



Children's Liver
Disease Foundation
fighting childhood
liver disease

Big Bear Bites

The Big Bear's Picnic wouldn't be complete without some yummy Bear Bites, so here are some easy recipes to help stop any growling tummies!

Your picnic £'s make such a difference, every penny you raise means we can be there for children and families affected by childhood liver disease when they need us the most, so why not ask for donations in exchange for some tasty treats, organise a Big Bear Bake-Off or raffle off a giant cupcake.

Melanie's Tasty Flapjacks

Makes 12 flapjacks

You will need

- 300g butter
- 75g demerara/ brown sugar
- 3 tbl spoons golden syrup
- 3 tbl spoons honey
- 350g oats
- Handful of chopped hazelnuts
- Handful of chopped raisins

Method

- Preheat the oven to 170°C and line a tin with baking parchment
- Melt butter into a pan, add the sugar and syrup and stir well
- Take the mixture off the heat and begin to stir in the oats (a handful at a time)
- Then add the nuts and raisins and stir
- Press the mixture evenly into the tin and bake for 25-30 minutes until golden
- Allow a few minutes after taking the mixture out of the oven before cutting into squares
- Leave the squares to cool in the tin – then enjoy!

childliverdisease.org/thebigbearspicnic

36 Great Charles Street, Birmingham, B3 3JY
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Apple & Cinnamon Cupcakes

For 12 cupcakes, you'll need...

2 eggs

100 g + 2 tblsp sugar

300 g diced cooking apples

2 tsp ground cinnamon

1 tblsp lemon juice

70 g melted butter

240 g self raising flour

1. Peel and dice apples to little cubes. Cook on a pan with 2 tblsp sugar, cinnamon, lemon juice and butter for few minutes. Leave to cool.
2. Mix eggs and sugar until soft peaks appear.
3. Sieve flour to egg and sugar mixture and fold it carefully.
4. Add apple mixture to the mix and fold carefully.
5. Divide to cupcake cases.
6. Bake 180°C for 15-20min.

Topping

140 g unsalted butter at room temperature

280 g icing sugar

1 tsp cinnamon

1 tblsp milk or boiled cold water

1. Beat butter until soft.
2. Sieve icing sugar and add to the butter.
3. Add cinnamon and milk/boiled cold water and beat until smooth.

With thanks to The Organic Cupcake Co.

Strawberry Cheesecake Cupcakes

To make 12 cupcakes, you will need...

- 120g plain flour
- 140g caster sugar
- 1½ tsp baking powder
- A pinch of salt
- 40g unsalted butter, at room temperature
- 120ml whole milk
- ½ tsp vanilla extract
- 1 egg
- 12 large strawberries, chopped into small pieces
- 200g digestive biscuits

For the icing:

- 300g icing sugar, sifted
- 50g unsalted butter, at room temperature
- 125g cream cheese, cold

Method

1. Preheat the oven to 170°C/325°F/gas mark 3. Put the flour, sugar, baking powder, salt and 40g of the unsalted butter in a free-standing electric mixer with a paddle attachment (or use a handheld electric whisk) and beat on slow speed until you get a sandy consistency and everything is combined.
2. Pour in the milk and vanilla extract and beat on medium speed until all the ingredients are well mixed (scrape any unmixed ingredients from the side of the bowl with a rubber spatula). Add the egg and beat well for a few minutes to ensure the ingredients are well incorporated.
3. Divide the chopped strawberries between the paper cases. Spoon the cupcake mixture on top until two-thirds full and bake in the preheated oven for 20 to 25 minutes, or until light golden and the sponge bounces back when touched. A skewer inserted in the centre should come out clean. Leave the cupcakes to cool slightly in the tray before turning out onto a wire cooling rack to cool completely.
4. Meanwhile, make the frosting by beating the icing sugar the remaining 20g of the unsalted butter together in a freestanding electric mixer with a paddle attachment (or use a handheld electric whisk) on medium-slow speed until the mixture comes together and is well mixed. Add the cream cheese in one go and beat it until it is completely incorporated. Turn the mixer up to medium-high speed. Continue beating until the frosting is light and fluffy, at least five minutes. Do not overbeat, as it can quickly become runny.
5. Roughly break up the digestive biscuits and put them in a food processor. Process until finely ground. When the cupcakes are cold, spoon the cream cheese frosting on top and finish with a sprinkling of finely ground biscuits.

With thanks to [Flow's Bakery](#)

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