



Picnic Box - Bunny Twists

This activity is for Beavers
but any section or leaders
could take part too !

What you need:

- 250g strong white flour, plus extra for dusting
- 7g fast-action yeast
- ½ tsp salt
- 1 tsp mixed spice
- ½ tsp cinnamon
- 2 tsp caster sugar
- 1½ tbsp olive oil, plus extra for greasing
- 1 free-range egg, beaten
- Basic kitchen equipment



For the fluffy coconut tails (optional):

- 1 tsp honey
- 3 tsp desiccated coconut

How to make it:

1. Mix the flour, yeast, salt, spices and sugar together in a large mixing bowl. Make a well in the centre and pour in the olive oil and 150ml lukewarm water. Mix well until the dough starts to come together (add a splash more warm water if needed), then tip onto a floured work surface and knead for 5-7 mins until you have a smooth, springy dough.
2. Roll the dough into a large sausage shape and cut into 6 even pieces. Roll one piece of dough into a thin strand (about 35cm long). Cut 1cm off the end and roll into a smooth ball for the tail; set aside.
3. Lie one long strand in a 'U' shape on the work surface. Hold one end in each hand and cross over each other twice to form a twist, leaving a small loop at the bottom to form the body and to leave a hole for the tail.
4. Line a baking tray with baking paper. Carefully transfer the bunny twist to the tray and flatten slightly to help it hold its shape. Pinch or trim the ends of the dough into pointed shapes to make the ears. Brush the hole in the loop (the bunny body) with a little water and place the reserved ball for the tail inside.
5. Repeat steps 2-4 with the remaining pieces of dough to form six bunny shapes. Cover the tray loosely with oiled clingfilm (to stop it sticking) and set aside in a warm place to rise for 45 mins, or until doubled in size.
6. Preheat the oven to gas mark 4, 180°C, fan 160°C. Brush the bunnies with the beaten egg and bake for 30-35 mins until lightly golden. They should sound hollow when tapped underneath.
7. If adding the fluffy tails, lightly brush or dab the tails with honey and sprinkle over the coconut. Leave to cool slightly on a wire rack before serving, or cool completely and store in an air-tight container until needed.

Top Tip:

When making bread dough, it is important to use lukewarm or tepid water to allow the yeast to work.

An easy way to get the right temperature is to use 1 part boiling water to 2 parts cold water, so 50ml boiling water and 100ml cold water in this recipe.



Safety Notes:

Scissors / Sharp Objects: Supervise young people appropriately when using scissors and knives. Store all sharp objects securely, out of the reach of young people.

Food / Allergies: Check for allergies before you begin. Make sure you have suitable areas for storing and preparing food and avoid cross contamination of different foods. All activities must be safely managed.

Hot Oven / Hotplates: Supervise young people appropriately when using an oven or hotplates for cooking.