

For the baking mat

### Oaty Energy Cookies

Makes 6.

Equipment Work mat; Lakeland i can cook baking mat; Lakeland i can cook silicone bowl scraper; Lakeland i can cook electronic scales; Lakeland i can cook mixing bowl; tablespoon; teaspoon; Lakeland i can cook baking tray; dessert spoon; Lakeland i can cook oven gloves for the adult to use.

Ingredients 40g soft butter; 40g soft brown sugar; 2 dsp (45g) condensed milk (look for it in tubes); 70g Self raising flour; 50g rolled oats; 50g chopped ready to eat apricots

1. Ask an adult to preheat the oven to 130°C (fan)/150°C / Gas 3. Wash your hands and put on an apron. Line the baking tray with the i can cook baking mat.
2. First put the sugar and butter into the bowl. Beat well with the wooden spoon. Add the condensed milk and do the same.
3. Now add the oats and apricots and mix well again.
4. Finally add the flour and mix until the flour starts to disappear – you can use your hands to mix it too.
5. Use the dessert spoon to make 6 lumps of about the same size. Roll each lump of dough into a ball then squash onto the baking paper with the palm of your hand.
6. Bake for 25-30 mins until golden on the edges. Leave to cool on the baking tray as these are soft cookies. (if you make more smaller cookies then they will cook quicker)

Serve as a snack with milk or fruit juice.

For the baking mat

## Butternut Squash Delights

Makes 6

Equipment Work mat; Lakeland i can cook baking mat; 2 plastic food bags; Lakeland i can cook silicone bowl scraper; Lakeland i can cook electronic scales; cup; i can cook safety scissors; Lakeland i can cook mixing bowl; rolling pin; tablespoon; teaspoon; Lakeland i can cook baking tray; dessert spoon; Lakeland i can cook oven gloves for the adult to use.

Ingredients 320g ready chopped butternut squash; olive oil; 3 tbsp (50g) defrosted frozen peas; 1 tsp ground cumin; 2 tbsp chopped coriander; 1 tbsp plain flour; black pepper.

1. Ask an adult to preheat the oven to 180°C (fan)/200°C / Gas 6. Wash your hands and put on an apron. Line the baking tray with the i can cook baking mat.
2. Put the chopped squash and 1/2 tablespoon of olive oil into a plastic bag and shake well. Tip the squash out onto the baking mat and sprinkle with a pinch of black pepper and ask an adult to put it in the oven for you. Cook for 25- 30 minutes until soft.
3. Put the coriander into the cup and then use the scissors to chop it up into small pieces. Put into the other plastic bag along with the peas and 1 tsp of ground cumin.
4. Once the squash has cooled down add it to the plastic bag of ingredients then squash all the ingredients with the rolling pin.
5. Now sprinkle over 1 tbsp of plain flour and a pinch of pepper and mix into the squashed ingredients.
6. Using the tablespoon, take 6 spoons of mixture out and shape them into balls. Flatten onto the lightly oiled i can cook baking mat.
7. Drizzle the top of the Delights with a little more oil then ask an adult to put into the hot oven (as before) for about 20 minutes, until golden on top. Leave to cool.

Serve in a pitta pocket with salad leaves.