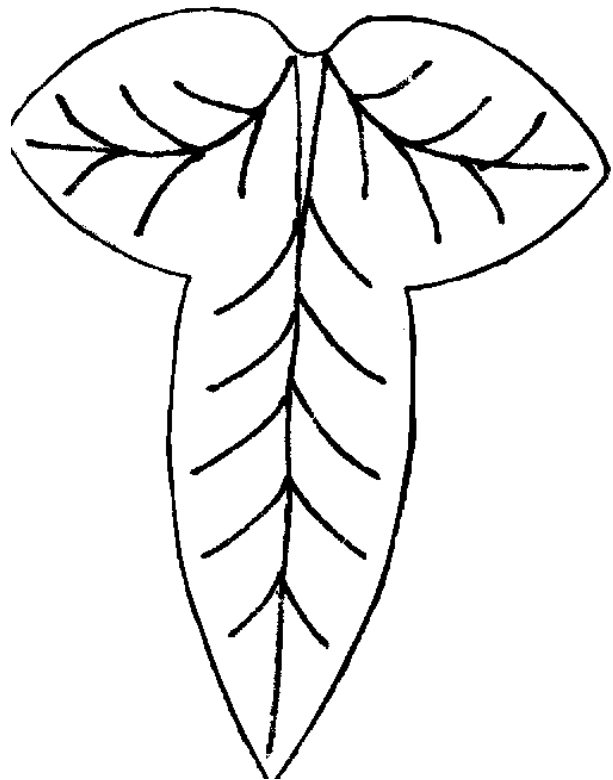


# Mallorn Leaf Wrapper Tutorial and Lembas Bread Recipe

Here's a very easy, quick, and fun prop project for any Lord of the Rings fan. You'll need scissors, craft foam, glue, a heat source, and a few cooking ingredients. Enjoy!

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Print out this mallorn leaf template to fit a normal 8.5 by 11 inch sheet of paper (click the picture at the side for a larger version). Trace the leaf shape onto a sheet of dark green, dark brown, or black craft foam and cut it out. Then use a ball-point pen or other sharp tool to draw the veins onto your leaf shape, pressing down so that they are indented into the foam.





To paint the leaf, I use acrylic craft paint in two shades of green. Mix one part fabric glue to every two parts of paint to make it flexible enough for repeated use.

Heat the leaf carefully at your heat source and curve it to shape. Bend the side points of leaf in first, remembering to leave enough air space inside for the lembas. For more information on heat-shaping foam, check out my [Craft Foam Armor Tutorial](#).



Heat and shape the long central point, wrapping it around to the opposite side of the leaf. This creates a sort of tab that helps to hold the leaf shut. You're done making your leaf now!



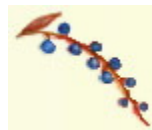
To make the lembas, I used an adaptation of [this recipe](#). It makes a delicately lemon-flavored, lightly sweetened scone-type bread.

2 1/2 cups of flour  
1 Tablespoon baking powder  
1/4 teaspoon salt  
8 Tablespoons cold butter  
1/3 cup sugar  
2/3 cup milk  
1/2 teaspoon lemon extract

Preheat oven to 425 degrees.

Mix flour, baking powder, and salt in a large bowl. Chop butter into mixture with a pastry cutter or knead in with your fingers until you get a crumbly mixture. Add sugar and mix. Add milk and lemon extract and stir with a fork until dough forms.

Roll the dough out about 1/2 inch thick. Cut out 3 inch squares and transfer to a cookie sheet. Criss-cross each square from corner to corner with a knife. Bake for about 12 minutes or until set and lightly golden. Makes 10 to 12.



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