

Cumbria County Council

Early Years Team

**What can I do
today?**



This week it is... yoghurt pots

Monday

French Yoghurt Cake

- This recipe is said to have been used in France for generations, teaching small children how to bake and measure.
- Use a yoghurt pot to measure most of the ingredients out to make this simple and yummy cake.
- Use a small 150 ml yoghurt (best with natural sugar free) and scoop it into a mixing bowl.
- Then use the same yoghurt pot to measure out 2 pots of self-raising flour and 1 pot of white sugar and add to the bowl.
- Throw in a pinch of salt.
- Add ½ pot of mild olive oil, a splash of vanilla essence and 3 large eggs.
- Beat it all together and pour in a greased loaf or cake tin.
- You can add raspberries, blueberries or chocolate chips. Scatter on top and poke them until submerged.
- Bake in an oven at 175 °C for 45 minutes to an hour.