

Welcoming Spring

Small Rituals

- Greet the dawn
- Plant seeds
- Set gentle intentions
- Spring clean
- Bring flowers indoors
- Take a refreshing dip
- Enjoy fresh seasonal flavours
- Look for balance
- Take a spring walk
- Refresh your seasonal space

You don't need to do them all. One small moment is enough.

Setting Intentions

- What would you like to invite more of this season?
- What you would like to leave behind?

Lemon Sun Cakes

Celebrating fresh and herby flavours

After the darker months, the Spring Equinox invites us to enjoy the brighter, fresher flavours of the season. These lemon sun cakes are a lovely way to mark the return of light, simple, uplifting, and perfect to share. The recipe can be adapted to suit gluten free or vegan preferences

Ingredients

- 110g caster sugar
- 110g butter
- 2 eggs
- 110g self-raising flour
- 1 tsp baking powder
- Zest of 1 large unwaxed lemon

For the lemon glaze:

- Juice of 1 lemon
- 40g granulated sugar
- Candied lemon peel (optional)

Method

- Preheat the oven to 180°C (160°C fan / Gas 4).
- Cream together the butter and sugar until light and fluffy.
- Add the eggs one at a time, mixing well.
- Fold in the flour, baking powder and lemon zest.
- Spoon into cupcake cases (approx. 12).
- Bake for 10–12 minutes until lightly golden and springy to touch.
- Allow to cool slightly.
- Mix the lemon juice and sugar, then spoon over the warm cakes so it soaks in.
- Top with candied lemon peel if using.

A Simple Spring Ritual

These cakes are a small way to celebrate the shift into spring: fresh, light, and full of possibility. They pair perfectly with a cup of herbal tea and a quiet moment to pause, notice, and welcome the season ahead.