



THE BIG BOOK OF CRAFTS & RECIPES



Full Instructional Videos Available on the Hey Meisha! YouTube Channel



Scrum-Diddly-YUM-cious Sticky Buns

Here's what you'll need:

1. A Muffin Tin
2. 1 Knife
3. 1 Teaspoon

Ingredients Include:

1. Brown Sugar
2. Unsalted Butter or Margarine
3. Something Crunchy - I'm using Pecans
4. Ready to bake Biscuit Dough



CHECK OUT THE INSTRUCTIONAL VIDEOS ON THE HEY MEISHA!
YOUTUBE CHANNEL



Scrum-Diddly-YUM-cious Sticky Buns

Step 1

Preheat the oven to 400F

Step 2

Cut 6 1x1inch squares of butter and pop them
in the bottom of the Muffin Tin

Step 3

Sprinkle 2 teaspoons of brown sugar on top

Step 4

Add the Crunchies

Step 5

Load in your Ready to bake Biscuit Dough.

Step 6

Bake for 8 - 10 minutes at 400F

Step 7

Let it cool and ENJOY!





No Bake - No Kitchen Sink Breakfast Bars

Here's what you'll need:

1. An Oven tray, lined with Parchment Paper
2. 2 Tablespoons
3. Measuring Cups
4. 1 Knife
5. A microwaveable bowl
6. Mixing Bowl

Ingredients Include:

- 1 cup honey
- 1 heaped table-spoon of peanut butter or hazelnut spread
- 3 cups cereal
- Crunchies (I'll be using cookie crumbs)
- 1 cup of Dried fruit





No Bake - No Kitchen Sink Breakfast Bars

Here's how to do it

Step 1

In your microwaveable bowl, mix honey with the peanut butter or spread

Step 2

Microwave for 45 seconds, until melted.

Step 3

In a separate large bowl, combine all dry ingredients.

Step 4

Pour the melted honey mixture into the bowl and stir until well mixed.

Step 5

Pour into your oven tray lined with parchment paper, and gently flatten the mixture evenly around the pan.

Step 6

Freeze for 30 minutes.

Step 7

Once the mixture has hardened enough, cut it into 8 pieces and Enjoy!



Bodacious Bird Feeders

Here's what you'll need:

1. White Ribbon
2. Scissors
3. Pencil
4. Ruler
5. Colourful Markers
6. Empty Toilet Roll
7. Peanut Butter (Nut-Free works too!)
8. Bird Feed (Sunflower/Pumpkin Seeds)





Bodacious Bird Feeders

Step 1

Take your ribbon and cut it too 12 inches

Step 2

Color a bodacious pattern on it, to attract the bird's attention.

Step 3

Make hole in your toilet roll with a pencil and feed the ribbon through it then tie a knot

Step 4

Coat the bottom of your toilet roll with peanut butter

Step 5

Roll the Roll in Bird Feed

Step 6

Hang your Bodacious Bird Feeder on a tree and wait for the beauty to arrive.





Record of Rights Time Capsule

Here's what you'll need:

1. A pen and Paper
2. A Jar
3. Homemade Confetti aka Strips of paper
4. A Rubber Band
5. A Freezer Bag
6. A Great Hiding Place





Record of Rights Time Capsule

Step 1

Take one piece of paper and write 'DO NOT OPEN UNTIL..' followed by today's date, but put the year as one year in the future. (August 5th 2022)

Step 2

Write a list of all of your many blessings, feel free to decorate this.

Step 3

Cut some pieces of paper into tiny pieces for confetti - Consider heading to the recycling box for this one.

Step 4

Pop something personal in there, this one is up to you. I'm putting a photograph inside.

Step 5

Put all of those items inside the Jar.

Step 6

Cover the lid with your Freezer Bag and fasten the rubber band to the rim

Step 7

Put the lid on.

Step 8

Hide it!



Paul's Picnic Pockets

Here's what you'll need:

- 1 Oven tray lined with Parchment Paper

Ingredients

1 Ready to Bake Biscuit Dough

2 Shredded Cheese

3 Cream Cheese





Paul's Picnic Pockets

Step 1

Preheat the oven to 325F

Step 2

Take 1 biscuit and prod a belly button into it.

Step 3

Fill that belly button with shredded cheese and a teaspoon of cream cheese

Step 4

Take another biscuit and fasten it to the first one.

Step 5

Place all of your picnic pockets on the backing tray and bake for 12-15 minutes or until golden brown

Step 6

Let it cool and take it on your next outdoor adventure!

