



Three things to make and do



1 Make cakes with a kick

Use sugar secrets to conjure up cupcakes with a hidden surprise.

What you need

- 150g plain flour
- 1 tbsp cocoa powder
- ¼ tsp chilli powder (optional)
- 1 tsp bicarbonate of soda
- 50g soft **butter**
- 200g caster sugar
- 1 large **egg** beaten
- 100ml **buttermilk**
- 50ml vegetable oil
- 1 tsp white wine vinegar
- Red food colouring
- 12 tsp popping candy

Icing

- 100g **butter**
- 250g icing sugar
- 100g **cream cheese**

- Bowls
- Whisk
- Cupcake tin
- 12 cupcake cases

Instructions

- 1 Sieve the flour, cocoa, bicarbonate of soda and chilli powder into a bowl and mix together.
- 2 In a separate bowl, mix the butter and sugar together and beat with a whisk. Then, add the egg, buttermilk, vegetable oil and vinegar.
- 3 Add the wet ingredients to the dry mixture and mix until combined. Add a few drops of food colouring until the mixture is bright red.
- 4 Use a spoon to divide the mixture equally between the cupcake cases. Ask a grown up to help you put them into an oven heated to 180°C and bake for 15 minutes.
- 5 When the cakes are cooked, leave them to cool, then carefully dig out a small hole from the middle of each cake using a spoon. Add a tablespoon of popping candy to each hole.
- 6 Mix the icing ingredients and dollop a blob onto each cake, or use a piping bag, to cover the popping candy.

Allergy warning! Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at tinyurl.com/SN-allergy

Whisk the ingredients together.



How does it work?

Popping candy is made by heating sugar to a high temperature until it melts into a gooey mixture. Carbon dioxide gas is then added to the sugar mixture. Once the sugar cools and hardens, the gas bubbles stay trapped inside. When you eat it, your saliva dissolves the sugar releasing the trapped carbon dioxide. These tiny gas bubbles make a popping sound as they burst free from the hard sugar crystals, and create a pleasant fizzy feeling on your tongue.

