



Do at Home Craft

This week's crafting activity... **Fondant Flowers**

These simple, tasty treats are a perfect introduction to the kitchen and baking. They may be sweet, but they also look lovely, and will definitely brighten up your table through the spring and summer months. The below recipe is enough to make 20 flowers - you can cut or increase the ingredient measurements as much as you want to create a batch of your choice.

You will need:

- 300g icing sugar plus extra for dusting
- 200g condensed milk
- Peppermint essence
- Food colouring – bright colours, yellow, pink, blue etc
- Sugar-coated chocolate sweets – smarties, m&ms etc
- Small flower or fluted cutter about 2 1/2 cm in diameter

Instructions:

- 1 Sift 300g of icing sugar in a bowl. Add 2 drops of peppermint essence.
- 2 Add the condensed milk a tablespoon at a time, mixing until you get a smooth dough.
- 3 Take about a third of the dough and knead in a drop of food colouring, adding more icing sugar if needed.
- 4 Repeat with the remaining dough, using different colours for different coloured flowers. Make sure you separate the fondant into different balls so that you don't mix the colours.
- 5 Roll out the fondant until it is about 5mm thick and cut out some flower shapes.
- 6 Press a sugar-coated sweet into the centre of each flower.
- 7 Leave in a cool, dry place overnight to harden, but don't put it in the fridge. These can be stored in the open and they keep for a long time.
- 8 Display them on the table as both a tasty treat and decoration!

