



If you want to add something extra, find out what berries grow near you. During WWII, families would pick these off bushes.

# BAKE A SYRUP CAKE

LEARN HOW TO MAKE THIS DELICIOUS WARTIME PUD!

During the Second World War some baking ingredients such as eggs, milk, butter and sugar were rationed, which meant that families had to get a little more creative in the kitchen. Despite the challenges, there were still plenty of delicious desserts and cakes that could be made without using up precious supplies. Try our recipe for tasty syrup cake to see what you think of this wartime sweet treat!

## INGREDIENTS

- 4oz (115g) of self-raising flour
- 1/2 a teaspoon of bicarbonate of soda
- A pinch of salt
- 2 tablespoons of golden syrup
- 1/4 pint of milk



## METHOD

- Sift the self-raising flour, bicarbonate of soda and salt into a bowl.
- Heat the golden syrup and milk in a pan until it's warm.
- Pour over the flour and mix together.
- Preheat the oven to 220°C or gas mark 7. Pour the mixture into a loaf tin greased with margarine and bake for 30 minutes or until firm.



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