

EDIBLE MOSS RECIPE

Ingredients

1 egg (or 50ml yoghurt for an egg-free version)
30 gms Corn Syrup / Honey / Golden Syrup
12 gms superfine or castor sugar
25 gms Flour
5 gms Baking Powder
Leaf green Gel or Oil based colors



Method

Whisk egg with sugar and corn syrup.
Add color .
Sieve and fold dry ingredients.

Microwave in a shallow dish for 90-120seconds (depending on your microwave)
Immediately keep the dish upside down on a wire rack after baking.
Once cooled...take the moss out, put it between 2 parchment papers and press down with weight.

Voila!!!

Your edible Moss carpet it ready!

Alternately, Bake in a preheated oven at 190C/375F for 8-10mins