




Ingredients

- 230g Spelt flour
- 50g sugar ... 
- 1 tsp baking powder
- Pinch of salt
- 2 tsp cinnamon ... 
- 150 ml milk (Apro soya milk)
- 120 ml vegetable oil
- 6 tbsp honey ... 
- 1 tsp bicarb of soda & 1 tbsp of white vinegar (to replace 1 egg)



Method

1. Pre-heat oven to 180 deg C/170 Fan/Gas Mark 4.
2. Grease and line with baking paper 2x 20cm round cake tins.
3. In a large bowl, mix together the flour, sugar, baking powder, salt and cinnamon.
4. Add milk, oil & honey into the dry ingredients and stir until well mixed.
5. Take a small glass. Add bicarb of soda, then pour in the vinegar and see what happens - a chemical re-action !!!!! Add this fizzing liquid immediately into your mixture and stir in. (An egg can be used instead of the bicarb & vinegar - but definitely not as much fun!)
6. Divide the cake mixture evenly between the 2 tins and bake for 25 minutes. Remove from tin and when cool you can sprinkle with icing sugar or more cinnamon if you'd like.