

Simple Baking

Affordable Treats

Easy, flexible baking using what you have

Food is more than what is on the plate.
It is about health, connection, culture and community.

Simple baking can be a low-cost way to create filling meals and treats using everyday ingredients you already have at home.

Baking Vanilla Cake

Base ingredients

- 1 cup Flour
- ½ cup Sugar
- 1 Egg
- ½ cup Milk
- 2 tablespoons oil or melted butter (optional but improves texture)
- 1 teaspoon of baking powder

*If you do not have baking powder, use self-raising flour instead.

Add flavours with:

- Jam
- Stewed fruit
- Banana
- Apple

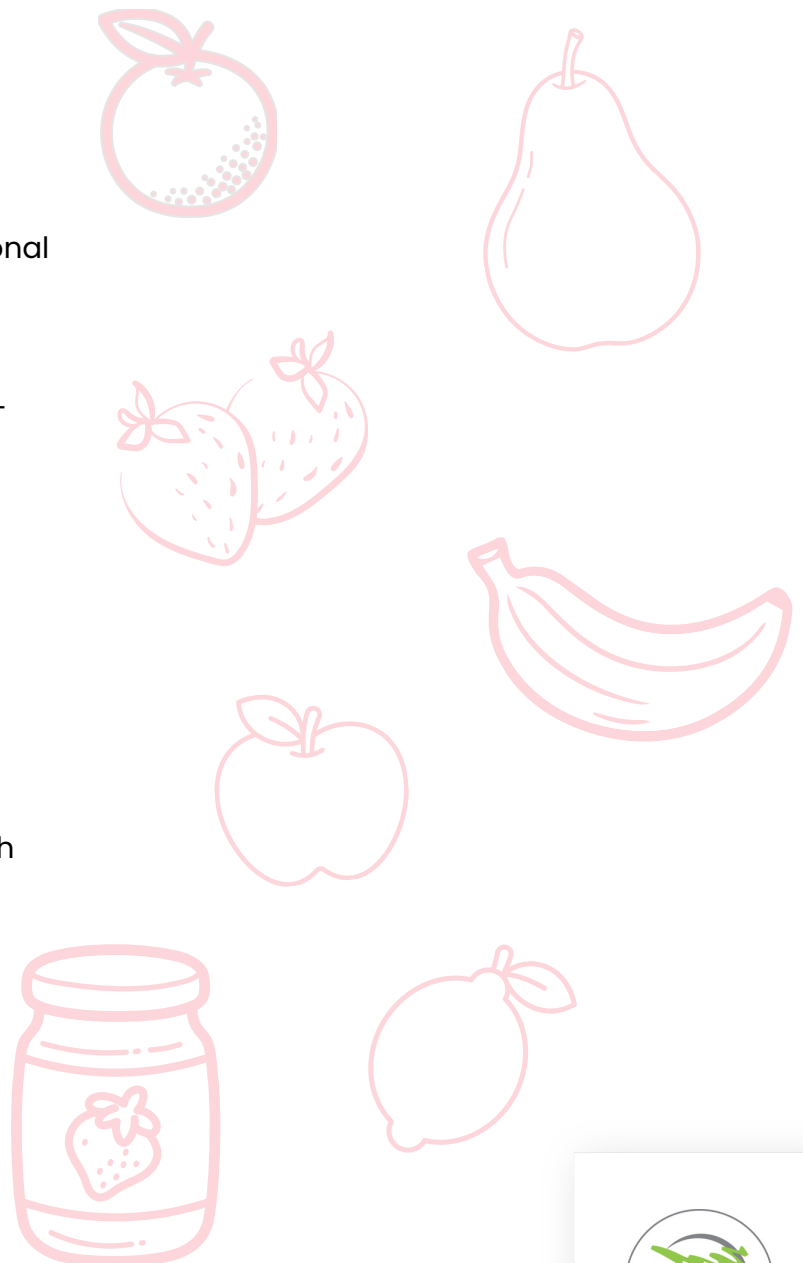
How to make

- Mix dry ingredients together
- Add wet ingredients and stir until smooth
- Pour into a greased tin or lined tray
- Bake at 180°C for 25–30 minutes (until golden and firm)

Outcome

One mix can be used to make:

- Cake,
- Muffins,
- Slices



Pancakes (or Pancake Cups)

Cheap, filling, and easy to adapt

Base ingredients

- 1 cup flour
- 1 egg
- 1 cup milk
- 1 tbsp sugar (optional)
- Pinch of salt

How to make (basic pancakes)

- Mix all ingredients into a smooth batter
- Heat a pan with a little oil or butter
- Pour small amounts into the pan
- Cook until bubbles form, flip and cook the other side

Pancake Cups (muffin tray option)

Great for batch cooking, lunchboxes, or freezing

How to make:

- Pour pancake batter into a greased muffin tray
- Add toppings (see below)
- Bake at 180°C for 12–15 minutes

Add what you have

For sweet options:

- Banana
- Apple or pear pieces
- Frozen or fresh berries
- Jam

For savoury options:

- Grated carrot or zucchini
- Grated or finely diced onion
- Cheese
- Leftover vegetables
- Small amounts of cooked meat

Why it works

- Uses pantry basics
- Works for any meal (breakfast, lunch, snack, dinner)
- Easy to make in batches
- Freezer-friendly

TOP TIP

Make a double batch and freeze. Reheat in the toaster or microwave for quick meals.

These recipes can be adapted based on what you have.

Swap ingredients, mix flavours, and adjust to suit your household.

Simple baking can be a helpful way to keep food going, it's not always possible.

Even making a small batch when you can, can make a difference.

Food resilience isn't just about stretching meals and saving money. It is also about:

- Flexibility
- Reducing stress
- Making sure everyone is fed and included

