

## Rocky Road Crunch Bars

### Ingredients

- 125g / 5oz butter
- 300g / 11oz best-quality dark chocolate, broken into pieces
- 3 tablespoons golden syrup
- 200g / 7oz digestive or rich tea biscuits
- 100g / 4oz mini marshmallows
- 2 teaspoons icing sugar, to dust

### Optional Ingredients

- 100g / 4oz raisins, cranberries, cherries or other dried fruit
- 25g / 1oz nuts

### Method

1. Line a small to medium sized square baking tray with baking paper.
2. Place biscuits into a freezer bag and bash with a rolling pin or just the side of your fist until they're broken into a mixture of everything between dust and 50p size lumps. Put this to one side.
3. In a large sauce pan melt the butter, chocolate and golden syrup over a gentle heat stirring it constantly until there are no or almost no more lumps of chocolate visible, then remove from the heat.
4. Take biscuits, marshmallows and any additional fruit or nuts and pour into the pan of the chocolate mixture. Stir all this into the mixture until everything is completely covered.
5. Tip the mixture into the lined baking tray, making sure you get it all, and spread the mixture out to the corners.
6. Refrigerate this for at least 2 hours then dust with icing sugar and cut into slices to serve.



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