

Hide and Seek Muffins

The Critics Rave:

- “Annie, can I have seconds? They are so good!” – SARA*
“I’m going to save some for my mom – she loves this!” – MARSHALL
“The strawberry makes the bread good.” – JULIANA
“To me, the hiding part is the goodest part.” – AMELIA

To the Grown-ups:

Making muffins is a simple enough task for most adults, but for small children, it can be a challenge! Cracking eggs, measuring liquids, stirring a stiff batter, and gilling muffin cups are all complex activities to a three- or four –year-old, so to simplify matters, you should prepare the muffin mix and melt the butter first.

The highlight of this recipe for the children is finding the hidden piece of fruit in the center of the muffin. You can vary the recipe by substituting slices of fresh or frozen peach, pitted cherries, or chunks of banana.

Cooking Hints and Safety Tips:

- * Children love to break the eggs themselves. A foolproof method is to let your youngster crack the egg on the bottom of the mixing bowl, then just dump the insides in. If you have to remove a few pieces of shell, it’s no big deal. Your child will feel quite proud.
- * Take the worry out of measuring liquids by putting the measuring cup in a pie pan. Let your child pour the milk from a small pitcher into the measuring cup. The pie pan will catch the spills.
- * Stirring is hard work. You and your young cook may want to take turns holding the bowl steady while the other mixes. It’s fun to count how many stirs each gets. Remember, the batter doesn’t have to be perfectly smooth.
- * Pouring the batter into the muffin cups is tricky, even for adults. You’ll need to hold down the muffin papers and guide your child’s hand. Don’t worry about the inevitable drips on top of the pan- just wipe them off.
- * Putting the muffins into the oven and taking them out are adult jobs! Kids should stay away from the hot oven. Let the muffins cool down before eating.

Tools: 1 muffin pan; muffin papers; small pan for melting butter; 2 medium bowls; pie pan; small pitcher; mixing spoon; 1-cup measure; ½ -cup measure; measuring spoons;

whisk; ¼-cup measure (preferably with a handle), small plate for the extra sugar; timer; toothpick; plates for eating.

Hide and Seek Muffin Recipe

MUFFIN MIX

1 ½ cups flour
2 tsp baking powder
½ tsp baking soda
½ tsp salt
¼ cup sugar

2 eggs
1 cup milk
½ tsp vanilla
4 Tbs melted butter
12 medium sized strawberries
2-3 Tbs of sugar for the strawberries

1. Preliminary: Grown-up assembles mix in medium-sized bowl and melts butter.
2. Preheat oven to 375*. Put muffin papers into baking pan.
3. Break the eggs into the other bowl.
4. Add the milk, vanilla, and melted butter, and whisk about 20 times.
5. Pour the milk mixture into the flour mixture. Mix with the spoon “until the flour is all gone.”
6. Use a ¼ cup-measure with a handle to fill the muffin papers half way.
7. Roll each strawberry in a little sugar, and put one in the center of each muffin, pushing it down with your finger.
8. Bake 15-20 min. or until a toothpick inserted all the way down comes out clean. Remove from the pan to cool. Cool at least 10 minutes before eating. (The strawberries can get very hot.)

YIELD: 1 dozen exciting muffins.