



## Spooky Spiders!

These spooky spiders are perfect to serve up at a Halloween party

**Prep:** 30 minutes

**Cook:** 7 minutes

**Serves:** around 15 spiders

**Allergens:** Nuts and dairy (optional)

**Tasty Tip:** Make sure you pack these spiders tightly so they don't crumble!

Ingredients:

- 80g almond butter
- 80g honey
- 50g butter or coconut oil
- 40g hazelnuts
- 30g puffed quinoa
- 30g puffed brown rice

- 20g buckwheat groats
- 20g raw cocoa powder
- 10g milled flaxseed

#### Implements:

- Baking tray
- Food processor/blender
- Mixing bowl
- Spatula
- Saucepan
- Muffin cases

#### Cooking instructions:

1. Preheat the oven to 180c (160c fan assisted)
2. Scatter the hazelnuts and buckwheat groats on a baking tray and toast in the oven for 7 minutes
3. While they are toasting make your sauce by melting the almond butter, honey, raw cocoa powder and butter (or coconut oil) in a saucepan on a low heat, stirring regularly
4. Tip the sauce into a mixing bowl
5. Next place your toasted hazelnuts and buckwheat groats in a food processor or blender and blitz until ground
6. Pour into your mixing bowl and add the milled flaxseeds, puffed quinoa and puffed brown rice
7. Stir really well until all the sauce is combined with the dry ingredients
8. Next, place a muffin case in your palm and put a large tablespoon of the mixture in it. Push the mixture down firmly with the back of a spoon – this is an important step that will stop your spiders crumbling later. Repeat until all the mixture is finished
9. Place the muffin cases in the freezer for 10 minutes and then remove and decorate as spiders! Store in the fridge for up to 5 days

[Little Cooks Co](#) is a monthly subscription-based recipe kit that's posted through the letterbox, direct to kids, in a neat 100% recyclable box with compostable packaging. The box is packed with all the natural and healthy dry ingredients of that month's delicious and nutritious recipe for kids to bake in the home.

Little Cooks Co is on a mission to teach kids to love cooking and eating healthy food and to create happy family memories along the way.

All recipes are designed by a registered nutritionist and based on the latest science and research, not outdated models of calorie counting. The recipes use whole natural ingredients, no refined carbohydrates (which are a key driver of obesity), and all ingredients in the box are organic.

Here's one of Little Cooks Co delicious recipes to try at home!

***Little Cooks Co a delicious, healthy and fun recipe kit, for kids, delivered straight to your door for £8.99 a month.***

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