

Make Armpit Fudge!

What you need:

- 1 zip-lock bag, or plastic bag
- A teaspoon and tablespoon to measure
- 1 tbsp butter
- 2 tsp cream cheese
- ½ cup icing sugar
- 2 tsp cocoa powder
- Optional: a few drops of vanilla essence



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Method:

Measure out all your ingredients.

Place the butter, cream cheese, icing sugar, cocoa powder and vanilla essence, if using, into your zip-lock or plastic bag.

Remove as much air as possible from the bag and seal it tightly.

Push all your ingredients together and place the bag under your armpit.

Squish the bag around under your armpit, or using your hands, so that all the ingredients blend together.

Make sure there are no lumps of butter or pockets of dry icing sugar and cocoa powder.

Then, your fudge is ready to eat!

You choose whether to eat it straight from the bag, or pour it onto a plate/dish to set in the fridge for around an hour.

WHAT'S BEHIND: THE SCIENCE

To make our fudge we are changing the ingredients, as in the ice-cream above, from one form to another.

Here we are using heat from our hands and armpit, to change the form of the materials as well as the friction from squishing and pushing ingredients in the bag.

Friction is the resistance that one surface or object encounters when moving over another.

Friction can generate heat too. Try it for yourself by rubbing your hands together- can you feel them getting warm?