



## Recipe cards



### Crunchie squares

by Devina Ganas  
Head of Sporting Events Tommy's

#### Ingredients:

- 1 cup of plain flour
- 2 cups of oats
- 1 cup desiccated coconut
- 230g butter
- 1 tbs golden syrup
- 1 cup brown sugar
- 1 tsp bicarbonate of soda

**Allergens:** Dairy and wheat

#### Method:

- Preheat the oven to 200°C / 180°C fan/ gas mark 6.
- Mix the flour, oats and coconut in a bowl.
- Melt the butter in a small pan.  
Add the syrup and sugar and heat slowly.
- When the butter is bubbling add the bicarbonate of soda and stir through. Remove from the heat.
- Pour the mixture into the dry ingredients and mix.
- Pour the mixture into a lined baking tray (approx. 30cm x 20cm).  
Gently press the crunchie mixture down.
- Bake for 15 minutes, then turn the oven down to 180°C / 160°C fan/  
gas mark 4 and bake for a further 10 minutes until golden brown.
- Allow to cool in the pan before slicing into squares and enjoy!





## Pizza puff pinwheels

by Professor Alex Hezell  
Clinical Director of Tommy's  
Maternal and Fetal Health Research Centre

### Ingredients:

- 375g pack of ready-rolled puff pastry
- 6 tbsp tomato pasta sauce
- 100g grated cheese
- 1 tsp oregano

Makes 12 pinwheels

**Allergens:** Dairy and wheat

\*Always check the ingredients of the puff pastry and tomato pasta sauce

### Method:

- Unroll the pastry onto a lightly floured surface.
- Spread a layer of the pasta sauce over the pastry, leaving a 1cm gap around the edges. Top with the grated cheese.
- Roll the pastry up lengthways as tightly as possible and chill it in the fridge for 10 minutes.
- Preheat the oven to 200°C/ 180°C fan/ gas mark 6.
- Take a sharp knife and cut the roll into 12 equal slices. Lay them flat on 2 non-stick baking trays and sprinkle over the herbs.
- Bake for 12-15 minutes until puffed and golden. Serve warm or fine to make ahead and serve cold.



To make vegan pinwheels  
use vegan cheese





## No bake prune snack bars

by Sophie King  
Tommy's Midwife

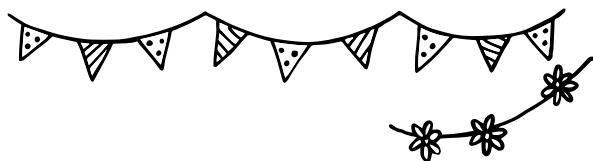
### Ingredients:

- 1 cup dried prunes
- ¼ cup honey
- 2 tbsp cocoa powder
- ½ tsp vanilla extract
- ¼ cup coconut oil
- 1½ cups oatmeal
- ½ cup chopped nuts of your choice
- A pinch of salt

**Allergens:** Nuts

### Method:

- Blend the prunes into a puree.
- Add the prunes to a bowl with all the other ingredients and mix well.
- Spoon the mixture into a parchment lined loaf tin and smooth the top.
- Chill for few hours.
- Slice and serve.





## Plain scones

by Tricia Goble  
Tea for Tommy's host

### Ingredients:

- 225g self raising flour
- 1 tsp baking powder
- 50g butter or margarine
- 25g sugar
- 140ml plain yogurt

**Makes 10–14 scones**

**Allergens:** Dairy and wheat

### Method:

- Preheat oven to 230°C/ 210°C fan/ gas mark 8.
- Sift the flour and baking powder. Add the fat and stir in the sugar. Mix in the yoghurt to give a soft light dough which can be rolled.
- Roll out and cut into rounds. Place on an ungreased baking tray
- Brush with a little milk and bake in a hot oven for 10–12 minutes.



### Jazz up your scones

- For a fruity twist, add 85g sultanas
- For a cheesy twist, add a little pepper and 75g of grated cheddar cheese.





# Victoria sponge

by Anna Lewis  
Sketchy Muma

Anna has designed the logo and illustrations for the Tea for Tommy's packs

## Ingredients:

(for the cake)

- 200g unsalted butter, softened, plus extra for greasing
- 200g caster sugar
- 1 tsp vanilla extract
- 4 medium eggs
- 200g self-raising flour, plus extra for dusting
- 5–6 tbsp raspberry jam

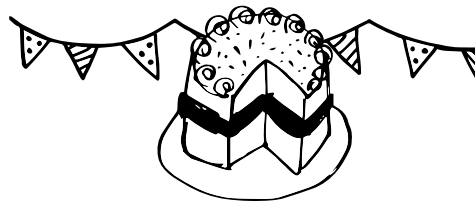
**Allergens:** Dairy, wheat and eggs

## Method:

- Preheat the oven to 190°C/ 170°C fan/ gas mark 5, and grease two 20cm cake tins.
- Put the softened unsalted butter and caster sugar in a bowl. Beat until creamy. Add the vanilla extract and mix until combined.
- Beat the eggs in one at a time. Then fold in the flour until combined.
- Divide the cake into the tins and bake for 20 minutes or until golden brown and a skewer comes out clean.
- Allow the cake to cool in the tin and then turn out.
- To make the buttercream, beat the butter in a bowl until soft. Add half of the icing sugar and beat until smooth. Add the remaining icing sugar and 1 tbsp of milk and beat until smooth. Add the remaining milk if required.
- Spread jam on one side of the cake and buttercream on the other and sandwich together.
- Use the remaining buttercream to ice the cake and decorate with the strawberries.

(for the buttercream)

- 250g unsalted butter, softened
- 500g icing sugar, sifted
- 2–3 tbsp milk
- 6 strawberries, halved, for topping





## Masala chai with milk

by Amina Hatia  
Tommy's Midwifery Manager



### Ingredients:

- 2 tbsp Assam or Darjeeling tea
- 10 thin slices fresh ginger
- 1½ tsp black peppercorns
- 12 cardamom pods
- 2 tsp crushed rose petals
- 5 cloves
- 100g sugar
- 500ml whole milk

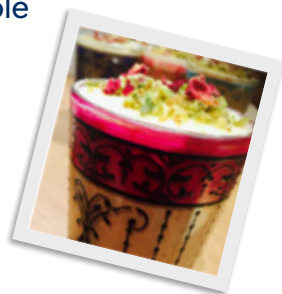
**Serves 4**

**Allergens:** Dairy

### Method:

- Mix the loose tea, ginger, peppercorns, cardamom pods, and cloves into a saucepan. Pour on 1 litre boiling water and bring back to the boil.
- Lower the heat and simmer until fragrant – about 10 minutes.
- Add sugar and milk, turn up the heat and bring to the boil.
- Add the crushed rose petals.
- Cook for 10 minutes, stirring, then taste – boil a little more for a stronger flavour.
- Strain and serve.

Masala chai recipes are often unique to families – the trick to a good chai is love and a generous serving of biscuits or cakes!



For vegan options, omit the milk and add a bit more water, or use your preferred milk alternative.