

*Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## **Fresh Flower Birthday Cake**

“No flour, all flowers”

Thank you Leisa Cook for teaching me how to make this cake.

Play with different flowers and colors and garnishes. Mums, carnations, daisies, sunflowers and roses are easy to work with, have sturdy stems and come in a wide variety of colors. BTW, the bright green mums on the cake are called “kermits” after the frog of the same name.

4-5 dozen individual flowers, depending upon their size

1 brick of floral foam for fresh flowers

Candles, wired flower picks, ribbons, beads, glitter, etc. for decorating

1. Place the floral foam in a container of water. Let it absorb water at its own rate without forcing it. Remove the foam once it's completely saturated with water. If you see any dry spots, return the foam to the water for another minute or so.
2. Cut the foam in half and place it in a dish or container that will hold water.
3. Use a sharp knife to round and smooth the corners and top edges of the foam.
4. Cut your flowers at a very sharp angle with 2-3 inch stems.
5. Place a row of flowers around the bottom edge of the foam—with their pretty face facing outward. Use care to maintain a round shape for your cake and an even row of flowers.
6. Now place a second row of flowers above and between the first row of flowers maintaining a round shape for your cake.
7. Depending on the depth of your floral foam and the size of your flowers, you may have room for a third row of flowers around the side of your cake. A third row gives a pleasing height to the cake. Note: we only had room for two rows.
8. Begin “icing” the top of the cake. Keep your flowers on the top of the cake flat.
9. Add candles attached to wired flower picks.
10. Garnish with bows and beads and squirrely things and glittery hearts, etc.
11. By daily adding water to the container holding the fresh flower birthday cake, the flowers will stay fresh for a week or more.