

The background is a light blue color with various white line-art illustrations of baking tools and ingredients. These include a rolling pin, a whisk, a cupcake, a croissant, a slice of cake, a loaf of bread, and a strawberry. The central focus is a large white speech bubble with a dark blue outline, containing the text 'Nelson's Journey' and 'BAKE A DIFFERENCE'.

Nelson's
Journey

**BAKE A
DIFFERENCE**

Sprinkles and Smiles Recipe Book

Created by Nelson's Journey Young Volunteers

Welcome to the Sprinkles and Smiles recipe book!

This recipe book has been created by our Young Volunteers and staff, bringing together favourite recipes, family traditions and sweet treats that mean something to them.

Baking has a wonderful way of bringing people together. Whether it's sharing a slice with friends or family recipes, we hope that these recipes inspire you to get together, have a chat and make some memories.

Thank you for Baking a Difference!

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Rock That Road

Grace's Rocky Road

Ingredients:

- 400g milk chocolate broken into pieces
- 2 tbsp golden syrup
- 75g unsalted butter – diced
- 200g digestive biscuits broken into pieces
- 100g mini marshmallows
- 75g glace cherries cut in half
- 75g raisins



Method:

1. Line a 20cm x 30cm baking tin with baking paper
2. Place 300g of the chocolate in a large heatproof bowl and add the golden syrup and butter.
3. Set the bowl over a pan of barely simmering water, but do not allow the water to touch the bottom of the bowl. Stir from time to time until the butter and chocolate are melted and the mixture is smooth. Do not allow the mixture to overheat.
4. Once the mixture is smooth, remove from the heat and allow to cool for five minutes.
5. Gently add the biscuits, mini marshmallows, glace cherries and raisins to the chocolate mixture and mix to combine.
6. Spoon the mixture into the prepared tin.
7. Place the remaining chocolate into a large heatproof bowl and set this over a pan of barely simmering water until melted. Do not allow the water to touch the bottom of the bowl or for the chocolate to overheat. When the chocolate is melted, pour it over the mixture in the baking tin to form a smooth top.
8. Refrigerate for at least an hour or until completely firm.
9. Once set, turn out from the pan and cut into 16 equal-sized pieces.
10. Enjoy!

Blueberry Muffins

by Emily

Ingredients:

275g Plain Flour

2tsp baking powder

½ tsp salt

100g granulated sugar

100g light brown soft sugar (and extra for sprinkling)

125g unsalted butter (melted)

3 medium eggs

250ml buttermilk

1tsp vanilla extract

225g blueberries



Method:

1. Preheat the oven to 190°C/170°C fan and prepare a 12-hole deep muffin tray with muffin cases.
2. Add the flour, baking powder, salt, granulated sugar and brown sugar to a large bowl. Mix together.
3. Add the melted butter, eggs, buttermilk, and vanilla to a separate bowl and mix together.
4. Pour the wet ingredients into the dry ingredients and fold the mix together.
5. Fold through the blueberries.
6. Split the mixture between the 12 muffin cases.
7. Sprinkle on the extra brown sugar.
8. Bake the muffins in the oven. Check after 25 minutes. Bake until golden. You can double-check they are baked by inserting a skewer and checking that it comes out clean.
9. Leave to cool for 15 minutes, and then take them out of the muffin tray
10. Enjoy warm, or they can be stored in an airtight container and enjoyed for 2-3 days.

Tina's Terrific Tiffin

Ingredients:

50g butter

4 heaping tablespoons of golden syrup

1/2-1 pack of digestive biscuits (can be substituted
with gluten free digestive biscuits)

4 heaping tablespoons of chocolate powder

Chocolate to melt for the topping



Method:

1. Crush the digestives into a bowl, add the chocolate powder and mix them together
2. Melt the butter and golden syrup together in a saucepan until hot and bubbling
3. Add the butter mixture to the biscuits and mix well together
4. Line a baking tray with butter or parchment paper. Pour on the biscuit mix and spread evenly. Place in the fridge to set; this is the base.
5. Melt the chocolate and pour it over the set base. Put back in the fridge to set the chocolate.
6. Once everything is set, take out the fridge to get to room temp and cut into desired-sized slices.
7. Optional. Can add cherries, raisins, nuts to the base if desired.

Raspberry and White Chocolate Cheesecake

by Maisie

Ingredients:

For the base:

150g digestive biscuits
75g butter, plus extra for greasing

For the filling:

250g/9oz mascarpone cheese
300ml/10fl oz double cream
1 tsp vanilla extract
200g/7oz white chocolate, broken into chunks

For topping:

Raspberries
White Chocolate



Method:

1. Grease the base of a 20cm/8in springform cake tin with butter, then line with a circle of baking parchment.
2. To make the cheesecake base, put the biscuits in a plastic bag and crush with a rolling pin until it resembles fine crumbs. Melt the butter in a small saucepan over a low heat. Add the biscuits and stir. Spoon into the base of the tin and press until level, then cover and chill in the refrigerator.
3. To make the filling, put the mascarpone and double cream into a bowl and whisk until it is smooth and has very soft peaks. Stir in the vanilla.
4. Put the chocolate into a small heatproof bowl, and place on top of a pan of simmering water. Stir until melted but not hot. Set aside for 5–10 minutes, until cool but still liquid. Pour into the mascarpone and stir, but be careful not to over mix.
5. Spoon the mixture over the base, then smooth and level it. Cover with cling film and chill for at least 6 hours, or overnight.
6. Run a palette knife around the edges of the tin. Remove the sides and base and sit on a plate. It may be easier to serve on the base or carefully run a knife under the biscuit base to release.
7. Top with raspberries and add white chocolate blocks or buttons for decoration.

Cheese Straws

by Mia

Ingredients:

100g Plain Flour
50g Cubed Butter
75g Grated Cheese
 $\frac{1}{2}$ tsp Mustard Powder
 $\frac{2}{3}$ tbsp Cold Water



Method:

1. Preheat oven to 190°C / gas mark 5.
2. Sift the flour and mustard powder into a large bowl, cube the butter and rub it into the flour with fingertips until the texture is like fine breadcrumbs.
3. Stir in the cheese.
4. Add enough water, 1 tbsp at a time, and mix to form the dough.
5. Tip mixture onto floured surface & knead until firm.
6. Then form the dough into a brick and roll out into a rectangle 5mm thick and 150mm in width – trim the rectangle straight using a table knife and rolling pin.
7. Line and grease a baking tray.
8. Cut 5mm thick straws and twist and stick onto the greased tray.
9. Bake until golden brown (around 15–20 mins).

Classic Birthday Cake

can also be made vegan / dairy free

by Persy

Ingredients:

Eggs or vegan alternative (image had seven, but you can adjust to the size of your cake. Seven eggs serve about 15 with three layers)

Dairy-free spread (we recommend Vitalite or any other vegan butter alternative)

Caster Sugar

2tsp Vanilla Essence

Self-Raising Flour

About half a jar of Jam (we like seeded raspberry)

Vegan Pre-Prepared Icing (our favourite is Morrisons Vanilla frosting)

your favourite sprinkles and decorations!



Method:

1. Weigh out your eggs and put them to the side. Remember the number!
2. Measure out the same weight of your vegan spread and sugar.
3. Whisk them all together until pale and creamy.
4. Add the eggs to your mixture and whisk them until they are smooth.
5. Add a dollop (about two teaspoons) of vanilla essence.
6. Whisk them until they are well-blended.
7. Sift in the same weight of self-raising flour.
8. Fold in using a wooden spoon, and mix well until smooth.
9. Pour your mixture into two or three cake tins.
10. Bake your cakes in your pre-heated oven until they are lightly brown and the sponge springs back to the touch.
11. Leave your cakes to cool, then use your favourite jam to sandwich the two cakes together. TOP TIP: choose your levellest cake to be you top one!
12. Ice the cake using your favourite dairy-free pre-prepared icing (we find this always tastes better than when we try to make it ourself.) TOP TIP: less is more! Use your knife to remove the excess icing as you go.
13. Cover the cake with your favourite sprinkles or decorations and enjoy!

Dad's Favourite Scones

by Sam

Ingredients:

450g self-raising flour

75g sugar

75g margarine

1/2 pint of milk

A good handful of sultanas



Method:

1. Preheat oven to 200 degrees Celsius
2. Mix the flour, sugar and margarine until it looks like breadcrumbs
3. Add the sultanas and mix again
4. Pour in the milk and mix until it forms a mix like a big dough ball
5. Put the mix onto a floured board and pat to one level (about 1.5–2 inches tall), and using a scone cutter, cut into individual scones
6. If you want a glazed top, brush with a beaten egg
7. Bake for 15 minutes or until they look a little brown on top
8. Enjoy with whipped or clotted cream and jam or strawberries 🍓

Purple Vanilla Cupcakes

by Rosie

Ingredients:

For the Cake:

120g butter
120g caster sugar
2 eggs
1 tsp vanilla extract
120g self-raising flour

For the Buttercream:

600g icing sugar
300g unsalted or salted butter
1 tsp vanilla extract
Purple food colouring



Method:

1. Heat oven to 180C/160C fan/gas 4 and line a cupcake tin with cupcake cases.
2. Cream the butter and sugar together in a bowl until pale. Beat the eggs in a separate bowl and mix them into the butter mixture along with the vanilla extract.
3. Fold in the flour, adding a little milk until the mixture is of a dropping consistency. Spoon the mixture into the paper cases until they are three-quarters full.
4. Bake in the oven for 10–15 minutes, or until golden-brown on top and a skewer inserted into one of the cakes comes out clean. Set aside to cool for 5–10 minutes.
5. For the buttercream: Beat 600g sifted icing sugar and 300g butter together with vanilla extract and purple food colouring until smooth.
6. Fill a piping bag with a star nozzle and pipe onto cupcakes, then decorate to your heart's desire!

Flapjacks

by Iris

Ingredients:

225 g (1 cups) Butter, See notes

150 g (1/2 cups) Golden Syrup

150 g Soft light brown sugar

350 g Oats

100 g mixed seeds – Chia, sunflower,
groundlinseed

1 tsp Salt



Method:

1. Preheat your oven to 170°C fan/190°C/Gas Mark 5 (340F).
2. Line a baking tray with baking parchment.
3. Melt your butter, sugar and golden syrup in a large pan over a low heat. Once the sugar has dissolved, remove from the heat and stir in the oats seeds and salt.
4. Give the entire mixture a really good stir so that all of the oats are coated.
5. Pour the mixture into your lined baking tin and pat down with the back of a spoon.
6. Bake in the oven for 20 minutes. (The edges should be starting to brown but the middle should still be soft and wobbly.)
7. When the flapjack is cold, remove it from the tin and slice your flapjacks into 16 squares with a sharp knife.

Vegan Banana, Walnut and Blueberry loaf

by Caitlyn

Ingredients:

3 large over-ripe bananas
75g vegetable oil
100g soft brown sugar
100g self-raising flour
125g wholemeal flour
3tsp baking powder
2tsp cinnamon
1tsp nutmeg
50g chopped walnuts
50g blueberries



Method:

1. Heat oven to 200 (180 for fan-assisted)
2. Mash the bananas with a fork in a large mixing bowl. Add the oil and the sugar, and mix in.
3. To this mix add the flour, baking powder, cinnamon and nutmeg, and combine well. (For uniform consistency, you can use an electric whisk now, but it isn't needed.)
4. Fold in the chopped walnuts and blueberries and pour the mixture into a loaf tin lined with baking paper.
5. Bake for 40-50mins.
6. Check at the 20-minute mark; if too brown, cover with a piece of tinfoil.
7. At the 40-minute mark, start checking with a skewer at 10-minute intervals until it comes out clean.
8. Allow to cool before cutting.
9. Serve with butter and a cup of tea!

Sprinkles and Smiles Biscuits

by Keeley

Ingredients:

Biscuits:

- 250g butter (softened)
- 300g plain flour
- 140g caster sugar
- 2 tsp vanilla extract
- 1 egg yolk

Icing (optional):

- Icing sugar (about 100g)
- Hot water or milk
- Vanilla essence
- Food colour (optional)



Method:

Make the biscuit dough

1. Cream together the butter and sugar until smooth.
2. Mix in the egg yolk and vanilla extract.
3. Gradually add the flour, mixing until a dough forms.
4. Chill the dough in the fridge for 30 minutes.

Shape and bake

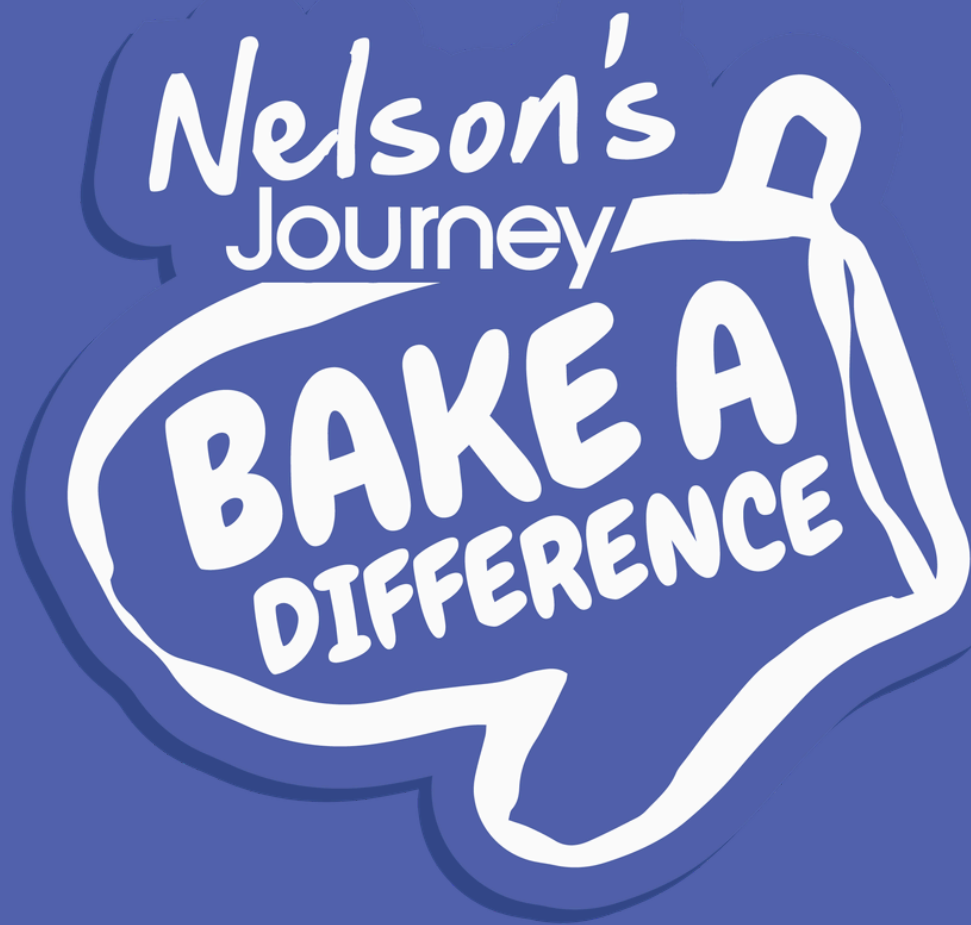
1. Preheat the oven to 180°C (160°C fan).
2. Roll out the dough on a lightly floured surface to about 0.5 cm thick.
3. Cut into shapes and add patterns if you like.
4. Place on baking paper on a baking tray (space out biscuits as they spread when cooking).
5. Bake for 10–15 minutes, until lightly golden.
6. Let the biscuits cool completely.

Make the icing (optional)

1. Put icing sugar in a bowl.
2. Slowly add hot water or milk, a little at a time, until you get a smooth paste.
3. Stir in a few drops of vanilla (or other flavour).
4. If desired, add a few drops of food colour.

Decorate

1. Spread or drizzle icing over the biscuits.
2. Add sprinkles before it sets.



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