Messy Church treats to help you keep going!

Base mix:

200g chocolate

135g butter or margarine

2-3 tbsp golden syrup

Additions:

100g marshmallows – use mini size or cut up larger ones

50g rice snaps or 200g crushed biscuits (digestives work well)

100g (in total) made up of optional extras for example:

* Dried fruit – raisins, cranberries, dates, apricots
* Nuts – chopped
* Pop corn
* Extra marshmallows or biscuits or cereal
* Honeycomb broken into bits
1. Line a tin with brown paper, foil or clingfilm – just to help get slices out of the tin later
2. Put the chocolate, margarine and golden syrup in a bowl and either melt over a pan of water, or place in the microwave for about 2 minutes, checking every 30 sec and stirring as soon as the margarine has melted
3. Stir mix until smooth
4. Add your additions and stir until well covered with chocolate
5. Put in your tin and refrigerate
6. Slice up and eat as a treat, to give you a boost of energy!

