

SUMMIT

DO MORE, LEARN MORE, BE MORE...

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Young people of all ages enjoy cooking and eating the things they make.
Fun with Food for All Sections
Helps to get Beavers, Cubs, Scouts and Explorers cooking together and building skills for life.

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Fun with Food for All Sections Recipes for Beavers

Recipe One Teddy Bear Toast



Ingredients:

- 2 Slices of Wholemeal or White Bread
- 2 tbsp Smooth Peanut Butter (or other spread of choice)
- 6 Banana Slices
- 6 Raisins

How to make:

1. Toast the bread.
2. Spread with the peanut butter or an alternative spread of choice.
3. Add slices of bananas for the ears and nose.
4. Place the raisins on each slice for the eyes and in the centre of the banana nose.

Note: why not try a variety of spreads to change the animals...

- White Chocolate – Polar Bear
- Strawberry Jam – Red Panda
- Marmalade - Tiger

Recipe Two Yoghurt Base Pizza

Ingredients:

- 75g Self-raising Flour
- 65g Greek Yoghurt
- 50g Passata
- 1 tsp Tomato Puree
- 4 Cherry Tomatoes (sliced)
- 40g Grated Cheddar Cheese
- 40g Mozzarella Cheese

How to make:

1. Pre-heat oven to 220-degree / 200 fan oven / gas mark 7.
2. Line a baking sheet with greaseproof paper.
3. Put flour and yoghurt in a bowl and mix into dough.
4. Knead on a floured surface until smooth.
5. Divide into two and roll to make two 12cm bases.
6. Mix the passata and puree together and spread onto bases, then top with tomatoes and cheese.
7. Bake for 15-20 minutes.



Recipe Three Fruit Salad Waffle Cones

Ingredients:

- Fruit of your choice:
 - Kiwi, Banana and Mango
 - Strawberry, Raspberry and Blueberry
 - Apple and Pear
 - Pineapple and Orange
- 8 Waffle Cones
- 2 Cups Thick Coconut Yoghurt (or other flavour)



How to make:

1. Cut all chosen fruit into 1cm cubes or slices and place in a bowl.
2. Spoon yoghurt into a cone and top with the fruit mix.

Note: why not have a competition for the best tasting and colourful fruit combination in a cone?

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Fun with Food for All Sections Recipes for Cubs

Recipe One Easy Egg Pikelets

Ingredients:

- 2 Eggs
- 2 tbsp Plain Wholemeal Flour
- 4 tbsp Pouring Cream
- Pinch of Salt and Pepper
- Spray Oil

How to make:

1. Separate the eggs whites from the egg yolks carefully and put in two separate mixing bowls.
2. Mix cream and flour with egg yolks and season.
3. Whisk egg whites into stiff peaks and then fold through the egg yolks.
4. Bring a frying pan to medium heat and spray with spray oil.
5. Dollop tablespoons of batter in the pan, cook for 1 minute, gently flip over and cook for 1 minute and serve with jam or syrup.



Recipe Two Cheesy Potato Cakes



Ingredients:

- 2-3 Cups Mashed Potato
- ½ Cup Grated Cheese
- ½ Cup Sweetcorn
- 1 Egg
- 1tsp Butter or Oil

How to make:

1. Combine potato, cheese, sweetcorn and egg in a bowl.
2. Mix well to combine and then divide the mixture into eight portions and form into small cakes.
3. Heat a non-stick frying pan over a medium heat, melt butter and cook the potato cakes a few at a time for 5 minutes each side or until golden and crisp.

Note: other ingredients can be added to make a variety of potato cakes to use left-over ingredients.

Recipe Three Jammy Pinwheels

Ingredients:

- 1 Sheet of pre-made Puff Pastry (defrosted)
- ½ Cup of Jam



How to make:

8. Pre-heat oven to 180-degree / 160 fan oven / gas mark 4.
9. Line a baking sheet with greaseproof paper.
10. Lay the defrosted puff pastry sheet and cover evenly with strawberry jam.
11. Roll up tightly into a sausage shape and using a pizza cutter, slice the sausage into six equal pieces.
12. Place each pinwheel on the baking sheet, seam side down and bake for 20 minutes or until golden and puffed.
13. Remove from the oven and leave to cool.

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Fun with Food for All Sections Recipes for Scouts

Recipe One Strawberry Pop Tarts

Ingredients:

- 2 Slices Wholemeal Bread
- 1 Cup Sliced Strawberries (0.5cm thick)
- 6 tbsp Icing Sugar
- Coloured Sprinkles



How to make:

1. Cut the crusts off the bread.
2. Roll the bread nice and thin using a rolling pin.
3. Place a single layer of the sliced strawberries on one half of each slice of bread, leaving 1cm of space around the edges.
4. Fold the bread over the strawberries and, using your fingers, seal the edges.
5. Crimp the edges with a fork, bake in a toaster with the fold at the bottom.
6. Make up the icing sugar with cold water, spread on the top of the tarts and add sprinkles.

Recipe Two Quick Mini Quiche

Ingredients:

- 4 Large Eggs
- 3 Spring Onions (fine chop)
- 1 Cup Creamed Corn
- 50g Grated Cheese
- Spray Vegetable Oil

How to make:

1. Pre-heat oven to 180-degree / 160 fan oven / gas mark 4.
2. Spray 10 holes of a muffin tray with oil.
3. Mix all the ingredients together in a large bowl.
4. Spoon into the muffin tray, filling each hole about two-thirds full.
5. Bake for 25-30 minutes until set in the middle.
6. Cool and store in an airtight container in the fridge.



Note: other ingredients can be added to make a variety of quiche.

Recipe Three Zoo Poo

Ingredients:

- 1 ½ Cups Pitted Dates (chop)
- ¼ Cup Sunflower Seeds
- 2 tbsp Coconut Oil
- 3 tbsp Chia Seeds
- 2 tbsp Cocoa Powder
- 1 tsp Vanilla Extract
- ½ Cup Desiccated Coconut



How to make:

1. Combine all the ingredients except the desiccated coconut in a large bowl.
2. Stir well.
3. Shape into bite sized balls.
4. Roll the balls in the desiccated coconut to coat and make less sticky.

Note: other ingredients can be added to make a variety of flavoured "poo" and the extract can also be swapped for another flavour of your choice.

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Fun with Food for All Sections Recipes for Explorers

Recipe One Breakfast Muffin



Ingredients:

- 2 Apples (grated and peeled)
- 150g Butter
- 2 Bananas (medium ripe)
- 1 ½ Cups Self-raising Wholemeal Flour
- 2 tsp Baking Powder
- 2 Eggs

How to make:

1. Pre-heat oven to 180-degree / 160 fan oven / gas mark 4.
2. Line a muffin tray with paper cases.
3. Put apples and butter into a saucepan and cook for 5 minutes until soft, stirring well to stop burning.
4. Peel and mash bananas with the back of a fork.
5. Mix all the ingredients together in a bowl and spoon the mixture into the paper cases.
6. Bake for 20 minutes.

Recipe Two Marmite and Feta Scrolls

Ingredients:

- 2 Cups Self-raising Flour
- 70g Butter (chop)
- ½ Cup Milk
- 2 tsp Marmite (or vegan)
- 1 Tomato (de-seed, chop and squeeze out juice)
- 1-2 tbsp Feta Cheese



How to make:

1. Pre-heat oven to 180-degree / 160 fan oven / gas mark 4.
2. Line a shallow tin with greaseproof paper.
3. Blend flour and butter in a food processor until it turns into breadcrumbs.
4. Turn onto a clean surface, make a well, pour in the milk and combine into a dough.
5. Dust with flour and knead.
6. Roll out to a 5mm thickness and cut into a rectangle.
7. Spread with Marmite, top with tomato and cheese.
8. Roll and chop into 2cm slices and bake for 20 minutes.

Recipe Three No Bake Cheesecake

Ingredients:

- 500g Plain Biscuits
- 100g Melted Butter
- 1kg Cream Cheese
- 1 Cup Double Cream
- 1 Cup White Sugar
- 200g White Chocolate Chips
- 2 Sachet Gelatine Powder
- 1tsp Vanilla Extract
- ½ Cup Chocolate Chips

How to make:

1. Line a shallow tin with greaseproof paper.
2. Blitz biscuits and melted butter in a food processor and press into the tin, chill.
3. Combine in a food processor cream cheese, sugar, extract, cream and melted white chocolate until smooth.
4. Dissolve gelatine in ¼ cup of hot water and add to the cheese mix. Combine well.
5. Pour over base, add chocolate topping and chill for 3 hours.



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Fun with Food for All Sections Recipes for Everyone - Sweets

Recipe One Teddies on Trains

Ingredients:

- 12 Milky Way Bars
- 100g Chocolate (melted)
- Packet Liquorice Allsorts
- Packet of Liquorice Tubes
- Tube of Smarties
- Packet of Tiny Teddies or Gummy Bears

How to make:

1. Use the melted chocolate as "glue" to stick four Smarties on the Milky Way bar for the wheels.
2. Cut a square Liquorice Allsort into two pieces and glue on the top of the train.
3. Cut a tiny teddy off at the waist and glue onto the top of the train.
4. Cut the liquorice stick to make the steam funnel and glue to the top of the train.



Recipe Two Stained Glass Jelly Bites

Ingredients:

- Red Jelly
- 250ml Apple Juice
 - 3 tbsp Gelatine (or vegan)
 - Red Food Colouring
- Green Jelly
- 250ml Apple Juice
 - 3 tbsp Gelatine (or vegan)
 - Green Food Colouring
- White Jelly
- 500ml Coconut Milk
 - 3 tbsp Gelatine (or vegan)
 - 2tbsp Maple Syrup

Note: shop-bought red and green jellies can be used for ease.



How to make:

1. Bloom gelatine by adding water according to the pack.
2. Warm apple juice and turn off the heat, add beetroot powder, then add gelatine to make the red jelly and set.
3. Make the green jelly and set.
4. Chop the red and green jelly and arrange in a baking tray.
5. Make the white jelly and when cooled, pour over.

Recipe Three Chocolate Freckles



Ingredients:

- Melted Chocolate (can be White, Milk or Dark)
- Sprinkles or 100's and 1000's
- Food Colouring (optional for white freckles)

How to make:

1. Melt your choice of chocolate in a microwave.
2. Stir in colouring if you are using it with white chocolate.
3. Place sprinkles or 100's and 1000's in a shallow dish.
4. Use a piping bag or zip-lock bag with a tiny hole cut in the corner to pipe little buttons straight onto the sprinkles.
5. Allow to set at room temperature or in a fridge.

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Fun with Food for All Sections Recipes for Everyone - Biscuits

Recipe Four

2 Ingredient Muesli Bars

Ingredients:

- 2 Cups Muesli
(use a good quality brand)
- 1 Can Condensed Milk

How to make:

1. Pre-heat oven to 180-degree / 160 fan oven / gas mark 4.
2. Line a shallow tin with grease-proof paper.
3. Combine muesli and condensed milk, stirring well.
4. Press into the prepared tin and bake for 25 minutes or until the top starts to turn a golden colour.
5. Remove from the oven and let sit for 10 minutes. Cut into bars and allow to cool before storing in an airtight container.



Note: these bars will store for up to one week in a air-tight container.

Recipe Five

Macaroons Made Easy

Ingredients:

- 500g Desiccated Coconut
- 1 Tin of Sweetened Condensed Milk
- Glace Cherries



How to make:

1. Pre-heat oven to 180-degree / 160 fan oven / gas mark 4.
2. Line a baking tray with grease-proof paper.
1. In a bowl combine the coconut and sweetened condensed milk.
2. Drop table-spoon sized balls of the mixture onto the baking tray.
3. Place in the oven and bake for 10-12 minutes or until lightly golden.
4. Cut cherries into two halves and stick onto the top of the macaroon cakes whilst the cakes are still warm.

Recipe Six

Anzac Biscuits

Ingredients:

- 2 Cups Rolled Oats
- 2 Cups Plain Flour
- 2 Cups Coconut
- 1 ½ Cups Castor Sugar
- 250g Butter
- 4 tbsp Golden Syrup
- 1tsp Bicarbonate of Soda

How to make:

1. Pre-heat oven to 160-degree / 140 fan oven / gas mark 3.
2. Grease a baking tray
3. Place oats, flour, coconut and sugar in a large bowl.
4. Melt butter and golden syrup in a saucepan.
5. Mix bicarbonate of soda and 2 tbsp boiling water and add to the butter mixture in the pan.
6. Quickly add to the mixing bowl and stir well.
7. Roll tablespoons of the mixture into balls and place on tray 5cm apart.
8. Press lightly with a fork.
9. Bake for 20 minutes.



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Fun with Food for All Sections Recipes for Everyone - Cakes

Recipe Seven

Air Fryer Brownies

Ingredients:

- 125g Unsalted Butter (chop)
- 295g Condensed Milk
- 1 Cup Plain Flour
- 1 ½ tsp Baking Powder
- 2 tbsp Cocoa Powder
- 2tbsp Brown Sugar
- 2 tbsp Golden Syrup
- 2tsp Ground Ginger

How to make:

1. Line a tray (that fits into the air fryer) with greaseproof paper – 20 cm cake tray size.
2. In a microwave melt butter, sugar and syrup on high heat for 30 seconds or until melted, then stir in the milk.
3. Sift in flour, baking powder, and ginger and stir until just combined, no more.
4. Pour into the baking tray and place into the basket of the air fryer.
5. Cook at 150-degrees for 20 minutes, then cool and slice.



Recipe Eight

No-Fry Donuts

Ingredients:

- 265g Wholemeal SR Flour
- ½ Cup Dark Brown Sugar
- 2 x ½ tsp Ground Cinnamon
- ½ tsp Salt
- ½ Cup Butter (melt and cool)
- 1 Egg
- ½ Cup Coconut Oil (melted)
- ½ Cup Caster Sugar



How to make:

1. Pre-heat oven to 180-degree / 160 fan oven / gas mark 4.
2. Line a muffin tray with cases.
3. Mix flour, dark sugar, salt and ½ tsp of cinnamon in a large bowl.
4. Mix cooled butter with the egg and stir into the bowl.
5. Distribute batter into the 12 cases and bake 25 minutes.
6. Make the sugar coating by mixing the coconut oil, caster sugar, and ½ tsp of cinnamon together. Stir well.
7. When donuts are cooked, allow to cool for 5 minutes and then pour over the sugar coating to top each cake.

Recipe Nine

Long-Life Courgette Cake



Ingredients:

- 2 Courgettes (grated)
- 3 Cups Plain Flour
- 2 tsp Baking Powder
- 3 Eggs
- 1 Cup Vegetable Oil
- 2 ¼ Cups Castor Sugar
- 1 ½ tsp Vanilla Extract
- 3 tsp Ground Cinnamon

How to make:

1. Pre-heat oven to 180-degree / 160 fan oven / gas mark 4.
2. Butter a large loaf tin.
3. Beat eggs and oil, beat in sugar, and add the extract.
4. Sift flour, baking powder and cinnamon in a bowl. Add to the egg mixture and stir.
5. Stir in the courgettes.
6. Pour into the loaf tin and bake for 50 minutes or so.
7. Cool for 15 minutes and then turn onto a wire rack.

Note: will store in fridge for a up to one month – if it lasts that long!