



Time for a Cuppa recipe book

**Stock up on ingredients, don your apron and help
'bake a difference' for families facing dementia**



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**Something
sweet**





Victoria sponge cake

with homemade raspberry jam and vanilla buttercream

Ingredients

For the cake:

225g self-raising flour
225g very soft butter
225g caster sugar
4 large eggs
1 teaspoon baking powder

Raspberry jam:

150g raspberries
150g granulated sugar
Juice of half a lemon
Knob of butter

Vanilla buttercream:

150g very soft butter
300g icing sugar
½ teaspoon vanilla extract
1 tablespoon milk

Method:

1. To make the jam, add the raspberries, sugar and lemon juice to a heavy bottomed saucepan and heat gently until the sugar has dissolved.
2. Once the sugar has dissolved, turn up the heat and boil rapidly until the jam reaches setting point (5-15 minutes). Try to avoid stirring too much to prevent the jam from crystallising. To test if the jam has reached setting point, put a few drops on a cold plate, leave to cool for a minute, then push gently with your finger. If wrinkles appear on the top of the jam it has set; if not, continue boiling for a couple of minutes then test again until set.
3. Once the jam has reached setting point, remove from the heat. If there is any scum on the top of the jam stir in a knob of butter. Allow to cool for a few minutes, then pour into a container.
4. Preheat the oven to 170°C/fan 150°C/Gas Mark 4 and grease two cake tins.
5. To make the cake, add the butter and caster sugar to a large bowl and beat with an electric mixer until light and fluffy.
6. Add the eggs one at a time and beat after adding each egg.
7. Sift in the flour and baking powder and gently fold them into the mixture with a metal spoon.
8. Equally divide the cake mixture between the two greased cake tins and level gently with a spatula.

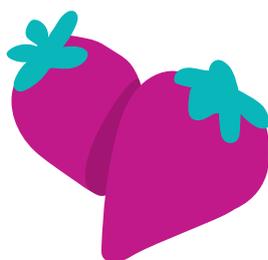
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Victoria sponge cake continued

9. Bake in the preheated oven for about 30 minutes. Do not open the oven door until at least 30 minutes have elapsed, otherwise the cake will sink in the middle. To test if the cakes are cooked, gently press the centre and if it springs back it is cooked.
10. Remove from the oven, and after a minute run a knife round the edge of the tins and turn the cakes out onto wire racks to cool. Allow to cool fully before adding the fillings.
11. To make the buttercream, put the butter into a large bowl and beat with an electric mixer until soft.
12. Add the icing sugar and beat until fully combined – it may be easier to add a few spoonfuls at a time.
13. Add the vanilla extract and beat the buttercream until it is spreadable. If it is too thick beat in some milk, a teaspoon at a time, until it is the right consistency.
14. Once the cakes and jam are fully cooled you can assemble. Turn over one of the cake layers so the bottom is facing up, and spread over a layer of jam. Then pipe or spread over a layer of buttercream and place the other cake on top. Sift some icing sugar over the top to finish and serve. Store in a cake tin and eat within five days.

Tip: If you prefer strawberry jam simply substitute the raspberries for the same quantity of strawberrie and cut the strawberries in half before making the jam.



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Peanut butter cookies

From dementia specialist Admiral Nurse Pam Kehoe

Makes about 16 cookies (depending on how big you like them!)

My name is Pam, and I am a Consultant Admiral Nurse at Dementia UK. I have had the privilege of being an Admiral Nurse for nearly 20 years. I look forward to our Time for a Cuppa event each year because it gives us all a lovely opportunity to get together with others to highlight and celebrate the work of Admiral Nurses throughout the UK. I chose to share this recipe with you because it is quick and easy to make, and so tasty.

Ingredients

200g peanut butter

175g golden caster sugar

$\frac{1}{4}$ teaspoon salt

1 large egg

Method:

1. Heat the oven to 180°C/fan 160°C/Gas Mark 4.
2. Line two baking trays with baking parchment.
3. Measure the peanut butter and sugar into a bowl. Add the salt and mix well with a wooden spoon. Add the egg and mix again until the mixture forms a dough.
4. Break off chunks of dough about the size of a walnut and shape them into a ball in your hand. Place them spaced apart on the trays. Press the cookies down with the back of a fork to squash them a bit.
5. Bake for 12 minutes, until golden around the edges and paler in the centre.
6. Cool on the trays for 10 minutes, then transfer to a wire rack to cool further.
7. Store them in a cookie jar for up to three days – if they last that long!

Tip: These cookies can be frozen at stage four for up to two months. Cook from frozen, adding an extra minute or two to the cooking time.



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Great-Grandma Green's parkin



From dementia specialist Admiral Nurse Beth Goss-Hill

I became an Admiral Nurse in 2017, but my passion for dementia care began long before that, when I completed my nurse training in 2002. I have always found it such a privilege to care for older adults, including working on an acute stroke ward and then as a district nurse, supporting people in their own homes.

I now work in my dream job as an Admiral Nurse Lead. It is an honour to support families living with dementia in their hour of need.

This recipe for Yorkshire parkin was written by my Great-Grandma Green and has been passed down as a family tradition that we've baked on Bonfire Night for over 100 years. We still have the recipe written out in her own handwriting.



Ingredients

225g self-raising flour

225g oatmeal

450g treacle
(golden syrup works best)

115g lard

115g soft brown sugar

2 teaspoons ground ginger

1 egg, made up to 280ml 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.

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Lemonade scones



From Roseann Thompson, Time for a Cuppa host 2022

This recipe is child-friendly and only requires four ingredients. Serve these light scones with jam and clotted cream (and butter if you do everything to excess, like me!).

Ingredients

400g self-raising flour

175ml double cream

175ml lemonade

75g sultanas

Method:

1. Preheat the oven to 220°C/Gas Mark 7.
2. Line a baking tray with baking paper.
3. In a large bowl, mix all the ingredients into a dough.
4. Tip the mixture onto a lightly floured surface and knead briefly to bring it together.
5. Pat the dough into an even 2cm thickness, then use a cookie cutter to cut out 12 scones. Arrange them on the baking tray.
6. Bake for 12-15 minutes, until golden and risen.
7. Cool on a wire rack and serve.



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Vegan chocolate brownies

From Demi Bevis-Roadnight, Regional Fundraiser

My tea party tip is to cater for all your guests by giving these tasty vegan brownies a go. They're simple and delicious.

Ingredients

4 tablespoons ground flax seeds

150ml water

150g dairy-free butter

200g caster sugar

200g light brown sugar

2 teaspoons vanilla extract

100g plain flour

100g cocoa powder

1 pinch salt

150g dairy-free chocolate chips or dairy-free chocolate bar cut into pieces



Method:

1. Preheat oven to 180°C/Gas Mark 4.
2. Grind the flax seeds in a food processor or pestle and mortar until you have a powdery texture.
3. Add the water and stir. Leave to sit for around 10 minutes while you combine all the other ingredients. The flax seeds soak up the water and it makes an egg-like mix.
4. In a separate bowl, melt the dairy-free butter either over a bain marie or in the microwave.
5. Once the dairy-free butter is melted, add the caster sugar, brown sugar, the flax seed and water mixture, and the vanilla extract and mix until well combined.
6. To the same bowl, add the flour, cocoa powder and salt. Mix again until combined.
7. Add two-thirds of the chocolate chips or chopped chocolate to the mixture and stir.
8. Add the mixture to a lined square pan (approximately 20x20cm) and smooth out the mixture.
9. Sprinkle the remaining chocolate over the top.
10. Bake for 35-45 minutes depending on how gooey you like your brownies.
11. Remove from the oven and leave to cool in the pan for 20 minutes.
12. Take the brownies out of the pan and leave to cool in the baking paper for another 30 minutes. Cut into pieces and enjoy!

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Mango kulfi

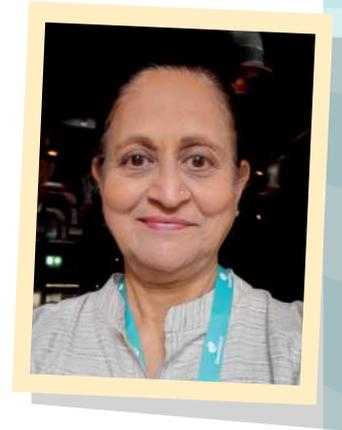
From Urmila Prabhat, Volunteer Ambassador

This is an Indian ice cream recipe which is simple and tasty.

Ingredients

- 1.5l milk
- 1 can condensed milk
- 800g mango pulp, fresh or tinned
- 400g ready-made custard
- 5 tablespoons raisins
- 5 tablespoons flaked almonds
- 5 tablespoons flaked/chopped pistachios
- 2 tablespoons ground cardamom

You will also need a freezer-safe plastic tub with a lid, such as an ice cream tub.



Method:

1. Bring 1l of milk to the boil on a low heat in a wide, heavy-bottomed pan, then reduce the temperature and simmer for about 20 minutes, or until you have around half the volume. Set aside.
2. Combine the custard with the remaining milk and mix well.
3. Combine the reduced milk, condensed milk and custard.
4. Mix well with a whisk and leave to cool to room temperature.
5. Add half of the mango pulp and the cardamom powder to the mixture and mix well.
6. Pour the mixture into a plastic tub with a lid.
7. Leave to set in the freezer for 45 minutes.
8. Remove the tub from the freezer and pour over the remaining mango pulp.
9. Decorate the top with raisins, almonds and pistachios, then return to the freezer for a minimum of two hours.
10. Take out and serve in your best cups or bowls.

Tip: You can also make this recipe using ice lolly moulds. Use half the amount of mango pulp, as you will not be pouring it over the lollies.

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Shrikhand

From Urmila Prabhat, Volunteer Ambassador

This easy recipe is a very popular Indian dessert.

Ingredients

500g yoghurt

200g double cream

1 tin condensed milk

5 tablespoons raisins

5 tablespoons flaked almonds

5 tablespoons chopped/flaked pistachios

1 tablespoons ground cardamom

1 teaspoon ground nutmeg

You will also need a clean muslin cloth or thin cloth napkin, about 30cm square.

Method:

1. Mix the almonds, pistachios and raisins and set aside.
2. Spread the muslin or napkin over a fine sieve resting on a pan.
3. Pour the yoghurt onto the muslin, pat down with a wooden spoon and leave for 15 minutes to drain off the excess liquid.
4. Turn out the drained yoghurt into a mixing bowl.
5. Pour the double cream and condensed milk into the same bowl – if you prefer a less sweet recipe, reduce the amount of condensed milk by 50-100ml.
6. With a spoon, gently combine the three ingredients into a smooth, creamy mixture.
7. Add the cardamom and nutmeg and mix well.
8. Spoon into cups and garnish with the almond, pistachio and raisin mix from step one.
9. Cover each cup with cling film and keep chilled in the fridge until you are ready to eat it – it will keep for three days.

Tip: Top with a fresh rose petal, if you have some. Do not freeze.

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Jalebi toast

From Urmila Prabhat, Volunteer Ambassador

Serves six

Ingredients

The recipe contains nuts, but they can easily be omitted to make a nut-free version.

4 slices white bread

4 tablespoons icing sugar

2 tablespoons ground almonds

2 tablespoons white sesame seeds

2 tablespoons white/dark poppyseeds

2 tablespoons desiccated coconut

Oil for frying (ideally vegetable oil, but any type can be used)

Method:

1. Remove the crusts from the slices of bread, then cut each slice into four pieces.
2. Combine all of the dry ingredients and spread them out on a sheet of greaseproof paper/baking parchment.
3. Heat the oil and fry four pieces of bread at a time, turning regularly, until they are golden brown.
4. Place the fried bread straight onto the mixture on the paper.
5. Quickly turn the bread to coat the other side.
6. Sprinkle the remaining mixture on top of the slices and serve warm on a plate.

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Best-ever blondies

From Bessie Bakes

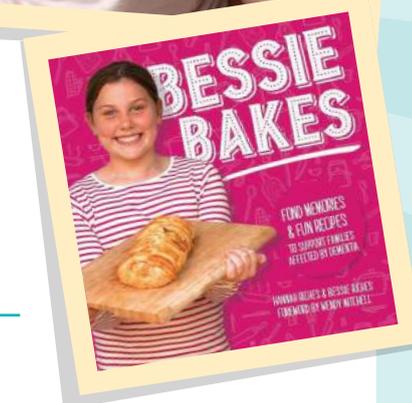
Hi, I'm Bessie and my daddy got dementia when I was five. My favourite thing to do is bake and I love taking part in Time for a Cuppa and raising money for Dementia UK. During lockdown, I created my cookbook called Bessie Bakes, and this is one of the recipes from it – I hope you like it!

Ingredients

- 175g butter
- 200g soft brown sugar
- 1 egg
- 200g plain flour
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 50g dark chocolate
- 100g white or milk chocolate

Method:

1. Preheat the oven to 185°C/fan 170°C /Gas Mark 4.
2. Melt the butter in the microwave. Place the sugar in a food mixer, add the melted butter and mix.
3. Allow to cool and then stir in the egg and vanilla extract.
4. Sieve the flour and salt then fold into the sugar, butter and egg mixture.
5. Chop the chocolate and stir into the batter, then transfer it into a lined brownie tin. Smooth the surface using the back of a spoon, pushing the mixture up to the edges of the tray.
6. Bake for 20 minutes until the top is set.
7. Remove from the oven and leave the blondies to cool before removing them from the tin and cutting them into squares. These blondies are best served warm.



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Lemon and poppyseed drizzle cake

Ingredients

115g butter	2 tablespoons milk
115g caster sugar	Zest of 1 ½ lemons
140g self-raising flour	1 tablespoon poppyseeds
1 teaspoon baking powder	90g granulated sugar
2 eggs	Juice of 1 lemon

Method:

1. Preheat the oven to 160°C/fan 140°C/Gas Mark 3.
2. Grease a 2lb loaf tin and line with baking parchment.
3. In a mixing bowl, beat the butter with an electric mixer until soft and smooth.
4. Add the caster sugar, self-raising flour, baking powder, eggs, milk, lemon zest and poppyseeds to the butter and beat with an electric mixer for about two minutes, until well combined.
5. Spoon the mixture into the prepared loaf tin and level gently with a spatula
6. Bake in the middle of the preheated oven for about 45 minutes – the cake is ready when it springs back when lightly pressed in the centre.
7. Allow the cake to cool in the tin for about five minutes then lift it out of the tin, still in the baking parchment, and continue to cool on a wire rack.
8. After 15 minutes, prick the top of the cake several times with a skewer or fork.
9. Mix the granulated sugar and lemon juice to make the crunchy topping and spoon evenly over the cake while it's still warm.
10. When the cake has cooled completely, remove the baking parchment.

Tip: If you're expecting lots of guests you can easily double this recipe to make two loaves.

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Chocolate tiffin



Makes 24 pieces

Ingredients

140g butter

30g sugar

2 ½ tablespoons golden syrup

5 teaspoons cocoa powder

200g Rich Tea biscuits

1 small handful raisins

1 small handful dried cherries

1 large handful
blanched almonds

200g dark chocolate

200g milk chocolate

Method:

1. Grease and line a 20x30cm baking tray with greaseproof paper (if you don't have a tray this size you can use a bigger or smaller tray; the tiffin will just end up a bit thinner or thicker).
2. In a saucepan, melt the butter, sugar, golden syrup and cocoa.
3. In a bowl or freezer bag and crush them using use a rolling pin.
4. Roughly chop the dried cherries and almonds.
5. When the chocolate mixture is melted, stir in the biscuits, dried fruit and nuts.
6. Pour the mixture into the prepared baking tray and press down with a spatula.
7. Break the dark and milk chocolate into pieces and place in a heatproof bowl set over (not in) a saucepan of simmering water. Stir occasionally until melted. Once melted, pour over the biscuit mixture.
8. Put the tin in the fridge for about an hour to set.
9. Once set, cut into 24 pieces.

Tip: You can make these your own by using different biscuits (such as digestives or ginger nuts), dried fruit or nuts. Make them extra special by soaking the dried fruit in orange liquor the day before!

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Pistachio shortbread



Ingredients

125g butter, cold from the fridge and cubed

60g golden caster sugar, plus extra for sprinkling on top

100g plain flour

100g cornflour

40g pistachios, crushed or chopped but not too finely

Method:

1. In a bowl, rub together the butter and sugar until they form a smooth paste.
2. Add both flours and the crushed pistachios to the bowl and rub in. Be careful not to over-work the dough – it should be crumbly.
3. Bring the mixture together into a ball, then roll out to 1cm thickness. Wrap in cling film and put it in the fridge for 30 minutes.
4. Pre-heat the oven to 200°C/fan 180°C/Gas Mark 6.
5. After 30 minutes, take the mixture out of the fridge and cut into discs. Sprinkle with sugar and bake on a lined baking tray for approximately 15 minutes.
6. Leave to cool on the baking tray for 10 minutes, then transfer onto a wire rack until completely cooled.
7. Store in an airtight container. The shortbread will keep for up to a week – perfect for making a few days before your Time for a Cuppa event!

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Vegan and gluten-free peanut butter cookies

Makes 16

Ingredients

200g crunchy peanut butter

150g golden caster sugar

1 tablespoon ground flax seeds

3 tablespoons water

Method:

1. Put the ground flax seeds and water in a bowl, stir well and leave for at least 15 minutes, until the flax seeds have soaked up all the water and formed an egg-like texture.
2. Preheat oven to 180°C/fan 160°C/Gas Mark 4.
3. Line two baking trays with baking parchment.
4. In a large bowl, mix the peanut butter and sugar with a wooden spoon until well combined.
5. Add the flax seed and water mixture and combine.
6. Roll the mixture into small balls, about the size of a cherry tomato, and place on the lined baking trays.
7. Lightly press the balls with the back of a fork.
8. Bake in the preheated oven for 15 minutes. The cookies will still be soft when they come out of the oven but will firm up when cooled.
9. Cool on the baking trays for 10 minutes, then transfer onto a wire rack until fully cooled.

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**Something
savoury**





Vegetable puffs

From Urmila Prabhat, Volunteer Ambassador

Makes 15

Ingredients

For the filling:

3 cups mashed potato

1 cup cooked peas

1 cup very finely chopped spring onions

1 cup finely chopped white mushrooms

2 tablespoons finely chopped coriander

2 tablespoons lemon juice

For the seasoning:

1 teaspoon whole cumin seeds

1 teaspoon ground black pepper

1 tablespoon salt

1 teaspoon paprika

1 green chilli, finely chopped (optional)

For the pastry:

1 pack ready-rolled puff pastry
Water or milk to seal edges

Method:

1. Heat the olive oil in a wide, open pan. Add the cumin seeds and let them sizzle. Do not let them brown too much.
2. Add the chopped spring onions and fry for one minute.
3. Add the chopped mushrooms and fry for one minute.
4. Add the cooked peas and fry for one minute.
5. Add all the seasonings, chopped coriander and lemon juice, and stir.
6. Add the mashed potato. Mix well and cook, covered, for three minutes.
7. Transfer the vegetable mix on a plate to cool, then roll into sausage shapes about 3cm long.
8. Unroll the puff pastry and cut into 6cm squares. Place a vegetable roll diagonally on each square and fold the pastry to make a triangle shape. Use a little milk or water to seal the edges. Score a cross on top of each to let steam escape.
9. Line an oven tray with baking paper and arrange the puffs on the tray. Preheat the oven according to the instructions on the pastry packet.
10. Bake according to the directions on the packet, or until the puffs are golden.
11. Remove from the oven and cool. Serve with tomato ketchup or green salad.

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Tawa aloo chat

From Urmila Prabhat, Volunteer Ambassador

Serves eight

Ingredients

For the base:

- 1kg large potatoes
- 2 tablespoons olive oil for roasting plus extra for frying

For the powder mix:

- 1 teaspoon table salt
- 1 teaspoon Himalayan black salt (sold as kala namak in Indian shops)
- 2 tablespoons whole cumin seeds
- 2 tablespoons black pepper, freshly ground
- 1 teaspoon powdered dry ginger
- 1 tablespoons paprika (or 1 teaspoon red chilli powder if you prefer more spice)
- 2 tablespoons garam masala or tandoori masala (both optional)

To garnish:

- 1 sprig fresh coriander leaves and stems, washed and chopped
- 1 sprig fresh mint leaves, washed and finely chopped
- Juice of three lemons

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Tawa aloo chat continued

Method:

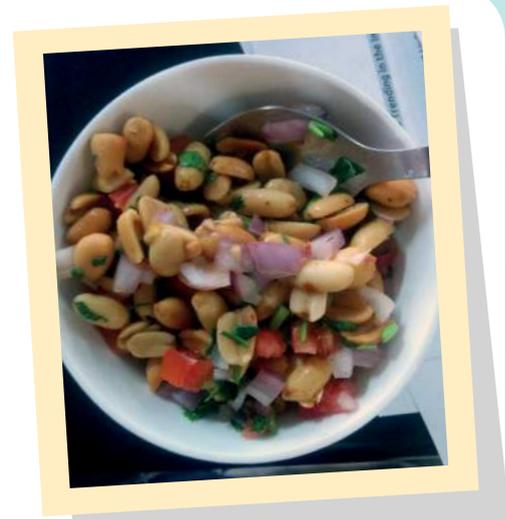
1. Wash the potatoes and peel if you like. Cut into 2.5cm cubes.
2. Boil the potatoes for two to three minutes. Drain and place on a cloth napkin to dry.
3. Heat the oil in a frying pan. Add a few potato cubes at a time and fry on a high setting until they are crisp on the outside.
4. Line an oven tray with kitchen foil and arrange the potatoes in a single layer.
5. Sprinkle the prepared powder mix generously over the potatoes.
6. Sprinkle over half the lemon juice, half the chopped coriander and half the chopped mint. Drizzle with olive oil.
7. Heat the oven to 180°C/fan 160°C/Gas Mark 4. Bake the potatoes for 20 minutes.
8. Remove from the oven and sprinkle over the rest of the lemon juice, chopped coriander and mint leaves. Serve individual portions on side plates with cocktail sticks and a dollop of plain yoghurt.

Tip: Taste the powder mix beforehand to check the level of spice.

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Masala peanut salad



From Urmila Prabhat, Volunteer Ambassador

Serves four

A fresh, nutritious and quick dish which could be served as a salad on its own, as a starter or as a snack. It's easily transportable and works well at picnics and other outdoor settings.

Ingredients

- 1 cup peanuts (preferably without skin and from a new packet)**
- 2 tablespoons oil**
- 1 red onion**
- 2 ripe tomatoes with more pulp than juice**
- 1 sprig of fresh coriander**
- 10 fresh mint leaves (separated from stalk)**
- 1 small green chilli (optional)**
- Juice of half a lime**
- Pinch of salt**
- 3 teaspoons cumin seeds**
- 1 teaspoon freshly ground pepper**

Method:

- 1.** Roast the peanuts for a few minutes to release the flavour but be careful not to brown them.
- 2.** Soak the roasted peanuts in water for two hours then drain and place on a sheet of kitchen paper to dry out.
- 3.** Peel and chop the red onion – the finer the better.
- 4.** Wash and chop the tomatoes, mint and coriander. The mint should be finely chopped but the coriander can be coarse.
- 5.** Heat one tablespoon of oil in a wide pan until hot, then reduce the heat.

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Masala peanut salad continued

- 6.** Add the cumin seeds and let them pop, but not brown.
- 7.** Quickly add the chopped onion and cook for two minutes until it is translucent but not brown. Remove from the heat and set aside.
- 8.** In the same pan, add one tablespoon of oil and when hot, add the tomatoes and stir gently for two minutes. Make sure you stop before the skins separate, then add salt.
- 9.** If you are using the green chilli, finely chop and stir in, then add the peanuts.
- 10.** Cover and cook for five minutes then remove from the heat.
- 11.** Add the fried onions and ground pepper, cover and leave for another five minutes.
- 12.** Sprinkle with lemon juice, half the mint and half the coriander leaves.
- 13.** Mix well and transfer to a serving plate, garnished with rest of the chopped mint, chopped coriander. Serve warm.



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Cucumber raita

From Urmila Prabhat, Volunteer Ambassador

Serves six

Ingredients

For the filling:

1 fresh cucumber, peeled and grated

500g unflavoured yoghurt

100ml milk

1 teaspoon cumin powder

1 teaspoon paprika

Pinch of salt

Bunch of mint leaves, chopped (reserve some for the garnish)

Bunch of coriander leaves, chopped (reserve some for the garnish)

Method:

Mix all of the ingredients well and serve cold in a bowl, garnished with chopped mint and coriander leaves.

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Top tips from the Time for a Cuppa Tea(m)!

- Once you've decided how many people you might want to come along on the day, why not ask your family, friends or colleagues to help you bake or set up your event?
- We have some fabulous games which you can download and print out to help add some fun to the day but also help boost your fundraising. We recommend our newest games, 'Name that tea' and 'How many words'
- Lots of us are now carrying less cash so we recommend setting up a JustGiving page for online donations. Setting up your page is easy, and you can share it with people before, during and after your event. If you are using your collection box on the day, just make sure you ask your guests to fill out the donation form so they can Gift Aid their donation



PS Lots of hosts tell us that holding a raffle helps raise even more funds. There's a letter of authority in this pack to help you source prizes.

Want some extra fundraising tips?

Scan the QR code or visit qrco.de/bce9a2



If you have any questions or would like to chat to one of the team about your event, please don't hesitate to give us a call on 020 8036 5380 or email us at timeforacuppa@dementiauk.org

