

Metamorphic Rock Cakes

Ingredients

225g self raising flour
75g caster sugar
1tsp baking powder
125g unsalted butter
150g dried fruit
1 egg
1tbsp milk
2tsps vanilla essence

Method

- 1.Pre heat oven to 180' C
- 2.Line a baking tray with non stick baking parchment
- 3.Sift flour and baking powder into a bowl
- 4.Add sugar and stir
- 5.Add dried fruit and stir again
- 6.In another bowl beat together milk, eggs and vanilla essence
- 7.Now pour the wet ingredients into the dry
- 8.Mix gently until it forms a thick dough.Add more milk if necessary.
- 9.Use a spoon to form small balls of dough [ping pong ball size!] and place them on the greased baking sheet. Not too close as they will spread quite considerably while cooking.
- 10.Bake for approx. 15 mins or until golden brown.

Then cool and enjoy!!!

NB Metamorphosis means that something has undergone transformation by heat or pressure. These metamorphic' rocks' change with the heat of the oven rather than the heat of the earth!