

## ADAPTING A BASIC CAKE RECIPE

Small cakes are always popular, but many do not follow healthy eating recommendations. Show your understanding of the Government healthy eating guidelines by adapting a traditional cake recipe.

### INGREDIENTS

2 Large eggs  
125g self raising flour  
100g caster sugar  
100g margarine or butter  
12 small paper cases  
Container with lid

### EQUIPMENT

Mixing bowl  
Sieve  
Patty tin  
Scales  
Plastic spoon  
Cooling rack  
Table Knife

### METHOD

- Preheat the oven to 190°c gas 5
- Sieve the flour into a mixing bowl
- Beat the eggs in a small bowl
- Add the sugar, beaten eggs, margarine
- Beat all the ingredients together until the mixture resembles a soft dropping consistency
- Divide equally between 12 paper cases
- Bake at 190°c for 15-20 minutes
- Allow to cool on a cooling rack

### THE GOVERNMENT HEALTHY EATING ADVICE.

The government encourages us to improve our eating habits by reducing the amount of unhealthy food we eat and increasing foods that are good for our bodies. List 3 changes to your cake recipe and the reasons for the changes below.

Changes	Reasons
1	1
2	2
3	3

