

EDIBLE CRAFTS

Edible Crafts go against the basic teaching of “don’t play with your food”. Scouts will not only play with their food, they will create some wonderful snacks and foods to eat.

As always, whenever dealing with food products for consumption, the Scouts should follow the basic hygiene rules. Wash their hands before they start, work on a clean surface, keep their hands from straying to non-clean surfaces like noses, pets, and shoes. Remind them to never taste from the main ingredients gathered for use and never to taste from a mixing spoon while mixing ingredients. Last but not least, always clean up the mess after creating. Having covered the basics of cleanliness, let’s begin.

Some of the recipes and ideas can take care of several requirements at once. For example, if you did a bread sculpture, it would take care of sculpture, making a snack, and part of cooking. Some of these edible creations would be great Blue and Gold centerpieces.

This section will give you basic ideas as well as detailed recipes. Also included will be some wonderful web sites that have all kinds of creative ideas. The web site from a Canadian Scout Leader is truly awesome.

Some of the web sites I’ve found are:

[http://www.suite101.com/article/cfm/kids crafts/24028](http://www.suite101.com/article/cfm/kids%20crafts/24028)

The above lists various craft, snacks, and activity links to some great places.

www.melborponsti.com/speirs/kids/index.htm

The above is from the Canadian Scout Leader – great stuff!

<http://members.aol.com/Jgreen274/index25.html>

The above has some gross edible Halloween snacks and other foods that Scouts love.

Basic Ingredients for Fun

“Imagination”

Have the Scouts look at the different food products as materials for building and creating.

You’ll be surprised with what they come up with.

“Glues”

- peanut butter
- frostings
- marshmallow fluff
- Cool Whip
- anything that is sticky and edible

“Building Materials”

- crackers
- pretzels
- ice cream cones
- pudding, Jell-O, Cool Whip
- fruits; dried, fresh, canned
- vegetables
- pasta
- candy
- marshmallows
- toothpicks
- cereals

CRACKER CRITTERS

This is probably the easiest and most simple of the edible crafts. Take crackers of various shapes, put peanut butter, or cream cheese between them and then decorate them in the following fashion.



Spider – two round crackers, broken knot pretzels, small candies, or chocolate chips. Use the broken pretzels for legs and insert in between crackers. Add more peanut butter to the top of the cracker sandwich and add candy eyes.

Beetle – Same as the spider except use an oval cracker.



Butterfly – If you are really lucky you can find butterfly shaped crackers. Just put another layer of peanut butter to the top and decorate with small candies (mini M&M's work great). Add string licorice for antennas or use broken pretzel pieces. If you are not so lucky, use oval crackers for the body and small knot pretzels for the wings. The wings are harder to decorate but it works.

Mice – Use oval crackers, small chocolate chips for eyes, half of a maraschino cherry for a nose and string licorice or a pretzel piece for a tail.



Dogs and Cats – Use round cracker for the head and oval ones for the body. Cut gumdrops or use apple wedges for ears and use string licorice or pretzels for the whiskers, tail, and legs. Small candies can be used for the eyes and mouth.

Aliens – Get a box of crackers with assorted shapes, give the Scouts some “glue” and decorating materials, and see what they come up with!

MORE CRACKER CREATIONS



Graham Cracker Houses – Use graham crackers for the walls, peanut butter or frosting for the “glue” and various candies for the decorations. For shingles, break graham crackers into pieces and “glue” over the larger graham cracker or use bits of licorice. You could also experiment with different kinds of candies or nuts. For more stability, glue over a base of a single serving milk carton. If the house is to be eaten immediately use peanut butter, if it will be a showcase item then use a meringue frosting for more stability.

Microwave S'mores – This is a favorite at campouts, but if the weather is not cooperating they can be made inside. Place a graham cracker on a micro safe plate, add a piece of a chocolate bar, a marshmallow, and place a graham cracker on top. Microwave on high for 20 to 30 seconds until marshmallow and chocolate melt.

Graham cracker Greeting Card – Use a whole graham cracker and decorate with frosting and small-icing tubes found in the grocery store. Uses are birthday, holiday, thank you notes, Blue and Gold invitations, caring cards for family members, or funny messages to fellow Scouts. Tie in with communication and or thank you notes.

Ants in the Sand – 2 graham crackers, chocolate sprinkles, and a ziploc bag are the ingredients. Place the graham crackers in a small ziploc bag and crush with a rolling pin or their hands. Add a few chocolate sprinkles (ants). Raisins could be beetles, small red candies (mini M&M's) are ladybugs, and mini chocolate chips are spider eggs. Check the candy section for more "insects". Note: This can also be done with Life cereal.



Crackerscapes – Use a whole cracker rectangle as a base and create a scene on it. Pictured are a dinosaur scene, an ocean scene, and a gopher scene.

Use crushed graham crackers mixed with melted margarine to get a moldable substance to create uneven terrain and decorate with candies. We used parsley for the trees and

tinted coconut for the grass in the dinosaur scene. (I do have a son that eats parsley, but most Scouts won't touch it). The gopher is a gummy bear. He has lots of raised tunnels with coconut "grass" on top. Gummy fish, parsley, blue frosting, tiny star candies, and mini M&M's make up the ocean scene.

FRUITY FAVORITES

Fruits are very versatile for snacks whether canned, dried, or fresh. Below are some great ideas for healthy fun snacks. You may notice that a few vegetables have sneaked in with them.

Fun Loving Boy – Half of a hard-boiled egg, a peach half (or pear half), four small celery sticks, several raisins, four mini M&M's, shredded cheese. The hard-boiled egg should be cut lengthwise and becomes the head. The peach half is the body; the celery sticks the arms and legs. Use the cheese for hair (parsley works well for the lactose intolerant) raisins or mini M&M's can be used for the eyes, shoes, buttons, nose and mouth.



Sailboat – Use a canned peach or pear half for the boat, and tear pita bread into a triangle for the sail or use an apple slice. Use a toothpick to attach the sail and put a gummy drop on the top of the pita or apple slice sail if desired as a flag. You can do this with a baked potato and cheese as well (cheese is the sail).



Jack o lantern – Use a peach half, raisin eyes, brown M&M's nose, licorice mouth.



Sombrero Buddy – Use 1/3 of a banana for the head, mandarin orange slice or dyed (use food coloring) pineapple for the hat, raisin or candy eyes, mini chocolate chip or pink candy nose, and red hot or maraschino cherry mouth, two apple wedges for the collar.



Candle – Pineapple ring for a base, 1/2 a banana for a candle, (cut side down), and a maraschino cherry for the flame (attached with a toothpick).



Bunny – Pear half for body, red hot or mini M&M's for the nose (placed at small end of pear). Raisin eyes (placed just above nose on either side of pear). Use apple wedges or slivered almonds for ears and place above eyes on either side of the pear. A marshmallow for the tail (placed at the large end of the pear).



Its' a Horse of Course – Pear half is the head, raisin eyes (place in larger part of the pear) and nose (place towards the smaller part of pear), apple slices stuck in at angles for ears (above the eyes).



Banana Sailboat – A banana (curved works best), mini M&M's (for men, place in the center of the banana in a line) and an apple slice for the sail (place in the center). Attach the sail with a toothpick.



Apple volcano – Core an apple (red delicious works best), turn the apple upside down on a plate. Fill the center with peanut butter allowing it to “drip” over the sides. Sprinkle with red sugar or cinnamon candies if desired.

Grape sculpture – This one is easy. Give them tooth picks and seedless grapes and let them create. Supply red and green grapes for variety and color.

Ants on a log – An old favorite. Take celery sticks and fill them with either peanut butter or cream cheese. Add raisins, mini chocolate chips, or mini M&M's for the ants.

MARSHMALLOWS AND ICE CREAM CONES

Ice Cream cones come in two shapes; a pointed cone and a flat-bottomed cone. You'll need the flat bottomed cone if you are filling it with something and the cone needs to sit on a plate so it doesn't lose its contents. The pointed cone works well as a base for creative creations



Angel – Use a pointed cone, white chocolate covered pretzels, pink or red lollipop, white frosting, tiny cake decorating candies, coconut. Break off a small section of the point of the cone so a lollipop stick fits into the cone snugly. Have students hold the cone by placing it on the fingers of one hand. They frost the cone with the other hand (using a knife of course). After the cone is frosted, set it down on a plate and place the pretzel wings on the back so that part of them show when looking at the cone from the front. Use the frosting to attach the candies to the lollipop face, and coconut for the hair. Slide the lollipop into the top of the cone and you have an angel.



Christmas Tree – Ice Cream cone, frosting, green tinted coconut, nonpareils, jimmies, mini M & M's, cake decorating candies. Frost the cone with white frosting. Tint coconut by adding 2 or 3 drops of food coloring to a cup of coconut. Seal in a zipper plastic bag and let the Scouts shake. Add jimmies and nonpareils to the coconut. Put the coconut mixture onto a plate and roll the cones into it. They can further decorate the tree with small candies. Cone can be placed on a scoop of vanilla ice cream (snow).

Clown Face – Cake mix, flat-bottomed ice cream cones, ice cream, small candies, frosting. Prepare cake mix as directed. Pour batter into ice cream cones until two thirds full. Bake for time allowed on package for cupcakes. Let cool. When cool slice off the cake part above the cone. Set aside. Put a round scoop of ice cream on the cone cake. Decorate the “face” with small candies. Place the cut off part of the cup cake cone on top of the ice cream for a hat. Decorate hat with frosting and candies if desired.



Marshmallow sculptures – You will need about 4 bags of mini marshmallows and 4 boxes of round toothpicks (the flat ones are too weak according to my sons), for 8 Scouts. They will learn about structure, strength, and durability of buildings with this activity. Expect that some of the marshmallows will be eaten along the way. Of course, the whole structure can be eaten after everyone has shown theirs off. Just be careful that the Scouts treat the toothpicks appropriately. Gumdrops can also be used, but it is a little more difficult and expensive.

Marshmallow snowmen and snow creatures – Marshmallows, toothpicks, small candies, licorice, and frosting. This is quick and easy. Two bags of large marshmallows, one bag of small marshmallows and two boxes of toothpicks for should be enough for eight Scouts. Have them create snowmen and creatures by attaching marshmallows together with toothpicks. For decorating, have them use frosting to attach the small candies.

PUDDINGS AND JELL-O

Puddings and Jell-O are easy to make and fun to create with. After reading these, you may come up with some ideas of your own.



Dirt Cups – For 8 Scouts you will need 2 packages of chocolate pudding, 8 oz. of Cool Whip, a package of chocolate sandwich cookies, 4 cups of milk, 2 packages of gummy worms, 8 silk flowers. (If you have small Scouts, you may want to half the recipe given. This makes 8 oz. of dessert.) Divide one package of chocolate pudding evenly among four 9oz. clear plastic cups. I’ve found the SOLO cups work well. Add a ½ cup of milk. Have the Scouts mix it with a plastic fork (you can make this part last as long as you want). Give each boy one zipper bag and two chocolate sandwich cookies. They should crush the cookies until they are powdery. Add the crushed cookies to the pudding and mix well. Now add 2 tablespoons of Cool Whip and mix well. Crush one more cookie (in the bag) and sprinkle it on top. Add 2 or 3 gummy worms and a silk flower if desired. Yum!



Elves in the Snow – a variation of the above. Prepare as directed except DO NOT mix the Cool Whip in and use three tablespoons of Cool Whip as topping. The brown pudding is the “dirt”, the Cool Whip is the “snow” and the elves (Keebler Cookies) are playing in it. Tie into Ethics in action by using a chocolate elf and a vanilla elf. Vienna cookies work well in a pinch if you can’t find vanilla elves.



Prairie Dog Pudding – Use the same recipe and procedures as the dirt cups with the following changes. Use vanilla pudding, vanilla sandwich cookies, omit Cool Whip, use gummy bears for the prairie dogs.



Aquariums or Sea Scenes – For 8 Scouts you will need 2 boxes of Jell-O, 8 oz of Cool Whip, 2 packages (or more) of gummy fish, hot and cold water. Divide one package of Jell-O among four 9 oz clear plastic cups. (SOLO brand works well). Mix in $\frac{1}{4}$ cup of boiling water and stir until gelatin is dissolved. Refrigerate for about 1 to 1 $\frac{1}{2}$ hours until partially set. Have the Scouts insert their fish. Put back into the fridge for about 1 hour. Add Cool Whip “waves” to the top. **Note:** Since the chilling process takes so long, you may want to have the Jell-O to the step where they insert their fish at the beginning at a meeting, and then they can eat at the end of the meeting.

MORE GOODIES TO MAKE



Pretzel Garland – You can go about this in two ways. Buy the pretzels already chocolate covered, either white or brown; or you can cover plain pretzels in chocolate and use them. Personally, I’d go with the pretzels already covered. Ask each of the boys to bring a bag, (white or brown) with him. All you’ll have to supply is the ribbon. Use $\frac{1}{4}$ ” or $\frac{1}{2}$ ” ribbon, either one or two strands. If using two strands have them practice their square knot between the pretzels so the garland doesn’t bunch up when hung on a tree. The garland can be as long or short as you want.



Pizza Faces – Fun, easy, and delicious. For eight Scouts you will need one English muffin each, four slices of pepperoni, four olive slices, two slices of cheese, pieces of pepper for the nose and mouth, spaghetti sauce. Have the Scouts put a tablespoon or so of sauce on each half of the English muffin. Next, place the cheese over it. Last, assemble the face. Pepperoni for eyes, with the olive slices for eyeballs, little pepper piece for nose and a wavy pepper piece for the mouth. Micro cook for 1 to 2 minutes until hot and cheese is melted. These can also be broiled. Tie into Ethics in Action by using different colored cheese slices. All the pizzas will taste good, regardless of the color of the cheese.



Pretzel log cabin – This is best constructed over a milk carton. Use the smaller straight pretzels and peanut butter. Decorate with graham crackers, for doors and windows, and use small candies for further decorations.

COOKIE CREATIONS

Slice and bake cookies in the refrigerator section of your grocery store can be a boon to busy adults. Plain sugar cookies can become planets, pumpkins, people (get chocolate also and tie into Ethics in Action!), gold, and medallions. Scouts can put two or three together on a cookie sheet and bake different shapes. Decorate the cookies with colored sugar, icing, and small candies

If you want to get the cooking part of the activity in but have a limited amount of time many cake mixes can be converted into cookies. Check the box for the manufacturer's instructions.

EDIBLE DOUGHY CREATIONS

Bread dough is one of my favorite mediums. It takes care of the cooking/measuring requirements for all the ranks and it can satisfy the making a snack, or sculpture as well. Below is a recipe for a doughy bread that has many possibilities. To make the bread rise quicker use the microwave method. Place a small bowl of water in the microwave and heat it to boiling (3 minutes or so). Then place the kneaded dough into a greased glass bowl, put a towel over it, and microwave on power 28 or 30 for 3 minutes. Let rest 3 minutes. Turn bowl and repeat twice remembering to reset the power level to 28 or 30. After the last rise wait 6 minutes before taking out and shaping. After shaping put the dough on a micro safe baking dish, rise again using method above, and then bake in a 350-degree oven. If you have time, you can do the last rise in the traditional way for 30 to 45 minutes. The recipe is enough for eight scout's creations.

Bread Dough Recipe

Ingredients: 2 cups flour, 1 package of yeast, 1 cup of milk, ¼ cup butter, ½ cup sugar, 2 eggs 2 more cups of flour.

In one bowl, mix 2 cups flour and the yeast. In a micro safe bowl put in milk, margarine, and sugar. Heat to 115 degrees. Pour the heated mixture into the flour mixture and add eggs. Mix until well blended. Stir in another cup of flour. By now, the dough will be rather sticky. You may need to knead in the last cup of flour. Add a bit more flour if the dough is still too sticky. You should be able to hold it without getting your hands stuck in it. Rise the dough using the instructions above OR 1 to 1 ½ hours in a warm place. Shape (sculpt) and rise a second time for 30 minutes, bake in 350 degree oven.

Ideas for Sculptures

Snakes – The easiest of the creatures to make. Roll the dough into fat snakes; decorate with small candies or raisins, let rise a second time for 30 minutes and bake. The tongue can be red licorice, which is attached after the dough has been baked.

Teddy Bears – Use oval ball for body, smaller round ball for head, fat short “snakes” for the arms and legs, tiny balls for the ears. Make sure the Scouts pinch the added pieces together for good adhesion so their bear doesn’t fall apart when it is baked. Press small candies into uncooked dough for eyes, nose, and mouth. Let rise second time for 30 minutes and then bake.

Cats and Dogs – Same idea as the bears, use a skinny “snake” as a tail. Use string licorice for the whiskers after creature has cooled slightly.

Volcanoes – Shape into a volcano shape making sure there is a large hole in the middle. (The hole size will shrink during the second rising and baking.) When the cooked volcano has cooled slightly, fill the center with peanut butter, allowing the excess to drip (flow) over the sides. Sprinkle with red sugar if desired. Have napkins handy.

Teepee – shape the bread into a wide cone. Use a turkey nail or fork tine to etch designs on the teepee before the second rise.

Native American Pot – create a piece of edible piece of pottery. Use fork tine or turkey nail to etch in designs before the second rising.

Sports Balls – baseballs, soccer balls, tennis balls, basketballs, etc. Table knives, forks, and turkey nails can be used to etch the proper designs before the second rising. The really creative can make the accessories that would go with the balls, like bats, rackets, and gloves. Hockey fans could sculpt a puck and stick.

Free for all – give the Scouts the dough, some decorating items and let them create. Remind them that thinner pieces will cook faster than thicker ones and to try to come up with a project that is somewhat uniform in size. Projects will “swell” during the second rising.

I hope you find the information on Edible Crafts useful in facilitating your program. If you need any advice or help, feel free to contact me.

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