



kids only!
**COOKERY
CORNER**

Sally's Scrummy Apple Bars!



makes 12 bars



preparation: 20 mins
cooking: 40 mins



shopping list...

285g soft butter
285g caster sugar
285g self-raising flour
5 eggs - beaten
2 apples - diced
60g sultanas
1 lemon - zest & juice
1/2 tsp mixed spice
1/2 tsp ground cinnamon
60g demerara sugar
60g chopped nuts - any kind



kitchen kit...

11" x 13" baking tray
baking paper
large mixing bowl
wooden spoon
knife - watch your fingers!



What to do...

one:

Preheat the oven to 190°C (or 375°F/Gas 5) Grease and line a baking tray with the baking paper.

two:

In a your mixing bowl, mix the butter and caster sugar together with the wooden spoon until lightly creamed.



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three:

Gradually mix in the flour and beaten eggs until the mixture is smooth.

four:

Stir in the apples, sultanas, lemon rind, lemon juice, mixed spice and cinnamon.

five:

Pour the mixture into the lined baking tray and spread it out evenly.

six:

Sprinkle the demerara sugar and chopped nuts on top and bake in the oven for 35-40 minutes.

seven:

Remove from the oven and allow to cool, cut into 12 bars for a tasty treat!



all done!