

Tummy Time!

SPORT
RELIEF
2016

Friday 18 March

Timmy Treats

Have fun baking these biscuits and sell them to parents to help you raise lots of dough.



METHOD

- 1 Pre-heat the oven to 190C/375F/Gas Mark 5.
- 2 Line two baking sheets with greaseproof paper.
- 3 Start by creaming the butter and sugar together.
- 4 Beat in the egg and vanilla extract until everything is well combined.
- 5 Sift in the flour and baking powder and then bring the mixture together to form a dough.
- 6 Roll out the dough to the depth of a pound coin. Cut out your biscuits and place them, evenly spaced, on the baking sheets. If you find the dough is a bit soft, you can refrigerate it for 5 minutes to firm it up.
- 7 Bake for 10-15 minutes until light brown.
- 8 After you've removed the biscuits from the oven, leave them on the baking sheets for 5 minutes to set, then transfer them to a rack to cool.
- 9 Make a batch of white icing and cover your biscuits.
- 10 Cut Timmy faces out of the black icing and decorate each biscuit with a sheep. Use extra black and white icing, white chocolate buttons or mini-marshmallows to get creative with eyes, feet or even woolly coats!

INGREDIENTS

For the biscuits:

- 100g unsalted butter, softened
- 100g caster sugar
- 1 medium egg, beaten
- 300g plain flour
- ½ teaspoon baking powder
- 1 teaspoon vanilla extract

For the decoration:

- 400g icing sugar
- 3-4 tablespoons water
- Black ready to roll icing
- Optional: white chocolate buttons, mini-marshmallows



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Rainbow Fruit Kebabs

Timmy and his friends love fruit! These colourful kebabs are a healthy Sport Relief snack that the children can help to make themselves.



METHOD

- 1 Cut the fruit into bite-sized chunks and put each different type into a bowl.
- 2 Ask the children to choose at least one piece of fruit of each colour – red, orange, yellow, green, blue and purple.
- 3 Help the children to thread their fruit onto a wooden skewer.
- 4 Before eating, why not arrange the kebabs into a rainbow shape and photograph the children's creations?

INGREDIENTS

- Red fruit, e.g. raspberries, strawberries
- Orange fruit, e.g. oranges, tangerines
- Yellow fruit, e.g. bananas, mangoes, pineapple cubes
- Green fruit, e.g. green grapes, kiwi, apple, melon
- Blue fruit, e.g. blueberries
- Purple fruit, e.g. purple grapes
- Wooden skewers (short ones are best – cut off any sharp ends)

