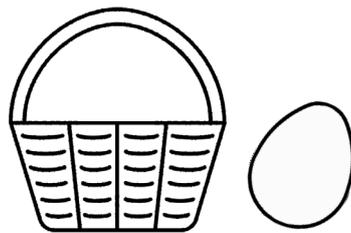


# HAPPY EASTER KIT

BY TREHAUS SCHOOL



THIS BOOKLET BELONGS TO:

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## a note to our trehaus school kids

### Our dearest little ones

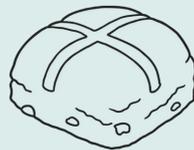
I'm sure you would have received the Easter surprise of Hot Cross Buns we sent to you today!

Traditionally in Easter celebrations, families bake hot cross buns on Good Friday. While the cross on the bun is a Christian symbol, we also believe that sharing a bun with a loved one represents love, joy and friendship in the coming year.

While all of your teachers and school friends are staying home and staying safe, we wanted to share a little bun with all of you today to say how very thankful, incredibly grateful and unbelievably blessed we are to have known you this year at Trehaus School.

Our teachers love seeing your smiley faces online on our teleconference calls.

Happy Easter and enjoy your hot cross buns, along with this little kit we put together to learn all about them!



### About your hot cross bun

In support of small local businesses that are struggling financially during this challenging time, these organic, gluten-free hot cross buns are freshly baked with love by our local bakery: **Bud of Joy**.

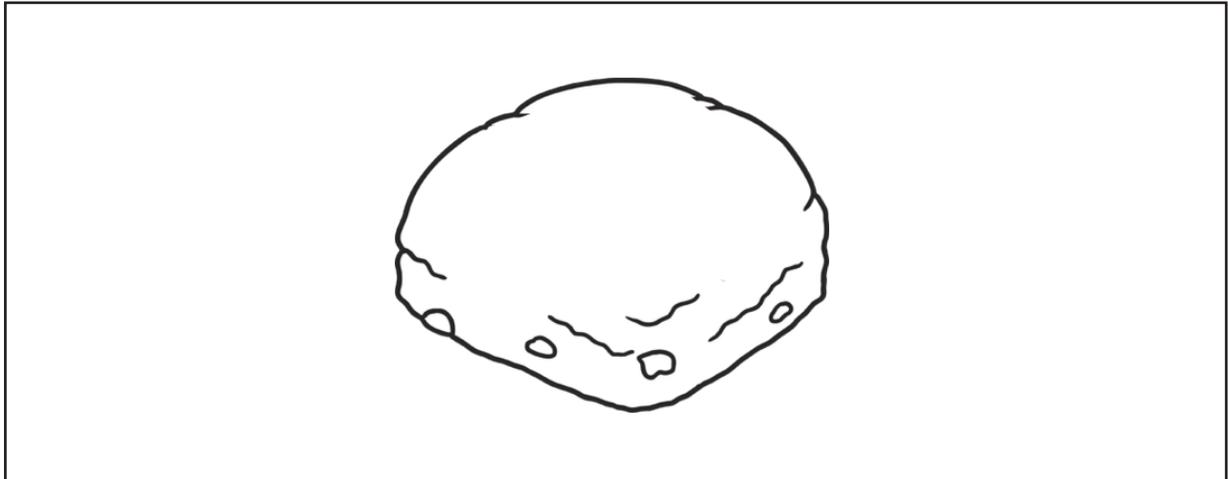
#### Ingredients used:

- Certified Organic Unbleached White Flour
- Certified Organic Stoneground Wholemeal Flour
- Filtered Water
- Certified Organic Red Raisins
- Certified Organic Green Raisins
- Certified Organic Apricots
- Certified Organic Cherries
- Certified Organic Sunflower Oil
- Certified Organic Molasses
- Peels from Certified Organic Oranges
- Certified Organic Mixed Spice
- Certified Organic Oats
- Yeast
- Himalayan Rock Salt

## THE STORY OF HOT CROSS BUNS

A hot cross bun is a delicious spiced sweet bun usually made with fruit, and marked with a cross on the top.

Can you draw a cross on this hot cross buns?



Our world is filled with incredible diversity and there are so many traditions, holidays and beliefs.

For example, people from the United Kingdom, Australia, India, South Africa, the United States and Singapore amongst many other places eat hot cross buns on Good Friday and Easter.

Can you ask mummy and daddy to help you find these places on this map?



## TRUE OR FALSE?

Some people believe that eating hot cross buns could make sick people recover sooner. Other people believe that if you bake the bun on Good Friday, it won't spoil until next year.

Do you think these stories are true or false? How do you know?

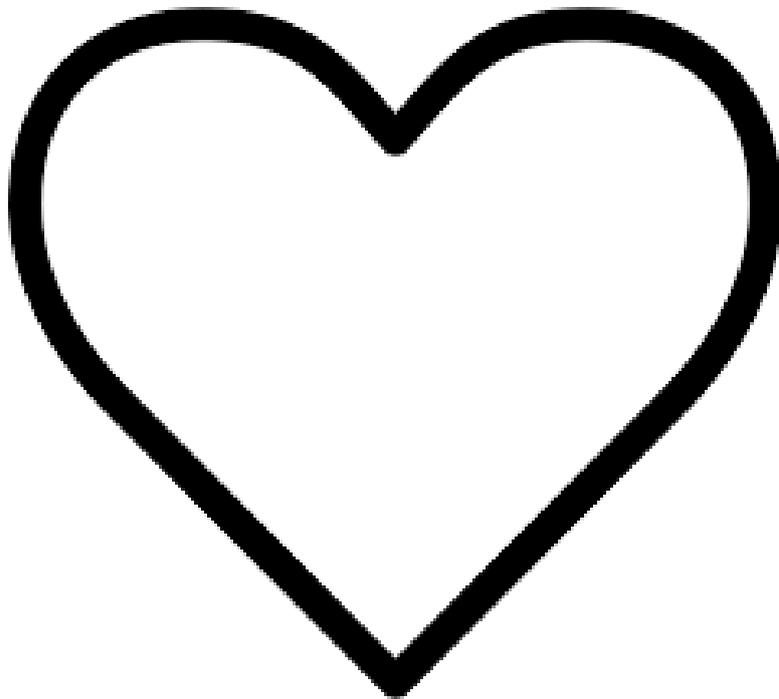
Discuss your thoughts with your mommy and daddy!

## **The story of Good Friday and Easter**

Good Friday and Easter are holidays that Christians celebrate to remember how much a man called Jesus loves them. Christians use the symbol of a cross to remember Jesus. That's why there is a cross on the hot cross bun!

Easter is a happy day, where you can celebrate how much you are loved, and do fun things with your family!

Can you colour this big heart below and use it to show mummy and daddy how much you love them?





## **SING ALONG!**

**Have you heard of this nursery rhyme?**

<https://www.youtube.com/watch?v=re3gXNTtwig>

Try singing along!

Hot cross buns.

Hot cross buns.

One a penny, two a penny. Hot cross buns.

Hot cross buns.

Hot cross buns.

One a penny, two a penny. Hot cross buns.

Give them to your daughters.

Give them to your sons.

One a penny, two a penny. Hot cross buns.

In the nursery rhyme, we hear about pennies. Do you know what money is? Have you seen mummy or daddy buy things using money? There are two kinds - one is in paper form, called a "bill" and another is a circle-shaped metal piece called a "coin". They also show different numbers telling you how much the money is for. While they use pennies to buy hot cross buns in the song, we usually use cents and dollars to buy them in Singapore.

Can you ask mummy or daddy to show you some one-dollar coins?

Try counting how many you have in your hand!

# BUNS IN THE OVEN

## Did you enjoy your hot cross buns?

You can make more! Ask mummy and daddy to help you with baking some healthy hot cross buns with this recipe:

### HEALTHY HOT CROSS BUNS RECIPE

#### INGREDIENTS

- 310ml (1 1/4 cups) almond coconut milk
- 7g sachet dried yeast
- 60ml (1/4 cup) maple syrup, plus 1 tablespoon, extra
- 520g (3 1/3 cups) white spelt flour, plus 55g (1/4 cup), extra
- 35g (1/3 cup) rolled oats
- 3 teaspoons ground cinnamon
- 3 teaspoons mixed spice
- 1/2 teaspoon sea salt
- 75g (1/2 cup) reduced sugar raisins
- 55g (1/3 cup) dried currants
- 50g (1/4 cup) mixed peel
- 1 tablespoon light extra virgin olive oil
- 1 teaspoon vanilla extract
- Nuttelex or butter, to serve (optional)

#### CROSSES

- 45g (1/4 cup) white spelt flour
- 5 teaspoons cold water
- 1 teaspoon maple syrup



#### METHOD

- **Step 1**  
Place the almond milk in heatproof jug. Microwave on High for 40 seconds or until very warm. Whisk in the yeast and 1 tablespoon of the maple syrup. Set aside for 10 minutes or until frothy.
- **Step 2**  
Combine the flour, oats, cinnamon, mixed spice, salt, raisins, currants and peel in a large bowl. Make a well in the centre. Add the yeast mixture, oil, vanilla and remaining 2 tablespoons of maple syrup. Use a wooden spoon to stir until a sticky dough forms.
- **Step 3**  
Dust a clean work surface with 1 tbs of the extra flour. Turn out dough and gently knead for 5 minutes, adding extra flour when necessary to prevent sticking. Place in a greased bowl and cover with plastic wrap. Set aside to prove for 1 hour or until doubled in size.
- **Step 4**  
Grease a 21 x 30cm slab pan with olive oil. Turn dough onto a lightly floured surface. Knead gently for 1 minute or until smooth. Shape into 12 buns. Place in prepared pan. Cover with plastic wrap. Set aside in a warm, draught-free place for 40 minutes or until doubled in size.
- **Step 5**  
Preheat oven to 180C/160C fan forced. For the crosses combine the flour, water and maple syrup in a small bowl until a smooth paste forms. Place in a sealable plastic bag. Cut 1 corner from the bag to make a 2mm hole. Pipe crosses onto buns. Bake for 30-35 minutes or until cooked through. Brush tops with extra maple syrup to glaze. Set aside for 10 minutes to cool. Serve warm with Nuttelex or butter if using.

## EASY RECIPE

If you don't have all the ingredients for the healthy hot cross buns, you can try this recipe instead!

### INGREDIENTS

- 15 g butter
- 1/2 medium egg
- 1 tbsp milk
- 3 tbsp soft light brown sugar
- 1/2 tsp mixed spice
- 2 tbsp mixed dried fruit (the kind with mixed peel in it)
- 3 tbsp self-raising flour
- 1 tsp cocoa powder

### INSTRUCTIONS

- Put the butter into a large mug and microwave for 20 - 30 seconds.
- Add the egg, milk and sugar and whisk to combine.
- Add the mixed spice, flour and salt and mix until the batter is smooth.
- Add the mixed dried fruit and orange zest and mix into the batter.
- Microwave the mug cake for 1 minute 30 seconds to 2 minutes 30 seconds, depending on the rating of your microwave.
- While you leave the cake to cool slightly, make a cross with two strips of foil or paper, lay these over the mug and using a sieve or tea strainer to dust the top of the mug with cocoa. Remove the strips of foil or paper and you will reveal your cross.

### NOTES

- When microwaving your mug cake, start with 1 minute 30 seconds, then if still wet on top cook for a further 20 seconds at a time until it is just firm on top.
- Try not to overcook or your cake may be dry.
- You can make any shape for the top of your Hot Cross Bun, the cross is traditional but if you have other stencils or shapes, you can use those, a heart would be fun.
- Or simply dust all of the bun with cocoa or as an alternative to cocoa you could use cinnamon.



Source: <https://www.farmersgirlkitchen.co.uk/hot-cross-bun-mug-cake/#wprm-recipe-container-13712>



## SPREADING THE LOVE

CELEBRATING EASTER IS ALL ABOUT SHARING LOVE!  
IS THERE ANYONE YOU WOULD LIKE TO SHARE YOUR EASTER BUNS WITH?

WHILE WE ARE BLESSED TO HAVE THE LUXURY TO STAY SAFE AND SNUGGLY AT HOME WITH FOOD TO EAT, THERE ARE SOME PEOPLE WHO DON'T HAVE FOOD TO EAT AT HOME. LET'S USE THIS TIME TO APPRECIATE ALL THAT WE HAVE AND TO BE THANKFUL FOR THE FOOD MUMMY AND DADDY HAS LOVINGLY PREPARED FOR US.



If you and your family would like to give back to help people who don't have enough food to eat, here are a few avenues you can explore:

### **The Food Bank Singapore**

218 Pandan Loop | Singapore 128408

Jessie Tan, 92719117

The Food Bank Singapore has experienced a drastic drop in food donations and volunteer involvement. They need your support for excess and/or expiring dry goods!

### **Tastebuds.sg**

hello@tastebuds.sg

[www.tastebuds.sg](http://www.tastebuds.sg)

Tastebuds has set aside over \$20,000 worth of food in order to bless families in need. If you know of any family with children who are facing challenges to bring food to the table, please reach out to them.

### **YMCA's Project Makan**

[https://www.giving.sg/ymcasg/project\\_makan](https://www.giving.sg/ymcasg/project_makan)

Phua Meixuan, 65862352

YMCA is partnering with The Social Kitchen to provide free meals for needy families affected by the crisis. Every \$5 donation will cover the costs of delivery, ingredients and meal preparation by their Y Cafe chefs.

### **Blossom World Society's Project Belanja**

[https://www.giving.sg/blossom-world-society/project\\_belanja\\_start\\_a\\_food\\_chain\\_of\\_good](https://www.giving.sg/blossom-world-society/project_belanja_start_a_food_chain_of_good)

Soh Wah Lim, 64645116

Project Belanja is a meal voucher programme made up by 100 restaurateurs and food chains who banded together to help lower-income families and migrant workers.

### **Willing Hearts**

<http://www.willinghearts.org.sg/donate/>

Willing Hearts is a charity with a noble aim of improving the lives of the underprivileged. You can help out by contributing cooking oil, rice or other food products to Willing Hearts.