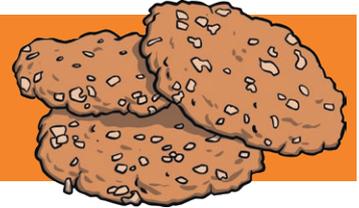


Anzac Biscuits



Ingredients

100g softened butter (plus extra for greasing)
2 tablespoons of boiling water
85g desiccated coconut
1 teaspoon bicarbonate of soda
100g caster sugar
100g plain flour
85g porridge oats
2 tablespoons golden syrup

Method

1. Put the sugar, flour, oats and coconut in a bowl, then mix well.
2. Melt the butter in a small pan and stir in the golden syrup.
3. Add 2 tablespoons of boiling water to the bicarbonate of soda, then stir into the butter and golden syrup mixture.
4. Gently pour and stir the butter and golden syrup mixture into the bowl with sugar, flour, oats and coconut.
5. Spoon dessert spoonfuls of the mixture on to buttered baking sheets.
6. Bake for 8-10 minutes until golden, then transfer to wire rack to cool.

Makes approximately 20 biscuits.



Turn squishy brown bananas into these after-school treats. Muffins require very little mixing and are ideal for children to help with. They freeze well too – even less waste!

Banana Muffins

Ingredients

- 75g butter
- 250g self-rising flour
- 1 tsp baking powder
- $\frac{1}{2}$ tsp bicarbonate of soda
- Pinch of salt
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{2}$ tsp ground nutmeg
- 115g caster sugar
- 1 tsp vanilla extract
- 2 large, ripe bananas
- 2 medium eggs
- 125ml milk

Equipment

- 12-hole muffin tin
- 12 paper muffin cases

1. Heat the oven to 190°C/ Gas mark 5. Melt the butter and allow to cool.
2. Mash the bananas well with a fork. Beat together the eggs, vanilla extract, melted butter and milk in a bowl. Add the mashed banana and mix well.
3. Sift the flour, baking powder, bicarbonate of soda, salt, cinnamon and nutmeg together in a large bowl. Add the sugar and mix.
4. Make a well in the centre of the dry ingredients and add the egg mixture, stirring roughly until it is a lumpy paste (don't over mix – you want it to be lumpy!).
5. Put the paper cases in the bun tin and divide the mixture between them.
6. Bake for 20 to 25 minutes or until the muffins feel springy when touched. Rest the muffin tray on a wire rack for five minutes then remove the muffins and leave on the rack for another five minutes before serving.
7. You can eat the muffins as they are, or serve them with sliced banana and a dollop of yoghurt.

Don't forget to throw the banana skins into your compost bin! Or try burying them around the roots of your favourite plants – this old gardener's tip works especially well for roses.



Damper Bread

Ingredients

250g self-raising flour

$\frac{1}{2}$ teaspoon salt

25g unsalted butter,
cubed

175ml milk

Equipment

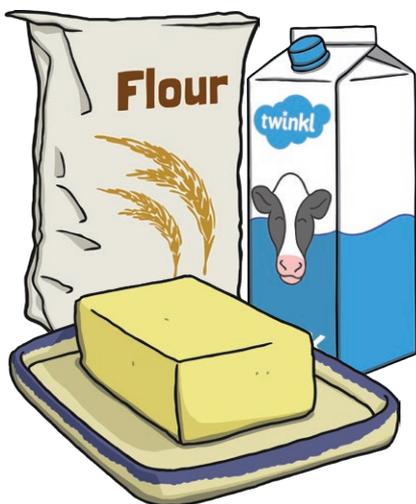
Spoon

Large bowl

Baking tray

Method

1. Preheat your oven to 190°C.
2. Mix the flour with the salt in a large bowl. Add the butter and rub it into the flour with the tips of your fingers until you have fine crumbs.
3. Stir in the milk and mix gently with a wooden spoon to form a soft dough.
4. Turn out on to a lightly floured work surface and shape into a soft, smooth ball.
5. Place the ball of dough on to a baking tray and press down gently to make a flat, round shape. Cut a deep cross in the dough and brush lightly with milk.
6. Bake for 30 minutes, until golden.
7. Serve your damper warm with butter and jam!





Traditional Damper Bread

Ingredients

500g self-raising flour

$\frac{1}{2}$ teaspoon salt

350ml water

Equipment

Campfire

Mixing bowl

Camp oven

Method

1. Make your campfire. Wait until the flames have died down and you are left with glowing coals.
2. Place the flour and salt in a mixing bowl and slowly add the water, stirring and mixing with your hands.
3. Dust a camp oven with flour and place the ball of dough inside.
4. Put the lid on the oven, place carefully into the coals and use a stick to push more coals around the sides.
5. Cook the damper for about 25 minutes, checking to see when it has turned golden brown. Leave the camp oven to cool before taking the damper out.
6. Enjoy your damper with a mug of tea from the billycan!

