

Ethical Cakes



Raw Food Brownie

Freshly made by hand, these brownies contain raw ingredients from eco-friendly suppliers. A great healthy option, they are wheat, dairy and sugar free. Tasted more like a date bar with chocolate than your average brownie. Environmentally friendly packaging. £7.50 - 290g

Available from:

www.haverawcakeandeatit.co.uk

Tel: 08444 154 879



Eccles Cake

Handmade organic buttery puff pastry rounds filled with currants, mixed spice and candied peel. They had just the right amount of fruit and the pastry was lovely and light. Suitable for vegetarians. £2.45 - pack of 4.

Available from:

www.authenticbread.co.uk

Tel: 01531 828 181



Dark Genoa Fair Trade Cake

A rich fruit cake made with fairly traded sultanas from Eksteenskui in South Africa and fair trade sugar from Kasinthula in Malawi. A traditional-style cake that was nice and fruity, though rather sweet. Suitable for vegetarians. £2.50 - 375g

Available from:

www.traidcraftshop.co.uk

Tel: 08453 308 900



Almond Orange Loaf Cake

A hand-baked organic, gluten and dairy free cake made from polenta. This award winning company's products can be found on the high-street. The cake initially had a nice strong flavour to it. Some might find the polenta texture unusual. A good choice if you can't eat wheat. £4.95 - 400g

Available from:

www.honeyrosebakery.com

Tel: 08452 938 060



Honeyrose organic handbaking

Iced Carrot and Raisin Cake

A Free-From Food Awards 2009 winner. With organic and natural ingredients, this cake is a treat. The vanilla cream icing and raisins are delicious. Wheat, gluten and dairy-free, a vegan option is also available. Recyclable card packaging. £24.95 - 8" round cake, 9 muffins or 16 cupcakes

Available from:

www.healthycakecompany.co.uk

Tel: 08454 506 306



Chilli Chocolate

Handmade to order with fresh, organic ingredients, including prunes and vine fruits, dark chocolate and a soft hint of chilli. More of a fruitcake than a chocolate cake, with a definite chilli kick. Suitable for vegetarians. Supplied in an environmentally-friendly cake tin. £35.00 - medium.

Available from:

www.thefabulousfruitcakecompany.co.uk

Tel: 07867 778 326

