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Opening extract from

The Chocolate Box Secrets

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SUMMER

Honey says...

Summer is the best time ever at Tanglewood. We have a beach right on our doorstep and that makes us party central all the way through the holidays! I am a bit of a sun-worshipper, and I loved the heat and that whole outdoor living thing when I stayed with Dad in Sydney, but stay-at-home summers can be just as awesome. Everyone seems happier in the sun – and of course, for six whole weeks, there's no school! The days seem to stretch out forever, filled with endless possibilities, and I for one plan to make the most of every minute!

Here are just a few of the things we get up to . . .

Honey
xx

A Sweet Summer Sleepover

Cherry says . . .

The first summer I came to Tanglewood, we had a Chocolate Festival, and it was just the coolest thing ever.

OK, so not every village has a food festival for you to join in with, and not everyone's dad and stepmum run a chocolate business, but you could use these ideas to throw a very cool chocolate-themed sleepover to celebrate the arrival of summertime!

Get organized. How many people will you invite? Will your sleepover be indoors? Outdoors? What if it rains? Plan your decorations and get them made well in advance - they're half the fun!

Try these ideas

1 Decorate your own chocolate cupcakes

Buy ready-made cupcakes and buttercream icing, icing pens and all kinds of sprinkles.

2 Chocolate dares

Lucky dip! Pick a wrapped truffle from a hat – each truffle has a dare attached, and you have to do the dare to get the chocolate. Wrap and write the dares beforehand – make sure they're fun or silly.

3 Get a drama-mad friend to dress up as a fortune teller and guess your chocolate fortunes. **(See next page.)**

4 Taste test

Supply lots of different kinds of choc bar, line them up and label them A, B, C, etc., and hide the wrappers. (Don't forget to make a note of which is which first!) Ask your testers to identify the bars and choose their faves.

5 Chocolate theme the food

Cake, traybakes (see my recipe, page 206), choc milkshakes, hot chocolates (see Honey's recipe, page 160).

6 Curl up with a film

Chocolat; Charlie and the Chocolate Factory; Forrest Gump ('Life is like a box of chocolates').

7 Take over the kitchen and make your own chocolate truffles

(See Paddy's recipe, page 140). You might be too chocolated-out by then to eat them, so pop the truffles in party bags for your guests to take home.

Chocolate Fortunes

PALM READING WITH A CHOCOLATE TWIST

It is traditional to read the left hand. First, familiarize yourself with the lines, and study each one at a time to give your reading.

The Life Line

- **Long and deep:** health conscious – chocolate is just an occasional treat for you.
- **Small and close to thumb:** don't rely on chocolate too much for an energy boost!
- **Short and shallow:** you'll try anything once!
- **Straight rather than curved:** you prefer the classics when it comes to chocolate.
- **A break in the line:** one day you may go off chocolate altogether.

The Heart Line

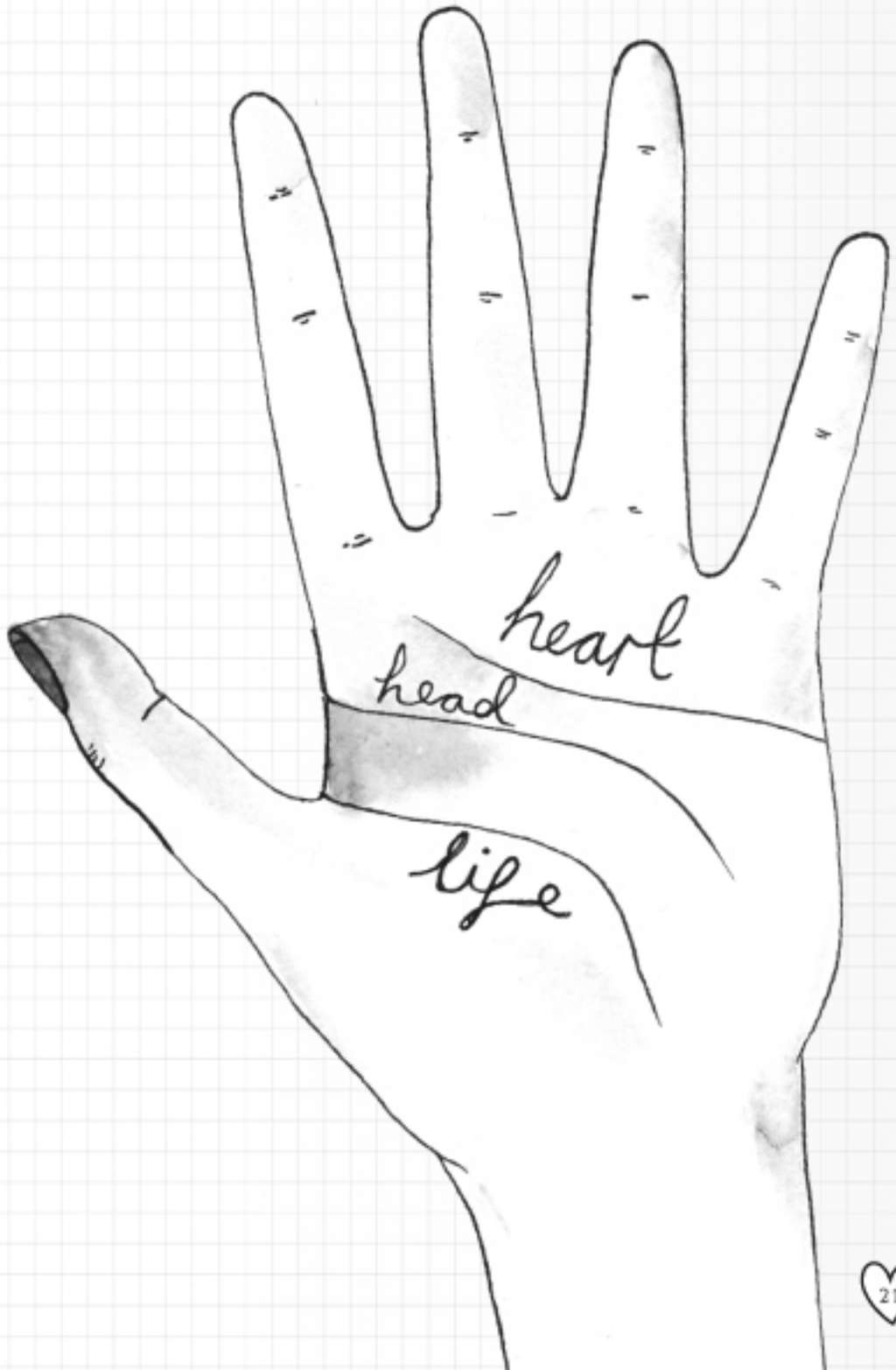
- **Strong line starting from index finger:** you're confident, happy and sweet as chocolate.
- **Starts under middle finger:** you can be selfish with your chocolate.
- **Wavy:** you can never pick a favourite choc and always want what others have!
- **Short and straight:** chocolate? You can take it or leave it.

The Head Line

- **Deep, long line:** you have a few all-time faves and stay loyal to them!
- **Wavy:** fickle and changeable!
- **Crosses on the line:** big decisions to be made. Strawberry cream or nut cluster?
- **Short:** you live in the moment – eat chocolate now and don't think of the consequences!

Hand Shape

- **Broad, square hands and short fingers:** practical and sensible, you go for milk chocolate bars from your fave brands.
- **Long fingers and short, narrow hands:** clever and daring, you'll buy Fairtrade dark chocolate in new and risky flavours!
- **Long palm and fingers:** shy and creative, you like truffles – rich, comforting and lots of choice.
- **Long, boxy palm with shorter fingers:** you're drawn to expensive brands.



Flower Crown Hairband

FOR A CHEAT'S NO-SEW VERSION, USE BLOBS OF GLUE TO LAYER THE PETALS AND GIVE A LITTLE TWIST TO THE FINISHED FLOWER TO CREATE A RUFFLED EFFECT

Honey says...

Nothing says summertime like a flower crown hairband; I love the look because it has a cool festival vibe and makes loose, unstyled hair look awesome. You don't have to spend a fortune on a flower crown from a fashion store, either - making your own is easy!

YOU WILL NEED:

- an old hairband (plain plastic or fabric covered)
- a hot-melt glue gun or strong glue
- a needle and thread
- fabric scissors
- thin, gauzy or silky fabric in pastel shades
- dark green felt

TO MAKE:

1 Cut petal shapes from the fabric using the template below as a guide.

2 Arrange and twist the petals, layering them to create a flower shape. When you are happy with the shape, make some stitches at the base of the petals to hold them in place.

3 Tweak the flower, folding over some of the petals for a more natural look.

4 Cut a few leaf shapes and stitch them to some of the flowers.

5 Arrange the flowers in a line until you are happy with the order of shapes and colours.

6 Use a hot-melt glue gun (or strong glue) to attach the flowers to the hairband.

7 If you're using a fabric-covered hairband as a base, you can stitch the flowers on if you prefer.

PETAL TEMPLATE

PLEASE PHOTOCOPY ME

VARIATIONS

❤ BRAIDED HIPPIE HEADBAND:

Make a simple plaited headband by braiding together three long strips of fabric or thin ribbon.

Then simply knot the ribbon at the back of your head and allow the ends to trail down your back like streamers.

❤ VINTAGE VIBE:

If you have an offcut of cool embroidered fabric or a piece of vintage lace trim, cut it into a rectangle the size of a broad ribbon and hem neatly if necessary.

Firmly stitch a length of elastic to each end of your vintage fabric to make a circular band which will fit your head.

Smoothie Recipes

Summer says ...

Smoothies are the perfect summer drink. They are so easy to make, and loads of fun! Ideal for an energy-burst breakfast, a quenching cool drink when revising in the garden or even a fun DIY sleepover activity. They don't just taste awesome; they are really good for you too! I've shared some of my best recipes here – they make either one huge drink or two small ones – but the best thing about smoothies is that you don't always need a recipe; you can experiment with whichever fruits you have and add plain yoghurt, milk or coconut milk for an extra rich smoothie.

Cherry Crush

You will need:

- 300g frozen cherries, pitted
- 350ml fat-free plain yoghurt
- 2 tablespoons clear honey

Method:

Place all the ingredients in the blender and scoosh together. If it seems too thick, add a little milk to thin it out and whizz again.

Banana-rama

You will need:

- 2 bananas
- 300ml coconut milk (or cow's milk if you prefer)
- 2 tablespoons peanut butter (optional)

Method:

Chop the bananas, place them in the blender with the coconut milk and whizz until smooth. We all love peanut butter so I've adapted this recipe by adding two tablespoonfuls – it adds protein and tastes great! So add the peanut butter if you like and whizz again. Serve with ice cubes.

Very Berry

You will need:

- 1 small banana
- 150g mixed berries (blackberries, blueberries blackcurrants, raspberries)
- 300ml apple juice
- clear honey

Method:

Slice the banana into the blender, add the berries and a little apple juice, and whizz until smooth, adding more apple juice if needed to make a smooth mixture. Serve with a drizzle of clear honey.

Make a Vintage Top

Skye says . . .

I love vintage style, but it doesn't have to be all about finding the perfect 1950s sundress or copying the style of a particular decade down to the very last detail. I mean, don't get me wrong, those things can be a lot of fun, but vintage is for everyone and there are lots of easy ways to upcycle and add a little bit of vintage character to your look.

YOU WILL NEED:

- old T-shirts or vest tops, plain (ransack wardrobe or try jumble sales and charity shops)
- fabric scissors, pins, a needle and thread
- old crochet lace doilies, cotton lace fabric or trim (again, try jumble sales or charity shops)
- Plastic beads (optional)

Simple Fringy Top

TO MAKE:

1 This project will show you just how easy upcycling can be! Take a T-shirt or vest top and carefully cut a new neckline – a wide, boat-neck shape. Discard the ribbed neck.

2 Snip a fringe along the hem of the top and wear it with shorts for a cool, casual summer look that will take you anywhere.

3 Thread plastic beads on to the ends of the fringing and knot to secure them if you like; this adds a 70s hippy-chick vibe!

Lace-back Top

TO MAKE:

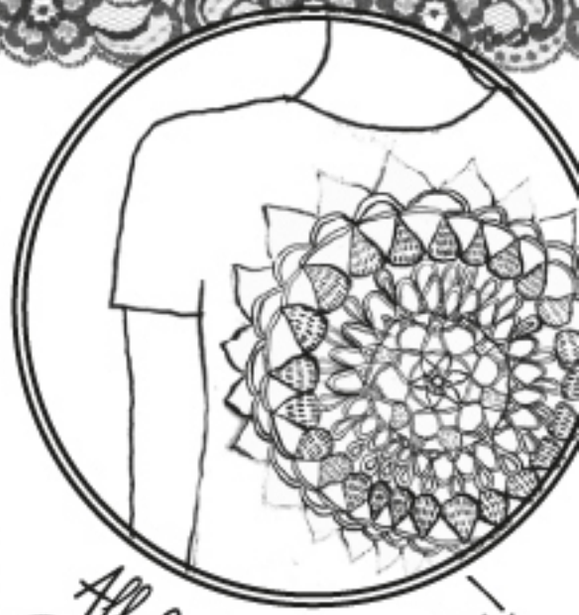
1 A circular lacy doily – the kind used on cake plates or on shelves in days gone by – can add gorgeous detail to a plain white T-shirt. First, cut away the original neck and neaten the new, wider neckline with a lace trim.

2 Cut out a paper pattern using a plate as a guide. The pattern should be a little smaller than the lace circle, allowing a border of 1–2cm all round.

3 Pin the paper pattern on to the back of the T-shirt and cut out a circle of fabric (being careful not to cut into the front of the T-shirt).

4 Pin the lace doily over the circular hole, arranging it so it looks even all round. Stitch it carefully into place, keeping your stitches very small so they are not too visible.

YOU CAN STITCH RICRAC, BRAID TRIM OR LACE ON TO THE EDGE OF YOUR T-SHIRT



All done! Super pretty!