

Arable kids

Banana Choc Chip Muffins

115g butter
1/2 cup packed brown sugar
3/4 tsp baking soda
1/2 tsp salt
1/2 tsp ground cinnamon
1/4 tsp ground nutmeg
1 tsp vanilla extract
1 1/2 cups mashed ripe banana (about 3 bananas)
1/4 cup honey
2 large eggs
2 cups whole wheat flour
2/3 cup chocolate chips

Preheat the oven to 180°C and line or grease a 12 cup muffin pan.

Beat together the butter, sugar, baking soda, salt, cinnamon, nutmeg, and vanilla in a medium bowl until smooth. Add the banana, honey and eggs, beating until smooth. Add the flour and chocolate chips, stirring until smooth.

Divide batter into the muffin cups. Bake for 25 minutes.

Remove from oven and after a couple of minutes transfer the muffins to a rack to cool.



Coloured Modelling Clay

A fun experiment for a rainy winter day - make your own modelling clay.

You will need:

1 cup flour
1/2 cup salt
2 teaspoons cream of tartar
1 teaspoon cooking oil
Food coloring
Saucepan
Spoon
Airtight containers for storing

In a heavy saucepan, combine flour, salt, and cream of tartar. Add oil, 1 cup water, and food coloring as desired. Cook over medium heat for 3 minutes, stirring constantly, until mixture pulls away from sides of pan. Remove from heat, and let cool 1 minute.

Transfer to a work surface, and knead until smooth. Store in an airtight container; it will keep for several weeks.

Note: This clay is not for children under 1 year of age; due to its high salt content, children should be discouraged from consuming it.

