

Syrup cornflake crunchies

Ingredients

250g butter
200g condensed milk
175g golden syrup
175g cornflakes plus a few extra
175g gluten-free oats or millet flakes
250g gluten-free plain flour
100g custard powder
2tsp bicarbonate of soda

Preparation method

1. Heat the oven to 180°C/gas 4 and line a few baking trays with baking parchment.
2. Melt the butter, condensed milk and syrup together in a large saucepan.
3. Very roughly crush the cornflakes in a bowl with your hands, and then stir in the oats/millet flakes, flour, custard powder and bicarbonate and mix really well.
4. Once everything in the pan has melted take it off the heat and stir in the dry ingredients.
5. Roughly scoop tablespoons of the mixture onto the baking sheets, allowing room to spread. Crumble over a few more cornflakes (optional) then squash to flatten a bit with your hands.
6. Bake for 12-15 minutes until golden.
7. Cool on a wire rack.



15 minutes

Preparation time

12-15 minutes

Cooking time

Makes 30

By: Jill Fay

Many thanks to Jill for sharing this recipe with us, We hope you enjoy it and look forward to receiving your own ideas and comments.

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