

## Fairtrade Chocolate Crispy Cakes



225g Margerine or Butter

75g FT Sugar

100g FT Golden Syrup

100g FT Cocoa powder

30 (or so) handfuls of crispy rice-based cereal, (corn flakes or puffed wheat can be used instead).

Heat the margerine or butter in a large sauce-pan and add the sugar and the syrup. Heat gently until it's mixed and melted. (Warning fat/sugar/syrup mixes can get quite hot)

Add the cocoa powder to the mixture and stir until thoroughly mixed.

Remove from the heat and bit by bit add the crispy rice cereal stirring well until it's all mixed in and covered with the chocolate mix. Avoid the temptation to mix in too much cereal to make it spread too far – it needs to have enough chocolate mix to bond it all together.

Put a spoonful of the mix into a cake case and put in the fridge until cold and set.

Enjoy with friends.

## Fairtrade Cookies



### Ingredients

100g unsalted butter, softened  
100g Fairtrade dark muscovado sugar  
1 tablespoon Fairtrade golden syrup  
150g self-raising flour  
85g Fairtrade milk chocolate, in small pieces **or** raisins

### To make:

- Preheat the oven to Gas 4 / 180C (conventional oven) / 160C (fan assisted oven)
- Beat the butter and sugar in a bowl until it is light and creamy and then beat in the syrup.
- Mix in the flour with the chocolate or raisins using your hands until it forms a ball.
- Divide the mixture into about 16 balls and place them, well apart, on a baking sheet.
- Bake for 10-12 minutes until pale golden at the edges.
- Cool on a wire rack.

**Enjoy!**

# *Banana Cake*



## **Ingredients**

200 gm self raising flour  
150 gm margarine  
150 gm **FAIRTRADE** caster sugar  
2 large ripe **FAIRTRADE** bananas  
10 ml vanilla essence  
3 eggs

## **Preparation**

Mash the bananas with a fork and mix in the sugar.

Add the margarine, eggs, vanilla and half of the flour and mix.

Blend this mixture into the remaining flour.

## **Cooking**

Line a 15 cm cake tin with brown paper.

Pour in the cake mix and bake for 45 minutes at gas mark 3 (165 °C; 325 °F).

## **To serve**

Allow to cool before turning out onto a cake rack and slicing.



### **Simple Banana milkshake**

#### **Ingredients**

**1 Fairtrade banana**

**1 cup milk**

**3 lumps ice**

**Preparation - Place banana, milk and ice in a blender and whizz!**

**Pour into a cup and enjoy!**

### **Even simpler banana milkshake**

#### **Ingredients**

**1 Fairtrade banana**

**1 cup milk**

**Preparation - Squish up the banana with a fork and mix with the milk!**

**Pour into a cup and enjoy!!**

### **Crumbly Banana Squares**

**Ingredients**

175g Fairtrade sugar  
175g margarine  
225g self-raising flour  
100g porridge oats  
2 medium Fairtrade bananas (mashed)  
25g Fairtrade sultanas

Warm oven at 200C / Gas Mark 6

**Method**

1. Cream sugar and margarine.
2. Mix in flour and oats to make a crumbly mixture.
3. Mash the bananas and mix them in
4. Place the mixture into a greased baking tray and press down lightly.
5. Bake for 25-30 minutes until golden.
6. Sprinkle with caster sugar
7. Wait until cool to cut into squares

**Enjoy!**

# *Carrot Cake*



## **Ingredients**

400 gm plain flour  
400 gm **FAIRTRADE** raw cane sugar  
½ teaspoon salt  
teaspoon baking soda  
teaspoon **FAIRTRADE** ground cinnamon  
teaspoon **FAIRTRADE** ground ginger  
teaspoon **FAIRTRADE** ground nutmeg  
3 eggs  
300 ml sunflower oil  
4 medium carrots

## **Method**

In a mixing bowl combine the flour, sugar, salt, soda, cinnamon, ginger, nutmeg, stirring to blend.

Add the eggs, oil, shredded carrots and beat until well blended.

Pour into a baking tin and bake at gas mark 4 (180 °C; 350 °F) for 50 minutes, or until done.

Place the cake on a rack to cool