

Pizza in a mug

This recipe only works if participants are able to collect their boxes, as some of the ingredients are perishable, and will need refrigerating prior to use.

You will need small sealable bags and tubs.

Contents of box

Bag 1: 4 tbsp flour, 1/8 tsp baking powder, 1/16 tsp baking soda, 1 tbsp milk powder, pinch of salt

Bag 2: small handful of grated cheese

Bag 3:

Tub 1: 2 tbsp tomato pasta sauce

Tub 2: 1 tbsp oil

Tub 2: chopped topping of choice (pepperoni, mushroom, peppers etc.)

One mug, and sharpie.

Session narrative

Icebreaker: test out the zoom reaction buttons by asking the participants to vote for their favourite pizza topping (share the slide below)



pepperoni



meat feast



ham & pineapple



spicy



vegetable



margherita

Craft activity: mug decorating. I suggest sharing your screen and showing some options to get people started/in case anyone wants to copy. For example:



Share designs, encourage positive comments. I would also take this opportunity to take a group photo: ask participants to hold up their mugs while in “gallery view” and print screen.

Cooking activity: mug pizza.

https://youtu.be/oHI7WVmaM_A A short video demonstrating the recipe.

Start by mixing the dry ingredients with the oil and 3 tablespoons of water. Add the water gradually, so the mix doesn't get too wet. It doesn't have to be perfectly smooth.

Spread the tomato sauce carefully over the top, so it covers the raw pizza base. Sprinkle over whatever toppings you have chosen, and cheese.

Microwave for at least 1 minute 20 seconds. Check the base has cooked through: it should have a bread like crumb.

Take suggestions for the next recipe!