

Allergens list - Betsy's Bake 2022

Allergens in bold

Gluten free cake options contain the same ingredients but wheat flour is replaced using gluten free flour and gluten free raising agents. Vegan versions may contain soya.

- Betsy's Big Fat Carrot Cake Ingredients:

Carrot, sunflower oil, vanilla, **eggs, flour, butter**, dark brown sugar, cinnamon, bicarb, icing sugar, salt, seeds, apricot, cranberry

- Chocolate Guinness Cake Ingredients: Guinness, sugar, **butter, eggs, sour cream, flour, cream, soft cream cheese**, bicarb, cocoa powder, vanilla, icing sugar.

- Chocolate Banana Bread

Ingredients: banana, vanilla, **eggs, butter**,

milk, dark chocolate, flour, baking powder, bicarb, light brown sugar.

- Fresh Raspberry Bakewell Ingredients: **almond, butter, flour, eggs**, raspberry jam, fresh raspberries, sugar.

- Victoria sponge - lemon and raspberry Ingredients: **butter, flour, eggs, milk, baking powder**, sugar, vanilla, icing sugar, raspberry jam or lemon curd

- Rustic lemon drizzle

Ingredient: sugar, lemon, **ground almond, flour, butter, eggs**, icing sugar.

- Lemon & Blueberry Layer cake Ingredients: **butter, flour, eggs, baking powder, milk**, sugar, vanilla, icing sugar, blueberries, lemon curd, lemon.

- Rainbow Cake

Ingredients: **butter, flour, eggs, milk, baking powder**, sugar, vanilla, icing sugar, **Sugar Flair food paste**.

- Coffee & Walnut

Ingredients: **butter, flour, eggs, milk, walnut, baking powder**, sugar, vanilla, icing sugar, coffee.

- Courgette, Cinnamon & Walnut Ingredients: **butter, flour, eggs, milk, walnut**, light brown sugar, cinnamon, sunflower oil, vanilla, icing sugar.

- Sicilian Chocolate Orange Ingredients: **butter, flour, milk, soya milk, baking powder**, bicarb, apple vinegar, sugar, sunflower oil, orange, vanilla, icing sugar, cocoa.

- Cherry Bakewell Layer cake Ingredients: **butter, flour, eggs, baking powder, almond, milk,** sugar, vanilla, icing sugar, cherry jam, cherries.

- Malteser chocolate cake

Ingredients: **butter, flour, milk, soya**

milk , baking powder, Maltesers, bicarb, sunflower oil, apple vinegar, sugar, vanilla, icing sugar, cocoa.

- Reeses peanut butter and chocolate cake.

Ingredients: **butter, flour, milk, soya milk , baking powder,** bicarb, sunflower oil, salt, apple vinegar, sugar, **peanut butter, Reeses,** vanilla, icing sugar, cocoa.

- Brownies

Ingredients: **eggs, butter, dark chocolate, milk chocolate, flour,** cocoa, sugar, **soya**

- Millionaire shortbread

Ingredients: **butter, flour,** sunflower oil, **condensed milk, dark chocolate, milk chocolate,** sugar, light brown sugar .

- Rocky Road

- Ingredients: dark chocolate, marshmallows, butter, digestives, maltesers, golden syrup, sunflower oil, soya milk

- Vegan Oreo Cake

Ingredients: **flour, soya milk , baking powder,** bicarb, apple vinegar, sugar, sunflower oil, **Oreos ,** salt, vanilla, icing sugar, cocoa.

- Spiced pumpkin, Coconut & mapled pecans

Ingredients: **flour, soya milk , baking powder,** bicarb, apple vinegar, sugar, sunflower oil, **pecan nuts ,** coconut, cinnamon, ginger, nutmeg, salt, maple syrup, golden syrup, vanilla, icing sugar, pumpkin or squash.

- Vegan Chocolate Banana Loaf Ingredients: banana, **flour, soya milk , baking powder,** bicarb, apple vinegar, light brown sugar, sunflower oil, vanilla.

- Vegan Chocolate & Raspberry/sour cherry cake

Ingredients: **flour, soya milk , baking powder,** bicarb, apple vinegar, sugar, sunflower oil , salt, vanilla, icing sugar, cocoa, (cherry or raspberry jam, cherries or raspberries).

▪ Vegan Chocolate peanut butter cake Ingredients: **flour, soya milk , baking powder**, bicarb, vegan butter, sunflower oil, salt, apple vinegar, sugar, **peanut butter, vegan dark chocolate**, vanilla, icing sugar, cocoa.

▪ Vegan Carrot Cake

Ingredients: carrot, sunflower oil, sugar, apple vinegar, vanilla, cinnamon, nutmeg, ginger, salt, bicarb, vegan butter, seeds, apricots, cranberries, **flour, baking powder, sulphites**

▪ Vegan Vic sponge

Ingredients: **flour, soya milk , baking**

powder, bicarb, apple vinegar, sugar, sunflower oil , salt, vanilla, icing sugar, vegan butter, raspberry jam.

▪ Vegan Chocolate & Banana Cake Ingredients: banana, light brown sugar, sunflower oil, apple vinegar, vanilla, vegan dark chocolate, bicar, **flour, baking powder, soya milk**, vegan butter, icing sugar.

• ▪ Vegan cupcakes

Ingredients: **Flour, soya milk, baking powder**,

bicarb, sugar, sunflower oil, apple vinegar, vanilla, icing sugar, salt, vegan butter (cocoa if using chocolate)

• ▪ Vegan Tiffin

Ingredients: vegan dark chocolate, sunflower oil, vegan butter, golden syrup, cranberries, saltanas, **soya, digestives, pistachio, sulphites.**

▪ Raspberry & Almond Crumbles Ingredients: banana, **almond, flour, oats**, light brown sugar, caster sugar, bicarb, fresh raspberries, raspberry jam, vegan butter.

▪ Vegan Granola

Ingredients: **oats**, golden syrup, light brown sugar vegan butter, saltanas , seeds.

▪ Vegan Peanut Butter Rice Krispies Ingredients: golden syrup, **peanut butter, vegan Rice Krispies, soya**, vegan butter, sugar, vegan dark chocolate, sunflower oil