



## recipes

Enjoy making some of these yummy treats with very few ingredients and can all be made without leaving your home.

FST 1954

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# easy oat biscuits



### Ingredients (makes 10-15)

75g wholemeal flour I tsp baking powder 75g porridge oats 50g caster sugar 75g butter I tbsp golden syrup 2 tbsp milk

### Method

- Heat the oven to I8OC/fan I6OC/gas 4. Line a baking tray with baking parchment.
- 2. Sift flour into a bowl. Mix in baking powder, porridge oats and sugar.
- 3. Melt the butter, syrup and milk in a small saucepan or in the microwave and stir.
- 4. Add to the dry ingredients. Mix until the liquid covers all the oat mixture and until well combined.
- Spoon onto a baking tray and shape into rounds, leaving space between each biscuit as they will spread whilst cooking.
- 6. Bake for IO to 15 mins, or until golden brown. Leave to cool for 5 mins before removing from tray.

"nothing beats
homemade biscuits,
they're perfect
served with a glass
of milk, juice or a hot
chocolate"

### unicorn poo meringues



### Ingredients (makes approx 22)

4 Large egg whites, at room temperature

100g caster sugar

100g icing sugar

4 food colouring gels or pastes of choice

Small amount of black fondant for the smiley face features

### Method

- I. Heat oven to I20C/I00C fan/gas mark I/2
- 2. Line 2 baking sheets with greaseproof paper.
- 3. Using a 4cm round biscuit cutter as a guide, draw 22 circles on each piece of parchment using a pencil. Turn the parchment over and use this as a guide to pipe your meringues onto.
- 4. Whip up the egg whites using an electric hand mixer until they form stiff peaks.
- Gradually add the caster sugar, a tbsp at a time, whisking continuously between each addition.
- 6. Repeat with the icing sugar and continue to mix until the mixture is glossy and stiff.
- 7. Put the piping bag in a tall glass or jug with the thin open end at the base and wide open end at the top. Place the star nozzle inside so that it fits snugly in the thin end of the bag. Roll the wide open end over the top of your tall glass or jug.

- 8. Paint a thin stripe of each coloured food gel or paste from the nozzle, all the way up to the top of your piping bag.
- 9. Spoon in the meringue mixture.
- Pipe swirls of meringue onto the trays using the circles as a guide.
- II. Bake in the oven for 20 minutes.
- 12. Then turn the oven temperature down to IOOc/80fan/gas I/4. Cook for a further hour or until the meringues are completely cooked through and sound hollow when tapped on the base.
- 13. Leave to cool on the oven.
- 14. Mould tiny pieces of the black fondant to create eyes and mouths.
- 15. Stick these to your cooled meringues with a small dab of water icing.

# raspberry and honey flapjacks



### Ingredients (makes 9-12)

150g butter150g light soft brown sugar300g porridge oats100g frozen raspberries

### Method

- I. Heat the oven to 200C/I80C fan/gas mark 6.
- 2. Line your 20cm x 20cm baking tin with greaseproof paper.
- 3. Melt your butter, sugar, honey and a pinch of salt in a saucepan.
- 4. Once the mixture is bubbling and evenly combined, stir in the oats.
- 5. Tip the mixture into the lined baking tin and press down with the back of your wooden spoon
- 6. Scatter over the frozen raspberries, then lightly press into the oat mixture.
- 7. Bake for 25-30 minutes until golden brown.
- 8. Leave to cool then cut into 9 or 12 flapjacks