



ingredients (per child)

2 tbsp butter or margarine
½ cup brown sugar
1 egg
½ cup milk
½ cup oats
½ cup flour
½ tsp baking powder
½ tsp salt
½ tsp cinnamon
1 apple

materials (per child)

1 wide not too deep, microwave safe bowl
1 large bowl
1 vegetable peeler
1 table knife
1 whisk
1 teaspoon
1 mixing spoon
greaseproof paper
2 plates
Pencil and scissors

1· Peel the apple and use the butter knife to cut it up into very small pieces.

2· Put ¼ cup of chopped apple to one side.

3· In a large mixing bowl, add the butter, brown sugar and egg. Use the whisk to beat.

4· Add the milk and mix well using the mixing spoon.

5· Add the oats, flour, baking powder, salt and cinnamon. Mix well.

6· Add the apple pieces. (Remember not to add ¼ of a cup of the apple pieces which you previously put to one side). Mix.

7· Trace the bottom of the bowl you will be using in the microwave onto a piece of greaseproof paper. Cut out and place the cut out piece of greaseproof paper on the bottom of the bowl.

NOTE: the bowl you use to cook the cake in the microwave should be wide and not too deep.

8· Place the reserved apple pieces on the paper in the bowl.

9· Pour the mixture from the mixing bowl into the paper lined bowl to go in the microwave.

10· Microwave on high for 2-3 minutes.

11· Allow to stand for 5 minutes.

12· Place a large plate on top of the bowl and flip the bowl upside down. The cake should fall onto the plate.

13· Remove the piece of greaseproof paper and place a second plate on top and flip again.

14· Cut into pieces. Eat and enjoy!



→ Can you find 4 ingredients and 4 kitchen utensils from your recipe?

L O Q M P R S U G A R K M
 I A G F B T P B L Q H K Z
 H T W J M E L P J F F D Y
 Z S J F E X V A M E L Z D
 B J F L R V K V H O R L A
 U H E G G R F W O H K I K
 P R W D A P L A T E Q N D
 X B N I R A V X O Y I R S
 K V M A I N D V F E G R
 X A J U N E B J E S R A B
 Y N S A E U R D G I A W Q
 J A G L F L O U R E S U
 P O G R K Q N Y A B O W L

