

LESSON 16:

GINGERBREAD MUFFINS & HONEY BUTTER

GINGERBREAD MUFFINS

	Students Per Class		
Ingredient	10	15	20
Flour 	1 ½ cups	2 ¼ cup	3 cups
Baking powder	2 tsp	3 tsp	4 tsp
Olive oil	⅓ cup	½ cup	⅔ cup
Banana	1	1 ½	2
Milk	½ cup	¾ cup	1 cup
Honey	1/4 cup	1/3 cup	½ cup
Molasses	¼ cup	⅓ cup	½ cup
Vanilla extract	1 tsp	1 ½ tsp	2 tsp
Ground ginger	½ tsp	¾ tsp	1 tsp
Cinnamon	½ tsp	¾ tsp	1 tsp
Salt	dash	pinch	¼ tsp
Other: Muffin tin liners			
 : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Preheat oven to 400°F. Line muffin tin with baking cups

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?

Honey butter was once a luxury treat for royalty in medieval Europe—a sweet symbol of indulgence spread on warm bread.

WHIPPED HONEY BUTTER

	Students Per Class		
Ingredient	10	15	20
Butter	½ cup	¾ cup	1 cup
Honey	¼ cup	⅓ cup	½ cup
Salt	½ tsp	⅓ tsp	1 tsp
 : Make sure it is Peanut, Nut, and Sesame FREE			

PREP BEFORE CLASS:

Prepare the food processor.

Directions:

1. Have students measure ingredients and add to food processor.
2. Pulse until well combined and slightly whipped.
3. Serve and spread on muffins
4. Enjoy!

LESSON 16:

SWEET & SPICED

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh Produce:

- Banana

Dairy:

- Milk
- Butter

Pantry Staples:

- Flour
- Baking Powder
- Molasses
- Ground ginger


Ingredients in the bin:

- Cinnamon
- Salt
- Olive oil
- Honey
- Vanilla Extract
- Muffin tin and oil baking cups

OBJECTIVES

- ☒ Explore common Holiday flavors that we use in baking
- ☒ Learn about the delicious ginger root
- ☒ Talk about this weeks Star Technique, baking!

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
 - Ginger
 - Molasses
 - Butter
 - Honey
- As you are completing the gingerbread muffins discuss the Star Ingredient - Ginger!
 - "Ginger is a root that grows underground. It's a little spicy and warm, and people use it in tea, cookies, and even soups!"
 - Ask:
 - "Who's tried ginger before?"
 - "What do you think it smells like?"
 - Let them smell a piece of fresh or ground ginger, if available.
- "Today's star technique is baking! Baking means we're using heat from the oven to cook our muffins. The oven helps turn our batter into soft, fluffy muffins—kind of like magic!"
- Ask: "What other foods do we bake in the oven?" "What tools do we use to bake?"
- 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.



LESSON 16:

SWEET & SPICED

🕒 5-7 min

DEVELOPMENT

- 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 treat during the holidays?
 - Have you ever smelled or tasted gingerbread cookies?
 - Can you name a spice that smells really good?
- Holiday Spices & Traditions:
 - These cozy spices help us feel warm and happy inside: Cinnamon, Ginger, Nutmeg, Cloves
 - You might smell them in cookies, pies, or warm drinks like hot cocoa or apple cider! 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 your energy levels stay consistent throughout the day, 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 and pies.
 - Ginger: Ginger has a spicy and strong flavor. It's the key ingredient in gingerbread cookies!
 - 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 and fruitcake.



STAR TECHNIQUE: BAKING

- Baking is a method used to heat up ingredients that are combined into a batter, mainly used to make pastries and desserts! (e.g. cookies, cupcakes, cakes, pie).
- What tools are needed to bake? Or roast?
 - Oven, a timer, and a container to hold the batter or other ingredients!

That said, you will additionally need tools such as mixing bowls, measuring cups/spoons, whisk, baking pan, spoons, spatula.

ENGAGEMENT TIPS



Have students take turns pulsing the honey, butter, and salt until it's a whipped consistency.



Have students take turns coming up to measure each ingredient for the gingerbread muffins into the mixing bowl.



After adding the gingerbread muffin ingredients to the mixing bowl, have students take turns whisking making sure they use their wrist to avoid spilling!

END OF CLASS CHECKLIST

🕒 10 min

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