



Activity: Baking Muffins

Cooking and baking are important skills for children to learn. They are also considered math and science!! When you're a baker, you're also a mathematician and scientist!



Learning Targets:

- I will measure, mix, and stir to make muffins. I can count and name numbers.
- I will learn a new skill with my family so we can have a tasty treat!



Materials Needed:

- Recipe (see moose picture below): flour, sugar, cocoa, cinnamon, baking soda, salt, vegetable oil, vanilla, chocolate chips, buttermilk* (* buttermilk can be made by adding just over 1 Tablespoon of vinegar or lemon juice to 1 1/4 cup of normal milk-stir and let sit for 5 minutes, then re-stir before putting in the bowl.)
- Muffin tin/pan, muffin liners.
- Bowls.
- Measuring cups and spoons.
- Mixing spoon.
- Whisk or fork

** An alternate recipe is also linked below



Directions/Instruction:

Be sure to monitor and help your child with all cooking activities, especially those involving hot surfaces or sharp cooking tools.

1. Begin by watching or reading [If you Give a Moose a Muffin](https://www.youtube.com/watch?v=PBIXvIO_RBs)
https://www.youtube.com/watch?v=PBIXvIO_RBs



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2. Work together to gather materials, kitchen tools, and foods needed for recipe. Preheat the oven. *Count how many ingredients there are.*
3. Put the foods in order of how you will need to measure or mix them. *What goes in first, second, third...?*
4. It's important to scoop flour out of the bag and put it into the measuring cup, instead of putting the measuring cup directly into the flour bag. This helps it to have the proper amount of flour without packing it down.
5. Talk about the size of measuring cups and that specific amounts are needed to make sure the food tastes good when it comes out of the oven. *Name the numbers and discuss fractions.*
6. Clean while you work, or while the muffins are baking! What a great way to have your child help with chores.

Recipe taken from: <https://natashaskitchen.com/banana-muffins-recipe/>

Not Ready Yet: Have your child help scoop out the flour and sugar. You can help show them how to level off excess flour or sugar. Consider using hand over hand or hand under hand guidance to help you.

Need a Challenge: Let your child mix the dry ingredients with a whisk, help them to pour the wet into the dry ingredients. Let them try putting the batter into the tins.

Visuals/Examples:

Let's cook 	cooking spoon 	whisk 	stove 	oven 
measuring cup 	pot holder 	bake 	muffin pan 	recipe 



CHOCOLATE MUD MUFFINS

12 muffins • 400°F oven

2 cups flour	1½ teaspoons baking	¼ cup vegetable oil
1¼ cups sugar	soda	2 teaspoons vanilla
⅓ cup cocoa	½ teaspoon salt	
1 teaspoon cinnamon	1¼ cups buttermilk	

Moose Treats — Choose 1 or more of these to *total* one cup:

chocolate chips

colored chocolate-covered peanuts

chocolate-covered peanut-butter pieces

1. Make sure rack is in center of oven. Generously spray or grease muffin cups and the top of a tin.
2. In a large bowl, with a fork or whisk, combine the flour, sugar, cocoa, baking soda, cinnamon, and salt. In a medium bowl, mix buttermilk, oil, and vanilla. Add the wet mixture to the dry mixture, then stir just until combined. In 2 or 3 strokes, mix in moose treats. (Optional: hold back about ¼ cup of treats to sprinkle on top.)
3. Divide the “mud” equally among muffin cups, then sprinkle the remaining treats on top, if you wish. (You can taste the batter — no eggs!) Bake about 25–30 minutes or until the tops are very well cooked.



Link to recipe pictured above: <https://natashaskitchen.com/banana-muffins-recipe/>



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