

Forest Friendly Cake

Why not make this delicious Forest Friendly Cake to share with your family, friends and colleagues on Go Green Day?

See page 2 for plant-based, dairy-free and gluten-free substitutions.



Recipe

125g of Fairtrade sugar

We use Fairtrade sugar as sugarcane plantations can cause deforestation in Brazil's Atlantic Forest. Fairtrade makes commitments to prevent deforestation as part of its criteria.

125g organic butter

Some cows in the UK are fed on imported soy feed, which is one of the leading causes of deforestation of the Amazon rainforest. Organic butter will come from grass fed cows or cows fed on organic soy that is grown in Europe, rather than high deforestation risk areas.

2 organic eggs

Chickens can also be fed with soy, so to avoid this look for organic eggs that clearly label the type of feed used.

250g of plain flour

Look for organic 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 reduces the energy - and related carbon emissions - required to grow out of season. The BBC has a handy table for you to check what's in season at any given time of year. Visit <https://www.bbcgoodfood.com/seasonal-calendar>

Fairtrade icing sugar for dusting (optional)

Method

- Preheat the oven to 180 degrees and grease a cake tin with a little of the butter
- Mix your butter and sugar together to get a light and fluffy cream
- Beat the eggs and add to the creamed sugar and butter, combine the mixture together
- Mix the dry ingredients together, flour, baking powder and cinnamon and add this to the eggs, butter and sugar mixture.
- Add in your seasonal berries, making sure there are no stones in the fruit
- Add to your tin and bake for 45 minutes. Check the cake by inserting a knife or skewer 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.
- Allow to cool before eating.
- Enjoy your Forest Friendly Cake!

Dietary alternatives

For vegan or dairy-free versions you could replace the butter with an alternative, such as Naturli Organic Vegan Block*, Dairy Free Flora (which uses sustainably sourced palm oil) or organic coconut oil at a 1:1 ratio, though the latter may alter the flavour slightly. Or you could use an unsweetened applesauce at a 1:1 ratio, while adding slightly more flour to account for the extra liquid.

Instead of using eggs, you could use either chia seeds, ground flax meal (linseed) or plant-based yoghurt. To make 2 'eggs', mix either:

- 2 tbsps chia seeds and 1/3 cup water. Leave to rest for 15 minutes.
- 2 tbsps flax meal and 6 tbsps warm water. Leave to rest until the mixture becomes gelatinous.

Or you can replace the eggs with 8 tbsps of plant-based yoghurt.

Here's a helpful [guide](#) explaining more about egg substitutions.

For a gluten-free version, organic sorghum flour is a great substitution for cakes due to its natural sweetness.

*May contain traces of: hazelnut, cashew nut and pistachio nut.