



November Science Challenge – linked to Cut Your Carbon Month

Cooking - Plant-Based Brownie ****Adult help will be needed****

Resources:

- 3 large ripe bananas
- ½ cup cocoa powder
- 1 ½ cups almond butter, crunchy, oil slightly drained.
- optional – ¼ teaspoon cinnamon

Instructions:

1. Preheat the oven to 350 degrees F.
2. Prepare a [8 x 8 inch baking dish](#) by spraying it with cooking spray or rubbing coconut oil around the sides and bottom so the brownies do not stick
3. In a large bowl mash the bananas with a fork until smooth.
4. Add the almond butter and mix until smooth.
5. Add the cocoa powder and optional cinnamon and blend until no visible cocoa powder is seen.
6. Pour the batter into the prepared baking pan and bake for 20-25 minutes or until set and slightly dark on the top.
7. Remove from the oven and let cool completely before slicing.



Please send a photo on Class Dojo to your teacher. All entries will receive a sticker and certificate.

The Science:

Meat production is responsible for around 14% of the world’s greenhouse gas emissions. Choose a day to go plant-based and discover how delicious cutting carbon can be! By switching from a meat-based diet to a plant-based diet, for just one day, you can reduce your emissions by nearly 3kg CO₂e.

Science of the Month

Cut Your carbon

CARBON FOOTPRINT PLEDGE

I pledge to reduce my carbon footprint by:

-  Walking and cycling more
- Sharing and reusing things
- Choosing plant alternatives to meat sometimes
- Buying local products when I can
- Using both sides of paper
- Calculating my own carbon footprint
- Not wasting food
- Tell family and friends how they can help



Choose one of the following topics to investigate/discuss:

1. What does ‘carbon footprint’ mean?
2. Can you make a vegan/plant-based snack? Share the recipe with your teacher.
3. How can you cut your carbon footprint?