

# LAVA TOFFEE



Get a grown-up to heat **150g of caster sugar** and **4 tbsp of golden syrup** in a **deep pan** on a low heat, and stir until the sugar has melted. Let it bubble away until it's golden brown. It's ready when a drip dropped into a glass of water turns rock hard. Turn off the heat and stir in **2 tsp of bicarbonate of soda** – it will bubble furiously and look just like molten lava! Carefully pour this onto a **well-greased baking tray**. When it's cool, break it up into chunks, put it in a jar and give it to someone as a present (but try a bit first!).



The heat of the sugar makes the bicarbonate of soda break down, releasing **carbon dioxide gas** which creates the bubbles.