

Healthy Baking Guide



ENGLAND

MASON CASH

EST.  1800

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*Recipes developed and baked by The Wildflowers Secret Bakehouse

YOUR GUIDE TO Healthy Baking

Traditionally, baking involves using lots of sugar, dairy and eggs to create delicious sweet treats, which unfortunately come laden with calories and fats that we all know are not good for us. It can be challenging to find healthier substitutes. But fear not, this Healthy Baking Guide will help you to find better alternatives without compromising on taste!

We're here to offer inspiration for choosing 'free from', vegan and gluten-free options to help you get the most from your healthy bakes, whilst guiding you every step of the way.

Have you ever thought of swapping butter for avocado? Try it, you'll get the same silky, creamy flavour without the saturated fats. From tray bakes to sponge cakes we've got a recipe to suit you and we can't wait for you to try them out.

For more recipes and products visit www.masoncash.co.uk



HEALTHY BAKING

Tools

From breakfast to dessert, it's no secret we're fans of making food healthier. Bakes can often be healthy with the simplest of tricks and an understanding of what ingredients and which products to use. Mason Cash has wide, comprehensive product ranges that combine quality and function which can become your helping hand in preparing healthy bakes. These products have innovative features which make them a perfect addition.



Innovative Kitchen
Balloon Whisk + Reamer



Bakewell
Egg Separator



Size 12 Cane Mixing Bowl



Bakewell Measuring Cups



Bakewell Egg Store



Innovative Kitchen Pastry Brush + Fork



Bakewell Batter Bowl
Innovative Kitchen Baker's Spoon (above)



Original Cane
Measuring Spoons



Original Cane
Flour Shaker



Original Cane 24cm Square Dish



Bakewell Juicer



Innovative Kitchen Spatula

HEALTHY BAKING

Substitutes

Cut back on some of the unnecessary sugar and fat in your recipes with our favourite baking substitutes:



Wholemeal flour instead of white flour
Extra fibre can aid digestion. This simple trick can be used for any type of baking!



Chia seeds and water instead of egg
Let the chia seeds sit in water for 15 minutes and use to make muffins, cakes and cookies.



Avocado instead of butter
Perfect for brownies and chocolate cookies as avocados are full of good fats and have practically the same consistency as butter at room temperature. Avocado's creaminess and subtle flavour is a great substitute for heavy butter.



Honey instead of sugar
Honey is a natural liquid which is a great alternative to sugar! It works well in moist, denser bakes and because it is sweeter than sugar you can use less of it. It also caramelises quicker than normal sugar and gives a darker finish to your bake.

HEALTHY BAKING

Glossary

There are a variety of ingredients in these healthy bakes that you may not have heard of! Here is a little glossary to help you.



Agave Syrup

Agave Syrup (also known as agave nectar) is a natural sweetener similar in consistency to honey. It is extracted from the agave plant, originated in Mexico and South America. It's made up of fructose and glucose, meaning much less is needed in recipes.



Cacao Powder

Cacao Powder is also known as raw cacao and is produced at a lower temperature and holds a deeper chocolate flavour than cocoa.

Cacao is processed less than cocoa powder which provides a greater anti-oxidant content.



Coconut Bliss

Made from high quality, organic dried coconut flesh, often used as a creamy coconut butter or spread. With no saturated animal fat or dairy, 1 tablespoon of bliss provides 2 grams of fibre.



Silken Tofu

Similar to normal tofu but has a thick and creamy texture which means it is a suitable substitute for dairy, keeping sweets lower in fat and calories with little loss of flavour.



Xylitol

An all-natural alternative to sugar which is derived from the fibres of plants. Like Agave Syrup, its flavour is as sweet as conventional sugar but has 2/3 of the calories. It comes in white granular form.



Victoria Sponge with Cashew Coconut Filling

Prep: 30 Minutes Bake: 25 Minutes Decorate: 20 Minutes Servings: 10

INGREDIENTS

SPONGE

- 500g wholemeal flour
- 330g golden caster sugar
- 220g vegan margarine (margarine)
- 220g soya yoghurt (greek yoghurt)
- 220ml soya milk (skimmed milk)
- 4 tsp baking powder

FILLING

- 150g cashew nuts
- 350g silken tofu
- 50g coconut bliss
- 3–4 tbsp agave syrup
- 450g strawberries
- 150ml water
- 5 tbsp xylitol
- 3 tbsp chia seeds

METHOD

1. Preheat oven to 180°C/160°C fan/gas mark 4, then grease and line two 22cm cake tins.
2. Make the jam – over a medium heat, add strawberries to a pan along with xylitol and 150ml of water.
3. Keep stirring the mixture, once the fruit has softened, remove from the heat and stir in the chia seeds. Chill in the fridge for an hour or until set.
4. Beat the sugar and margarine together. When pale and fluffy, add the soya milk and yoghurt, and mix well.
5. Add the flour and baking powder, then gently mix until completely combined.
6. Spoon the mixture between the two cake tins then bake for 25 minutes, or until a skewer comes out clean. Remove from the oven, and leave to cool in the tin for 10 minutes before turning onto a wire cooling rack.
7. While the cakes are cooling, make the filling by adding soaked cashew nuts into the pestle and mortar and crush until fine. Add nuts to the tofu, agave, coconut bliss and vanilla and mix until combined into a thick cream.
8. Once the sponge has completely cooled, layer it up with the cream filling and jam, then scatter the top with some fresh berries and a dusting of icing sugar. slice and enjoy.

SUGGESTED TOOLS

Original Cane Measuring Jug
Original Cane Size 12 Mixing Bowl
Original Cane Measuring Spoons
Original Cane Pestle + Mortar
Innovative Kitchen Spatula





Super Food Brownies

Prep: 40 Minutes Bake: 40 Minutes Servings: 12

INGREDIENTS

2 large avocados, mashed
200g dark chocolate (70%)
130g wholemeal flour, sifted
(gluten free flour)
20g cacao powder
30g cocoa powder
100g dark muscovado sugar
125ml maple syrup
2 tbsp chia seeds
4 tbsp coconut oil
1½ tbsp almond milk
(skimmed milk)
½ tsp baking powder
(gluten free baking powder)
Pinch of salt

METHOD

1. Preheat oven to 180°C/160°C/gas mark 4, then grease a large Mason Cash rectangular dish.
2. Mix the chia seeds with water and leave for 10 minutes.
3. Over a low heat, melt 150g of chocolate with coconut oil and leave to cool.
4. Next, mix the melted chocolate with mashed avocados until smooth.
5. Add the sugar, maple syrup and chia seeds until well combined, then mix in the sifted flour, cacao, cocoa powder, baking powder and salt, fold in 50g of chocolate chunks (optional).
6. Spoon the mixture into the lined dish and bake for 40–45 minutes.
7. Remove from the oven and leave to completely cool.

SUGGESTED TOOLS

Bakewell Size 12 Mixing Bowl
Bakewell 29cm Rectangular Dish
Bakewell Food Prep Bowls
Bakewell Measuring Spoons
Innovative Kitchen Baker's Spoon





Seeded Wholemeal Bread

Prep: 120 Minutes Bake: 30 Minutes

INGREDIENTS

500g wholemeal bread flour,
plus extra for dusting

50g unsalted butter, melted
or softened

1 tsp salt

7g sachet of fast action yeast

50g sunflower seeds

50g pumpkin seeds

25g poppy seeds

400ml lukewarm water



SUGGESTED TOOLS

Original Cane Size 12 Mixing Bowl

Original Cane Measuring Spoons

Original Cane Measuring Jug

Terracotta Baking Stone



METHOD

1. Mix the flour, salt, yeast and butter together in a large mixing bowl
2. Add the water to the bowl and mix in well with your hands using a pincer movement to squeeze the liquid into the flour until the bowl is quite clean.
3. Empty the mixture onto a floured surface and knead for around 5 minutes, then add the seeds. Continue to knead for another 5 minutes until the dough is smooth and springs back when you press a fingertip onto it.
4. Shape the dough into a ball, place it into a mixing bowl lightly greased with olive or sunflower oil. Cover with cling film and leave it to prove for around an hour until it has doubled in size.
5. Once proved, knock the dough back by bashing the air out of it with a fist, then reshape into a ball or oval (feel free to lightly oil the top of the dough and press extra seeds into it).
6. Preheat your oven to 220°C, then place the shaped dough onto a floured, seasoned Mason Cash terracotta baking stone and cover with a tea towel. Allow the dough to rise again for around an hour, slash a cross into the surface, then bake for around 30 minutes until browned. The loaf should sound hollow when tapped on the base.
7. Allow to cool on a wire rack before serving.



VEGAN



GLUTEN
FREE

Fruit, Hazelnut & Chocolate Tart

Prep: 40 Minutes Freeze: 45 - 60 Minutes Finish/Decorate: 15 Minutes Servings: 10

INGREDIENTS

BASE

150g almonds

50g roasted hazelnuts

180g dates

50g organic wheat flakes
(gluten free bran flakes)

3 tbsp coconut oil

Pinch of salt

GANACHE

200g dark chocolate (70%)

180ml full fat coconut milk

Dried cranberries and raisins

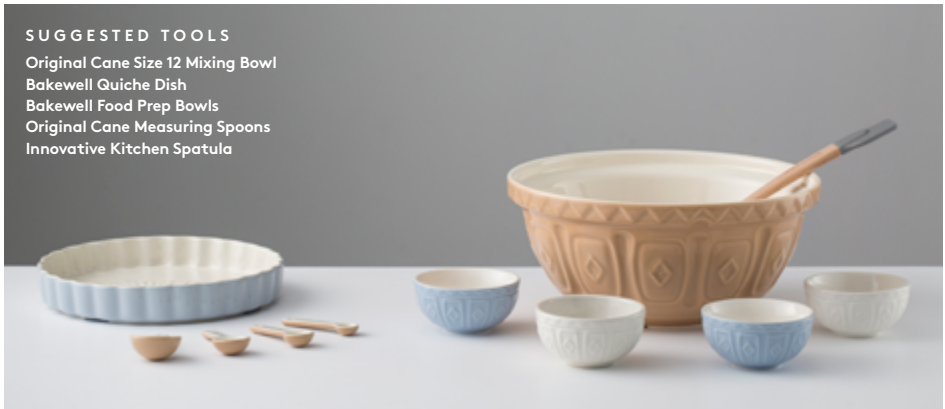
50g roasted hazelnuts

METHOD

1. Grease and line a 24cm quiche dish.
2. Mix the ingredients for the tart base in a mixing bowl until it forms into a dough.
3. Press into the base and up the side of the quiche dish, then leave to set in the freezer for 45 minutes to an hour.
4. Melt the chocolate into the coconut milk, then mix in the dried fruits to make a ganache.
5. When the ganache has cooled, pour into the tart base, then sprinkle with hazelnuts and leave to set in the fridge.

SUGGESTED TOOLS

Original Cane Size 12 Mixing Bowl
Bakewell Quiche Dish
Bakewell Food Prep Bowls
Original Cane Measuring Spoons
Innovative Kitchen Spatula







GLUTEN
FREE



Pumpkin Seed & Coconut Breakfast Flapjack

Prep: 20 Minutes Bake: 20 Minutes Servings: 12

INGREDIENTS

- 125g plain flour
(gluten free flour)
- 100g caster sugar
- 100g oats (gluten free oats)
- 90g desiccated coconut
- 50g sunflower seeds
- 50g pumpkin seeds
- 125g unsalted butter
- 1 tbsp golden syrup
- 1 tsp bicarbonate of soda
- 2 tbsp freshly boiled water

METHOD

1. Preheat oven to 170°C/325°F/Gas 3.
2. Grease a Mason Cash 24cm square baker with butter.
3. Mix the flour, sugar, oats, coconut, sunflower and pumpkin seeds together in a large mixing bowl.
4. Heat the butter with the golden syrup in a pan until melted.
5. Once melted, mix the bicarbonate of soda with the boiled water and add to the butter mixture.
6. Pour the pan contents into the dry ingredients and mix well. Tip the mixture into the baker and press down with the back of a spoon.
7. Bake for 20 minutes or until golden-brown and allow to cool before cutting into squares or rectangles.



SUGGESTED TOOLS

- Size 12 Cane Mixing Bowl
- Original Cane 24cm Square Dish
- Original Cane Measuring Spoons
- Innovative Kitchen Baker's Spoon



Lime, Courgette & Pistachio Layer Cake

Prep: 45 Minutes Bake: 45 Minutes Decorate: 30 Minutes Servings: 10 – 12

INGREDIENTS

SPONGE

- 500g wholemeal flour
- 500g sugar
- 330g vegan margarine (margarine)
- 330g soya yoghurt (greek yoghurt)
- 330g soya milk (skimmed milk)
- 600g courgette
- 6 tsp baking powder
- 1½ tsp bicarbonate of soda
- 1 tsp lime zest

FILLING

- 350g silken tofu
- 600g vegan cream cheese (light cream cheese)
- 200g icing sugar
- 2 tbsp lime juice
- 1 tsp lime zest

SUGGESTED TOOLS

- Size 12 Colour Mix Mixing Bowl
- Innovative Kitchen Juicer
- Original Cane Measuring Spoons
- Kitchen Essentials Grater
- Original Cane Measuring Jug
- Bakewell Food Prep Bowls
- Innovative Kitchen Balloon Whisk + Reamer

METHOD

1. Preheat oven to 180°C/160°C fan/gas mark 4, then grease and line three 22cm cake tins.
2. Beat the sugar and margarine together. When pale and fluffy, add the soya milk and yoghurt, and mix well.
3. Add the flour, baking powder and bicarbonate of soda and gently mix until just before completely combined, then fold in courgette and lime zest.
4. Spoon the mixture between the three cake tins then bake in the preheated oven for 45 minutes, or until a skewer comes out clean. Remove from oven and leave to cool in the tin for 10 minutes before turning onto wire cooling rack.
5. While the sponge cools, mix together the cream cheese and tofu with the icing sugar, lime juice and zest, until smooth.
6. When the sponges have completely cooled, layer the cream cheese onto the first sponge and then top with the lime curd and a sprinkle of pistachio.
7. Repeat this for the second layer, finish the top of the cake with cream cheese and a sprinkle of pistachio.
8. Store in a Mason Cash Cloche Cake tin.



Healthy Lime Curd

INGREDIENTS

- 9–10 limes, juiced
- 200ml water
- 4 tbsp cornflour
- 300g sugar
- 80ml soya milk (skimmed milk)
- 2 tbsp vegan margarine (margarine)
- Pinch of salt

METHOD

1. Mix lime juice, water, sugar, cornflour and salt until smooth.
2. Add lime zest, then add to a saucepan over a medium heat and whisk until it starts to boil (approximately 15 minutes).
3. Leave to boil for 1 minute, it should then start to become a bit clearer and thicker in consistency.
4. Remove from the heat and whisk in the milk and margarine.
5. Allow to completely cool.



200 Years in the baking.

Mason Cash has been the choice of home cooks and bakers for centuries. The origins of Mason Cash can be traced back to a pottery, operating at Church Gresley in the heart of the English ceramic industry in 1800.

Although Mason Cash had produced mixing bowls during the 1800s, in 1901 they designed and manufactured the very first iconic Mason Cash mixing bowl. The bowls' design has endured the test of time and has become something of a design classic. In fact, the design has barely altered since then, which is why the brand is still renowned for its innovative, classic kitchenware today.

Over the centuries we have developed a great understanding of cooks' evolving needs and expectations which enables us to produce innovative, functional and effective kitchenware using the best quality materials. This guide has been developed to show that baking can be fun and healthy with delicious results.

The logo for Mason Cash, featuring a stylized, cursive signature of 'Mason' in white. The 'M' is large and loops around the 'a', and the 's' is long and sweeping. The word 'Cash' is written in a smaller, simpler font to the right of the 'Mason' signature.

WWW.MASONCASH.CO.UK