



Great-Grandma Green's parkin

From Admiral Nurse Beth Goss-Hill



Ingredients:

225g (½lb) self-raising flour

225g (½lb) oatmeal

450g (1lb) treacle (golden syrup works best)

115g (¼lb) lard

115g (¼lb) soft brown sugar

2tsp ground ginger

1 egg, made up to 280ml (½ pint) with milk

Method:

1. Melt the treacle and lard in a saucepan.
2. Mix the flour, oatmeal, sugar and ginger in a separate bowl.
3. Once the lard has melted, add the dry mixture and stir in.
4. Then stir in the egg and milk mixture.
5. Pour into a lined greased tin.
6. Bake at 160°C/Gas Mark 3 for 1hr 15min (it may need longer in a gas oven).
7. To check the parkin is baked, stick a skewer in the centre. If batter clings to the skewer, it may need a little longer.

Find more recipes for your Time for a Cuppa at dementiauk.org/tfac



Best ever blondies

From **Time for a Cuppa**



Hi, I'm Bessie and my daddy got dementia when I was five. My favourite thing to do is bake and I love taking part in Time for a Cuppa and raising money for Dementia UK.

During lockdown, I created my cookbook called Bessie Bakes, and this is one of the recipes from it – I hope you like it! These blondies are best served warm.

To read more about Bessie's family and how a specialist Admiral Nurse is helping them with her dad's dementia, please see the 'Why your fundraising matters' card in your fundraising pack.

