

Recipe

Picnic Muffins

INGREDIENTS:

3 cups flour
1 T. baking powder
1 tsp. salt
½ tsp. ground
black pepper
1 cup shredded
cheddar cheese
1 ¼ cups milk OR dairy alternative
3 T. unsalted
butter, melted
1 large egg, beaten
¾ cup sour cream
½ cup shredded Parmesan cheese

**Caution: Always check for allergies before serving foods. Make substitutions as needed*

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DIRECTIONS:

Have children wash their hands, and invite them to help measure and mix ingredients.

In a medium bowl, whisk together flour, baking powder, salt, and pepper. Do the children know why we add baking powder to the muffin batter? Baking powder helps the muffin batter to puff up while baking and give the muffins a fluffy texture!

In a large bowl, add milk, melted butter, egg, and sour cream. Whisk together well. Add the flour mixture and stir ingredients together with a spatula. Stir in the shredded cheddar cheese.

Line your muffin pan with the muffin liners. Fill all twelve muffin cups in the pan and sprinkle the shredded Parmesan over the top of each. Bake in an oven heated at 350°F for 20–25 minutes (muffins are baked through when a toothpick inserted in the middle of a muffin comes out with only few crumbs on it). Allow muffins to cool, and take them outside for a picnic snack (see Picking the Perfect Spot, right.)



Recipe

Banana Spinah Muffins

INGREDIENTS:

1 cup sliced banana
2 cups baby spinach
 $\frac{3}{4}$ cup milk OR dairy
 alternative
 $\frac{1}{4}$ cup honey OR pure
 maple syrup
2 T. melted butter OR
 olive oil
2 eggs
1 tsp. vanilla extract
1 cup rolled oats
1 tsp. baking soda
 $\frac{1}{8}$ tsp. salt
1 cup whole wheat flour
mini chocolate chips
 (optional)

DIRECTIONS:

After children have washed their hands, they can help measure and add all ingredients except the flour and optional chocolate chips to a blender. Blend until smooth (only an adult should operate the blender), stopping to scrape down sides as needed. The spinach should be very finely blended in the mixture, similar to making a smoothie.

Add the flour and pulse just until combined. Pour into a muffin tin that has been lined with paper muffin liners. If you are choosing to use chocolate chips, invite the children to help sprinkle some over the top of each muffin. Bake in a 375°F degree oven for 18–20 minutes. Cool before serving. *Note: This recipe makes 12 muffins.*

