



BfNs Big Tea Break Recipe Ideas

Here are some links to recipes you might find useful for your event

Gluten free cake recipes <https://www.bbcgoodfood.com/recipes/collection/gluten-free-cake>

Vegan Victoria Sponge <https://www.bbcgoodfood.com/recipes/vegan-sponge>

Easy Victoria Sponge https://www.bbc.co.uk/food/recipes/mary_berrys_perfect_34317

Cupcakes https://www.bbc.co.uk/food/recipes/cupcakes_93722

Lemon Drizzle https://www.bbc.co.uk/food/recipes/lemon_drizzle_traybake_01890

Scones https://www.bbc.co.uk/food/recipes/scones_1285

Low fat cake recipes <https://www.bbcgoodfood.com/recipes/collection/low-fat-cake>

Healthy alternatives

A Big Tea Break doesn't necessarily need to include cakes. Finding a healthier version wherever you can is a great idea.

Replacing butter or margarine with the right low-fat spread will cut down the saturated fat in your cake, and skimmed milk or low fat yogurt can often be used to replace whole milk or single cream. Another handy swap is to use fat-free ricotta cheese with a little sweetener to replace thick creams in recipes.

To sweeten your cakes, you might consider using smaller amounts of anything containing sugar. Try adding half or three-quarter quantities of the cane sugar that you usually would and your favourite recipes really will still taste delicious. You could also replace this lower quantity with alternatives like dates, ripe bananas or fresh fruit. These make delicious, moist cakes, but do still count towards your daily allowance of sugar, so be sure to keep an eye on how much you add to your baking.

You could choose to keep it really simple by offering a fresh bowl of fruit salad, or you could go all out with the healthy snacks!

For a delicious and healthy treat, why not try slicing apples or pears up thinly, and roasting them in the oven until they're crispy on both sides? Add a little cinnamon once they're cooked and you'll be bound to satisfy your sweet tooth! Also, batons of crisp celery and carrot served with low-fat hummus or yogurt are a nutritious afternoon tea snack.

Finally, why not consider making fruit kebabs? Simply prepare and slice a few colourful fruits like strawberries, pineapple, kiwi and orange and carefully slide them onto a wooden skewer – delicious!