



## **Muffins to Share with Others**

(Third grade family baking activity)

**Baking Project:** Bake muffins to share.

Baking is an opportunity to share family time and create a delicious gift to share with others. Giving a baked gift can express appreciation to someone....a teacher, coach, neighbor or other special friend.

As a family decide who will receive your baked gift. The joy of baking and sharing with others provides opportunities to develop a sense of community spirit and caring for others.

*“Children who learn to cook eat 20 times more whole grains, legumes and vegetables than their noncooking counterparts.”*

McNutt, Kristen. Ph.D, J.D. *Consumer Magazines Digest*. Vol. 12. No. 9—Sept.

### **Materials/Equipment Needed:**

- Copy of recipe: Pumpkin Pie Muffins
- Ingredients for Pumpkin Pie Muffins
- Large bowl
- Whisk
- Large spoon
- Muffin tin pan
- Paper cupcake liners
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup

### **Family Activities:**

- Read the recipe together.
- Wash hands and gather all ingredients and equipment.
- Make the Pumpkin Pie Muffins

### **Baking Activity:**

- Make the Pumpkin Pie Muffins

## **Pumpkin Pie Muffins**

Makes six, 2 ½ -inch muffins

½ cup sugar  
2 tablespoons vegetable oil  
1 egg  
6 tablespoons canned solid pack pumpkin  
2 tablespoons water  
¾ cup whole wheat flour  
¾ teaspoon baking powder  
¼ teaspoon baking soda  
¼ teaspoon salt  
¼ teaspoon cinnamon  
¼ teaspoon nutmeg  
1/8 teaspoon cloves (a pinch)  
¼ cup chopped nuts  
¼ cup raisins or dried fruit bits

1. Preheat oven to 400 degrees F.
2. In gallon plastic bag, mix together the sugar, oil, egg, pumpkin and water.
3. In quart plastic bag, use a wire whisk to mix the flour, baking powder, soda, salt and spices.
4. Add the dry mixture into the large plastic bag. Using spoon or by sealing top, carefully mix ingredients just until all are moistened. Stir in fruit and nuts.
5. Fill each paper-lined muffin cup 2/3 full of muffin batter.
6. Bake in preheated 400 degree F. oven for 15 minutes. Test for doneness with a toothpick. Cool pan on wire rack for 5 minutes. Enjoy warm.

Source: Hodgson Mill

### **Bake for Family Fun Exploration:**

1. What food group are muffins in? (Grain group)
2. How many servings do you need from that group daily? (<http://mypyramid.gov>)
3. At least ½ of all the grains eaten should be whole grains.

4. Compare nutrition label information. How much fiber, sugar and fat do the bakery and scratch muffins provide? (Be sure to compare nearly the same weight in serving for each muffin or do the math to make equal!)
5. Older children can help be part of the time solution. Assign one to prepare the mix ahead so you'll have it. Teens can shop for ingredients you may need.
6. Make these muffins and freeze them for a quick on-the-go breakfast or snack.
7. *Make-your-own muffin mixes*: Combine the dry ingredients in sealed bags. Add a pretty label to tell what to add. Share with others for a gift!
8. Participate in Bake and Take Day the fourth Saturday of March.  
(<http://www.bakeandtakeday.org/index.htm>)
9. Print labels or design your own to attach to your baked gift.  
(<http://www.landolakes.com/promotions/FreeGiftGivingLabels.cfm>)

**Vocabulary:**

**Gift:** something given

**Books for Reading Together:**

*Walter the Baker*. Carle, Eric. Simon & Schuster, NY. 1995.

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[www.homebaking.org](http://www.homebaking.org)