

**GF Friendly**

## Fun Buns

**Have fun creating your own version of these little cakes**

My intention was to come up with something like a sweet crunchy biscuit; and I had a pretty good idea of the taste and texture I wanted. What I ended up with, however, wasn't as imagined. Maybe that's because I treated the experiment as a fun bake – you know, one of those very casual cooking sessions when you chuck in a bit of this and a bit of that, constantly adding stuff on the spur of the moment. My result was Fun Buns. Yours might be totally different, depending on the ingredients you use, which can be whatever you have to hand. Hopefully you will have fun making your little creations; and they will be yummy to eat.

½ cup plain flour  
 ½ cup Polenta  
 1 level Tbsp baking powder  
 1 Tbsp raw or white sugar  
 2 Tbsp golden syrup  
 ½ cup Panko crumbs (or crushed cornflakes)  
 1 egg  
 ¼ cup milk  
 ¼ cup light-tasting olive oil



Warm the golden syrup in a pan, stir in the Panko crumbs (or crushed cornflakes) and turn off the heat. Combine the remaining dry ingredients in a bowl; mix in the oil, egg, and milk; then add the Panko crumbs and combine well.

Line a flat tray with baking paper. Using a dessert spoon, put mounds of mixture on the paper, keeping them separate to allow for spreading; and shape carefully. Bake on 175°C fan forced (190°C conventional) for 5 minutes; then turn down to 150°C fan forced (165°C conventional) for a further 7 minutes, or until golden brown.

Makes a baker's dozen (13) or more      okay to freeze, but warm in the oven once defrosted

**Tip:** with this sort of fun-bake recipe you can add cereals such as muesli, or put in chopped nuts and dried fruit like sultanas or currants; even desiccated coconut.

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