


Yummy honey flapjack

 30 minutes

 12 people

 Caution: Hot liquids or content.

Ingredients

- 200 g honey
- 200 g demerara sugar
- 200 g unsalted butter
- 400 g porridge oats
- Extra ingredients such as 50 g dried fruit or 50 g coconut (optional)

Method

- 1 Preheat the oven to 180°C/Gas Mark 4.
- 2 Grease a rectangular cake tin with butter.
- 3 Put the honey, sugar and butter in a saucepan and heat gently. Stir until the butter has melted and the sugar has dissolved.
- 4 Add the oats and any extra ingredients. Mix well.
- 5 Pour the oat mixture into the cake tin and smooth the surface with a spoon.
- 6 Bake for 15–20 minutes, until the edges are golden brown.
- 7 Leave the flapjack in the tin to cool.
- 8 Cut into pieces and serve.



Honey baked bananas

 35 minutes

 4 people



Caution: Sharp equipment and hot content.

Ingredients

- 4 ripe bananas
- 4 tsp brown sugar
- 1 tsp cinnamon
- 4 tsp honey
- 1 lemon



Method

- 1 Preheat the oven to 160°C/Gas Mark 3.
- 2 Peel the bananas, cut them in half lengthways and place in a baking dish.
- 3 Sprinkle the bananas with brown sugar and a pinch of cinnamon.
- 4 Cut the lemon in half and squeeze a little juice over each banana.
- 5 Drizzle a teaspoon of honey over each banana.
- 6 Bake for 20–30 minutes or until well browned.

Honey and lemon cupcakes

 45 minutes

 12 people

 Caution: Check for allergies.

Ingredients

- 150 g butter
- 100 g caster sugar
- 50 g honey
- zest of 1 lemon
- 2 medium eggs
- 150 g self-raising flour
- 3 tbsp lemon juice
- lemon icing or buttercream to decorate

Method

- 1 Preheat the oven to 170°C/Gas Mark 4.
- 2 Put 12 paper cake cases into a cake tray.
- 3 Cream the butter, sugar and honey together until pale and fluffy.
- 4 Beat in the lemon zest.
- 5 Beat in the eggs, a little at a time.
- 6 Carefully fold the flour and lemon juice into the mixture.
- 7 Spoon the mixture into the paper cases and bake for 20–22 minutes.
- 8 Leave the cupcakes in the tray to cool for a few minutes then transfer them to a wire rack.
- 9 Decorate with lemon icing or buttercream.

