



## Banana Chocolate Chip Cupcakes

### Cupcake Ingredients:

- 1 3/4 c. all-purpose flour
- 1 1/4 c. sugar
- 1 tbsp. Clabber Girl Baking Powder
- 1/2 tsp. salt
- 1/2 c. butter (or shortening at room temperature)
- 3/4 c. mashed ripe bananas (about 2 medium)
- 1/3 c. evaporated milk
- 2 tsp. vanilla extract
- 2 eggs
- 6 oz. chocolate chips (semi-sweet)

### Banana Frosting:

- 1/4 c. butter (or margarine at room temperature)
- 2 tbsp. evaporated milk
- 1 tsp. banana flavoring
- 2 c. confectioners' sugar
- 1/2 c. chocolate chips (for garnish)

### Directions:

Preheat oven to 375 degrees F. Prepare 12 standard sized muffin cups with paper liners, oil, or non-stick spray.

**Cupcakes Preparation:** In a large bowl add flour, sugar, Clabber Girl Baking Powder, salt, and combine. Once dry ingredients are mixed add butter (shortening), bananas, evaporated milk, vanilla extract, and eggs. Blend dry and liquid ingredients together on medium speed until well combined; continue blending for 3 minutes longer. Once the 3 minute mixing process is complete, gently fold chocolate chips into batter. Transfer cupcake batter into prepared cups, filling each to about 3/4 capacity. Bake for 20 minutes and ensure cupcakes are done by carefully inserting a toothpick into the center of a cake and visually ensuring toothpick is clean when removed. Cool cupcakes on a wire rack.

**Frosting Preparation:** In a small bowl, add butter (margarine), evaporated milk, banana flavoring, and first cup confectioners' sugar. Blend until ingredients become smooth and shiny. Add second cup of confectioners' sugar and mix again until frosting becomes smooth and shiny. If consistency is too thick, add a few drops of evaporated milk to loosen. **Note:** Do not apply frosting until cupcakes have cooled completely. Once cooled, frost cupcakes and sprinkle with chocolate chips.

# Fun and Easy Baking.

**Activity:** Discover Balanced Double Acting

**Conclusion:** Engaging Student Interest

1. Order necessary ingredients and supplies for baking powder and milk demonstrations.
2. Prepare demonstration for double acting baking powder and explain its advantages in baking.
3. Prepare demonstration for milk.
4. Copy this page or recipe for students.

### Student Learning Steps

1. Discuss the balanced double action of Clabber Girl as a leavening agent. A double acting baking powder is a mixture of phosphates (usually monocalcium phosphate, which reacts at room temperature when moistened, and sodium aluminum sulfate, which reacts to heat) and baking soda. A balanced double acting baking powder forms many small bubbles in the batter when mixing, allowing the product to remain stable if it stands before baking. The next release of carbon dioxide gas occurs during baking, resulting in finer cell structure and proper volume of the final product.
2. Demonstrate the two-stage process of Clabber Girl.
  - A. Use two 125-ml Erlenmeyer flasks. In one flask, place one tablespoon of baking powder, and in the other, place one tablespoon of baking soda.
  - B. Add one tablespoon of water to each flask, beginning with the one containing baking soda.
  - C. Attach a medium balloon to the top of each flask. Note any activity in the flask and balloon.
  - D. After reaction is complete and gas bubbles have disseminated (they will not completely disperse), remove balloons and swish the flasks to help disseminate the gas. Place each flask on a burner over low heat for no longer than 30 seconds. Using tongs, remove from heat immediately and observe activity.
3. To illustrate and explain the difference between types of milk, pour each type into clear glass bowls for visual inspection.
  - A. Evaporated milk is fresh cow's milk that has been concentrated by the evaporation of 60% of the water. It may be substituted, undiluted, in many recipes using light or heavy cream, with fewer calories. When diluted with an equal amount of water, evaporated milk can be used in place of milk in many recipes.
  - B. Evaporated skim milk is fresh skim milk that has been concentrated by evaporation of 60% of the water. It can be used in any recipe that uses fresh or evaporated milk.
  - C. Evaporated filled milk is an imitation dairy product made the same way as evaporated milk. However, the milk fat is replaced with vegetable fat.
  - D. Sweetened condensed milk is manufactured from fresh whole milk. Sugar is added; then half of the water is removed.
4. Students should sample all milk products, including fresh whole milk and skim milk. Discuss nutrients of these types of milk.

### Student Lab Day

1. Assemble ingredients and utensils.
2. Read recipe thoroughly and bake as directed.
3. Clean up kitchens.

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