**Scones: Cheese/ Sultana**

|  |  |
| --- | --- |
| **Cheese Scones (makes 7 - 8):**  225g self raising flour  ½ tsp salt  1 tsp dry mustard  Pepper to taste  50g butter  150ml milk  **Method:**   1. Preheat oven to 230°C 2. Sift flour, salt and mustard into a bowl 3. Add pepper 4. Rub butter into flour until mixture resembles fine breadcrumbs 5. Add milk all at once. Mix to a soft, but not sticky, dough with a knife 6. Turn on to a lightly floured work surface. Knead quickly until smooth. 7. Add cheese to taste, mix in whilst kneading 8. Portion out 9. Transfer to a named baking sheet 10. Bake for 7-10 minutes until well risen and golden 11. Cool on a wire rack.   Best served warm with butter.  *(If using plain flour instead of self raising use 2.5tsp baking powder to 225g flour)* | **Sultana scones (makes 7 - 8)**  225g self raising flour  ¼ tsp salt  25g sugar  50g butter  150ml milk  **Method:**   1. Preheat oven to 230°C 2. Sift flour, salt and sugar into a bowl 3. Rub butter into flour until mixture resembles fine breadcrumbs 4. Add milk all at once. Mix to a soft, but not sticky, dough with a knife 5. Turn on to a lightly floured work surface. Knead quickly until smooth. 6. Add 50g sultanas, mix in whilst kneading 7. Portion out 8. Transfer to a named baking sheet 9. Bake for 7-10 minutes until well risen and golden 10. Cool on a wire rack.   Best served with butter, jam and clotted/whipped cream  *(If using plain flour instead of self raising use 2.5tsp baking powder to 225g flour)* |

**Fruity flapjacks**

|  |  |
| --- | --- |
| **Fruity Flapjack (makes 16)**  150g Butter or Margarine  113g golden syrup  113g soft brown sugar  338 rolled oats  Frozen Raspberries (to taste)  Frozen Blueberries (to taste)  **Method:**   1. Preheat oven to 180°C 2. Carefully melt the butter, syrup and sugar in a pan, stirring often. 3. Once melted, take off the heat and pour the oats into the pan. Stir until all the oats are covered in butter. 4. Mix in the frozen raspberries and blueberries. 5. Tip into a lined baking tin, spread out evenly and flatten using the back of a metal spoon. 6. Bake in the oven for 25 minutes\*, until the top is golden. 7. Cool in the tin for 10 minutes 8. When cool cut into desired portion sizes | **Soft and chewy Granola bars (makes 8 - 16)**  200g Porridge Oats  50g Mixed Seeds  75g Dried Apricot (Chop into smaller chunks)  125g Raisins  1tsp Cinnamon (optional)  120g Butter or Margarine  75g Soft light Brown Sugar  100g Golden syrup  **Method:**   1. Preheat oven to 180°C (fan assisted) 2. Carefully melt the butter, syrup and sugar in a pan, stirring often. 3. Mix the oats, raisins, apricot and cinnamon together in a large mixing bowl. 4. Once melted, take off the heat and pour the melted mixture over the dry. Stir until all the oats are covered in butter. 5. Tip into a lined baking tin, spread out evenly and flatten using the back of a metal spoon. 6. Bake in the oven for 25 minutes\*, until the top is golden. 7. Cool in the tin for 10 minutes before taking out to cool on a wire rack. 8. When cool cut into 8 large rectangles or 16 smaller squares. |
| *\*For a gooey bite, make the flapjacks thicker or decrease cooking times by 5 minutes, alternatively for a crispier bite thin out the mixture or cook for 5 minutes less.*  To enjoy these as a healthier breakfast snack reduce the syrup and sugar amounts.  These can be stored in an airtight container for up to 10 days or can be frozen in smaller portion sizes for up to 2 months. Thaw out in the fridge when you are ready for them. | |

**Easy time killers – smoothies and biscuit decorating**

|  |  |
| --- | --- |
| **Fruit Smoothies**  Frozen pineapple  Frozen strawberries  Blueberries  Grapes  Apples  Oranges  Yoghurt (optional)  Water  **Method:**   1. Place the frozen fruit in the blender with some water to soften before blending. 2. *(Supervised)* Halve the grapes, chop up apples and oranges, then add to the blender along with the blueberries. 3. Choose a yoghurt flavour and add to the blender. 4. Secure lid and blend until smooth – adding more water if necessary. 5. Pour out and enjoy. | **Biscuit Decorating**  Rich tea biscuits  Icing sugar  Water  Food colouring (optional)  Icing tubes (optional)  Fruit or sweets (optional)  **Method:**   1. Adding a little at a time, mix the water with the icing sugar until you have a thick and smooth consistency. 2. Add food colouring of choice if desired. 3. Using a spoon spread a little of the icing on top of the biscuit. 4. If using multiple colours, you can use cocktail sticks or forks to create patterns. 5. Use the icing tubes to create different designs. 6. Use fruit or sweets as decorations. |

**Cupcakes and muffins**

|  |  |
| --- | --- |
| **Raspberry cupcakes with orange sugar drizzle (makes 12)**  250g self-raising flour  2 tsp baking powder  200g butter, softened  4 eggs  200g caster sugar  3 tbsp milk  Zest of 1 medium orange  150g punnet raspberries, lightly crushed, plus extra to decorate  **For the sugar crust**  Juice of 1 medium orange  4 tbsp caster sugar  **Method:**   1. Heat oven to 180˚C/fan 160˚C/gas 4 and put 12 cupcake cases in a muffin tin. 2. Tip all the ingredients except the raspberries into a bowl and whisk until smooth. Then fold the crushed raspberries into the batter. 3. Divide the batter between the cases (they should be about half full) and bake for 20-25 minutes or until golden and just firm. 4. Make the topping by mixing together the orange juice and sugar until well blended. 5. Remove the cupcakes from the oven and allow to cool a little. Drizzle each with the orange and sugar crust mix. Top with the extra raspberries to serve.   *(Serving tip: best served warm with a dollop of crème fraiche.)*  *Try mixing it up by using different fruits or even lemon/lime sugar drizzle instead of orange* | **Healthier Breakfast Muffins**  2 large eggs  150ml pot natural low-fat yoghurt  50ml rapeseed oil  100g apple sauce or pureed apples  1 ripe banana, mashed  4 tbsp clear honey  1 tsp vanilla extract  200g wholemeal flour  50g rolled oats (porridge) + extra for sprinkling  1 tsp baking powder  1 tsp bicarbonate of soda  1.5 tsp cinnamon (optional)  100g blueberries – fresh or frozen (do not defrost) \*  2tbsp mixed seeds  **Method:**   1. Heat oven to 180˚C/fan 160˚C/gas 4 and put 12 large muffin cases in a muffin tin. 2. In a jug, mix the eggs, yoghurt, oil, apple sauce, banana, honey and vanilla. 3. Tip the remaining ingredients except the seeds into a large bowl, add a pinch of salt and mix to combine. 4. Pour the wet ingredients in with the dry and mix briefly until you have a smooth batter – don’t over mix as this will make the muffins heavy. 5. Divide the batter between the cases. Sprinkle the muffins with the extra oats and the seeds. 6. Bake for 25-30 minutes until golden and well risen, and a skewer inserted into the middle comes out clean. 7. Remove from the oven and leave to cool on a wire rack.   *\*Dust the blueberries in a little flour before adding to the batter, this will prevent them from sinking to the bottom of your mix.*  *These can be made using alternative fruits instead of or as well as blueberries. You could also use pumpkin puree instead of apple to make them more of a savoury snack.* |
| These can be stored in an airtight container for up to 3 days or can be frozen in smaller portion sizes for up to 2 months. Thaw out in the fridge when you are ready for them (or warm in the microwave slightly). | |