



# Breakfast of champions!

Make these delicious muffins with your young people on camp and start the day in the best possible way

**GET £1 OFF!**  
 You can download the £1 off voucher to buy Jaffa oranges for this recipe at [fundraising.scouts.org.uk/jaffa](https://fundraising.scouts.org.uk/jaffa)




Brazil is the largest producer of oranges

There are 600 varieties of orange

The pith is an excellent source of fibre

A typical orange has 10 segments





Around 85% of oranges are used to make juice

'Orange' the fruit came first; 'orange' the colour came after

# Make honey and orange muffins

## Ingredients (makes 12)

- 300g self-raising flour
- 1½ tsp baking powder
- 1 tsp cinnamon
- 75g brown sugar
- 3 tbsp honey (plus extra for the topping)
- 2 eggs
- Large carrot, grated
- Orange, zested
- 4 tbsp freshly squeezed orange juice
- 180ml milk
- 120ml/8 tbsp sunflower oil
- 160g sultanas

## Equipment

- Scales
- 12-hole muffin tin (or two six-hole muffin tins)
- Muffin paper cases
- Large mixing bowls
- Measuring jug and spoons
- Citrus squeezer
- Spoons
- Grater

Photography: Phil Sowels



## Instructions

**1** Preheat your oven to 200°C/180°C fan/gas mark 6 and task your young people with the job of weighing out all the ingredients. You can give one Beaver the job of peeling and grating the carrot, another the job of zesting the orange, while another can line the muffin tin with paper cases.

**2** Ask a couple of the young people to combine the self-raising flour, baking powder and cinnamon in one of the large mixing bowls. In another bowl, several Beavers can begin mixing the sugar, honey, eggs, grated carrot, orange zest and juice, milk, and sunflower oil.

**3** Next they can pour the wet ingredients into the dry ingredients and add the sultanas, before mixing until everything is just combined. Advise them not to overwork the mixture – you want the ingredients to be very lightly combined.

**4** The mixture can now be scooped into the muffin cases until they're roughly three-quarters full. Bake them for 20 minutes, until their tops spring back when you touch them. Drizzle with honey while the muffins are still warm.

## TIME NEEDED

45 minutes

## BADGE



Jaffa partners the Beaver Health and Fitness Activity Badge and the Cub Skills Challenge Award

## PARTNER



## OUTCOMES

Your section will learn about what goes into delicious treats such as cakes and muffins, and how healthy substitutions can be made to improve diet.

## TAKING IT FURTHER

Talk to your section about healthy eating – what is it, what are the benefits of eating healthily and exercising regularly? Can your section make a plan of how they might improve their own diets?

## MORE INFORMATION

Jaffa is committed to educating future generations about the importance of nutrition and a healthy lifestyle, and hopes to generate enthusiasm around healthy eating in young people. It is releasing new activity resources, available on the Jaffa partner page, for leaders to run great activities with their groups to work towards the badge. For more information, visit: [fundraising.scouts.org.uk/jaffa](http://fundraising.scouts.org.uk/jaffa).

