

FAMILY FEAST

Activity Card

Week 5: Coffee

What you will need:

- Ground coffee or coffee beans
- Cafetiere
- 700ml hot water
- Coffee grinder (if using coffee beans)



Instructions:

1. Wash your hands!
2. Boil a kettle full of water
3. Weigh out 30g of ground coffee. If you have coffee beans, use a coffee grinder to grind them.
4. Put the ground coffee into your cafetiere.
5. Pour in 700ml of hot water from the kettle and stir.
6. Place the lid on your cafetiere and wait 4 minutes.
7. Plunge your coffee with the cafetiere.
8. Pour coffee into a mug.
9. Enjoy!

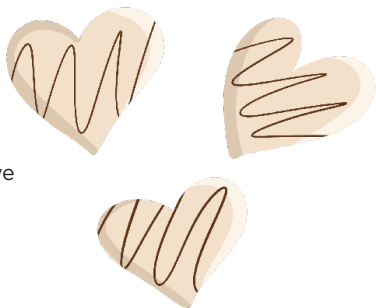
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Activity Card

Week 5: Peppermint Creams

What you will need:

- 1 Egg
- Peppermint flavouring
- Icing Sugar
- Cookie cutter of any shape (we used hearts!)
- Chocolate (melted)



Instructions:

1. Wash your hands!
2. Separate the egg white from your egg. This can be tricky so ask a grown up if you need help!
3. Whisk the egg white.
4. Mix in the icing sugar 2 tablespoons at a time and keep adding until your mixture is stiff and can be molded into a dough.
5. Add in 1/2 teaspoon of peppermint flavouring.
6. Roll out the dough.
7. Cut shapes out of the dough using a cookie cutter.
8. Put in fridge for 1 hour.
9. Once set, drizzle with melted chocolate.
10. Put back in fridge to set. Then enjoy!

