

# Get baking!

with Sandro Farmhouse

Hi, I'm Sandro Farmhouse, National Autistic Society ambassador and runner-up on Channel 4's *The Great British Bake Off*.

I am so happy to be an ambassador for the National Autistic Society, and I'm excited to get involved in increasing acceptance and understanding of autism.

I'm really passionate about supporting autistic children and young people to flourish. To help do this, I make autism-friendly recipes and in 2020, I launched *Baking on the Spectrum*, an online workshop for autistic children and their families. Over the past two years, *Baking on the Spectrum* has supported over 100 autistic families.

Do you love to bake? I've created an easy recipe: my blueberry muffin crumble bake. Why not get involved in the week by trying my recipe and organising a bake sale?

Every penny raised will help to support the 700,000 autistic people and their families in the UK.

Try out my free recipe below, and get baking to help create a society that works for autistic people.

Best wishes,

**Sandro Farmhouse**



# Blueberry crumble muffins

## For the blueberry sponge:

220g unsalted butter  
220g caster sugar  
2 medium eggs  
1tsp bicarbonate of soda  
A dash of milk  
250g self-raising flour  
200g fresh blueberries



## For the crumble topping:

100g flaked almonds  
100g self-raising flour  
2tbsp light brown sugar  
50g cubed cold unsalted butter



## Recipe - Makes 12 muffins or 24 cupcakes

Start by preheating the oven to 160c fan/ 180c.

Beat the butter and sugar together until light and creamy.

Break the eggs (discarding the egg shells) into a bowl and then add them to the butter and sugar. Beat in the eggs until well combined.

Add your bicarbonate of soda, a dash of milk and the flour. Mix until well combined.

Fold in the blueberries, then divide the batter into your 12 muffin cases.

Make the crumble topping by placing all the ingredients in a bowl and using your fingertips to rub the butter in and make crumble.

Spoon the crumble mixture on top of each muffin and bake for 25 minutes, until they are golden and crispy on top.

**This recipe is not suitable for people with nut allergies** - if you have a nut allergy, please leave out the flaked almonds. If holding a bake sale, add labels to any items that contain nuts or other known allergens. **Please ensure all of your bakers, both children and adults, are supervised and safe when taking on this challenge.** You can read [our guidance](#) on keeping your fundraising safe, legal and fun.

**Don't forget to set up your fundraising page!** Set up a [JustGiving page](#) or a [Facebook fundraiser](#) to make it easier for people to donate to your challenge! All money raised through these pages will go directly to the National Autistic Society.

To boost your donations, share your page on your social media accounts. People are usually motivated to give because of a personal story, so if you're happy to do so, include details about why you chose to raise money for the National Autistic Society and share examples of how their donations will help.

**Provide a safe place for autistic people and their families.**

**£15 could ensure our online community is there for everyone who needs it.**

Thank you for taking part and helping to create a society that works for autistic people and their families.

