

Bit of fun

Microwave mug pizza recipe

Kit you need:

- 1x Mug
- Microwave
- Measuring Spoons
- Fork/Spoon



Ingredients:

- 4tbsp flour
- 1/8 tsp baking powder
- 1/16tsp baking soda
- 1/8tsp salt
- 1tbsp olive oil
- 1tbsp marinara style sauce
- 1 heaped tbsp grated cheese
- Pizza toppings, mini pepperoni etc
- ½ tsp Italian herbs

Method:

1. Mix the flour, salt, baking powder and soda together in a microwavable mug
2. Add in the milk and oil then mix together. There might be some lumps but that is ok
3. Spoon on the marinara sauce and spread it around the surface of the batter
4. Sprinkle on the cheese, toppings and dried herbs
5. Microwave for 1min 10secs – 1min 20secs or until it rises up and the toppings are bubbling (timings for a 1200W microwave, for less powerful microwaves will need a bit longer)
6. Enjoy straight away!

Interest Badge - Protesting How to protest safely

As well as being exciting and uplifting, protests can be tense and involve lots of people. So it's vital to know how to stay safe..

Make a guide for young people on how to protest safely. You can decide who this guide is aimed at.

When making your guide, think about relationships with people at the protest:

- The other protesters - peaceful and non-peaceful
- The people you're protesting against
- The police and protest marshals
- The media
- General public

How should you treat them?

How should they treat you?

Look at organisations like Green & Black Cross for ideas.



Have you enjoyed creating your rainbows or you microwave mug pizzas why not look into the Rangers cooking interest badge. Throughout this badge you will need to make your favourite meal healthy, discover new foods and make a recipe book.

Post your work to our Facebook so that we can let your leaders know you took part!

