



Picnic Box - Welsh Rarebit Muffins

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

What you need:

- 225g self-raising flour
- 50g plain flour
- 1 tsp baking powder
- ½ level tsp bicarbonate of soda
- ¼ tsp salt
- ½ level tsp mustard powder
- 100g strong cheese, half grated, half cubed
- 6 tbsp vegetable oil
- 150g Greek yogurt
- 125ml milk
- 1 egg
- 1 tbsp Worcestershire sauce
- Muffin cases and a muffin tin
- Basic kitchen equipment



How to make it:

1. Heat oven to 200C or fan 180C / gas mark 6.
2. Mix together the self-raising and plain flour, baking powder, bicarbonate of soda, salt and mustard powder in a bowl.
3. In a separate bowl, mix the cheese, oil, yogurt, milk, egg and Worcestershire sauce.
4. Combine all the ingredients and divide between muffin cases in a muffin tin.
5. Place in the oven for 20-25 mins until golden. Remove and cool on a cooling rack.

Get more Foody:

Try adding bacon or onion to the mix to add different flavours...

What other ingredients can you think of to add to your muffins?



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.