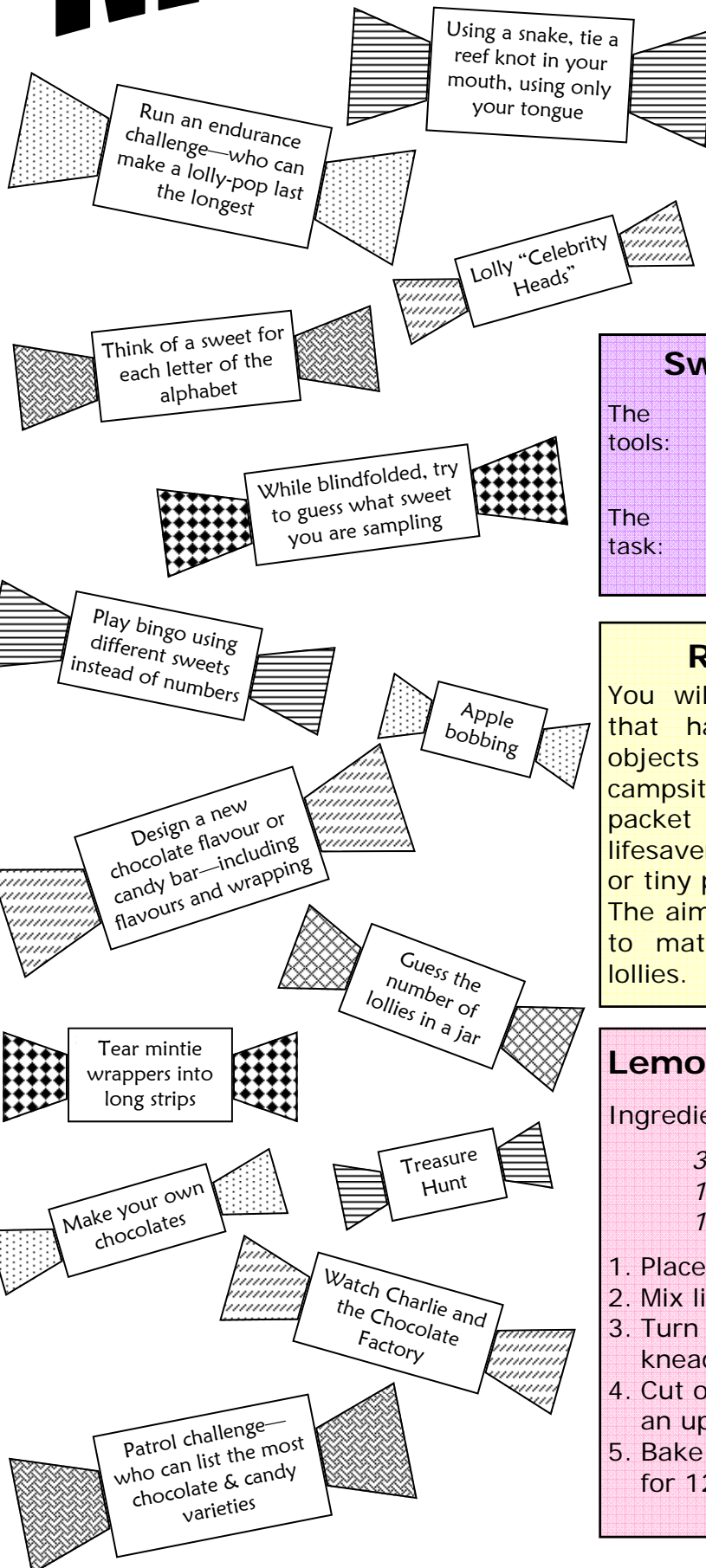


Nice & Sweet



Sweet Sculptures

The tools: Each patrol needs a bag of marshmallows and a pile of tooth picks

The task: To create a sculpture that represents the Guide Promise

Rainbow Quest

You will need an outdoor area that has a range of natural objects - like a garden or campsite. Give each Guide a packet of coloured lollies (eg lifesavers, mini box of smarties, or tiny pack of M&M's or skittles). The aim is to find natural objects to match the colours of their lollies.

Lemonade Scones

Ingredients:

*3 cups of self-raising flour
1 cup of cream
1 cup of lemonade*

1. Place all ingredients in a bowl
2. Mix lightly with a knife
3. Turn onto a floured board, knead and roll flat
4. Cut out scones with a cutter or an up-turned glass
5. Bake in a hot oven at 200°C for 12 minutes

menu of ideas

Jelly Bean Charades

Working in patrols, each group needs 1 or 2 bags of jelly beans (the smaller ones are best) and a set of cards with a different item written on each. Taking it in turns, a Guide selects a card of the pile, and without showing any of her team mates, attempts to re-create the object using the jelly beans. The team tries to guess - and hopefully gets it eventually. You could even challenge patrols - have one set of cards, and show a card to a representative of each patrol at the same time - the aim is to be the first patrol to guess correctly. No talking is permitted (except to guess and agree or disagree) nor can words be written in jelly beans. Vary the list of items to suit the age range - for example hearts and stars for younger guides, or complex items like bikes, buildings or vegetables for older guides.

\$4 per patrol

Smartie Relay

Guides are divided into teams, and each Guide is given a straw. The teams line up at one end of the room. At the other end, each team has two plates - one plate is empty, the other has smarties on it (allow 2 to 3 smarties per person, with each team having the same number). The game begins, with one from each team running up to their plate. Sucking through the straw, the Guide must pick up a smartie and transfer it to the other plate. No hands are allowed. Once the Guide has successfully moved a smartie, they run back to their team and tag the next player. The game continues until all the smarties are moved.

\$4

Poison Lolly

With Guides sitting in a circle, lay out a selection of 3 different lollies. One Guide leaves the room, and a single lolly is selected as the 'poisoned' lolly. The Guide returns, and points out a lolly. If she points out the poisoned lolly, she does not get any of the lollies, and her turn is over. If the lolly is safe, she can eat it, and have another guess. If she picks another safe lolly, then she gets to keep both (as she has successfully figured out which was poisoned). But if she picks the poisoned one, she does not get to eat it and her turn is over.

\$10

Chocolate Carvery

Working in patrols, each group needs a block of chocolate (still wrapped) on a plate and a dice, and each guide needs a knife and fork. Guides sit in a circle, and take it in turns to roll the dice. When a Guide rolls a 6, she moves to the centre of the circle and starts on the chocolate block, unwrapping, cutting it up and eating as much as she can - using only her knife and fork. She continues, while the remaining Guides keep rolling the dice until someone else rolls a 6. The chocolate-stuffed Guide returns to the circle and the next Guide can attack the chocolate block. The game continues until all the chocolate is eaten. You may find it more practical to unwrap the chocolate for younger Guides, before the game begins.

\$4 per patrol

Lifesaver Relay

Guides are divided into teams, with each team standing in a line. Each Guide is given a toothpick, which they place between their lips. A lifesaver (one of the original type with a hole in the middle) is placed on the toothpick of the first person in each team. They then have to transfer it to the toothpick of the next person, without using their hands. The game concludes when the lifesaver reaches the other end of the line.

\$2

mars bar slice

3 x 65 gram Mars Bars
90 grams of butter
3 cups of rice bubbles

Topping

200 grams of milk chocolate
30 grams of butter

1. Chop Mars Bars and combine with 90g of butter in a large saucepan
2. Stir constantly over low heat without boiling, until the mixture is smooth
3. Take the saucepan off the stove
4. Stir in the rice bubbles
5. Press mixture into a foil-lined slice tray
6. To make the topping, melt the chocolate and remaining butter
7. Spread the topping over the slice
8. Refrigerate until set, then cut into pieces.

star dust

3 cups of icing sugar
2 packets of fruit tingles
¼ tsp bi-carb soda
½ tsp cream of tartar
1 tsp citric acid
Musk sticks
Individual bags to pack

1. Crush fruit tingles in a food processor
2. Add the bi-carb soda, cream tartar and citric acid, and whizz to combine
3. Tip into a large bowl, and add the icing sugar
4. Mix really well
5. Spoon into individual bags, and add a musk stick as a dipper

rocky road

700 grams of chocolate
250 grams of marshmallows
125 grams of glace cherries
50 grams of cup of nuts

1. Melt the chocolate
2. Chop the marshmallows
3. Place remaining ingredients in a bowl
4. Add the melted chocolate and stir until combined
5. Spoon into a foil-lined slice tray
6. Refrigerate until set, then cut into pieces.

Spiders

*1 pkt loose Chinese noodles
2 tbs crunchy peanut butter
200g chocolate*

1. Melt chocolate
2. Add peanut butter
3. Stir in noodles
4. Spoon blobs onto lined tray
5. Refrigerate until set

Truffles

*1 pkt Girl Guide biscuits
2 tbs cocoa
1 tin condensed milk
1 cup coconut or sprinkles*

1. Crush biscuits
2. Mix biscuits, cocoa and milk together
3. Form into balls
4. Roll in coconut/sprinkles

Coconut Ice

*5 cups icing sugar
1 egg white
1 tin condensed milk
3 cups coconut
Food colouring*

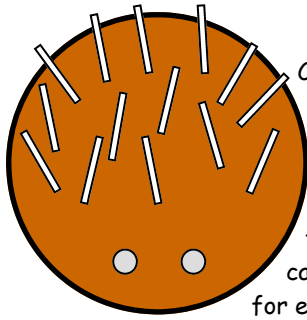
1. Beat egg white until thick
2. Add remaining ingredients
3. Stir thoroughly
4. Divide into two parts
5. Add colour to one part
6. Layer in a foil-lined slice tin
7. Refrigerate until set, then cut into slices

Speckled bubble bars

*1 and ½ cups marshmallows
60 g butter
2 and ½ cups rice bubbles
½ cup sprinkles/100's & 1000's*

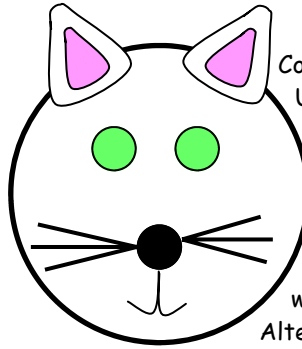
1. Combine marshmallows and butter in a small saucepan
2. Stir over low heat until melted
3. Remove from heat
4. Mix rice bubbles & sprinkles in a bowl
5. Add melted ingredients and mix well
6. Pour into foil-lined slice tray
7. Refrigerate until set, then cut into slices

recipes



ECHIDNA

Cover the cupcake with chocolate icing or melted chocolate. Use slivered almonds for the spikes and silver cachous or mini M&M's for eyes.

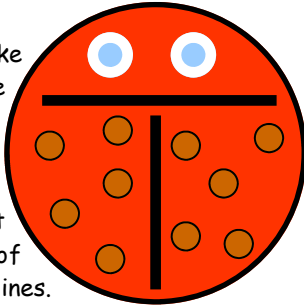


CAT

Cover the cupcake with white or grey icing. Use a choc chip, brown M&M or smartie for the nose. The eyes can be made from smartie or M&M's. Cut thin strips of licorice for whiskers. Cut ears out of white marshmallow - you can add the pink insides by diluting pink food colouring with water, and painting on with a paint brush. Alternatively, add extra icing sugar to your icing, until it is stiff enough to mould into ears. Paint pink inside. You can also buy stiff icing in a box at the supermarket. The icing ears will dry hard, but you can still eat them if you want. Or you could make long thin ears to create a rabbit instead!

LADY BIRD

Cover the cupcake with red icing (use 'pillar box red' rather than cochineal which turns pink). Cut thin strips of licorice for the lines.

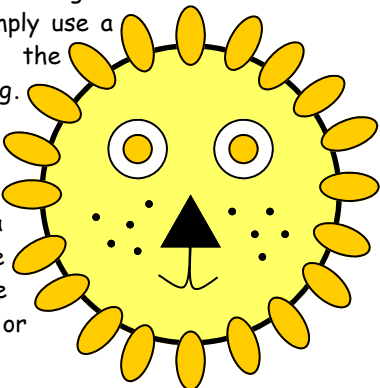


Use tiny choc chips (eg 'coles' brand), mini M&M's or currants for spots. The eyes can be made out of white choc chips, M&M's or smarties, or even a blob of icing.

Cupcake Creations

LION

Cover the cupcake with yellow icing. Cut a piece of blackcurrant lifesaver, jube or sultana for the nose. For the mane, cut slices of yellow or orange marshmallows (dust the scissors in icing sugar first so its not too sticky) and arrange around the outside. Keep the slices fairly thin so they will stick to the icing. For the eyes use 1/2 a tiny marshmallow (in the cooking section of the supermarket not sweet/lolly isle) or a white choc chip. These next bits are optional. Using a bit of icing, add an orange M&M or smartie in the middle - or simply use a bit more of the yellow icing. Draw a mouth and freckles using black icing - either a ready-made tube from the supermarket, or pipe your own.



These cupcake creations are easy to make, look fabulous and taste pretty good too - if you don't mind lions chasing bears around in your tummy, or the tickle of an echidna..... You could use your favourite cupcake recipe, a packet mix, or try this recipe.

Easy Cupcake Recipe

Melt 250 grams butter. Mix together 1 1/2 cups Self Raising Flour, 1 cup sugar, 1/2 cup milk, 2 eggs and melted butter. Line muffin tins with paper cupcake cases. Fill each one a bit over 1/2 full - so there is room for them to rise. Cook about 15 minutes at 180°C. Allow the cakes to cool before icing.

The easiest icing recipe is hot water and icing sugar. Mix to remove all the lumps. Don't make it too runny, as it needs to be thicker to hold all the yummy decorations. If you are piping it, thicker is better otherwise it runs away everywhere.

Tips:

- When cooking cupcakes, use a muffin tin - the cakes keep their shape rather than spreading out to be flatter
- Using paper cupcake cases makes it easy to get your cakes out of the muffin tins, and makes handling them cleaner.
- Plain cupcake cases will highlight your creations best.
- You need to add the decorations while the icing is wet, because the icing is like the glue that holds them together. So get all the decorations ready before you start (the Guides can help - depending on age and available time), that way you can slap on the icing and assemble your creation quickly.
- Some of the decorations (like M&M's) may need a bit extra help sticking - just use a little extra blob of icing.
- You can make your own piping bags for icing, using sandwich bags. Put a few spoons of icing in (don't fill it very much, otherwise it will quickly escape and ooze out the top) then with scissors snip a hole in one corner.

(You can see this page in colour on the Girl Guides Tasmania web site, follow the link to...Leaders & Adults.... Purple Pages)

TEDDY BEAR

Cover the cupcake with chocolate icing. Sprinkle with coco-pops or chocolate sprinkles. Use large white chocolate melts for ears, white choc chips, M&M's or smarties for eyes, large white choc melt for the nose with a milk choc chip, brown M&M or smartie for the centre. Use a red lolly for the mouth - like "berry jols" or slice of musk stick.

