

AND FINALLY...

SOME CRANNOG RECIPES FOR YOU TO TAKE HOME AND TRY!

BIG-BERRY PANCAKES

150 G FLOUR

2 EGGS

200ML MILK

2TSP HONEY

LOTS OF BERRIES

BEAT THE FLOUR, EGGS, MILK AND HONEY TOGETHER IN A BOWL.

LEAVE TO SIT FOR 15 MINUTES.

THEN HEAT A FRYING PAN WITH A LITTLE BUTTER, AND POUR IN A LADLEFUL OF THE BATTER. WHEN THE SURFACE IS BUBBLING, FLIP OVER UNTIL COOKED.

TOP WITH LOTS OF FRESH RASPBERRIES, STRAWBERRIES, BLACKBERRIES AND ANY OTHER FRUIT YOU FANCY. GET FORAGING!



HAZELNUT BISCUITS

125 G SPELT FLOUR
(PLAIN FLOUR WORKS TOO!)

125 G RUNNY HONEY

100 G BUTTER

125G CHOPPED HAZELNUTS

PREHEAT OVEN TO 160C°

WARM THE HONEY IN A PAN OVER A LOW HEAT. THEN MIX ALL THE INGREDIENTS TOGETHER IN A BOWL INTO A DOUGH.

MAKE SMALL BALLS OF DOUGH, PLACING ON A GREASED BAKING TRAY AND FLATTENING WITH YOUR THUMB.

BAKE FOR 15 MINS UNTIL LIGHT BROWN.

SHARE WITH YOUR FAMILY AND FRIENDS AND SEND US SOME PHOTOS TOO:

INFO@CRANNOG.CO.UK

EXPERIENCE THE IRON AGE

CRANNOG ACTIVITY BOOKLET

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