



[www.aseasonofhappiness.com](http://www.aseasonofhappiness.com)

**GF Friendly**

## Melting Moments

### mouth-watering budget-saver cakes

We adapted this time-honoured recipe to cater for those of you on a budget; plus, because the original called for both butter and lard, our version is less fattening. The use of table spread instead of butter also makes for easier creaming. As you can see from the photo, we managed to get a baker's dozen from the mix; but they were bigger than we'd hoped for. However, by spooning out smaller amounts into the oats, you should end up with around 20 that are more like cookies than cakes – your choice.

120g table spread  
 75g white sugar  
 1 egg  
 1½ tsps imitation vanilla essence  
 200g self-raising flour  
     For Gluten Free: 200g plain flour  
     + 4 tsps baking powder  
 ½ cup quick oats  
 Glacé cherries (optional)



In a mixing bowl, cream together the table spread with the sugar using a wooden spoon or a spatula until it is soft and fluffy. Beat in the egg thoroughly and stir in the imitation vanilla. Gradually fold in the flour (**for Gluten-Free, mix the baking powder with the flour first**). Have 2 baking sheets lined with baking paper handy for the next stage. Put the oats in a bowl, then transfer a dessert spoon of the mixture one at a time, roll in the oats, then place on the baking tray, leaving a bit of space in between. Top each with half a glacé cherry if using.

Bake on 175°C fan-forced (190°C conventional) for 15-20 minutes, checking to make sure they don't burn.

Makes 12-20, depending whether you want cakes or cookies

**Tip:** if the mixture seems too sticky, add a little more flour until it is easy to roll in the oats; but try a spoonful first because the oats **must stick to the mix**.

A Season of Happiness - helping you towards a better lifestyle



For a look at some informative articles on a variety of subjects just return to the web page