



Cambridge University

**Botanic Garden**

# FAMILY ACTIVITIES AT HOME

## Minty Munch Pots

All ages

### You will need:

#### Ingredients

- 3 tablespoons water
- 3 tablespoons cornflour
- 75g sugar
- 30g cocoa powder
- 500ml milk (use plant-based milk to make dairy-free)
- ½ teaspoon mint extract
- 5 bourbon biscuits
- Sprigs of a real mint plant

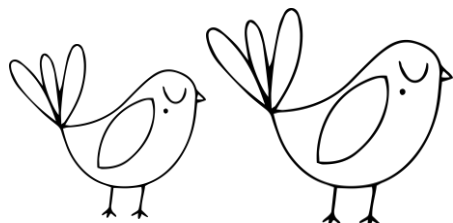
#### Equipment

- A small bowl
- Jug
- Whisk or spoon for stirring
- A medium saucepan
- 5 clean plant pots or cups
- Plastic bag
- Rolling pin

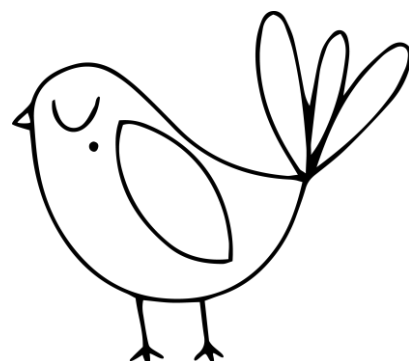


Trick your friends and family by serving up these tasty desserts that look just like plants growing in soil.

Not only do they look great but they're easy to make and taste AMAZING! Underneath the top layer of crunchy chocolatey 'soil' is a delicious smooth mint and chocolate dessert. Yum, yum!



Before you start make sure an adult in your house knows what you are doing and can help with the heating stage of the recipe.



## How to make:

1. Mix together the water and cornflour in a bowl.
2. Pour into the saucepan along with the sugar, milk and cocoa powder.
3. Heat and stir the mixture until it reaches boiling point and it starts bubbling.
4. Keep it bubbling away for 3 minutes while stirring constantly. The mixture should get thicker.
5. Remove from the heat and stir in the peppermint extract.
6. Pour the mixture into a jug and then pour into individual pots.



7. Put your pots in the fridge for at least 30 minutes to cool.
8. Put the biscuits in a bag, place on a hard surface and bash gently with a rolling pin to break them into bits.
9. Take your pots out of the fridge and share out the biscuit bits onto the tops of your desserts.
10. Stick a sprig of real mint in each one.
11. You're finished! Time to fool your friends into thinking they're real plant pots before grabbing a spoon and tucking in.

## Minty facts

- Mint is in a group of plants called the mint family. The mint family includes lots of well known garden plants and herbs including lavender, rosemary, thyme and sage.
- Plants in the mint family have square-shaped stems. Try checking out the shape of some plant stems and see if you can find any square ones.
- Us humans quite like mint flavour but a lot of herbivores hate it. Mint plants make themselves minty to protect themselves from being eaten.