

Allergy checklist

There are allergens in the room
and we have made the
following adjustments:

Signed

Dated



RECIPE

Ginger Cake

Super Good because:

Eggs are an excellent
source of protein-
Essential for muscle
growth & healthy bones

Butter (in moderation)
helps protect vital organs

Ginger helps heal
wounds, prevents coughs
and colds and can help
with nausea

Cinnamon helps balance
hormones

INGREDIENTS

Makes 1 (serves 6)

- 18 tbs SR flour
- 60g Butter
- 1 tsp ginger
- 3 tbs caster sugar
- ½ tsp Baking powder
- 2 Eggs (sub with a cup of
milk if req)
- Sprinkle of cinnamon

EQUIPMENT

- Teaspoon
- Mixing Bowl
- Tablespoon
- Whisk
- Mixing spoon
- Jug
- Loaf tin

METHOD

1. Wash your hands and put your apron on
2. Check you have all your ingredients
3. Pre-heat the oven to 180c (Gas Mark 6)
4. Cream together the eggs and 3tbs of sugar until light and fluffy.
 5. Fold in the flour and baking powder.
 6. Add your melted butter until smooth.
 7. Place all of the mixture into a lined loaf tin.
8. Place the tin in a pre-heated oven at 160°C Fan/180°C/Gas 6 for 20 minutes.
 9. Add a sprinkle of cinnamon to the top.
10. Leave to set and carefully pop out of the tin after half an hour.