

Allergy checklist

There are allergens in the room and we have made the following adjustments:

Signed

Dated



RECIPE

Date Biscuits

Dates are Super Good because:

- Eases Constipation
- Stimulates healthy bacteria
- Fortifies the heart
- Great source of energy boosts

INGREDIENTS

Makes 6

- 12 tbs self-raising flour
- 60g butter
- 1 tsp vanilla extract
- 3 tbs of caster sugar
- 6 Dates
- Extra oil if needed

EQUIPMENT

- Teaspoon
- Mixing Bowl
- Tablespoon
- Jug
- Scissors
- Lined baking tray

METHOD

1. Wash your hands and put your apron on
2. Check you have all your ingredients
3. Pre-heat the oven to 180c (Gas Mark 6)
4. Put the flour and butter together in the mixing bowl, then rub with your fingers. Just imagine you are tickling the ingredients. Keep tickling until it becomes crumbly.
5. Add half a teaspoon of vanilla extract to the bowl and then mix in the caster sugar. Cut the dates into small pieces and add these to the mixing bowl too.
6. Now squeeze the mixture into a ball with your hands until it all sticks together-If it's too crumbly add a splash of oil. If its too wet than add an extra tablespoon of flour.
7. Divide your ball into 6 smaller balls and place them onto a baking tray that has been pre-covered with baking paper.
8. Gently press down each ball so that they flatten slightly.
9. Place the tray in a pre-heated oven at 160°C Fan/180°C/Gas 3 for 12–15 minutes.