



Activity 89

Life is Sweet!

Spiritual Development: To encourage others to think about values, virtues and qualities.

You will need – Muffin tray, muffin cases, 50g (2oz) butter, 75g (3oz) brown sugar, 1 egg, 100g (4oz) plain flour, 2 teaspoons baking powder, 1 tablespoon cocoa powder, 90ml (3fl oz) milk, buttercream – 75g (3oz) butter, 150g (6oz) icing sugar, 1-2 tablespoons milk, ribbon, 'thinking of you' tabs, presentation bags, bowl, spoons, wire cooling rack, sieve, cooking chocolate and a chocolate letter mould.

Activity – Preheat the oven to 190 degrees C, 375 degrees F or gas mark 5. Grease the muffin tin with butter. Put the butter, sugar and egg into a large mixing bowl. Sift the flour. Stir the ingredients together with a wooden spoon until well mixed. Sift the baking powder and cocoa powder into the bowl. Add the milk. Mix them together. Use a wooden spoon to divide the mixture equally into the muffin tray. Bake the muffins for 12 minutes. Leave the muffins in the tray until they are cool. To make the buttercream, whisk the butter in a bowl until it is soft. Sift the icing sugar into the bowl and mix. Add one tablespoon of milk and beat until smooth and creamy. Spoon (or use a piping bag) some buttercream onto the top of each muffin. Melt cooking chocolate over boiled water or in the microwave and pour into the letter mould and leave to set. Once set, turn the letters out and add to the top of the buttercream spelling out values. Place one of your values muffins into a presentation bag to either sell or give to a friend.

