

George Georgievski

AIR FRYER EXPRESS

60 delicious recipes
for dinners, snacks &
school lunches

SUPER SPEEDY HONEY JOYS

Makes 12

I love using flat-bottom ice cream cones. They save on patty-pan cases, which are just thrown out anyway, so think of this recipe as doing your bit for the environment by eating. How cool is that? I don't know anyone who didn't eat honey joys as a kid. This simple recipe is a party favourite with a twist.

GO GRAB THIS STUFF

2½ tablespoons butter

55 g (¼ cup) caster sugar

**1 tablespoon maple syrup
or honey**

60 g (2 cups) cornflakes

12 flat-bottom ice cream cones

1 tablespoon icing sugar, sifted

THIS IS HOW WE DO IT

Place the butter, sugar and maple syrup or honey in a small saucepan over medium heat. Stir the mixture until it starts to froth and bubble, then remove from the heat. Add the cornflakes and stir until they are completely coated in the sugary, buttery mixture.

Using a spoon, fill the ice cream cones with the cornflake mixture until they're overly full – the higher the better (remember, they need to look awesome). Once you've done this, and secretly eaten a few tablespoons of the mixture, sit them upright in the air fryer and cook on 150°C for 6 minutes. The smell of the butter and maple syrup or honey will be truly amazing.

Remove from the air fryer, lightly dust with icing sugar and serve. Don't worry about storage instructions as they'll be gone before you know it.

OTHER
COOL
STUFF

You can leave out the icing sugar, but it does make the honey joys look even more spectacular. You can use healthier cereal options, but I figure if you are going to make honey joys you might as well eat them as nature intended; however, do eat them in moderation (said no one ever).



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