

# LESSON 14:

## GINGERBREAD MUFFINS & WINTER FRUIT PUDDING

### GINGERBREAD MUFFINS

Ingredient	Students Per Class		
	10	15	20
All purpose flour 	1 1/2 cups	2 1/4 cup	3 cups
Baking powder	2 tsp	3 tsp	4 tsp
Olive oil	1/3 cup	1/2 cup	2/3 cup
Banana	1	1 1/2	2
Milk	1/2 cup	3/4 cup	1 cup
Honey	1/4 cup	1/3 cup	1/2 cup
Molasses	1/4 cup	1/3 cup	1/2 cup
Vanilla extract	1 tsp	1 1/2 tsp	2 tsp
Ground ginger	1/2 tsp	3/4 tsp	1 tsp
Cinnamon	1/2 tsp	3/4 tsp	1 tsp
Salt	dash	pinch	1/4 tsp
Other: Tin muffin liners			
 : <b>Make sure it is Peanut, Nut, and Sesame FREE</b>			

#### PREP BEFORE CLASS:

Preheat oven to 400°F. Add foil baking cups to muffin tin.

#### Directions:

1. Have students assist in measuring flour, cinnamon, ginger, baking powder & salt into a bowl. Stir to combine.
2. Have students measure and add olive oil, honey, mashed banana, molasses, milk, and vanilla to a separate bowl and mix to combine.
3. Add wet ingredients to dry and combine.
4. Fill baking cups about 2/3 of the way full.
5. Bake for 15-20 minutes.
6. Let cool and enjoy!

#### DID YOU KNOW?



Cinnamon is antioxidant packed, which means it helps protect your body from cellular damage!



#### DID YOU KNOW?

Cinnamon can help preserve food! It has natural antibacterial properties that were used in ancient times to keep meat from spoiling!

### WINTER FRUIT PUDDING

Ingredient	Students Per Class		
	10	15	20
Apple	1	1 1/2	2
Pear	1	1 1/2	2
Orange	1/2	3/4	1
Avocado	1/2	3/4	1
Unsweetened Applesauce	1/2 cup	3/4 cup	1 cup
Water	1/2 cup	3/4 cup	1 cup
Cinnamon	dash	1/4 tsp	1/2 tsp
Graham Crackers 	3-4	6	1 sleeve
Other: Small plastic cups for serving			
 : <b>Make sure it is Peanut, Nut, and Sesame FREE</b>			

#### PREP BEFORE CLASS:

Prepare the food processor.

#### Directions:

1. Wash the fruits and dry.
2. Have students roughly chop the fruits (including avocado) and add to food processor.
3. Have students measure out the applesauce, water, and cinnamon and add them to the food processor with the fruits.
4. Blend until smooth.
5. Serve approximately 1/3 cup of pudding with some pieces of graham crackers to dip. Enjoy!

## SHOPPING LIST

### Ingredients to buy:

Please see recipe for amounts, varies by class size

#### Fresh Produce:

- Banana
- Apple
- Pea,
- Orange
- Avocado

#### Dairy:

- Milk

#### Pantry Staples:

- All purpose flour (NUT & SESAME FREE)
- Molasses
- Ground ginger
- Applesauce
- Graham Crackers (NUT & SESAME FREE)
- Baking powder


#### Ingredients in the bin:

- Cinnamon
- Salt
- Olive oil
- Honey
- Vanilla Extract
- Foil baking cups

## OBJECTIVES

- Explore common Holiday flavors that we use in baking
- Learn about the delicious ginger root
- Perfect presentation techniques with a garnish.

## INTRODUCTION

 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum) arrive early, set up for the class, take attendance, review allergies.
- Can anyone guess what dishes we may be making with the ingredients today?
  - Bananas, Pears, Apples, Avocado, Applesauce, Ginger, Molasses
- As you are completing the gingerbread muffins discuss the Star Ingredient - Ginger!
  - Have you had ginger before?
- Talk about the Star Technique: garnishing!
  - Have you heard this word before?
  - It is typically the final step of the cooking process, to add that final touch to decorate the dish before serving!
- Demonstrate the Star Technique when garnishing the winter fruit pudding with graham crackers.
- Additionally, discuss the Cooking Pro fact described on the next page.

## STAR INGREDIENT: GINGER

- Ginger is a root (technically a rhizome) that has been used for thousands of years in cooking and medicine, especially in Asian and Indian cultures.
- It has natural anti-inflammatory and anti-nausea properties. It's often used to help with upset stomachs, motion sickness, and colds.
- Ginger has a warm, spicy flavor that works in both sweet and savory dishes, from gingerbread cookies to stir-fries and teas.

## ENGAGEMENT TIPS



When measuring flour, spices, or liquids, have different students each measure part of the amount so everyone gets a turn.



When students chop the fruits and avocado, reteach the bear claw technique for safe cutting. Check in often and encourage even pieces.



Remind students the muffins bake for 15-20 minutes and can burn if overdone. Have them watch the clock and call out when 5 and 2 minutes remain.

### STAR TECHNIQUE: GARNISHING



- Garnishing means adding small decorations and toppings to food to enhance the look and taste!
- What foods do you usually garnish?
  - Salads, soups, desserts, drinks, and even main dishes like pasta or meat can be garnished with fresh herbs, fruit slices, or sauces.
- Why garnish?
  - Garnishing makes food more colorful, flavorful, and visually appealing. It can also add texture, like a crunchy topping on a soft dish! It can even give a hint about what's in the dish, like a sprig of mint on a dessert or a lemon slice on fish!

### COOKING PRO: BLOOMING SPICES




Blooming spices means gently heating them in oil or butter to bring out their flavors and aromas. It helps release their natural oils, making dishes taste richer and more fragrant. This is the best way to ensure all of the spices come to the final dish. You should bloom the spices as one of the first steps in cooking.

### END OF CLASS CHECKLIST


- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal

### DEVELOPMENT

 5-7 min

- Today we're going to talk about some of the delicious spices that make the winter season so special!
- Key Questions:
  - What's your favorite holiday treat made with spices?
  - Have you ever baked gingerbread cookies or made hot cocoa?
  - When you think of the holidays, which spices come to mind?
- Holiday Spices & Traditions:
  - Cozy Spices: The scent of cinnamon, ginger, nutmeg, and cloves can help make us feel warm and happy, especially in the winter. These spices remind us of all the fun holiday traditions, like baking cookies, drinking hot cocoa, and having meals with friends and family.
  - Winter Spice Health Benefits: Cinnamon, ginger, nutmeg, and cloves not only make your treats taste great, but they're good for you too! Cinnamon helps balance blood sugar, ginger soothes your tummy, nutmeg helps you relax, and cloves are full of vitamins to keep you strong. So when you're enjoying holiday treats, you're also getting some great benefits from these cozy spices!
- Winter Season Spices:
  - Cinnamon: Cinnamon has a sweet, warm flavor and is used in holiday treats like cookies, hot cocoa, and pies.
  - Ginger: Ginger has a spicy, strong flavor. It's the key ingredient in gingerbread cookies and gives hot drinks like apple cider a nice kick!
  - Nutmeg: Nutmeg is a nutty spice that's perfect for pies, cakes, and drinks like eggnog.
  - Cloves: Cloves smell amazing and are used in holiday drinks like mulled cider and in baking fruitcake.



 10 min