the flour mixture, then add the oil and water. Mix until well combined.
- Divide the cake batter evenly into the 2 cake tins and bake both cakes for 20-25 minutes or until a toothpick inserted in the centre comes out clean.
- Remove from the oven and let cool completely.

Assembly

- It is up to you whether the filling for the Victoria sponge cake has jam or cream, or both. Here, we show how to add both.
- For the cream filling, pour the double cream into a bowl and beat until thickened.
- Put one of the wholemeal sponge cakes on a serving plate for the base of the cake and spread the jam.
- Spread the cream on top of the jam. Place the halved strawberries on top of the cream.
- Gently place the other wholemeal sponge cake on top.
- Optional: before serving, either add some extra strawberries on top or dust a little icing sugar over the top of the cake.

Apricot Ricotta Tart.

Serving: 1 tart

 **Prep Time:** 20 mins

 **Cook Time:** 35 mins

Ingredients

For the tart filling:

- 10 apricots
- 1 egg
- 100g ricotta
- 2 tbsp brown sugar

For the shortcrust pastry:

- 240 g (1 $\frac{3}{4}$ cups) wholemeal flour + extra to roll out dough
- 100 ml olive oil
- 100 ml water
- 1 pinch of salt

Directions

- Preheat your oven to 200°C/180°C fan/gas mark 6.
- To make the shortcrust pastry: In a bowl, mix the wholemeal flour, olive oil and salt with a wooden spatula.
- Slowly add the water little by little. You should end up with a compact and thick ball. Cover the salad bowl with a cloth and let sit at room temperature for 5-10 minutes.
- In the meantime, in another bowl, mix the ricotta with the egg and the sugar. Wash and cut in half the apricots, remove the stones, and cut the apricots into wedges.
- When the dough has sat for 5-10 minutes, spread some extra flour on your worktop and roll out into a large disc. Carefully transfer it to a lightly oiled tart pan, and cut the excess edges (the extra dough can be used to form one or two extra tartlets).
- Pre-cook (blind bake) the pastry for 5 minutes in the oven.
- Spread the ricotta mixture onto the pastry, then add the apricots on top. Bake in the oven for 25-30 minutes. If the tart isn't golden enough, cook a little longer. Let it cool down and serve.



Banana Bread.

Serving: 1 loaf

 **Prep Time:** 10 mins

 **Cook Time:** 35 mins

Ingredients

100 g apple - grated (peeled if preferred)

300 g very ripe bananas (the darker the better)

2 eggs

100 g wholemeal wheat flour

100 g buckwheat flour

16 g baking powder

1 tsp ground cinnamon

50 g chopped walnuts

10 extra walnut halves for decoration (If you don't have walnuts, you can easily substitute with almonds, hazelnuts, pecans nuts etc.)

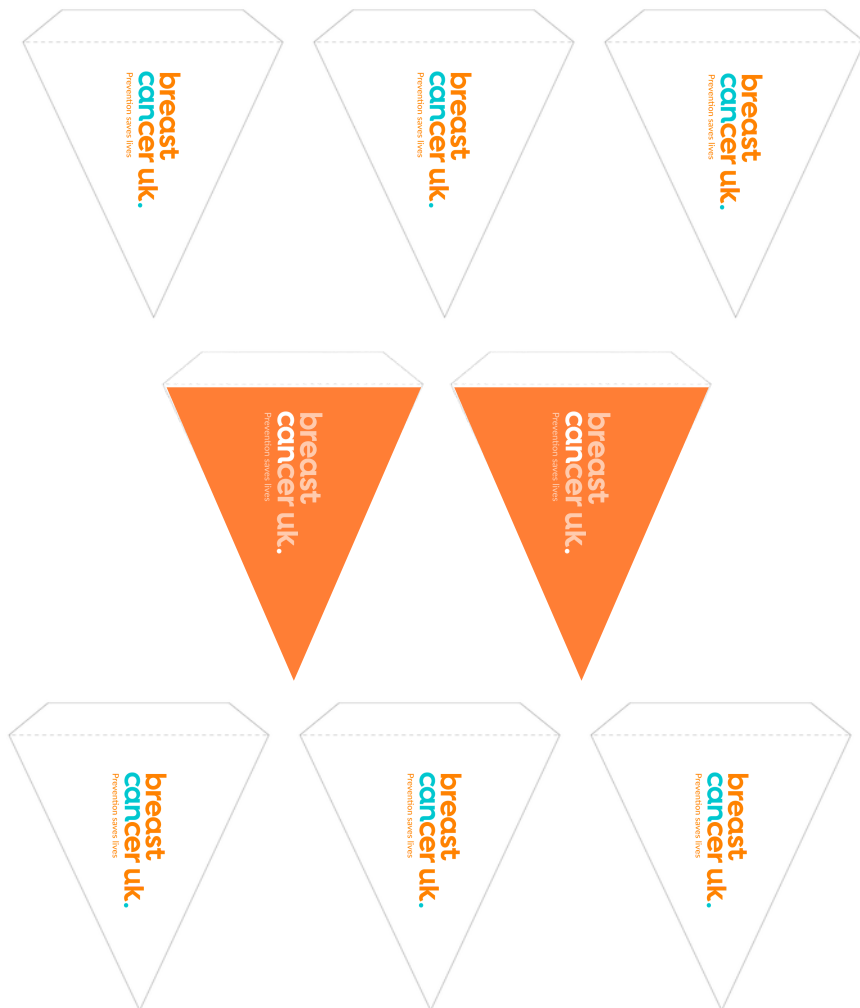
Directions

- Preheat the oven to 180°C/160°C fan/gas mark 4.
- Core (and peel if preferred) and finely grate the apple. Mash the bananas with a fork so there are no chunks and add to the grated apple.
- Add two eggs to the apple-banana mixture and beat until foamy with an electric hand mixer. Mix the flour, baking powder, and cinnamon and add to the banana-apple-egg mixture. Mix everything briefly but well.
- Add the chopped walnuts, mix and pour everything into a lightly greased loaf tin. Decorate with some walnut halves and press them into the dough.
- Bake at 180°C for about 35 minutes. If the bread is not ready, keep it in the oven 5-10 minutes longer (test with a skewer or toothpick).
- Let it cool down.
- The bread stays fresh for a couple of days and tastes even better when it's a day or so old!



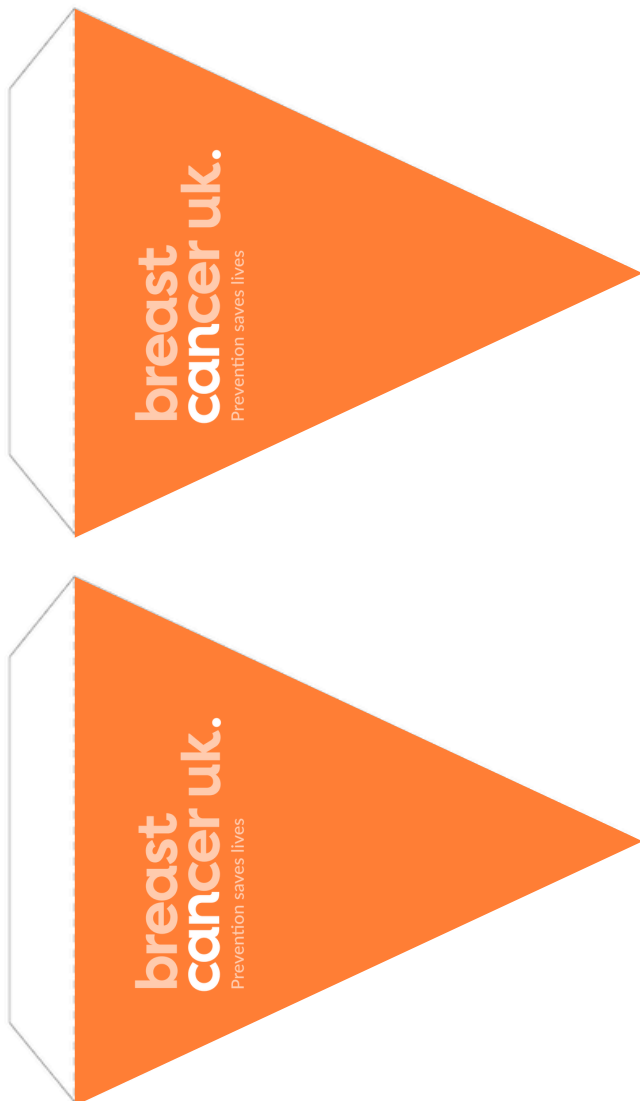
Cake flags.

Print this template onto paper or card and stick the flag with fold-over flaps to cocktail sticks to decorate your cakes! (Below is both colours, so it is print friendly with white background).



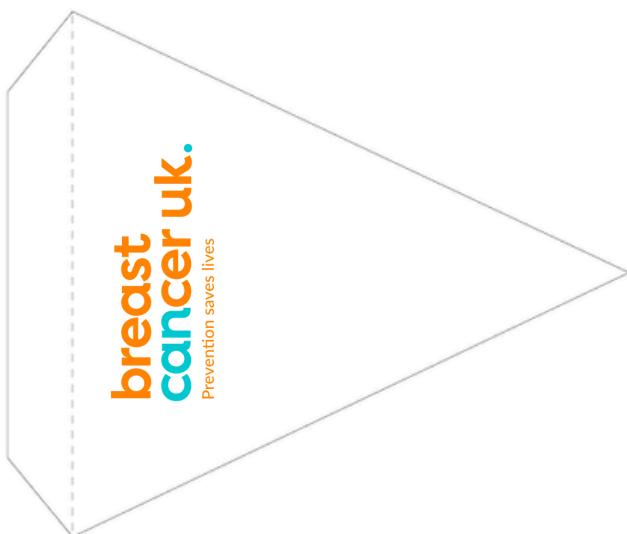
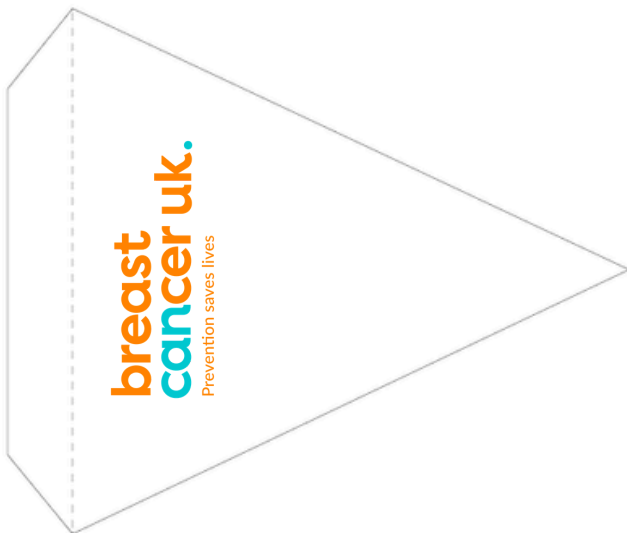
Bunting template.

Print this template onto card and draw around it to cut out the bunting flags with fold-over flaps. (Below is both colours, so it is print friendly with white background).



Bunting template.

Print this template onto card and draw around it to cut out the bunting flags with fold-over flaps. (Below is both colours, so it is print friendly with white background).



Fundraising guide.

Fundraising isn't just about the activity. **It's about the story you tell around it, and how often people see it.** A page shared once might get a handful of donations. The same page shared five times, with updates and photos, often raises several times more.

How to collect your donations

Online

The simplest way to collect donations is by setting up a **Just Giving** fundraising page. If you need any assistance setting up your page, please email our fundraising team: info@breastcanceruk.org.uk.



Click "Fundraise for us" and follow the simple steps to get started.

Set a fundraising target, it helps encourage support and gives people something to help you!



Personalise your team's Just Giving page.

Add your stories, goals, pictures. Update your page regularly to inspire your supporters with your progress.



Kickstart donations.

Sometimes making a small donation yourselves (£5) can get your fundraising off the ground. P.S., remember to create a QR code that you can share easily.



Don't forget to thank everyone
who donates to your page and also shares your page.

In person

The simplest way to collect donations is by setting up a Just Giving fundraising page. If you need any assistance setting up your page, please email our fundraising team:
info@breastcanceruk.org.uk.



Collection pots

We can send collection boxes for any cash donations you may receive. Please email us to let us know how many you need. Do not send cash in the post.



Paying in your fundraising

Head to donate.breastcanceruk.org.uk to pay your money in. Just select 'I am paying in money I have fundraised'.

If you require our bank account details. Please email us: info@breastcanceruk.org.uk. Please include your name (or organisation name if on behalf) as a reference.



Cheque.

Made out to Breast Cancer UK and post to: BM BOX 7767, London WC1N 3XX. Please include our donation form (found towards the end of this pack), with your cheque.



**LET US KNOW IF YOU
TRY ANY OF THESE!**

**SIMPLY TAG US:
@BreastCancerUK**

**OR EMAIL US:
info@breastcanceruk.org.uk**