

## Making Cappuccino cakes at Lulworth House Residential Care Home



**Katja (Our Nourishment and Social Wellness Coordinator) and a small group of residents at Lulworth House Residential Care Home made a batch of cappuccino cupcakes and Parkin last week, along with another batch of cold coffees.**

**Parkin** is a traditional desert with oats, treacle, syrup and ginger. Once it's cooked you wrap it in parchment and foil; keep it for up to five days before eating if you can! It will become softer and stickier the longer you leave it (*up to two weeks!*) Our Chef will keep the **Parkin** safe for us until next week when we can have it as a pudding with custard or ice-cream!

The **cappuccino cupcakes** were a big hit with both the residents and staff – with a lot of people asking for the recipe to make them for themselves at home! *Yum!*



