


LESSON 3:

CARROT CAKE MUFFINS & CREAM CHEESE FROSTING

CARROT CAKE MUFFINS

| Ingredient | Students Per Class | | |
|---|--------------------|------------------|------------|
| | 10 | 15 | 20 |
| Grated carrots | 1 1/4 cups | 2 cups | 2 1/2 cups |
| All Purpose Flour  | 1 1/4 cups | 2 cups | 2 1/2 cups |
| Baking powder | 1 1/4 tsp | 2 tsp | 2 1/2 tsp |
| Baking soda | 1/3 tsp | 1/2 tsp | 1/2 tsp |
| Sugar | 1/4 cup | 1/4 cup + 2 tbsp | 1/2 cup |
| Brown sugar | 1/2 cup | 3/4 cup | 1 cup |
| Plain yogurt | 1/3 cup | 1/2 cup | 2/3 cup |
| Unsweetened applesauce | 3 1/2 tbsp | 5 tbsp | 7 tbsp |
| Vanilla extract | 1 tsp | 1 1/2 tsp | 2 tsp |
| Olive oil | 1/3 cup | 1/2 cup | 2/3 cup |
| Salt | 1/4 tsp | 1/4 tsp | 1/2 tsp |
| Cinnamon | 1 tsp | 1 1/2 tsp | 2 tsp |

Other: Foil baking cups

: **Make sure it is Peanut, Nut, and Sesame FREE**

PREP BEFORE CLASS:

Preheat oven to 350°F. Blend the carrots if not grated.

Directions:

1. In a large bowl, allow students to combine flour, baking soda, baking powder, salt, and cinnamon. Stir.
2. In another bowl, have students whisk together brown sugar, granulated sugar, oil, yogurt, applesauce, and vanilla extract until smooth.
3. Pour the wet mixture into the dry ingredients. Stir gently until just combined. Fold in the grated carrots and mix well. Allow students to get a turn to mix.
4. Spoon the batter into the baking cups, filling each slightly less than two-thirds full.
5. Place the baking cups in the oven and bake for 18–20 minutes, or until a toothpick inserted into the center comes out clean.
6. Remove the cupcakes from the oven and let them cool before adding the frosting. Enjoy!

DID YOU KNOW

Carrots were originally purple, yellow, or white—not orange! The orange ones we eat today were developed in the Netherlands



DID YOU KNOW

Butter has been around for over 4,000 years and was once made by shaking milk in animal skins. Now, it's a delicious staple in kitchens everywhere!



CREAM CHEESE FROSTING

| Ingredient | Students Per Class | | |
|------------------|--------------------|------------|------------|
| | 10 | 15 | 20 |
| Butter, unsalted | 1/3 stick | 2/3 stick | 3/4 stick |
| Cream cheese | 3 1/3 oz | 5 oz | 6 2/3 oz |
| Vanilla extract | 1/2 tsp | 2/3 tsp | 1 tsp |
| Powdered Sugar | 1 3/4 cups | 2 1/2 cups | 3 1/3 cups |

Other: Pinch of salt to taste.

: **Make sure it is Peanut, Nut, and Sesame FREE**

PREP BEFORE CLASS:

Soften butter

Directions:

1. In the food processor, have students add the butter and cream cheese. Blend them until the mixture is smooth and creamy.
2. Add the vanilla extract and salt to the processor. Mix again until everything is combined evenly.
3. Gradually add the powdered sugar, a little at a time, mixing in between additions.
4. Once all the sugar is added, mix until the frosting is fluffy and smooth.
5. Distribute a portion of frosting to students to spread on their cupcakes. Enjoy!

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

Fresh Produce:

- Grated carrots

Dairy:

- Unsalted butter
- Plain yogurt
- Cream cheese

Pantry Staples:

- Unsweetened applesauce
- Brown sugar
- Powdered sugar
- All purpose flour (NUT & SESAME FREE)
- Baking soda
- Baking powder

Ingredients in the bin:

- Olive Oil
- Cinnamon
- Vanilla extract
- Sugar
- Salt
- Foil baking cups


OBJECTIVES

- Understand how the right amount of mixing is vital in baking
- Learn about the powerfully healthy veggie: carrots!
- Explore the different ways we can hide veggies in our baking.

STAR INGREDIENT: CARROTS

- Carrots originated in Central Asia, but some early varieties were domesticated over one thousand years ago in Persia. Initially, they were grown for their aromatic leaves and seeds rather than their roots.
- The vibrant orange color of modern carrots comes from beta-carotene, a powerful antioxidant that is converted into vitamin A, which helps our eyes.
- Carrots also contain vitamin K, which plays a crucial role in blood clotting and bone health, making them a valuable addition to a balanced diet.

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?
 - Grated carrots, Plain yogurt, Cream cheese, Flour, Baking soda, Sugar, Vanilla, Powdered sugar
- As you are completing the carrot cake, discuss the Star Ingredient – carrots! What are carrots?
 - They are vegetables that grow underground, also known as root vegetables.
- Talk about the Star Technique:
 - What is mixing?
 - Why is it important to not over-mix batter with flour?
 - Over-mixing can cause baked goods to become tough and dense.
- Demonstrate the Star Technique when mixing the carrot cupcake dough.
- Additionally, discuss the Cooking Pro fact described on the next page.

ENGAGEMENT TIPS



While mixing the wet ingredients, have students watch how the mixture turns smooth. Ask them to say when everything looks fully combined.



While whisking or stirring, let each student take a turn. Count “1-2-3-4-5 PASS!” and remind them to use their wrists to avoid spills.



When measuring ingredients like flour, sugar, or yogurt, have different students each measure part so everyone gets a turn.

LESSON 3:

HIDDEN VEGGIES IN DESSERTS

STAR TECHNIQUE:

MIXING

- Mixing means combining two or more ingredients until they become one new product, together.
- What tools do you usually use to mix?
 - Spoon, spatula, stand mixer, hand mixer.
- What food do you usually mix
 - All ingredients can be mixed!
- Why mix?
 - Incorporating different ingredients to make one product can give you a variety of different flavors and textures!
- Mixing can also refer to stirring. What is stirring?
 - Stirring means mixing ingredients together with the use of utensils.



DEVELOPMENT

🕒 5-7 min

- Introduce that today we are going to explore hidden vegetables in desserts!
- Key Q's:
 - Can you think of a dessert that includes vegetables?
 - Vegetables are usually paired with savory flavors- how do you feel about trying them in a sweet dish?
 - Why might we want to add hidden veggies in our desserts?
- Hidden Health: Vegetables in Desserts
 - Nutritious & Delicious: Vegetables are packed with fiber, vitamins, and minerals that help keep our bodies strong and healthy. Adding them to desserts is a smart way to boost nutrition in our sweet treats!
 - Pop of Color: Vegetables like beets, sweet potatoes, berries, and carrots add eye-catching natural colors to desserts, making them more visually appealing without the use of artificial food dyes.
 - Interesting textures: Ingredients like zucchini, pumpkin, squash, and avocado add moisture to baked treats. They can help create soft, rich, and fudgy textures in cakes, brownies, cookies, and more!
 - Certain vegetables have subtle and sweet flavors, such as carrots, sweet potatoes, and butternut squash. Adding these veggies can help create a naturally sweet dessert.
 - Crunch: Some veggies, like shredded carrots or chopped zucchini, can add a bit of crunch and texture to make desserts more interesting.

COOKING PRO:

BUTTER

In baking, you should choose unsalted butter, over pre-salted butter. Baking with unsalted butter gives you full control over the salt content in your recipe, ensuring balanced flavors. Different brands of salted butter contain varying amounts of salt, which can alter the taste of baked goods.



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