

Melting Moments

Prep time: 10 minutes Cooking time: 25 minutes



4-6



12



Ingredients

150g / 5oz self raising flour

75g / 3oz caster sugar

100g / 4oz margarine

½ egg, beaten

1 teaspoon vanilla flavouring

4 tablespoons oats or crushed cornflakes



Method. Pre heat oven to 180°C / Gas Mark 4

- Beat together margarine and sugar – an electric whisk is easier and quicker to use
- Add the flour, egg and vanilla
- Have a bowl ready with the crushed cornflakes or oats in
- Wet your hands and make into little balls, roll through the cornflakes or oats (whichever you are using)
- Place on baking tray and cook for 20 – 30 minutes



Tip!
Look for cornflakes that are fortified with Vitamin D to help keep your bones strong