



SULOLIKO'S GROUNDNUT (PEANUT) TEA BREAD

(This takes awhile to bake, so you might want to either bake it beforehand and just have the children eat it in class, or, if they want to help make it, mix it together and put it in to bake first, then do the lesson and craft while it's baking.)

Ingredients

| | |
|-------------------|-----------------------|
| 1 cup flour | ½ cup sugar |
| ½ cup oatmeal | 3 tsp. baking powder |
| ½ cup cornmeal | 1 tsp. salt |
| ½ cup milk powder | 2/3 cup peanut butter |
| 1½ cups milk | 1 egg |

Instructions

1. Preheat oven to 350 degrees.
2. Mix together flour, oatmeal, cornmeal, milk powder, sugar, baking powder and salt.
3. Cut in peanut butter.
4. Blend milk and egg together, then add to dry ingredients.
5. Pour into 9"x5" loaf pan.
6. Bake for 1 hour and 10 minutes.
7. Serve with butter and tea.

CHARACTER CHRISTMAS ORNAMENTS

Materials

Styrofoam balls or pre-made, ready-to-decorate ornaments

Craft paint

Cotton balls/scrap cloth/construction paper/pipe cleaners (if you want to accessorize with ears, hats, horns, etc.)

Glue

String, or bent paper clip (for hanging ornament)

Instructions

1. Give each child an ornament, and allow them to paint them to look like the character of their choice.
2. Once the paint has dried, if you want to add the extra bits (ears, hats, glasses, etc.), cut them out and glue them on.
3. Bend a paper clip to make an ornament hook, or tie a piece of string in a loop to make a hanger.
4. Glue hanger to top of ornament.

