



HONEY JOYS

INGREDIENTS

5 cups cornflakes
1/2 cup butter
2 tablespoons
honey
1/3 cup caster
sugar

PREP TIME

- Prep | 10m
- Cook | 10 m
- Pack up 10 min
- Ready in | 30 min

PROCEDURE

01

Pour 5 cups of cornflakes into a mixing bowl

02

Add honey, caster sugar and butter into a microwave safe bowl. Heat for 1-2 mins until mixture is smooth & melted

03

Add mixture to cornflakes.

04

Spoon mixture into cupcake cases. You can bake in oven for 10 mins at 180 degrees, microwave them for 10 seconds on a plate or eat them as is. Enjoy!



SKILLS TARGETED

- 1. Following a sequence of actions/written information**
- 2. Standing balance**
- 3. Trunk and upper limb strength**
- 4. Bilateral coordination (using both sides of body/hands together)**
- 5. Motor control development**
- 6. Hand strength and endurance**
- 7. Cutlery/utensils use**
- 8. Exploration of sensory properties of food**
- 9. Mathematics (measuring of ingredients)**