



Food For Thought Recipe and Allergen Card

Syrup Cornflake Cakes

100 Portions

Ingredient	Hannah Product Code	Quantity
Corn flakes	See Mike or Tom	2 kg
Golden Syrup	D006990	2 x 454g tins
Caster Sugar	D001146	1.4 kg
Margarine	C000261	1.4 kg

RECIPE METHOD – **ALLERGENS**

1. In a heavy bottomed sauce pan melt the syrup, sugar and margarine until bubbling
2. Add the cornflakes and mix well until all flakes are coated
3. Arrange cake cases in muffin tins
4. Spoon the cornflake mixture in the cases
5. Allow to set for 1 hour

The allergens highlighted in **RED** are present in this dish

Allergens:

Cereals : Wheat
Rye
Barley
Oats
Spelt
Kamut

Milk

Eggs

Peanuts

Tree Nuts

Sesame

Fish

Crustaceans

Molluscs

Celery

Mustard

Soya

Lupin

Sulphites

May contain...