

Hello everyone!

We do miss all being together for our Baby and Toddler sessions, and have especially missed the fun we have in the festive run up to Christmas.

Here are a few Christmas Recipes for you to bake together and enjoy eating with your families! Merry Christmas Everyone!

BABIES & TODDLERS

From birth to pre-school

Christmas Special



GINGERBREAD

You will need: 350g (12oz) plain flour, 175g (6oz) soft brown sugar (light or dark), 1 egg (beaten), 2 tsps ground ginger, 1 tsp bicarbonate of soda, 4 tablespoons golden syrup, 125g margarine/butter

Method: Cover 2 baking sheets with baking parchment. Heat oven to 190C (375F/Gas Mark 5).

Sift the flour, ginger and bicarbonate of soda into a mixing bowl. Rub in the fat until the mixture resembles fine bread crumbs. Stir in the sugar, add the syrup and egg and mix to a pliable dough.

Roll out thinly and cut into shapes (e.g. Christmas tree cutter or star shape). Transfer carefully to the baking trays, place in oven and bake for about 15 mins. Take care not to overcook, as they will suddenly 'catch' due to the syrup in the mixture. Leave on trays until firm, then cool on a wire rack.

Icing to decorate – 125g (4oz) icing sugar 1 tsp lemon juice 1 tbsp hot water

Mix together the sifted icing sugar, lemon juice and enough hot water to give a smooth icing thick enough to coat the back of a spoon. Spread a little on the tops of the trees for a snow effect or decorate your other shapes.

Or simply sift a little icing sugar over your shapes.

FIR TREE CHOCOLATE BAKES

You will need: 100g(3.5oz) self- raising flour, pinch of salt, 15g (1/2 oz) cornflour, 1.5 tsps cocoa powder, 50g (2oz) margarine/butter, 50g(2oz) light brown soft sugar, 1 egg yolk, 1 tsp milk

Method: Cover 2 baking sheets with greased greaseproof paper or baking parchment. Heat oven to 200C (400 F /Gas Mark 6).

Sift the flour, salt, cornflour and cocoa into a bowl. Rub in the fat until the mixture resembles fine breadcrumbs. Stir in the sugar. Add the egg yolk and milk and mix to a pliable dough. Knead lightly.

Roll out and use the tree cutter to cut out about 12-14 shapes. Carefully transfer shapes to the prepared trays and bake for 10-12 mins., until just firm. Leave on paper for a few minutes, then transfer to wire rack to cool.

Melt about 50-75g plain chocolate. Dip the top half of the trees into the melted chocolate. Leave to set and then dust with icing sugar.

LEMON GARLANDS

You will need: 75g(3oz) soft margarine, 75g(3oz) soft light brown sugar, 75g(3oz) wholemeal flour, 75g(3oz) plain flour, quarter tsp vanilla essence, 2 tabsps milk

Method: Preheat the oven to 190C/375F/Gas Mark 5. Grease 2 baking sheets.

Beat together all the ingredients until well mixed. Knead lightly. Divide into 16 pieces. Then divide each piece into 8 and roll into balls. Arrange the balls in rings on the baking sheets and press together lightly to form garlands. Bake for about 15-20 mins until golden. Leave to cool.

Make icing, as before, but use 4 tsps lemon juice and omit the water. Dip the tops of the garlands in the icing.



Don't forget to check out the website for video stories!

Merry Christmas and a Happy New Year from Sara and Wendy

Contact Sara on 01386 710776 for more information