**Soul Cakes**

Trick or Treating might have origins in soul cakes where people prayed for other households and those who had died and were given a ‘soul cake’ for their prayers. You could make soul cakes and share them with your church, group or neighbours.

**Soul Cakes Recipe**

Ingredients:

* 175g butter (3/4 cup +1 TBS)
* 175g caster sugar (1 cup less 1 1/2 TBS)
* 3 egg yolks
* 450g self raising flour (3 cups less 1 1/2 TBS)
* 2 tsp mixed spice
* a few gratings nutmeg
* about 100ml milk (6 1/2 TBS)
* 100g dried currants plus handful to decorate (2/3 cup)
* demerara sugar to decorate

Method:

Preheat the oven to 190\*C/375\*F/ gas mark 5. Line several baking sheets with baking paper. Set aside.

Cream the butter and sugar together until light and fluffy. Beat in the egg yolks. Sift together the flour, mixed spice and nutmeg. Add to the creamed mixture along with the milk to give you a soft dough that you can easily roll out.

Roll the dough out on a lightly floured surface with a lightly floured rolling pin to 1/3 inch thickness. Cut into rounds with a 3 inch biscuit cutter. Using the dull side of a knife mark a light cross indentation into the tops of each biscuit. Push currants into the crosses. Sprinkle with a bit of demerara sugar and place about 2 inches apart on the baking trays.

Bake for 10 to 15 minutes until puffed and golden brown. Scoop off onto a wire rack to cool completely.

Store in an airtight container.