

Afternoon tea for ICP

*“Scratching can be more than
just an itch”*



- ◆ The main symptom is itching
- ◆ It can be mild or so severe that mothers-to-be scratch themselves raw
- ◆ It's not life-threatening to the woman, but it can cause stillbirth
- ◆ It can be treated



For more information visit our website:

www.icpsupport.org

Charity registration number 1146449

Chocolate Cupcakes

Ingredients:

150g margarine
150g caster sugar
150g self-raising flour
1 tablespoon plain yogurt
70g cocoa powder
3 eggs

Method:

Pre-heat the oven to 180 °C or Gas Mark 4

In a bowl cream together the margarine and caster sugar

Add the yogurt and eggs and whisk

Add in the flour and cocoa powder and mix together until a soft dropping consistency

Separate into 12 cupcake cases and bake in the oven for 15–20 mins

Orange or Lemon Fairy Cakes

Ingredients for cake mix:

100g soft margarine
100g caster sugar
2 eggs
100g self-raising flour
1 teaspoon baking powder
Grated rind of 1 orange or 1 lemon

Ingredients for icing mix:

225g sifted icing sugar
Juice of 1 orange or 1 lemon

Method:

Pre-heat the oven to 200 °C or Gas Mark 6

Measure all cake ingredients into a large bowl and beat well for 2–3 minutes until mixture is smooth

Half-fill 18 paper cases with mixture and bake in the oven for 15–20 mins

Place icing sugar in a bowl and gradually blend in the chosen juice to create a fairly stiff icing and spoon over cakes

Suggested toppings

Buttercream icing

140g butter, softened
280g icing sugar
1–2 tbsp milk
a few drops food colouring

Method:

Beat the butter in a large bowl until soft. Add half the icing sugar and beat until smooth

Add the remaining icing sugar with one tablespoon of the milk, adding more milk if necessary, until the mixture is smooth and creamy

Add the food colouring and mix until well combined

Spoon the icing into a piping bag with a star nozzle and pipe the icing using a spiralling motion onto the cup cakes in a large swirl

ICP Support toppers

These can be placed on top of buttercream icing or fondant icing. If you are using fondant icing, cut a circle to fit your cake and then attach your

topper with a small amount of water or edible glue (see picture of cakes overleaf)