

# LESSON 14:

## CARROT MUFFINS & FROSTING

### CARROT CAKE MUFFINS

Ingredient	Students Per Class		
	10	15	20
Grated carrots	1 1/4 cups	2 cups	2 1/2 cups
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	1 tsp	1 1/2 tsp	2 tsp
Olive oil	1/3 cup	1/2 cup + 2 tsp	2/3 cup
Salt	1/4 tsp	1/2 tsp	1 tsp
Cinnamon	1 tsp	1 1/2 tsp	2 tsp



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

#### PREP BEFORE CLASS:

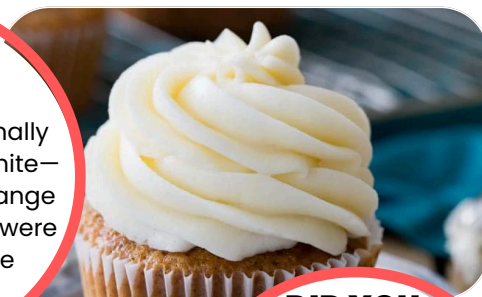
Preheat oven to 350°F. Blend the carrots if not grated. Line muffin tin with baking cups.

#### Directions:

1. In a large bowl, combine flour, baking soda, baking powder, salt, and cinnamon. Stir.
2. In another bowl, 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.
4. Spoon the batter into the baking cups, filling each slightly less than two-thirds full.
5. Place the pan 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 1/3 ounce
Vanilla extract	1/2 tsp	2/3 tsp	1 tsp
Powdered Sugar	1 3/4 cups	2 1/2 cups	3 1/3 cups
Salt – pinch or to taste			

#### PREP BEFORE CLASS:

Soften butter

#### Directions:

1. In a large bowl, add the butter and cream cheese. Use a hand mixer to blend them until the mixture is smooth and creamy.
2. Add the vanilla extract and salt to the bowl. Mix again until everything is combined evenly.
3. Gradually add the powdered sugar, a little at a time, while mixing on low speed.
4. Once all the sugar is added, increase the speed to medium and mix until the frosting is fluffy and smooth.
5. Use a spatula to spread the frosting on cupcakes. Enjoy!

# LESSON 14:

## HIDDEN VEGGIES IN DESSERTS

### 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:

- Brown sugar
- Powdered sugar
- Flour
- Baking soda
- Baking powder
- Unsweetened applesauce

#### Ingredients in the bin:

- Olive Oil
- Cinnamon
- Vanilla
- Sugar
- Salt
- Muffin tin and 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 have been around for a long time! People started growing them over 1,000 years ago!
- At first, people liked carrots for their leaves and seeds, not their roots like we eat today.
- Why are carrots orange? It's because they have something called beta-carotene – that's what helps your eyes stay strong!
- Carrots also help your bones and blood! They have vitamin K, which keeps bones strong and helps when you get a cut.

### 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?
- Demonstrate the Star Technique when mixing the carrot cupcake dough.
- Additionally, discuss the Cooking Pro fact described on the next page.

### 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 throw off the taste of baked goods.

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## HIDDEN VEGGIES IN DESSERTS

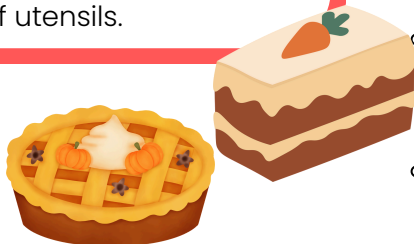
⌚ 5-7 min

### STAR TECHNIQUE:

#### MIXING



- Mixing means using a utensil to combine two or more ingredients until they become one product.
- 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

- Discuss 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!
  - Natural Sweetness: 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.

### ENGAGEMENT TIPS



When whisking, remind students to use their wrists to avoid spilling. Have them take turns by counting "1-2-3-4-5 switch!" so everyone can try.



Ask the students to keep an eye on the classroom clock. Have a volunteer give a reminder when you are 5 minutes away, 2 minutes away, 30 seconds away, etc. Have a volunteer test the muffin with a toothpick.



Ask students to assist with blending. While one blends, have the other announce when the frosting is fluffy and smooth.

### 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