



DELICIOUS RECIPES FOR YOUR AFTERNOON TEA

August 2023



**BREAST
CANCER
NOW** The research &
support charity

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**BAKE
A
DIFFERENCE**

Something sweet...

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We'd love to see pictures of your bakes and hear about your favourite homemade recipes. Tell us all about it...

afternoontea@breastcancernow.org



ELIZABETH'S VICTORIA SPONGE CAKE

Elizabeth shares her homemade Victoria sponge recipe, a firm favourite at any Afternoon Tea.

What you'll need

(Makes 6 bigger slices, or 8 smaller slices)

225g butter

225g caster sugar

225g self-raising flour

4 eggs

2 teaspoons of vanilla extract (or you can use another favourite extract)

Icing sugar to dust

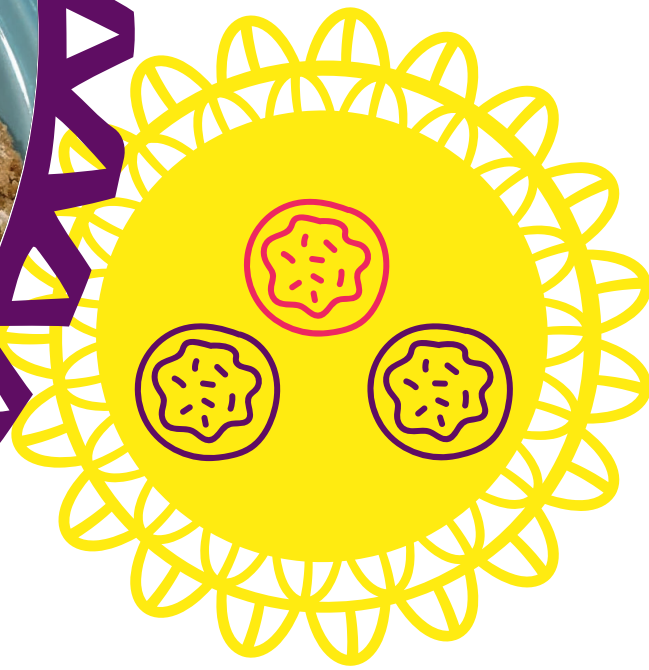
Strawberry jam



Method

1. Soften the butter and mix in the caster sugar. In a separate bowl, beat the eggs with the vanilla extract.
2. Add the beaten eggs to the mixture and start to sift the flour in, folding as you go.
3. Split the cake mix between 2 x 8-inch tins.
4. Bake at 160°C for 20 minutes. You'll know the cake is ready when you can put a sharp knife in the cake and it comes out clean.
5. Leave to cool in the tin.
6. Once cooled spread the jam in the middle and dust icing sugar on.
7. Sandwich the cake together and dust icing sugar on the top.
8. Carve and enjoy.

Elizabeth's top tip: Do play around with the extract flavours, beating them into the eggs makes all the difference.



ANNA'S GLUTEN FREE PISTACHIO COOKIES

The lovely Anna, who works here at Breast Cancer Now, shares one of her favourite gluten free bakes - these delicious pistachio cookies.

What you'll need

(Makes 14 cookies)

4 egg whites

400g ground or whole pistachios

50g ground or whole almonds

Zest of 1 lemon

280g caster sugar

4 tablespoons icing sugar

Whole pistachios for decoration

Anna's top tip: You can make these ahead of time and freeze them.

Method

1. Preheat the oven to 180°C/gas mark 4. Line a baking tray with baking paper.
2. Put the egg whites into a mixing bowl and whisk with an electric mixer until they form stiff peaks.
3. Add the sugar and lemon zest, and mix in using a low speed.
4. If you're starting with whole pistachios or almonds, grind these in a food processor until you get a flour-like consistency. Then gradually add the ground pistachios and ground almonds to the egg mixture, folding it in gently with a metal spoon. Once it's all mixed in, you should have a sticky dough.
5. Dust your hands with icing sugar and divide the mixture into 14 portions. Roll each portion into a ball, rolling in icing sugar as you do so. Then place on the prepared baking tray. Make sure you leave room between each ball as they will spread as they bake.
6. Using the palm of your hand or the back of a spoon, squash each ball into a disc shape. Place a whole pistachio on the top of each cookie, pushing it in gently.
7. Bake for 15 to 18 minutes, until they're starting to brown lightly on the top. Leave to cool on the baking tray.



JULIE'S RUSTIC SCONES

Julie (and 3 of her lovely friends) baked and sold over 250 cream teas using her scrumptious rustic scone recipe. All to raise money to help people affected by breast cancer.

What you'll need

(Makes 12 to 15 scones)

450g strong white flour

5 teaspoons baking powder

3 large eggs

75g butter

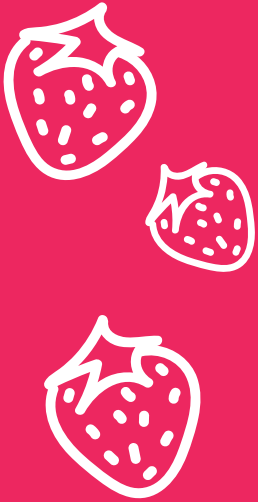
75g caster sugar

250ml milk

Julie's top tip: If you want to make sweet or savoury scones, that's no problem! You'll just need 75g of a filling of your choice, like fruit or cheese.

Method

1. Sieve your strong white flour and baking powder into a bowl, then rub in your butter and add your sugar. If you want to make sweet or savoury scones, add your cheese or fruit to the mix.
2. Beat 2 large eggs with your milk in a jug. Once mixed, add them to your bowl in one go and stir in.
3. Take the mixture out of the bowl and put on a floured surface. Your mixture will be quite sticky so you can use a little flour to help as you gently knead it until smooth.
4. Use a floured cutter to cut out scone shapes. Glaze the tops with 1 beaten egg and let them stand for around 10 minutes.
5. Bake the scrumptious scones for 15 minutes at 200°C.



JANE'S EASY TUTTI FRUTTI JAM

We love Jane's easy tutti frutti jam, it's perfect to have with some clotted cream on a scone. It makes us think about the big Afternoon Tea debate: should you put jam or cream on your scone first?

What you'll need

(Makes approximately 5 jars)

500g strawberries (halved or quartered)

250g blackcurrants

250g raspberries

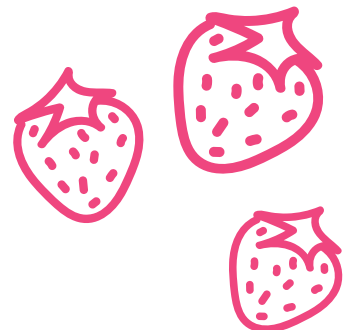
1kg granulated sugar

Juice of 1 lemon

Method

1. Put blackcurrants in a large pan with a small amount of water and simmer for 10 minutes.
2. Add other fruit, sugar and lemon juice and stir over a low heat until sugar has dissolved.
3. Increase heat to high and fast boil for 10 minutes or until jam has reached setting point.
4. Leave jam to settle for 5 to 10 minutes then ladle into warm sterilised jars and seal. Leave to cool then label.

Jane's top tip: Use redcurrants instead of blackcurrants for a red Tutti frutti Jam





ZELMA'S CLOTTED CREAM

Zelma shares her clotted cream recipe, it's the perfect accompaniment for a scone and some jam.

What you'll need
(Makes approximately 500ml)

1 litre of full fat double cream, or however much you wish to make.



Method

1. Pour your double cream into a wide ceramic or glass ovenproof dish, so that it fills to a depth of 1.5 inches. Lots of surface area is key.
2. Heat your oven to 80°C and pop your uncovered dish of cream in the oven for about 12 hours.
3. After 12 hours remove the dish and leave the cream to cool to room temperature. Then place it in the fridge for around 8 hours.
4. After this use a large metal spoon to scoop off the solid top layer. This is the clotted cream and it often looks a little yellow on top. The whey underneath is great used in scones or other baking.
5. You can store in the fridge for up to 4 days, but avoid freezing as it goes grainy.

Zelma's top tip: If the clotted cream is too thick (although it will soften when brought out of the fridge for 10 minutes before using), you can stir through a little whey to loosen.



AMANDA'S AMAZING CHERRY BAKEWELL CUPCAKES

Afternoon Tea supporter Amanda shares her cherry bakewell cupcakes – don't they look tasty!

What you'll need

(Makes 12 cupcakes)

For the cupcakes

150g unsalted butter (room temperature - fairly soft)

150g caster sugar

100g self-raising flour

3 large eggs (room temperature)

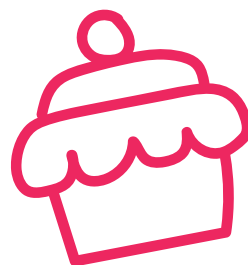
½ teaspoon baking powder

60g ground almonds

1 tablespoon milk (room temperature)

4 tablespoons raspberry jam

A 12-hole muffin tray, lined with paper cases



For the topping

250g icing sugar (sieved)

About 3 tablespoons of water. Enough to make an icing that will coat the cupcakes nicely, doesn't need to be too runny

A few drops of almond extract, enough to flavour

6 glacé cherries, cut in half

A handful of toasted flaked almonds

Method

1. Preheat oven to fan 170°C.
2. Cream all the cupcake ingredients together (except the jam) with a hand mixer until evenly combined.
3. Divide the mixture between 12 paper cases, and put them in your muffin tray.
4. Bake for 15 to 20 mins until they're golden and springy to the touch.
5. Pierce the top of each cupcake to make a small hole, and pipe the jam into the centre of each one (I use a piping bag, it's much easier).
6. To make the icing, mix together the water and icing sugar. If it's too runny, just add more icing sugar. If it's too thick, just add more water. Then add a few drops of almond extract and mix well.
7. When the cupcakes are cool, top each one with the almond flavoured icing.
8. Before they dry, decorate each cupcake with a sprinkling of toasted flaked almonds and half a glacé cherry.



LARRAINE'S APPLE CAKE

Lorraine shares her apple cake recipe, to help people bake a difference.

What you'll need

225g butter

225g caster sugar

225g self-raising flour

4 eggs

1 teaspoon baking powder

1 teaspoon cinnamon

2 large cooking apples, peeled, cored and chopped

Lorraine's top tip: If you'd like, you can add some chopped nuts or raisins to the mixture before baking.



Method

1. Mix all your ingredients together in a bowl, adding apples last.
2. Pour your mixture into a 20cm spring release cake tin, lined with greaseproof paper or a cake tin liner. Then bake at 160°C (fan oven) for around 40 to 45 minutes.
3. Check the cake is done by inserting a cocktail stick into the centre of the cake – if cooked, the cocktail stick should come out clean. Now leave to cool.
4. Once cool, keep the cake in fridge until it's ready to serve. Dust the top with a little icing sugar and serve with cream, custard or ice cream.



YOGI'S YUMMY AFTERNOON TEA BISCUITS

Our wonderful supporter Yogi shares this easy recipe for yummy afternoon tea biscuits.

What you'll need

(Makes 30 to 32 biscuits)

115g butter

200g caster sugar

1 large egg

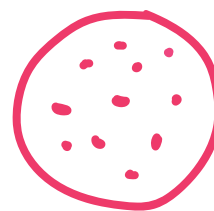
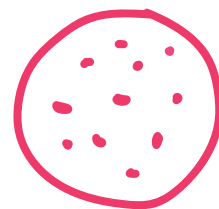
1 ½ teaspoon vanilla essence

285g self-raising flour

230g icing sugar

Lemon juice

Sprinkles, or any decorations you want



Method

1. Beat the sugar and butter until creamy. Add the egg and vanilla and mix well.
2. Add the flour with pinch of salt and mix until blended.
3. Next, mould the dough into a ball – the mixture may be quite stiff.
4. Put the dough onto your work surface and divide into 2 discs. Wrap each in cling film and refrigerate for an hour.
5. Heat the oven to 180°C.
6. Roll the dough disc onto a floured surface until it's about 6mm thick. Then cut out biscuits with your cutter.
7. Place your biscuits on a non-stick tray about 2cm apart. Then bake for 10 to 12 minutes, until they're very light brown around the edges.
8. Remove from the baking tray to cool before decorating.
9. Mix the icing sugar with lemon juice, adding a drop at a time until you have the right consistency (not too runny!). Pour the sprinkles onto a plate.
10. Using a teaspoon, add a small splodge of the icing onto a cooled biscuit. Then press it into your sprinkles, or any decoration you like.



CATHERINE'S MISSISSIPPI MUD PIE

Catherine's Mississippi mud pie is a recipe that has been passed down through her family, and is a real crowd pleaser.

What you'll need

- 85g digestive biscuits
- 85g ginger biscuits
- 55g melted margarine
- 340g marshmallows
- 90ml milk
- $\frac{3}{4}$ pint double cream
- 200g plain chocolate
- 4 tablespoons coffee (made from 3 teaspoons of coffee and water)

Method

1. Crush the ginger biscuits and digestive biscuits, and mix them together with the melted margarine. Press the mixture into the base of a 7½ inch cake tin to make the biscuit base.
2. Put the marshmallows and milk into a pan and stir until melted. Set aside to cool.
3. Whip the double cream until it starts to stand up in stiff peaks when the whisk is lifted out.
4. To melt the chocolate, start by breaking it into small pieces. Next, place the chocolate in a microwave safe bowl and microwave for 30 seconds. Stir and put back in for another 30 seconds – continue this process until the chocolate is melted. Alternatively, you can place the chocolate in a metal bowl over a saucepan of simmering water and stir frequently, until the chocolate is completely melted - make sure the water in the pan isn't touching the bottom of the bowl.
5. When the marshmallow and milk mixture is cool, add in the 4 tablespoons of coffee. Fold in the cream and the chocolate, and mix well.
6. Pour onto the base, and chill in the fridge. Once chilled, decorate and serve.

Catherine's top tip: Decorate with chocolate shavings.



RASPBERRY CASH-OOH OATY BITES

These healthy raspberry snacks are great for the family to enjoy. The recipe is dairy free, vegan and free from refined sugar. As long as you have a food processor you will find this recipe really simple and it's perfect for a hot summer's day as you don't even need to turn the oven on.

What you'll need (Makes 16)

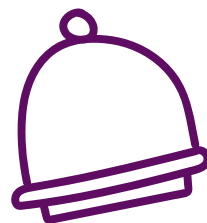
- 150g oats
- 50g cashew nuts
- 50g desiccated coconut
- 200g BerryWorld raspberries
- 1 teaspoon vanilla extract



Method

1. Put the dry ingredients into the food processor and pulse until you have a fine powder.
2. Add the raspberries and vanilla extract and continue pulsing until well combined.
3. Scrape everything out into a 20cm square cake tin lined with grease-proof paper.
4. Freeze for an hour to allow to set.
5. Remove from the freezer, cut into squares or bars, and store in the fridge.
6. Serve and enjoy!

Thanks to BerryWorld for this recipe
berryworld.com





DAWN'S ORANGE TEAR AND SHARE SCONES

Looking for something a bit different? Why not try Dawn's take on the classic scone recipe. Your guests will be excited to try these!

What you'll need For the scones:

280g plain flour
2 teaspoons baking powder
½ teaspoon salt
75g butter
100g raisins or cranberries
1 tablespoon orange zest
2 eggs
1 teaspoon orange oil
150ml sour cream

For the orange honey butter:

115g soft butter
85g honey
1 tablespoon frozen orange juice



Method

1. Preheat the oven to 190°C.
2. Sift the dry ingredients together and combine with the butter until it looks like a crumble mixture. Add the zest and fruit.
3. In a separate bowl, combine wet ingredients, then add to the crumble mixture. Mix with a fork until all the flour is absorbed, but don't overmix.
4. Divide your mixture into 2 equal round shaped portions and place on a greased baking tray. With a fork, pat into a round shape 1 to 1 ½cm in thickness. Using a wet knife, score into 4 or 6 pieces, but don't cut through to the bottom.
5. Bake for 20 to 25 mins. You'll know they're done when they sound hollow on the bottom.
6. To make the orange honey butter, mix all the ingredients together using a handheld blender, until well blended.

Dawn's top tip: Instead of orange zest and raisins, you could experiment with other flavour combinations. Try raisins and ½ teaspoon of cinnamon, or blueberries and 1 teaspoon of lemon extract.



GLUTEN
FREE AND
DAIRY FREE
OPTIONS
AVAILABLE

SARAH'S TRIPLE CHOCOLATE COOKIES

Our wonderful colleague, Sarah, has shared her recipe for triple chocolate cookies. You can even make them gluten and dairy free.

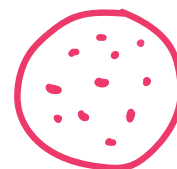
What you'll need

- 135g butter (or dairy free butter)
- 120g granulated sugar
- 110g soft brown sugar
- 1 teaspoon vanilla extract
- 1 egg
- 185g self-raising flour (or 160g self-raising gluten free flour)
- 65g cocoa powder
- ½ teaspoon salt
- 100g each of white and dark chocolate (or dairy free chocolate), chopped into small chunks, or chocolate chips

Method

1. Preheat the oven to 180°C, and grease and line a baking tray.
2. Cream the butter and sugars together until fluffy, then add the vanilla and egg.
3. Stir together the flour, cocoa powder and salt, and gradually mix into the butter, sugar and egg mixture. Add the chocolate and mix until fully combined. The mixture will be quite stiff!
4. Using a tablespoon, put small balls of the mixture onto the baking tray, leaving space for them to spread out slightly.
5. If you're using normal flour, cook for 8 to 10 minutes. If you're using gluten free flour, cook for 12 to 14 minutes. The cookies should have a hard shell but still be soft underneath.
6. Cool for 5 minutes on the tray, then move them to a wire rack to cool completely.

Sarah's top tip: These cookies are best eaten warm! But they will keep for up to 5 days in an air-tight container.





NON-
ALCOHOLIC

AMY'S INFUSION FIZZ

Amy, who works here at Breast Cancer Now, shares one of her family's favourite summer drinks. It's a perfect addition to any Afternoon Tea!

What you'll need

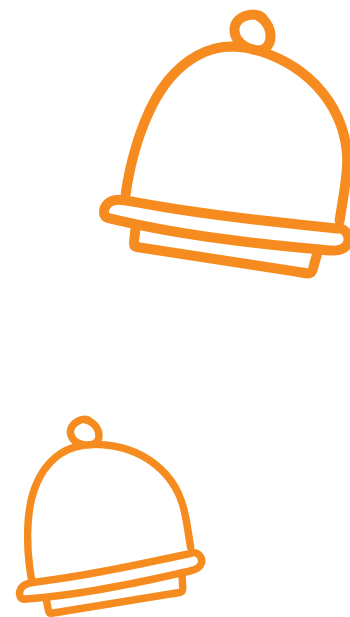
Serves 6

1 large bottle of chilled sparkling water
A thumb-sized piece of fresh ginger (more if you love fresh ginger!)
1 pomegranate
3 limes
Lots of ice



Method

1. Peel the ginger and slice it into thin strips.
2. Cut the pomegranate in half and tap out all the seeds into a bowl, separating the seeds and pith. Save any extra juice that comes out while you do this, as it will add more flavour to the fizz.
3. Using a sharp knife or peeler, cut a few thick shards of zest from one of the limes, making sure not to get any pith. Put it to one side.
4. Squeeze the juice from all the limes. Then slice the lime up into 8 segments.
5. Mix up all the ingredients (apart from the lime zest) into a large jug, add the sparkling water and let it infuse for 10 minutes.
6. Add lots of ice and serve.
7. For an extra pretty drink, put your lime zest and some ginger slices on a cocktail stick. Then serve them as a garnish on the side of a short glass.



CELIA'S SAUSAGE ROLLS

This quick and easy recipe is the perfect savoury dish for any Afternoon Tea. Celia's guests really enjoyed them!

What you'll need

Makes 32

- 2 packs of readymade puff pastry
- 500g Cumberland sausage meat
- 1 large jar of caramelised red onion chutney
- 1 egg (for the egg wash)

"Breast cancer has now affected 4 of my family. Both my sister and sister-in-law have been diagnosed this year, and are having surgery a day apart in November, and several of my close friends have also had it. The more money we can raise, the more support and research can be funded."

Method

1. Mix the sausage meat and the onion marmalade in a bowl until combined.
2. Lay out your sheets of puff pastry and cut them in half, lengthways, so that you have 4 pieces of pastry.
3. Divide the sausage meat mix into 4 and form a sausage down the middle of each pastry sheet.
4. Roll up and seal the edge with water to stick.
5. Whisk the egg together well, then brush the whisked egg over the sausage rolls using a pastry brush.
6. Bake at 180°C (fan oven) for 20 minutes or until golden brown and cooked.
7. Then cut each strip into 8. You could make bigger or smaller ones if you prefer.



CAROL'S DELICIOUS QUICHE

Carol's been making her delicious quiche for many years and it went down a treat at her Afternoon Tea.

What you'll need

For the shortcrust pastry

175g plain flour
75g butter
Pinch of salt
1 beaten egg and a little chilled water to bind

For the filling

1 large onion (chopped)
1 clove garlic (crushed)
5 or 6 rashers of your favourite bacon
4 large eggs
200g mature cheddar cheese (grated)
300ml double cream



Method

1. Make the pastry by rubbing flour, butter and salt together to create fine breadcrumbs.
2. Add 1 beaten egg and a small amount of cold water (a little at a time) to bind the breadcrumbs together into a soft dough. It should come away clean from the bowl. Do not knead the pastry - keep your handling of it to a minimum. Wrap it in cling film and chill in the fridge for 20 minutes.
3. Preheat oven to 200°C.
4. Grease a large quiche dish and roll out the pastry, on a floured surface, to fit the dish. Fill any holes/gaps with spare pastry and press sides down firmly. Try not to handle the pastry more than necessary. Prick the base of pastry with a fork.
5. Bake the empty pastry case in the oven for 15-20 minutes, until it looks dry. Use dry rice, dried beans or baking weights to keep your pastry from fluffing up in the oven.
6. While the pastry case is baking, make the filling. Fry the onion and garlic till soft and add the chopped bacon. Cook till the onion is golden and remove from heat.
7. When the pastry is blind baked, scatter the onion and bacon mixture in the base and evenly distribute the grated cheese on top. Combine the 4 eggs and cream in a jug and season well. Slowly pour egg mixture over centre of cheese, letting it gradually spread itself out to fill the case.
8. Bake for 25 to 30 minutes in the middle of the oven, until the filling is firm and golden.

VEGAN
OPTION
AVAILABLE

MAIREAD'S CAULIFLOWER BITES WITH A CHIPOTLE SPICED DIP

Lovely Mairead, from our team here at Breast Cancer Now, makes these scrumptious savoury snacks which are a tasty addition to any event!

What you'll need

For the bites

1 large cauliflower
150g plain flour
300ml of milk (or plant-based alternative)
2 teaspoon of paprika powder
1 ½ teaspoon of onion powder
1 teaspoon of garlic powder
Salt and pepper
100g breadcrumbs

For the dip

3 teaspoons of chipotle hot sauce (or more if you like spice!)
A squeeze of lemon
120g natural yoghurt (or plant-based alternative)
Herbs to garnish



Method

1. Pre-heat the oven to 180°C and line 2 baking trays.
2. Break the cauliflower into bite-sized pieces, then steam or boil until cooked.
3. Put the flour, milk, paprika, onion and garlic powder into a bowl and whisk into a batter. Add the salt and pepper and whisk again.
4. Pour the breadcrumbs into another bowl.
5. Tip the cauliflower into the bowl and coat in the batter, transfer each floret of cauliflower into the breadcrumbs and toss until they are completely coated.
6. Put the cauliflower pieces on the baking tray and bake for 40 minutes (or until golden brown).
7. For the dip, in a bowl add the natural yoghurt, chipotle hot sauce and a squeeze of lemon. Mix well together, taste and adjust the spice if needed!
8. Add the herb garnish and serve immediately while the cauliflower bites are still hot.

VEGAN
OPTION
AVAILABLE



JULIET'S CHEESE AND TOMATO TART

Juliet has created this recipe especially for us, and we're sure your guests will love it. This recipe can be made vegan too.

What you'll need

375g pack of ready rolled puff pastry
90g Emmental cheese, grated (or your choice of cheese)
3 large tomatoes, sliced
3 to 4 tablespoons wholegrain mustard (Dijon also works)
Pinch of dried oregano
Salt and pepper

Use vegan cheese to make this recipe vegan friendly.

Juliet's top tip: Sometimes if I'm feeling extra fancy, I'll pop some fresh herbs on top just before serving.



Method

1. Preheat the oven to 200°C (fan oven).
2. Prepare the tomatoes by slicing each into 6 to 8 even slices. Place the sliced tomatoes on a few sheets of paper towel and sprinkle with salt, to draw out the extra moisture (this will stop the tart from becoming soggy). Leave for 10 minutes.
3. To prepare the pastry, line a baking tray with greaseproof paper. Unroll the puff pastry sheet and lay it on top of the paper. Press the pastry into the edges of the tray, and fold about 2cm of each edge over to create a crust. Prick the base all over with a fork.
4. Then, spread a layer of mustard onto the pastry (avoiding the crust), followed by an even layer of the grated cheese.
5. Give your sliced tomatoes a final pat with a paper towel, and then place on top of the cheese and mustard. Avoid overlapping the slices too much. Sprinkle with dried oregano and a pinch of ground pepper.
6. Pop in the oven for 25 minutes or until the crust is a deep golden brown.



DIANE'S CORONATION CHICKEN

The lovely Diane shares her coronation chicken recipe. You could use this as a sandwich filling, or even as a jacket potato topper.

What you'll need

6 tablespoons mayonnaise
2 to 3 teaspoons of curry powder (to taste)
½ teaspoon ground cinnamon (to taste)
2 tablespoons mango chutney
1 to 3 tablespoons of sultanas (to taste)
500g shredded cooked chicken
Salt and pepper (to taste)

Method

1. Mix the mayonnaise, curry powder, cinnamon, mango chutney and sultanas together.
2. Add the shredded chicken and stir to coat. Add up to 2 tablespoons water to loosen if needed.
3. Season and serve however you like.





THESE
CAN BE
MADE
VEGAN

SUMMER'S SCRUMPTIOUS DIPS

Chunky pesto dip

What you'll need

(Makes 1 small bowl)

- 1 bunch basil
- 70g cashew nuts
- 1 squeeze lemon juice
- 1 small garlic clove
- 25g grated parmesan (for vegan option, substitute parmesan for 25g nutritional yeast flakes)
- 1 to 2 tablespoons olive oil
- Pinch of salt

Method

1. Put all your ingredients into a food processor, and let it whizz!
2. Stop every 10 seconds or so, to scrape the sides back into main mixture.
3. If it's not turning creamy enough add up to a tablespoon of water, and a little bit of oil.
4. Serve in ramekin with crackers, carrots, bread or whatever takes your fancy.

Chestnut and caramelised onion hummus dip

What you'll need

- Makes 1 large bowl
- Handful of chestnuts (you can buy these in a pouch, already peeled and cooked)
- 1 red onion
- 1 teaspoon butter (use olive oil to make it vegan)
- 1 tablespoon sugar (any type is fine)
- 1 teaspoon balsamic vinegar
- 1 tin of chickpeas, drained
- 1 tablespoon tahini

Method

1. Chop the onion, and caramelize in a pot or pan with the butter, sugar, and balsamic vinegar. Cook until the onions are soft.
2. Add your drained chickpeas, tahini, caramelised onions and chestnuts into a food processor. Add salt to taste.
3. Whizz until the texture is smooth, like hummus. If it's feeling too dry, add olive oil or a teaspoon of water.
4. Serve and eat with your choice of cracker, crisp or vegetable.



MAIREAD'S SAVOURY FETA AND EGG MUFFINS

What you'll need

Makes 6 large muffins

6 eggs

40g feta cheese

Handful of chopped spinach

1/2 a chopped red pepper

1 ripe tomato chopped

Salt and pepper to season

Method

1. Break the eggs into a bowl. Then add the feta, spinach, red pepper, and tomato.
2. Season with salt and pepper and give everything a good mix together.
3. Grease a 6-case muffin tray with oil or butter.
4. Spoon the mixture into the tray cases, making sure not to over fill them.
5. Bake for 20 minutes at 180 °C.

Top tip: Why not use whatever is in your fridge to get creative with these muffins? You could add ingredients like red onion, fresh herbs, and chorizo sausage. Or you could swap feta cheese for another cheese, such as cheddar or mozzarella.



CELIA'S TASTY VEGGIE SANDWICHES

They were a real hit at Celia's Afternoon Tea. She's never had so many compliments as she did with these sandwiches!

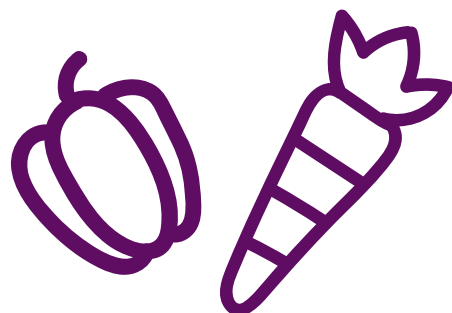
What you'll need

A tub of hummus
1 red onion (thinly sliced)
1 bag of baby spinach leaves
A loaf of bread
Butter

Method

1. Just butter your bread as normal, spread on a layer of hummus, and top with thinly sliced red onion and baby spinach leaves.

Celia's top tip: You can use different flavours of hummus, so you have a selection.





THIS
RECIPE IS
VEGAN,
GLUTEN
AND DAIRY
FREE

QUINOA AND BLUEBERRY SALAD

This tasty salad is ideal for easy lunches. With the sweet flavour of the blueberries and the crunchiness of the pepper this is sure to be a go-to dish. The quinoa adds a healthy, nutty twist.

What you'll need

For the salad

- 100g quinoa
- 35g almonds (roughly chopped)
- 20g pumpkin seeds
- 150g BerryWorld blueberries
- Bag of "superfood" style salad leaves
- ¼ red onion (finely sliced)
- ½ yellow pepper (deseeded and chopped)

For the dressing

- 2 tablespoon olive oil
- 1 teaspoon coriander seed (roughly crushed)
- 1 tablespoon pink peppercorns (roughly crushed)
- Juice of ½ lemon

Method

1. Put the quinoa in a saucepan with double the depth of water. Bring to the boil and simmer for 10 minutes.
2. While the quinoa is cooking make the dressing. Gently heat the oil in a frying pan with the coriander seed and peppercorns. Warm through until the spices toast and the oil sizzles. Set aside to cool for a few minutes, then squeeze in the lemon juice and season.
3. In another frying pan, cook the almonds and pumpkin seeds until the seeds start to pop and the almonds are toasted.
4. When the quinoa is cooked, drain any remaining water then pour over the dressing and stir well. De-seed and chop the pepper, finely slice the red onion and add all the remaining ingredients to the quinoa. Season and stir to evenly distribute and coat with the dressing.

Note: If you're short on time, grab a pouch of ready to eat quinoa.

Thanks to BerryWorld for this recipe
berryworld.com

TOP TIPS FROM YOUR AFTERNOON TEA TEAM



Ailish's tips

- If you have a donation box out during your Afternoon Tea, don't forget to put your sponsorship form out too. People can fill out their details and, if their donation is eligible for Gift Aid, we can claim an extra 25% at no additional cost to them
- A JustGiving page can help you collect even more donations. It's quick to set up, easy to share, and donations are cashless. You can even create your own QR code, which you can print off and display on the day
- When you start to plan your event, check to see if your guests have any dietary requirements. We've created some cake cards, so you can label your bakes and let your guests know what's in them. To download and print the cards, just head to breastcancer.org/afternoontea/download

Ellen's tips

- Think about what other activities and games you can have at your event. There are lots of games in your fundraising pack and on our website, to keep your guests entertained. My favourite is our "guess the weight of the cake" game, but that's just one option! How about a quiz or a game of bingo?
- You don't need to bake everything yourself! Why not ask friends and family to help in the kitchen, or get them to bring some of their own bakes to your Afternoon Tea? And remember, you can buy cakes too - not everything has to be homemade



If you need any help, get in touch with the team. We'd love to hear about your plans and do whatever we can to support you. You can pop us an email on afternoontea@breastcancer.org or call us **0333 20 70 300**

