

TEA together

Microwave emergency mug cake

1 tbsp salted butter OR 1 tbsp unsalted butter + pinch salt OR 1 tbsp sunflower/vegetable oil + pinch salt
1 heaped tbsp sugar (any sugar is fine)
2 tbsp self-raising flour OR 1 ½ tbsp self-raising flour and ½ tbsp cocoa power for a chocolate cake
1 tbsp milk (any milk)
¼ tsp vanilla extract or essence OR other flavoured essence of your choice e.g. orange or lemon
Any desired flavourings/additions

1. If using butter, place in mug and melt in microwave – 15-20 seconds
 2. Add all the other ingredients and thoroughly mix with a fork
 3. At this point, get creative. Add chocolate chips, fresh or dried fruit, Maltesers, chunks of marzipan etc. and mix in. you could also dollop some jam or squirt some syrup in the middle (don't mix these in).
 4. Microwave on full for one minute in the mug.
 5. Allow to cool a little before eating.
- Be particularly careful if you've used jam or syrup as these get very hot.

No Microwave? No problem! Bake in a double paper muffin case in the oven for 10-12 minutes, or boil in a heatproof bowl or cup made from a piece of foil, also for 10-12 minutes.

.....'s
*amazingly wonderful / slightly disappointing
Mug cake recipe!*

Ingredients:

Method:

**Jesus called them
(Mary's version!)**

Look up
Matthew
4:18-22

Jesus called them one by one,
Peter, Andrew, James and John,
Next, came Philip, Thomas too,
Matthew and Bartholomew.

Chorus-
Yes, Jesus loved them,
Yes, Jesus loved them,
Yes, Jesus loved them,
He called them one by one.

James the one they called the less,
Simon, also Thaddeus,
Twelfth apostle Judas made,
Jesus was by him betrayed.

Repeat Chorus.

Matthias then took Judas' place,
To preach to men of every race,
Paul three preaching trips did make,
And went to Rome for Jesus' sake.



Who am I?

Look up
Isaiah
43:1

I am a loving, playing, making,
..... shaking, dreaming, wonderful child of God!

Mel's example:

I am an animal loving, guitar playing, mess making, Junior Church shaking, fair world dreaming, wonderful child of God!

Mug shots of me when I ... (examples: *play football, play on the computer, eat Brussel sprouts*)

