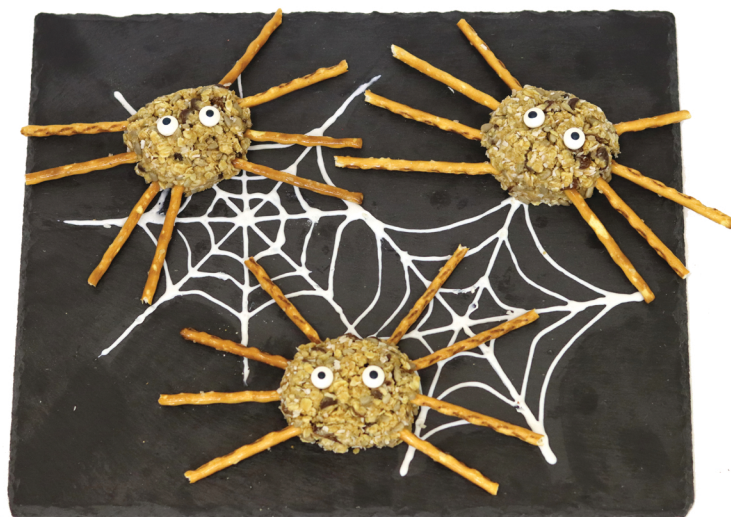


Spider Balls

Method



Ingredients

- 50g oats.
- 20g sunflower seeds, crushed.
- 20g dark chocolate chips.
- 20g sultanas or raisins.
- 60g peanut butter (smooth or crunchy).
- 20g runny honey.
- 12 pretzel sticks, broken in half.
- Icing sugar eyes, you can buy these from supermarkets or online.
- A sprinkle of desiccated coconut.
- Black icing pen or chocolate sauce to decorate plate.

1. In a large mixing bowl, pour in the oats, the sunflower seeds, the peanut butter, raisins and chocolate chips and the honey. Mix well with a wooden spoon until all the dry ingredients are covered in the sticky honey.

2. Next using very clean hands, roll the mix into 3 balls, roughly the size of a golf ball. This will be very sticky and fun! These 3 balls will make the bodies of the spiders.

3. If you want to make hairy spiders, pour the desiccated coconut onto a clean chopping board and roll each ball in it. The desiccated coconut will stick to the honey.

4. Now you need to give your spiders some legs. Gently twist 4 of the pretzel sticks into each side of the ball, until each spider has 8 legs.

5. If you want to add eyes to your spiders, use a tiny bit of honey as glue and stick on either chocolate chips or icing eyes. Then you can finish off our spidery power balls by drawing a spider's web on your plate with chocolate sauce.