

Macadamia & White Chocolate Muffins

Makes 12 muffins

ingredients

250 g SR Flour
1 Teaspoon baking powder
125 soft brown sugar
1 egg
50mls golden syrup
250mls (1 cup) milk
50g butter, melted
1 Tablespoon Coconut Essence
150g White Chocolate, chopped
12 Macadamias to decorate

Nicole Russell

method

1. Preheat oven to 200 C
Sift flour & Baking Powder into large bowl & stir in the macadamias & sugar
2. In a separate bowl beat the egg, golden syrup, milk, melted butter & coconut essence
3. Spoon the mixture into paper cases in a 12 hole muffin tin.
4. Top with extra macadamia nuts
5. Bake for 20 mins or until golden and cooked through.

Homemade Muesli Bars

Makes 12 muesli bars

Ingredients

1 cup rolled oats
¼ cup sultanas
¼ cup dried apricots, chopped
½ cup wholemeal S/R flour
½ cup raw sugar
½ cup coconut
150g butter
1 Tablespoon honey
1 egg

Michelle Kazukaitis



method

1. Mix oats, fruit, flour, sugar, coconut together in a bowl
2. Melt together butter and honey in a small pot or in the microwave
3. Mix dry ingredients with melted butter & honey and add beaten egg
4. Press evenly into a greased tin and bake in a moderate oven 15 -20 mins
5. Cut into bars when hot and remove from tin when cold.

Gingerbread Men

Ingredients

500g (3 ½ cups) plain flour
1 tsp baking powder
1 tsp baking soda
1 ¼ tsp ground ginger
1 ¼ tsp ground cinnamon
½ tsp ground coriander
¼ tsp ground allspice
¼ tsp ground cloves
150g butter, chopped
175g dark brown sugar
¼ cup honey
2 Tbsp treacle
1 egg, lightly beaten

Method

1. Sift together flour, baking powder, baking soda and spices into a bowl
2. Place butter, brown sugar, honey & treacle in a small saucepan and stir over medium heat until smooth & well combined.
3. Make a well in the centre of dry ingredients & pour in honey mixture and beaten egg and stir quickly until a dough forms.
4. Form dough into a disc & refrigerate for 30mins
5. Roll out dough on lightly floured surface until 3-4mm thick.
6. Cut out shapes
7. Bake at 180C for 5-7minutes

Icing

150g icing sugar sifted
2 ½ Tbsp boiling water
Mix icing sugar and boiling water to form thick icing. Spoon into piping bag and decorate!

