



Blueberry Muffins

Ingredients:

- 2 c. flour
- 1 Tbsp. Clabber Girl Baking Powder
- 1/2 tsp. salt
- 2 Tbsp. sugar
- 1 lg. eggs, beaten
- 3 Tbsp. shortening, melted
- 1 c. milk
- 3/4 c. blueberries

Directions:

1. Preheat oven to 425 degrees F. and grease muffin tins or put in paper liners.
2. Sift flour, Clabber Girl Baking Powder, sugar and salt together in a medium mixing bowl.
3. Combine egg, milk, and shortening together in separate bowl, then pour into dry ingredients, stirring just enough to moisten.
4. Fold in blueberries very gently.
5. Use a tablespoon to dip batter into greased muffin pans and fill 2/3 full.
6. Bake at 425 degrees F. for 25 minutes. Makes 12 muffins.

Variations:

Once you have mastered making the basic recipe, you can start experimenting with different flavors. Instead of blueberries, use 3/4 c. of your favorite berries. If you prefer nuts, leave out the berries and

Let's Get Started Baking

Activity: Bake blueberry muffins

Lesson: How baking powder works

include 3/4 c. pecans or walnuts.

For sweeter muffins, increase sugar to 3-4 Tbsp. You may also substitute sugar for your favorite artificial sweetener, agave syrup or honey.

Additional Activities:

1. Perform baking powder test by dropping one teaspoon of baking powder into a glass of warm water to watch it fizz. If there is no fizzing action or very little, the baking powder should be replaced.



What's happening?

As water causes the baking powder to react, carbon dioxide gas forms. When baking, wet and dry ingredients combine in your mixing bowl causing the same chemical reaction. However the gas bubbles are trapped in the batter, forming little pockets or "cells" that lift the batter. When you put your batter in the oven, more gas is released, lifting the batter even higher. The further heating of the oven causes the batter to dry out and all the little cells to "set." This creates a firm structure that you recognize as a cake, cookie, donut, etc.

2. Biscuits rise after baking. With a ruler, measure before and after to see how leavening affects baked goods.

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