

Deforestation Free Cake



Ingredients

- **125g of Fairtrade sugar**

We use Fairtrade sugar, as sugarcane plantations is a cause of deforestation in Brazil's Atlantic forest.¹ Fairtrade makes commitments to prevent deforestation as part of its criteria. Alternatively, some sugar is also made from UK grown sugar beet.

- **125g organic butter**

Often Cows in the UK are fed with soy feed. Soy is one of the leading causes of deforestation of the Amazon rainforest². By buying organic it is more likely to come from grass fed cows.

- **2 free range eggs (preferably from chickens that are corn fed)**

Chickens too can be fed with soy. So, to avoid this aim for free range chickens that clearly label what they have fed their chickens.

- **250g of flour**

Look for flour grown in the UK.

- **1 tablespoon of cinnamon**

- **Pinch of salt**

- **1 tablespoon of baking powder**

- **1-2 Handfuls of seasonal berries**

Using in season fruit cuts down on the fruits associated carbon emissions. The BBC produces a handy table for you to see what is in season at any given time of year. Visit www.bbcgoodfood.com/seasonal-calendar/all

Method for cooking the cake

1. Preheat the oven to 180 degrees and grease a cake tin with a little of the butter
2. Mix your butter and sugar together to get a light and fluffy cream
3. Beat the eggs and add to the creamed sugar and butter, combine the mixture together
4. Mix the dry ingredients together (flour, baking powder and cinnamon) and sift into the bowl with the eggs, butter and sugar mixture
5. Add in your seasonal berries
6. Add the mixture to your tin and bake for 45 minutes, check the cake with a knife. Insert the knife into the middle of the cake, if it comes out clean of mixture your cake is ready if not bake for a little longer and test again
7. Allow to cool before eating
8. If you want you can decorate your cake with fruit, jam or edible garden flowers such as Daisies, Roses, Pansies, Fuchsia, Dandelions, Lavender, Dahlias or Clover (please make sure they haven't been treated with chemicals)
9. Enjoy your deforestation free cake!

1. www.worldwildlife.org/magazine/issues/summer-2015/articles/sugarcane-farming-s-toll-on-the-environment

2. news.mongabay.com/2019/04/brazil-soy-trade-linked-to-widespread-deforestation-carbon-emissions