

CROSS CHANNEL INVASION!

WW2 RATION RECIPES
PREPARED BY GEOLOGICAL SOCIETY STAFF

'CARROT FUDGE'

Ingredients:

Carrots

Water

Orange essence



WW2 RATION RECIPES

EGGLESS SPONGE

Ingredients:

Flour

Margarine

Sugar

Golden syrup

Milk



WW2 RATION RECIPES

BREAD & PRUNE PUDDING

Ingredients:

Stale bread
Fat (Butter)
Cinnamon
Milk
Water
Raisins
Prunes
Sugar



WW2 RATION RECIPES

SPAM FRITTERS

Ingredients:

Spam

Flour

Water



WW2 RATION RECIPES

CARROT BISCUITS

Ingredients:

Flour
Carrots
Margarine
Sugar
Vanilla Essence
Carrots
Water
Cinnamon

