



Cakes Unlimited, Inc.
260 Milford Warren Glen Road
Milford, NJ 08848
Phone: 866.600.CAKE
Fax: 908.995.1525

BROWNIE GIRL SCOUTS “MAKE IT, EAT IT TRY-IT” “SWEET SHOPPE BROWNIE TRY-IT” CAKE WORKSHOP

Overview:

Cakes Unlimited, Inc., a small woman-owned business, is pleased to work with the Girl Scouts organization to develop and execute appropriate activities for the Brownies Girl Scouts to earn their “Make it, Eat it Try-It” Patch or for the “Sweet Shoppe Brownie Try-It” Patch for the Rolling Hills Girl Scouts organization.

The purpose of the two “Try-It” badges mentioned above is to begin to introduce the girls to the basic techniques of cooking, baking and making meals. The girls must perform at least four (4) activities in order to earn either badge and what we provide in our workshop satisfies these requirements as described below.

For the Brownies, this workshop can be done inside one’s home or at school or church – the only requirement is access to a sink. If the troop prefers, the Culinary Department and Kitchens of the Somerset County Vocational Technical Institute (and others) have granted permissions to Cakes Unlimited, Inc., the use of their facilities. If desired, this will allow the girls to see a large industrial kitchen, tools of trade and utilize it to create their cakes and decorations. But, the troop can decide the choice of location.

The requirements for the “Make It, Eat It” and “Sweet Shoppe Brownie Try-It” patches are outlined below per the 2004 *Junior Girl Scout Badge Book* and the Girl Scouts of Rolling Hills Council. It is followed by the Cakes Unlimited workshop agenda.

****It is important to note that the workshop can be customized per each troop – this document just outlines the basic workshop.**

Make It, Eat It Badge:

For the Brownies to earn the patch, they need to do four of the following activities:

1. Baked Apples

You will need:

- 1 baking apple for each person
- ¼ cup unsweetened apple juice for each apple
- 2 tablespoons of raisins for each apple



- 1 marshmallow for each apple
- 1 teaspoon of ground cinnamon
- A knife

1. Have an adult help you peel the apple halfway down. Core the apple almost to its bottom.
2. Stuff the apple core with raisins.
3. Put the apple in a baking dish and pour the juice over it.
4. Sprinkle the apple with a little cinnamon.
5. Bake the apple in a 375°F oven for 40-45 minutes. Put a marshmallow on top of the apple and let it melt.
6. Check that the apple is tender but not mushy.
7. Enjoy this treat hot or cold!

2. Fruit Fun

Prepare these recipes to serve at a get-together.

Fruit Juice Fizz

You will need:

- 1 orange or lemon
- Orange juice
- Pineapple juice
- Cranberry juice
- Seltzer or club soda
- A pitcher
- A knife

1. Cut the orange or lemon into slices.
2. Put 1 or 2 cups of each juice into the pitcher.
3. For every 3 cups of juice, add 1 cup of seltzer. If you have 6 cups of juice, you need 2 cups of seltzer.
4. Add the slices of fruit.
5. Chill the juice.
6. Serve.

Fruit Salad

Take different types of fruit and cut them up into little pieces. Place all the fruit in a large bowl. Mix up the fruit. Serve the fruit in small cups with a topping of whipped cream.

3. Sloppy Joes

Make this recipe with your Girl Scout friends or your family. It is especially good when you make it outdoors! The recipe will serve 4 - 6 people. Ask an adult to help you.

You will need:

- 1 pound of ground beef or chicken
- 1 can tomato soup
- Ketchup
- Prepared mustard
- Hamburger buns



- Skillet
- Container to hold excess fat
- Strainer
- Stove top, hot plate or outdoor oven

1. Brown the meat in the skillet.
2. Hold the strainer over the container for fat. Pour everything in the skillet into the strainer. It will catch the meat and let the fat run through.
3. Put the meat back in the skillet. Add the soup, ketchup and mustard. Heat until thoroughly cooked.
4. Serve on the buns.

4. Green Thumb

Food does not just appear in the grocery store. Many of the products you eat have natural ingredients. Try this activity to see how fruits, vegetables and herbs grow.

You will need:

- Seeds
- Clay pots or other containers with holes in the bottom
- Soil
- Water
- Spray bottle
- Watering can
- Plates
- Making tape

1. Find a seed of a plant that you want to grow. Herbs and salad greens are the best for beginners.
2. Add soil to a clay pot (or other container) until it is almost full.
3. Push a seed under the soil with your finger. Read the back of the package to learn how deep to bury the seed. A seed that is buried too deep may not grow.
4. Do the same with four or five more seeds. Be sure there is some space between the seeds.
5. After you have planted the seeds, gently pat down the soil.
6. Place the pot on a plate. Carefully water the soil.
7. Write the name of the seeds you planted and the date, and tape the information on each pot.
8. Place the pot in an area that receives sunlight.
9. Check the soil every day. You need to keep the soil moist for the seeds to grow.

5. Recipe Book

You will need:

- A notebook
- Magazines
- Newspapers
- Scissors



- Glue
- 1. Cut out pictures from magazines of different food products. Cut out letters from a newspaper that spells out the words “My Recipe Book”. Glue the spelled-out words and the pictures onto the cover. Create any design you like.
- 2. Cover the book with a clear book cover or contact paper.
- 3. Divide the book into three sections: “Family Recipes”, “Girl Scout Recipes” and “My Creations”. Write the title on a blank page at the start of each new section. Decorate the section titles.
- 4. Add recipes that your friends and family have shared with you.

6. Brownie Soup

A Brownie Girl Scout needs her Brownie soup. Your Girl Scout friends can add their own ingredients to the basic recipe. Remember that an adult must be with you to be sure you're safe when cooking.

You will need:

- A can opener
 - A large spoon
 - A large pot
 - Bowls
 - Spoons
 - Ladle
 - 4 cups of broth (low-sodium is best)
 - 3 cups of different kinds of vegetables
 - 1 cup of beans
 - ½ cup of rice
1. Put the rice and 1 cup of water in the pot. Heat and stir.
 2. When the rice is soft, add the vegetables, beans and broth.
 3. Heat until the soup is hot.
 4. Serve.
 5. Clean up.

Sweet Shoppe Brownie Try-it



Do four activities to complete this Brownie Try-It.

1. Make ice cream in a bag by combining ½ cup of milk (half and half), 1 tablespoon of sugar, and ¼ teaspoon of vanilla extract to a sealed plastic pint-sized freezer bag. Mix around in bag. Then add sealed bag to a larger gallon size freezer bag filled half way with ice and about ¼ cup rock salt. Seal the larger bag and then shake the two bags together for about 4 minutes. Enjoy your ice



cream! [Search](#) the World Wide Web for other ways to make homemade ice cream.

2. Make chocolate fondue in a crock-pot by melting chocolate chips. Then dip several of your favorite fruits, bread, or pretzels into the chocolate making it a favorite chocolate treat. Caramel may be used as a substitute for chocolate chips.
3. Make a simple yeast dough recipe. Place dough into a bag to knead. Form the kneaded dough into different animal shapes (like a turtle, bear, etc.) Bake and top it off with a sweet topping.
4. Make a batch of your favorite cookies from one of your family's recipes that represent your heritage. Share with your troop.
5. Make a sugar free recipe of confectionaries and donate to a nursing home, a shelter or food pantry.
6. With your troop, make a simple butter cream icing ([search](#) the world wide web for recipes) and then using pastry decorating bags and tips pipe simple designs with at least four different tips. Practice on wax paper and then try to decorate a small cake or cupcake!
7. Use a favorite family recipe to make a cake or pie. Find out what ingredients are needed and then help purchase them.
8. Visit a bakery, bread or bagel shop, or pastry section of a restaurant. Watch while they make different types of sweets for dessert.
9. Make several of your favorite types of chocolate treats (e.g. s'mores, chocolate truffles, fudge, brownies, and chocolate chip cookies) and have a chocolate feast!
10. Compile several different recipes from troop members and then make a troop recipe book.
11. Make your favorite candy bar. Start by melting chocolate chips or chocolate melts and spoon into a rectangle mold. Then add ingredients to turn it into your favorite candy bar (e.g. Reese's pieces, peanut butter, caramel, Rice Krispies, etc.) and then freeze for 7 - 10 minutes to make your candy bar harden.
12. Help to make a special dessert for your family for a holiday or a birthday surprise.

Cakes Unlimited Workshop Agenda:**

****Again, it is important to note that the workshop can be customized per each troop – this document just outlines the basic workshop.**

The workshop will be divided into 2 distinct pieces in order to satisfy the requirements for the badge:

1. Cake decorating lessons/techniques
2. Chocolate decorations

The cake decorating portion will consist of the following tasks:



1. The Cakes Unlimited representative will review and explain the contents of the cake kit – from pastry bags to tips.
2. (add-on idea) For older Brownies, the Cakes Unlimited representative will demonstrate for the girls how to cut the cake layer using a knife and will go around the room cutting each cake layer for the girls. The girls will then build a buttercream dam, and fill and assemble the cake with pre-purchased fillings such as vanilla or chocolate. For younger Brownies, they will simply decorate the cake with the supplied buttercream and no filling.
3. The girls will learn how to properly ice their cakes using a cake comb. Each girl will be supervised and aided during the process.
4. The girls will be instructed on how to utilize the star tip to make a star border and various star decorations on their cake. Older Brownies will also be shown the basic shell border.
5. The girls will also learn how to write a message on their cake – anything from their name to “Happy Birthday”.
6. Finally, the girls can add additional creative decorations to their cake for that “special touch”.

The chocolate decorations activity will consist of the following tasks:

1. In order to make a “candy” decoration for the cake, the girls will place chocolate chips in a Ziploc bag and then place the bag in a cup of hot water (under adult supervision). When the chocolate is melted, the girls will dip crackers or cookies into the chocolate to create a candy as a decoration for the top of the cake.
2. (add-on idea) If there is enough time (and extra supplies), the CU representative can also make buttercream roses/rosebuds and/or green leaves for girls to place on their cakes as additional decorations.
3. The girls will then box their cake to take home and enjoy with their family and friends.

Based upon the stated requirements, this workshop satisfies all the requirements for the “Make It, Eat It” patch as the girls are making decorations and actually creating a custom cake. For the “Sweet Shoppe Brownie Try-It” badge, we believe that it meets the requirements for activities numbered 2, 6, 7, 11, and 12 (as outlined below) and as four (4) activities are required for this badge, it would be complete after the workshop.

We feel that these activities will satisfy all the requirements for two patches and will give the girls an enjoyable activity while learning about cooking and cake decorating.

We hope to create a fun and educational event for your troops and for yourselves!