



1 tsp bicarbonate of soda

1/2 teaspoon salt

5 tbsp vegetable oil

4 tbsp cocoa powder

1 tsp vanilla extract

Top Tip

Be careful not to break or pierce the orange skin, otherwise the cake mix will leak out.

Cakes in an orange

Make delicious vegan cupcakes in an orange using some alternative ingredients

Suitable for all sections

Did you know the carbon footprint of foods like meat and dairy products is much larger than fruit and vegetables? A huge amount of CO₂ (carbon dioxide) is released during the farming, processing, packaging and transportation of red meat, milk and cheese. A vegan diet encourages consumption of more fruit and vegetables, along with other food to make up a balanced diet, and it's better for the planet. Challenge your young people to make this vegan dessert at camp that uses alternatives to dairy.

- Young people must be supervised around the fire.
- Use of sharp knives should be supervised.
- Make sure long hair is tied back and loose clothing is secured.
- Have a fire bucket ready.

Makes eight cakes. Recipe can be scaled up or down, depending on group size.




200g plain flour

Food for thought

Go to scouts.org.uk/jaffa to find out more about food's environmental impact of food miles

250ml water



1 tsp
distilled white
vinegar



8 oranges

You will need

Ingredients shown

- sharp knife
- chopping board
- mixing bowl
- container to store leftover orange
- measuring jug
- measuring spoons
- sieve
- wooden spoon
- metal spoon
- tin foil
- barbecue tongs
- wooden skewer

Instructions

- 1** Before starting, take into account any dietary requirements among the group.
- 2** Build a fire so that it will have embers ready for baking.
- 3** Discuss the information provided on this page with your section. Ask them what kinds of foods they think have the biggest environmental impact.
- 4** Next, leaders should slice off the top of each orange to make a lid.
- 5** Use a metal spoon to scoop out the inside of the orange. Set aside the insides to use for something else (you could use it in a smoothie, add it to salad or stir into porridge).

6 Measure out the cake ingredients. Sieve together the flour, sugar, cocoa, bicarbonate of soda and salt. Add the oil, vanilla, vinegar and water. Mix with a wooden spoon until smooth.

7 Pour the mixture into the oranges, making sure they are only half full to allow room for the cakes to rise.

8 Put the lid back on each orange and wrap them tightly in foil. Leaders should then place them in the hot fire embers for 20 minutes and turn them regularly.

9 A leader can now remove one of the oranges and remove the foil and lid. Check the cake is cooked by inserting a wooden skewer. If some gooey cake mix sticks to it, rewrap and put it back in the fire for a few minutes.

10 Once cooked, let the cakes cool for 10 minutes before eating. Enjoy your cakes around the campfire!

Time needed

1 hour

Badge



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

Partner



Taking it further

Challenge your young people to plan a whole day of camp meals that are meat-free and dairy-free.

Outcomes

Your young people will have a greater understanding of the impact of meat and dairy farming, and how they can change their diets to help reduce the carbon footprint of their food consumption.

More information

For more badge resources and activity ideas visit scouts.org.uk/jaffa. Follow Jaffa on Twitter @JaffaFruit and on Facebook @LoveJaffa for updates.

200g caster sugar -----o