

Cornflake flapjack

Use $\frac{1}{2}$ pt mug and a tablespoon for measuring. Children can make this very easily.

Recipe

125g hard block margarine or butter ($\frac{1}{2}$ block)

$\frac{1}{2}$ mug of sugar (granulated, caster or brown)

1 tablespoon golden syrup or honey

1 mug of porridge oats

3 mugs of cornflakes (crushed)

You can add raisins, cranberries, apricots, sultanas etc

Method

1. Line and grease a small square baking tin with baking parchment.
2. Put the margarine and sugar in a bowl which will go into the microwave or into a large saucepan.
3. Put a tablespoon into a mug of hot water, then measure the syrup or honey and add it to the margarine and sugar.
4. Microwave on high for $1\frac{1}{2}$ minutes or melt gently on the hotplate, stirring with a wooden spoon. **DO NOT LET THE MIXTURE BOIL.**
5. Take off the hotplate or out of the microwave and add the oats and crushed cornflakes. Stir well.
6. Pour the mixture into the tin and bake 180°C gas 4 for 25-30 minutes.
7. Allow to cool for 10 minutes then cut into slices or squares.

This flapjack will keep for at least a week in an airtight container.

Fruit loaf

Use a $\frac{1}{2}$ pt mug for measuring. Children can do this very easily.

Recipe

1 mug of hot black tea (no milk or sugar!)

2 mugs of mixed fruit

2 eggs (beaten)

1 mug sugar (granulated, caster or brown)

$\frac{1}{2}$ teaspoon mixed spice (optional)

3 mugs self-raising flour (you can use wholemeal self-raising for more fibre)

Method

1. Put fruit and hot tea in a bowl and leave overnight or at least 2 hours.
2. Add beaten egg, sugar, mixed spice and flour and mix with a wooden spoon.
3. Pour mixture into a lined and greased large loaf tin or 2 small ones.
4. Bake 180°C gas 4 for 45-60 mins, until risen and golden brown. Test by pushing a skewer into the cake. It should come out clean. Cool in the tin for 10 mins then turn out carefully.

This fruit loaf will keep for a week in an airtight container. It can also be sliced into portions, wrapped in cling film and frozen.

Chocolate muffins (makes 12)

Use the same mug or measuring cup

Recipe

1 mug/cup of self-raising flour

$\frac{1}{2}$ mug/cup of sugar

1 teaspoon of baking powder

2 tablespoons of cocoa (not drinking chocolate)

1 large egg

$\frac{1}{2}$ mug/cup of milk

4 tablespoons of vegetable oil

Method

Turn the oven to gas 6, 200°C. Put paper cases in the bun tins.

1. Put the flour, sugar, baking powder and cocoa in a mixing bowl and mix together with a wooden spoon
2. Put the egg in a basin or a jug and beat it with a fork, add the milk and oil. Mix together with the fork.
3. Pour the mixture into the bowl and mix gently with the wooden spoon until just mixed. (Do not over mix)
4. Use a dessertspoon to put the mixture into 12 bun cases.
5. Bake on the top shelf for 15-20 minutes until firm to touch. Take out and cool.

Store in an airtight box for 3-4 days or freeze.

Variations - instead of cocoa use:-

2 tablespoons of raisins + 1 teaspoon cinnamon

2 tablespoons of sultanas + 1 teaspoon mixed spice

2 tablespoons of dried cranberries or blueberries

2 tablespoons of finely chopped dried apricots + $\frac{1}{2}$ teaspoon almond essence (add the essence to the egg and milk mixture and mix well)

Butter shorts

Soft when raw (roll out gently) and you can easily make patterns or faces.

Makes 20-24

Utensils

Mixing bowl

Mixing spoon

Sieve

Rolling pin

Circular cutters (about 6-8 cm)

Baking sheets

Ingredients

250g butter/margarine

125g caster sugar

375g plain flour

Raisins, cherries etc for decoration

Method

Heat oven to 300°F, 150°C or Gas Mark 2

Grease/line baking sheets

Cream butter until soft but not oily

Add sugar and beat until soft and fluffy

Add sifted flour slowly

Knead gently into ball

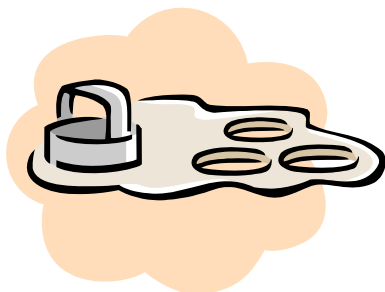
Flour work surface and rolling pin well and roll out 5-8mm inch thick

Cut into 6-8cm circles

Impress with raisins, glaze cherries etc to show faces, make patterns

Bake 25 minutes until just brown

Cool on rack



Country biscuits



Can be decorated with raisins, cherries etc

Makes 18-20

Utensils

Mixing bowl

Mixing spoon

Rolling pin

Circular cutters (about 6-8 cm)

Baking sheets

Ingredients

187g self-raising wholemeal flour (or plain + 1 teaspoon baking powder)

50g oatmeal

95g butter/margarine

½ teaspoon salt

62g raw brown sugar

3 tablespoons milk

Fruit for decoration

Method

Heat oven to 180°C

Mix flour, salt and oatmeal with a spoon

Rub in butter until breadcrumb consistency

Stir in sugar

Add milk to form a dough

Roll thinly and cut into 6-8cm circles

(If decorating with dried fruit, press in before baking)

Bake 15-20 mins

Cool on rack.