



EASY AFTERNOON TEA



Healthworks
the community health charity



THE QUEEN'S PLATINUM JUBILEE

Why not give some of our quick, easy and low-cost ideas for Afternoon Tea a try as part of any Platinum Jubilee celebration event you are holding?

Just substitute any ingredients you are allergic to or change them to better suit your taste.

Pop over to
www.healthworksnewcastle.org.uk
for more inspiration and to
find out more about the work we do.

Enjoy the celebrations whatever you are doing from everyone at Healthworks

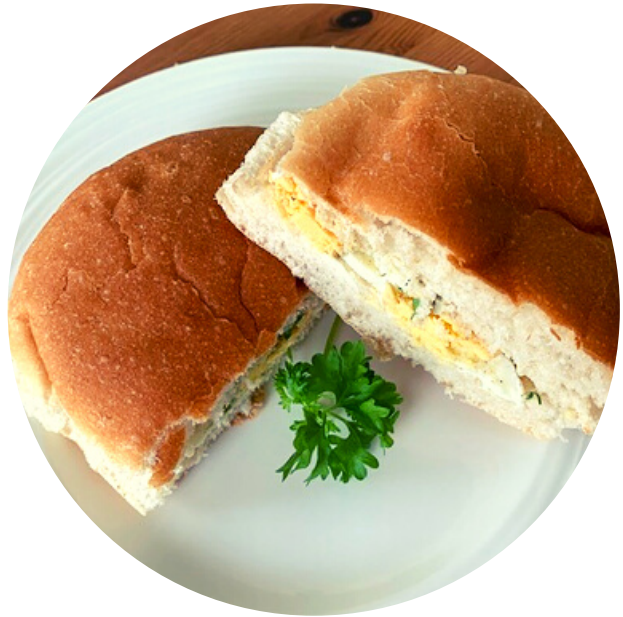


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Egg and cress sandwich

What you need:

- 2 slices of bread or a bun
- Water
- 1 egg
- Handful of cress
- 1 tbsp low fat mayonnaise



How to prepare:

1. Place the egg into a small saucepan and fill with cold water to cover the egg by 1cm.
2. Place the saucepan on the hob and bring to boil over high heat. Reduce the heat to a lower medium boil and cook for 10 minutes for a hard-boiled egg.
3. Place the egg into very cold water until the egg is cool (about 3 minutes).
4. Peel the shell and mash the egg with a fork. Add mayonnaise and mix well.
5. Sprinkle some cress into the egg mixture and mix.
6. Spread the egg mixture across the bread evenly.
7. Quarter into triangles.

Easy Tuna Quiche

What you need:

- 5 slices of bread
- Tomato ketchup/relish
- Tuna in brine
- Small tin of sweet corn
- 3 eggs beaten with milk
- Grated cheese
- 1 sliced tomato
- Margarine to grease dish
- Season to taste



How to prepare:

1. Grease dish & pre heat oven 190°C/375°F/Gas mark 5.
2. Cut crusts off bread and spread with tomato sauce.
3. Line the dish with the bread—tomato side up.
4. Mix tuna, eggs, milk & sweet corn together.
5. Pour on to bread, sprinkle cheese on top, place tomato on the top.
6. Cook in the oven for approx. 30/40 mins.
7. Serve with a side salad.

Cheese Puffs

What you need:

- 1 egg
- 125ml milk
- 150g Self Raising flour
- 200g grated strong cheese
- 1 tsp mustard or cayenne (optional)



How to prepare:

1. Heat oven 180 degrees C / gas mark 4.
2. Add all ingredients and mix well.
3. Drop spoonful's onto a lined baking tray.
4. Bake in oven for about 15-20 minutes.
5. Cool on a wire rack and enjoy.

These are also great for packed lunches, picnics and snacks!

Cherry Scones

What you need:

- 8oz/ 200g self raising flour
- 1oz/25g low fat margarine
- 1 egg beaten with skimmed milk to make $\frac{1}{4}$ pint or 150ml
- 1 tsp mixed spice
- 1oz mixed peel chopped
- 2oz glace cherries chopped



How to prepare:

1. Pre heat oven 220°C, gas mark 7.
2. Rub in the low fat margarine and flour until it looks like bread crumbs. Add Mixed spice, mixed peel, cherries and mix together.
3. Add egg and milk mixture to form a soft dough (leave a little egg mixture).
4. Roll out to an inch thickness and cut out with a scone cutter.
5. Brush the tops with egg and milk mixture and bake for 10-15 minutes until golden.
6. These are delicious with jam and whipped cream as a treat.

Lemon Cake

What you need:

- 100ml vegetable oil, plus extra to grease
- the tin
- 275g self-raising flour
- 200g golden caster sugar
- 1 tsp baking powder
- 1 lemon, zested, 1/2 juiced

For the icing:

- 150g icing sugar
- 1/2 lemon, juiced



How to prepare:

1. Heat oven to 200c/180c fan/gas 6. oil a 1lb loaf tin and line it with parchment. In a bowl mix together the flour, sugar, baking powder and lemon zest.
2. Add the oil, lemon juice and 170ml of cold water then mix until smooth.
3. Pour mixture into the lined tin. Bake for 30 mins or until a skewer comes out clean. Cool for 10 mins, then remove and place on a wire rack
4. For the icing, sieve the icing sugar into a bowl, mix in just enough lemon juice to make the icing thick enough to pour over the cooled cake. If it is too thin it will just run off cake.
5. Slice and serve.

Chocolate crunchies

What you need:

- 100g non sugared puffed rice or cornflake cereal
- 200g dark chocolate
- Fruit or sweets to decorate



How to prepare:

1. Pop the cereal in a bowl.
2. Break the chocolate into pieces and melt in a microwave on a low heat, stirring every 30 seconds.
3. Line two baking sheets with non stick baking paper.
4. Stir the cereal into the chocolate mixture and spoon 15 mounds onto the baking sheets, shaping into rounds with dips in the centre.
5. Chill in the fridge for a few hours until set, then peel off the nests carefully and fill with sweets or fruit.

Chocolate Brownies

What you need:

- 2 tbsp ground flaxseed
- 200g dark chocolate, roughly chopped
- 1/2 tsp coffee granules
- 80g vegan margarine, plus extra for greasing
- 125g self-raising flour
- 70g ground almonds
- 50g cocoa powder
- 1/4tsp baking powder
- 250g golden caster sugar
- 1 1/2 tsp vanilla extract



How to prepare:

1. Heat oven to 170c/150c fan/gas 3 1/2.
2. Grease and line a 20cm square tin with parchment.
3. Combine the flaxseed with 6 tbsp water and set aside for at least 5 minutes.
4. In a pan, melt the chocolate, coffee, margarine and 60ml water on a low heat. Allow to cool slightly.
5. In a bowl place the flour, almonds, cocoa, baking powder and 1/4 tsp salt and mix together, making sure there are no lumps.
6. Use a hand whisk, mix the sugar into the melted ingredients and beat until smooth and glossy.
7. Now stir in the flaxseed mixture, vanilla extract and remaining chocolate, then the flour mixture. Spoon into the prepared tin.
8. Bake for 35-45 mins until skewer inserted in the middle comes out clean with moist crumbs.
9. Allow to cool in the tin completely, then cut into squares. Store in an airtight container and eat within 3 days.

Carrot Cakes

What you need:

- 100g/4oz self raising flour
- 100g/4oz low fat spread
- 100g/4oz sugar
- 2 eggs
- 2 carrots grated
- 1 tsp cinnamon
- 50g/2oz chopped walnuts (optional)
- 100g/4oz icing sugar
- Small tub cream cheese
- Vanilla essence



How to prepare:

1. Cream the low fat spread and sugar together until light and fluffy.
2. Beat the eggs in one at a time, gently mix in a little bit of flour.
3. After both eggs have been added mix in the remaining flour and cinnamon.
4. Add in the grated carrot and $\frac{1}{2}$ walnuts then mix.
5. Half fill paper bun cases with the mixture.
6. Bake in the pre heated oven for about 20 minutes until firm.
7. Remove from oven and leave to cool.
8. Mix together cream cheese, icing sugar and vanilla essence.
9. Decorate the cake with the icing and chopped walnuts.

Top Tips for energy efficient cooking

1. Cook in batches: cook as much as possible in the oven in one go to make sure all the space and heat is being used. You can always freeze portions of food to warm up at a later date.
2. Keep the oven closed while you're cooking: when cooking, each time you open the door the oven loses heat and requires more energy to get back up to temperature. Also, try to keep the oven door clean so you can look in, rather than having to open it to see how your food is doing.
3. Defrost frozen food in the fridge overnight: defrosting food in advance typically halves the cooking time.
4. Get to know your oven: learn how long it takes to pre-heat, so you're ready to start cooking as soon as it's up to temperature.
5. Pre-boil potatoes before roasting: by doing so you'll reduce the amount of time they take to cook in the oven.
6. Use glass or ceramic dishes: they're the most efficient to use in the oven and can reduce the temperature required for cooking.
7. Use stainless steel skewers: insert them into baked potatoes and other food items to speed up the cooking process.
8. Cut food into smaller pieces: that way it will cook more quickly.
9. Use the fan assist cooking option: this allows you to set the oven at a lower temperature compared to when using the static cooking option.
10. Turn your electric oven off ten minutes before the end of the cooking time: it will still keep to the same temperature for this time period.

Family support and advice services

Amazing Start Antenatal and Breastfeeding

Healthworks has a dedicated team that works Citywide to provide Amazing Start Services on behalf of the Community Family Hub

<https://www.healthworksnewcastle.org.uk/service/antenatal-breastfeeding-support/>

Children and Families Newcastle

Help and support for children aged 0-19

<https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/children-families-newcastle-0>

Information Now <https://www.informationnow.org.uk/>

Online information about services for people who live in Newcastle

Action for Children <https://www.actionforchildren.org.uk/>

Barnardos <https://www.barnardos.org.uk/>

Children North East <https://www.children-ne.org.uk/>

Free and Emergency Food

<https://www.informationnow.org.uk/article/food-banks-in-newcastle/>

Benefit Advice <https://newcastle.gov.uk/services/welfare-benefits>

Search Services for over 50's <http://www.searchnewcastle.org.uk/>

Riverside Community Health Project <http://www.riversidechp.co.uk/>

Citizens Advice Bureau <http://www.citizensadvice-newcastle.org.uk/>

Healthworks is here for you

We offer a range of services to improve the health outcomes of people across the region:

- Getting active
- Healthy eating
- Stop smoking support
- Cancer awareness work
- Accredited training
- Falls prevention
- Antenatal and breastfeeding support
- Improving wellbeing
- Healthworks Pre-school
- Healthworks Gyms

To find out more information about our work
please visit

www.healthworksnewcastle.org.uk



For more information about our work
and how you can get involved visit
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