

How to use this book

Each section provides a unique look at the recipe:

THE PICTURE shows young cooks what the finished product should look like, but is presented for reference only. Encourage creativity in presentation methods! If a child decides to develop his or her own spin on the recipe, support this effort! Send us a photograph of the finished product and we may include it on our website.

NUTRITIONAL INFORMATION is presented in a child-friendly format that shows why some ingredients are important for health and wellness. In this section, you won't find milligrams of sodium, for example, but your children will see why the food they are preparing is good for them.

SCIENCE, TECHNOLOGY, ENGINEERING, OR MATH (STEM) topics accompany each recipe. Read these with your children before you begin so they understand the STEM behind the final food product.

THE INGREDIENTS are listed in the order that they are used in the recipe. Encourage children to double-check the recipe to make sure they have included every ingredient in the proper amount.

SPECIAL EQUIPMENT is listed in a separate section. Commonly used materials such as bowls, measuring cups, and spoons, are not listed. Most households have the basic materials needed to prepare food (see the equipment section). Young chefs should understand that if they don't have the right equipment, their recipe may not turn out as they expected. You can certainly substitute items occasionally – like using a fork instead of a whisk, but that fork would be difficult to use if the recipe calls for the batter to be beaten for two minutes!

DIRECTIONS are listed with the family member's responsibility for each line item. Tasks are organized by ability:

1.  **STOP!** You must be old enough to perform this step safely
(Approximately age 12 to adult for difficult tasks)
2.  **WAIT!** Think about what you're doing before you do it (Approximately age 6-11 for medium difficulty tasks)
3.  **GO!** Do this to the best of your ability (Age 5 and under for easy tasks)
4.  **COOPERATE!** Everyone can participate in this step (all ages and abilities)

We know that not every family fits these guidelines with three kids ages 13, 7, and 4.

Therefore, you'll need to get creative with the system:

- Photocopy the recipe page and write each child's name next to a step he or she is capable of performing
- Take turns being red, yellow, or green
- If you have only one child, either cook as a family with an adult or two filling in for siblings, or invite friends over for a cooking party and divide the tasks equally
- You could designate one child to prepare the area by getting out the ingredients and supplies needed to complete the recipe.

Remember, the idea is to encourage cooperation, so the young cooks should be part of the selection process for who does which tasks.

OTHER INFORMATION - At the end of the recipe is a special section for helpful hints, garnishing ideas, serving suggestions, or alternative ingredients.

MOTHER'S DAY BREAKFAST



Nutritional benefits from the main ingredients:

Whole wheat flour provides more fiber than bleached white flour.

Applesauce provides sweetness so you can decrease the amount of processed sugar in your recipe.

Seasoning a high carb food with **cinnamon** can help lessen the impact of sugar on your blood sugar levels.

Why do you beat cupcake batter but stir muffin batter?

It's all about the air bubbles that make your baked item rise. This is called leavening. If your muffin or cupcake didn't rise, you would be left with a hockey puck after the batter baked for twenty minutes! The air bubbles expand the batter and cause it to fill the space in the baking pan, making a nice rounded top. Look at what happens with each sweet treat:



This is what happens if you beat muffin batter too much or wait too long to put it in the oven

Cupcakes

Cake batters rise through a combination of **chemical leavening** from baking soda (see the muffin explanation) and **mechanical leavening**.

In mechanical leavening, the mixer beats extra air into the mixture to help the chemical leavening do its job. Cakes need to be of a **lighter texture** to please most people. So, when you beat air into the mixture in addition to using baking soda, the cupcakes rise and have a less dense texture than their muffin friends baked in the same kind of pan.

Muffins

Recipes that use **baking soda** as a leavening agent also contain an **acidic ingredient**, such as lemon juice, milk, honey or brown sugar.

The baking soda is a **base** (NaHCO_3). In a recipe, it reacts with milk, which contains lactic **acid** ($\text{C}_2\text{H}_4\text{OHCOOH}$). When these two compounds combine, you get sodium lactate salt, water, and carbon dioxide gas. It's the carbon dioxide (CO_2) gas that causes your muffin to rise.

Therefore, **don't mix your batter for too long**, or the CO_2 will be released before your muffins get in the oven!



This is what happens when you jump around the kitchen too much while cupcakes are baking – you'll jiggle the air bubbles out of them!

<p>Ingredients needed:</p> <p>1 cup whole wheat flour 1/2 cup white flour 1/2 cup white sugar 2 tsp. baking powder 1 tsp. baking soda ½ tsp salt ½ tsp. cinnamon 2 eggs 1/3 cup vegetable oil 1/3 cup milk ½ cup applesauce 1 cup fresh blueberries</p>	<p>Special equipment needed:</p> <p>Muffin baking pan 12 Muffin cup liners Wire whisk Cooling rack Serving tray Fancy napkins For serving: Flower, fresh fruit, juice, tea or coffee</p>
<p>Yield: 1 dozen muffins</p>	

Blueberry Muffin Recipe

-  Preheat oven to 400° F.
-  Insert muffin cup liners into the muffin baking pan.
-  Stir flours, sugar, baking powder, baking soda, salt, and cinnamon in a large bowl.
-  Beat eggs, oil, milk, and applesauce in a medium bowl using a whisk.
-  Stir liquid mixture into flour mixture and stir just until moistened.
-  Rinse blueberries, remove stems, then gently stir into the batter.
-  Divide batter evenly among 12 muffin cups.
-  Place muffin pan in the oven and set the timer to bake 20 minutes.
-  Bake 20 minutes. Clean up the kitchen while they bake!
-  Using potholders, remove the muffin pan and set on a cooling rack for 10 minutes. Turn off the oven.
-  Use a spoon to carefully lift the muffins out of the pan and place on the cooling rack.
-  Arrange a muffin or two on a dish.
-  Place the dish on the napkin-covered serving tray. Add fresh fruit like a banana, juice, coffee or tea, an extra napkin, and a lovely flower!
-  Carry the tray to Mom!

Serving Suggestion

What moms want most on Mother’s Day are well-behaved children who cooperate with each other. So when you bring Mom’s tray to her, make sure you are polite and pleasant. Consider giving her breakfast at her favorite seat rather than “in bed,” as the muffins can get a little crummy on the bedspread! She would probably appreciate the company of her family while she eats, too.