



I Can Cook

Sticky Chocolate Cake

Recipe by Kate Morris and Sally Brown. Makes 5-6 slices.



You will need

- 4 tbsp Rice or soya milk
- 1 tsp Bicarbonate of soda
- 100g Self-raising flour
- 1 tbsp Cocoa powder
- 4 tbsp Caster sugar
- 25g Soya-based non dairy spread
- 2 tbsp Runny honey
- 6-10 Mandarin segments, fresh or tinned



Remember to ask a grown-up for help

1

Wash your hands and put an apron on. Weigh all the ingredients. Prepare the loaf tin by brushing the vegetable oil on the inside of the tin. Ask a grown-up to preheat the oven to 170°C fan/190°C/gas 5.

2

Measure the milk alternative into a cup. Add the bicarbonate of soda and stir with a teaspoon.

3

In a bowl, put the flour and the cocoa together and stir – this is the 'dry' bowl. In another bowl, beat together the sugar, the spread and the runny honey until it's light and fluffy – this is the 'wet' bowl.

4

Stir the milky mixture again. Now add some of the dry mix to the wet bowl and then add some of the milky mixture to this. Repeat until all the ingredients are in the wet bowl. Now mix together until smooth.

5

Arrange half of the mandarins on the bottom of the loaf tin. Put the cake batter in on top of the fruit and arrange the rest on the top. You may want to use a spatula to get all the mixture out. Put the loaf tin onto the baking tray.

6

Ask a grown-up to put it in the oven for 25-30 minutes until risen and springing back from a touch. When the sticky chocolate cake has cooled, you can eat it! Serve with more sliced mandarins.