



Hello Junior Church

Did you see Ben on Zoom on Thursday?
I hope so! Then, you will remember this verse

Jesus said



While you think about what this means, here is something you can make.

'Bread in a Mug'

You will need

- 1 mug (microwave safe)
- 4 tablespoons of self-raising flour (coconut flour or ground almonds will do instead)
- 1 egg
- ½ teaspoon baking powder
- pinch of salt
- 1 tablespoon olive oil



How To Do It

Grease the inside of your mug with a little melted butter

Mix everything in the mug really really well. Make sure there is no dry flour left in the bottom of the mug.

Microwave on high for 60 seconds. Cook for another 10 secs if it's not cooked

Remove from microwave and allow to cool slightly.

Tip out of mug, slice and enjoy with your favourite spread.

You can add your own flavours, garlic, cheese, chocolate chips ...



Jesus feeds our souls

Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. John 6:35

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Bread feeds our bodies