

HOW TO BAKE HEALTHIER TREATS



WHY SHOULD WE BE BAKING HEALTHIER TREATS?

We all love a slice of cake, but are also aware that sometimes we get too much added sugar from baked goods. There is intrinsic natural sugars in lots of fruit, vegetable and wholegrains that are perfect for baking but are under utilised. By using different ingredients we can get a smaller sugar kick we need but also get more nutrients our bodies need to function at its best. It's a win win... So what changes can you make I hear you ask...?

TOP TIPS FOR NUTRITIOUS BAKING

1. *Simply swap white flour for wholemeal or use ground oats. They are high in fibre and provides extra vitamins and minerals.*
2. *Add fruit! You can use instead of sugar if you want to but just simply adding it will provide more nutrients in every bite.*
3. *Switch from milk or white chocolate to dark. With other ingredients it won't taste too strong and it reduces sugar content.*
4. *Make more... from each cake, loaf, or batch of cookies or muffins use smaller cases, cutters and cut smaller slices. As part of a healthy diet kids can have treats, but everything in moderation.*
5. *Use vegetables instead of granulated sugar. Get more veg into your diet through your baking by using sweet potatoes, courgettes, carrots or even cauliflower.*

