

CARROT CAKE

Ingredients:

225g. grated carrot
100 oil .
110 g. soft brown sugar
30 ml (2tablespoon) clear honey
5ml (1 tablespoon) vanilla essence
2 beaten eggs'
110g plain flour
110g wholemeal flour
5.ml (1 tablespoon) bicarbonate of soda
10 ml (2 tablespoon) cinnamon'
Pinch of salt

DIRECTIONS:

1. Grease a 1 kg loaf tin.
2. Mix the grated carrot with the oil, brown sugar, honey, vanilla and beaten egg.
3. Sift together all the dry ingredients and mix into the carrot mixture. Spoon the mixture evenly into a loaf tin.
4. Cooking time one hour (180-190°)

APPLE NUT CAKE

You will need:

2 eggs
2 cups sugar
1 teaspoon vanilla
½ cup oil
2 cups flour
2 teaspoon soda
2 teaspoon cinnamon
1 cup nuts chopped
1 cup apples chopped

Step one

-Mix all the ingredients.

Step two

-Pour into a baking tin. Bake at 170-180 degrees for 30 minutes or until done.

BROWNIES

You will need:

100 g margarine
200 g sugar
200 g chocolate
100 g flour
baking powder
3 eggs
75 g walnuts chopped

- * Melt the chocolate and margarine in a saucepan.
- * Mix with the sugar, eggs, the flour, the baking powder and the walnuts.
- * Spread the mixture in a square tin and bake for about 30-35 minutes / 180°.
- * When cool, cut into 5 cm square pieces for serving.

NO BAKE SUGAR FREE CHEESE CAKE

Prep Time: 15 Minutes Ready In: 15 Minutes Yields: 9 servings

INGREDIENTS:

1 3/4 cups graham cracker crumbs
1/2 cup butter
1/2 teaspoon ground cinnamon
1 (.6 ounce) package sugar free lemon flavored gelatin
1 cup boiling water
1 (8 ounce) package reduced fat cream cheese
2 teaspoons vanilla extract
1 cup frozen light whipped topping, thawed

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). In a medium bowl, combine graham cracker crumbs, butter and cinnamon. Mix well and press into the bottom of a 9 inch square pan. Bake in preheated oven for 8 to 10 minutes. Remove from oven and allow to cool.
2. Dissolve lemon gelatin in boiling water. Let cool until thickened, but not set. In a large bowl, beat cream cheese and vanilla until smooth. Blend in lemon gelatin. Fold in whipped topping.
3. Pour filling into crust. Sprinkle top with graham cracker crumbs. Refrigerate over night.

TRIFLE

INGREDIENTS:

- 2 jelly raspberry, strawberry
- 1 packet of sponge finger
- 1 tin of fruit cocktail
- 1 tin ideal milk
- 1 tin condensed cream
- 1 A little sherry or Jerez
- 1 tin cherries

DIRECTIONS:

1. Break up sponges in little pieces and pour a little sherry on top.
2. Put fruit cocktail on top.
3. Mix jelly and put juice fruit cocktail and make up to ¼ lt. with boiling water.
4. Mix jelly well and pour into trifle.
5. Do the same with the mousse but do not let it go hard.
6. Beat up ½ tin ideal milk until it gets thick.
7. Mix jelly and beat well.
8. Put into the fridge when it goes cool.
9. When set add condensed cream and decorate with cherries.

FRESH STRAWBERRY PIE

Prep Time: 15 Minutes

Cook Time : 15

Ready in: 2 Hours

Servings: 16 servings

INGREDIENTS:

- 2 (8 inch) pie shells, baked
- 2 1/2 quarts fresh strawberries
- 1 cup white sugar
- 2 tablespoons cornstarch
- 1 cup boiling water
- 1 (3 ounce) package strawberry flavoured gelatine

DIRECTIONS:

1. In a saucepan, mix together the sugar and corn starch; make sure to blend corn starch in completely. Add boiling water, and cook over medium heat until mixture thickens. Remove from heat. Add gelatine mix, and stir until smooth. Let mixture cool to room temperature.
2. Place strawberries in baked pie shells; position berries with points facing up. Pour cooled gel mixture over strawberries.
3. Refrigerate until set. Serve with whipped cream, if desired.

EASY SUGAR COOKIES

Prep Time: 15 Minutes Cook Time: 10 Minutes
Ready In: 25 Servings: 48

INGREDIENTS:

2 3/4 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 cup butter, softened
1 1/2 cups white sugar
1 egg
1 teaspoon vanilla extract

DIRECTIONS:

1. Preheat oven to 190 degrees (°C). in a small bowl, stir together flour, baking soda, and baking powder. Set aside.
2. In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoons of dough into balls, and place onto ungreased cookie sheets.
3. Bake 8 to 10 minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.