

SHARE POWER – MAY & JUNE 2024

Flower Cupcakes

<https://www.twosisterscrafting.com/flower-cupcakes/>



Supplies:

- * Green Food Colouring
- * Pink Food Colouring
- * Candies (M&M's, Smarties, etc.)
- * Pastry Bag
- * Wilton Frosting Tip #233
- * Cupcake liners/paper cups
- * Cake Mix (if preferred)

Buttercream Frosting Ingredients:

- 1 cup Butter, slightly softened (salted butter recommended for this recipe)
- 2-3 teaspoons Vanilla Extract
- 1 pound Powdered Sugar (or 4 cups)
- 1-2 tablespoons Milk (as needed)

Cup Cakes Ingredients (if not using a cake mix):

- 6 and ½ tablespoons unsalted butter, at room temperature
- 6 tablespoons white sugar
- 1 teaspoon vanilla sugar
- 2 small eggs
- 1 teaspoon vanilla extract
- ¾ cup all-purpose flour
- 1 teaspoon baking powder
- 1 pinch salt

Cupcake Directions:

1. Preheat the oven to 350 degrees F (175 degrees C) and put cupcake liners/paper cups in a cupcake-baking tray.
2. Combine 6 and 1/2 tablespoons butter, white sugar, and vanilla sugar in a bowl; beat with an electric mixer until light and fluffy. Add 2 eggs, one at a time, beating well after each addition. Add 1 teaspoon vanilla extract and beat until smooth.
3. Mix flour, baking powder, and salt in a separate bowl and add to the batter. Beat for another five minutes. Spoon batter into the prepared cupcake liners, filling each liner approximately 3/4 full.
4. Bake in the preheated oven until tops spring back when lightly pressed, about fourteen minutes, then cool in the tin for five minutes. Transfer to a wire rack and let cool, for roughly twenty minutes. Cupcakes sink slightly after baking, which is fine as it creates a flat surface for the flowers.

Buttercream Frosting Directions:

1. Add the "slightly softened" Butter (somewhere in between straight out of the refrigerator and room temperature) to the mixing bowl along with the Vanilla Extract.
2. Mix the Butter and Vanilla until fully combined (about 2 minutes on medium speed.) You want the Vanilla to fully meld with the Butter to get the best-flavoured frosting possible.
3. Scrape the sides of the bowl down before moving on to the next step of the recipe.
4. Measure 1 pound of Powdered Sugar. If you do not have a food scale, the equivalent is 4 cups, and add the Powdered Sugar to the mixing bowl.
5. Start your mixer (or electric beater) on the lowest setting. Keep on low until the butter and sugar are incorporated (about 30 seconds). Stop the mixer and scrape down the sides of the bowl. Increase the mixer speed to medium-high and mix for 30-45 seconds until the frosting is light and fluffy.
6. If the frosting is still dry or crumbly, add 1 teaspoon of Milk and mix again.
7. Taste your frosting! You are determining if the consistency is correct or needs more Vanilla Extract. Depending on how it tastes, you will take the next step. If the frosting has the right taste but is too thick, add some Milk and mix again to see if it is now the right consistency. How much milk? That depends on the state of your frosting. A good rule of thumb is to add the milk a teaspoon at a time.

Decorating Directions:

1. Cover the top of the cupcake in green or pink Buttercream Frosting.
2. Use a pastry bag and a Wilton Frosting Tip #233 to get this "grass" effect. This cupcake would also look great if you just smoothed on some green frosting with a knife.
3. Add the M&M's (or candy of choice) to make a flower.



Lucky Charms Bark

<https://sallysbakingaddiction.com/lucky-charms-bark/>



Supplies:

- 12 ounces quality white chocolate, coarsely chopped
- 3/4 cup Lucky Charms marshmallows
- Pastel rainbow sprinkles
- Optional: 1 drop of red or pink food colouring

Instructions:

1. Line a large baking sheet with parchment paper or a silicone baking mat. Set aside.
2. Melt the white chocolate using a double boiler or a microwave. If using a microwave, stop and stir the chocolate every 20 seconds to help avoid seizing.
3. Pour melted white chocolate on the lined baking sheet and spread out into a large rectangle. **If adding food colouring, make sure you reserve 1/4 of the melted white chocolate for the pink swirls. Stir 1 drop of red or pink food coloring into reserved white chocolate. Drizzle on top of white chocolate in lines. Use a toothpick to swirl.
4. Decorate the top of the bark with lucky charms marshmallows and sprinkles.
5. Allow the chocolate to set at room temperature in a cool dry environment, about 45 minutes. If needed, you can stick it in the refrigerator to help speed things up. Once hardened, break or cut into pieces as large or small as you want.



Homemade Boardgame

<https://www.pbs.org/parents/crafts-and-experiments/create-your-own-board-game>

Supplies:

- Roll of paper — butcher, kraft or wrapping paper
- Construction paper
- Scissors
- Tape
- Glue
- Markers or pens
- Die
- Game pieces, such as pieces repurposed from another board game, coins, small toys, etc.

Instructions:

1. Roll out paper to cover your table.
2. Cut construction paper into 4-inch by 4-inch squares. You'll want to cut enough to make two sets, one to cover the board and one to use as game cards.
3. Have your mentee create a path with the squares. Then glue the squares to the paper to create a game board.
4. Write down activities on the stack of blank game cards. Feel free to get creative! You could even assign different colours to your mentee and you. Here are some ideas:
 - Math facts: count by 3s, 6s, 8s, etc
 - Motor actions: turn around three times, use the table as a drum to make a beat, do 12 jumping jacks, pat your head and rub your tummy while you count to 20, etc.
 - Create a list of words that rhyme
 - Name a state capital, state flower, bordering states to your own, etc.
5. Leave most of the squares on the game board blank. Add a few spaces that redirect players forward or backward. You want enough challenge to keep things interesting, but not enough to make it impossible to win.
6. Lay some ground rules. Who gets to go first? Who gets to go next? What happens if you are not able to perform the activity on the card? Can you ask for help? Can you pass turns? After you agree on the rules, it is time to play!
7. Each player takes a turn rolling the die.
8. When a player lands on a colour, choose a corresponding playing card. Perform the task on the card, and if the player cannot complete the task, refer to your rules.
9. The first player who makes it to the end wins.

