

MARY AND TED'S OATCAKES

Method

1. Preheat oven to 180°C/350°F/
Gas Mark 4.
2. Put all the dry ingredients in a bowl
and stir together well.
3. Add the melted butter and mix.
4. Gradually add the cold water until
the mixture comes together. It should
be fairly moist.
5. Roll out on a well-floured surface,
to around the thickness of a pound coin.
6. Cut into rounds using an 8cm cutter.
7. Place rounds on baking sheet.
8. Bake oatcakes for 30-35 minutes.

Top Tip

These tasty oatcakes make a great addition
to a cheeseboard!

Ingredients

Makes approx 24 oatcakes

- 350g medium oatmeal
- 150g plain flour
- 1 tsp baking powder
- 2 tsp caster sugar
- pinch salt
- 150g melted butter
- 100ml cold water to mix



MARY'S STORY

Mary talks about her brain tumour diagnosis and how, with her husband Ted, she brought her local community together to raise awareness and funds for research.

"I was diagnosed with a brain tumour in 2012. I had been a nurse for 40 years and had cared for people with brain tumours during that time. Despite this, I didn't notice the signs and symptoms in myself, though I was aware that something was wrong.

"It was the day I suddenly lost my balance that I realised I needed to seek medical advice. Unlike many others affected by this disease, I was fortunate to be referred immediately by my GP and admitted to hospital within 12 hours.

"My husband Ted and I decided to take part in The Charity's Big Bandana Bake last year, to help fund research and raise awareness. Ted spoke to the local cafés that did their own baking, and they were happy to hang up bunting and put out collection tins.

"We live in a small community where most of us know each other and we have a very good community meeting place – they held a baking stall which raised over £1,000 and was much enjoyed! If you're adventurous, then go all out. But only go as big as you feel you can cope with. Even better – find someone who will help you!"

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At the end of the day, every penny counts. And any way of raising awareness is to be welcomed.

Mary