

# BEAVERS

**SUPERHEROES CAMP@HOME**



## Recipes and Instructions



## Snack Ideas

Enjoy at any point throughout the weekend



### **Power Balls**

- Maltesers or cheese balls

### **Captain Marvels Superhero Popcorn.**

- Add red food colouring and extra sweets to give you popcorn an extra superhero twist

### **Superhero Favorites Crackers**

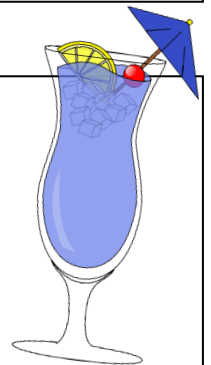
- Any crackers or rice cakes with your favorite spread. Marmite? Jam? Cream Cheese?

### **Superpowers Snacks**

- Use any fruit and vegetable to make you super strong and health

## Mocktails

Grab some garnish and get shaking and pour over ice



### **Wonder Woman's Delight**

- 1 shot of elderflower cordial, ½ cup of apple juice ½ cup of lemonade

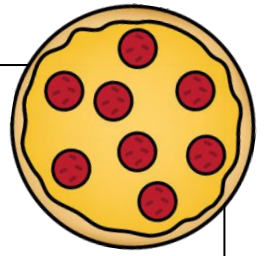
### **Dark and Stormy Night Drink**

- ½ cup of cola, ½ cup pineapple juice, 1 shot of blackcurrant squash

### **Extra Strong Juice**

- ¾ cup of cranberry juice, 1 shot of blackcurrant squash and frozen berries

# Dinner Ideas

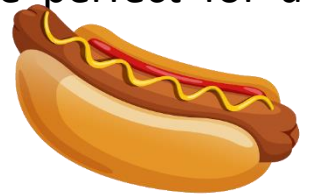


## Logo Pizzas

- You can use a few different things for a pizza base for example, shop brought bases, muffins, wraps, baguette or anything else you might like
- Grab your favorite toppings, tomato paste and grated cheese
- Use the different toppings to design the superhero logo.

## Heroes Hot-Dogs

- Cook up some sausages, veggie or meat and add it to a bun
- Add your favorite toppings or sauce to make the perfect for a superhero.



## Power Up Pasta

You will need:

- 350g pasta
- 1 clove of Garlic
- 1 tbs of mustard
- 3tbs plain flour
- 500g whole milk
- 250g cheddar cheese
- 50g parmesan



What to do:

- Asking an adult to help you use boiling water to cook your pasta
- In a pan over a low heat melt the butter and add the chopped garlic
- Add the flour and stir over a medium heat for 5 minutes (make sure and adult is helping you whilst using the hot hob)
- Gradually whisk in the milk till you have a thick sauce
- Add the cheddar cheese and mustard and stir in the cooked pasta
- Pour into an oven proof dish and sprinkle the parmesan over the top
- Bake in a preheated oven at 180 degrees for 15 minutes

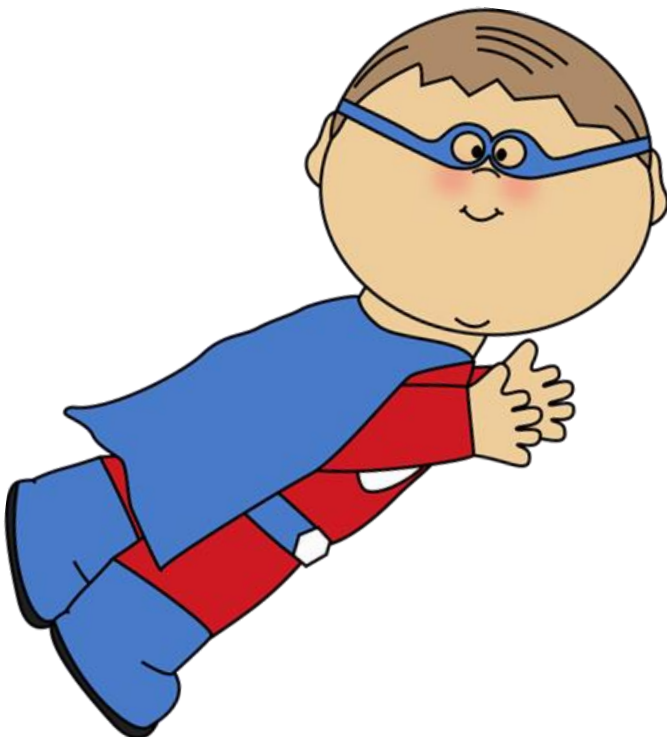
## Campfire Feast

### **Belly Warmer**

- Get your favorite hot drunk, maybe a hot chocolate with LOADS of marshmallow's or some warm squash if you'd prefer.
- Settle down by your homemade fire and get ready for singing your favorite campfire songs.

### **Superhero Skewers**

- Get some Skewers or maybe a sharp thin stick from the garden, soak it in water for an hour or more and load up with marshmallow's and strawberries.
- Cook over your fire in the garden or ask a grown up to help you to cook them as they are! Or just eat them straight from the packet if you can't wait!



# Breakfast Ideas



## **Power Up Smoothie**

- Get a few pieces of your favorite fresh fruit or you can use frozen
- Put in a food processor or blender with a cup of fruit juice or milk
- Pour in a glass over ice and get ready for the day

## **Superhero Pancakes**

- In a bowl whisk up 2 egg, 100g of plain flour and 300ml of milk till you've made a smooth batter
- Heat a table spoon of sunflower oil on a medium heat and add a ladle of pancake mix
- Cook for 1 minute on one side, give it a flip and do the same on the other side
- Repeat until all your mix is cooked
- Serve with your favorite toppings



## **Egg Man Bread**

You will need:

- 2 medium eggs
- 1tbsp milk
- 2 slices white bread or brown bread
- 1tbsp butter

What to do:

- Lightly beat the egg in a shallow bowl along with the milk. Season with salt and black pepper.
- Dip each slice of bread into the egg mixture, making sure it has soaked up all of the liquid.
- Heat a frying pan over a medium heat and add the butter. Swirl the butter around the pan and when it's beginning to foam, add the bread and fry on each side for 1 min or until golden brown.
- Transfer to a plate and serve with crispy bacon or fruit compote.