**Recipe:**

**Blueberry Cornmeal Muffins**

**Duration:** 45 minutes  
**Season:** Spring  
**Age Group:** 2-5 years  
**Group Size:** 10-15 kids

### Ingredients for 48 Pre-made Muffins
- 2 2/3 cups whole wheat or all-purpose flour  
- 2 2/3 cups cornmeal  
- 1 tablespoon baking powder  
- 2 teaspoons salt  
- 2 cups Buttermilk or yogurt  
- 2 cups blend oil  
- 8 eggs  
- 4 teaspoons cardamom  
- 5 1/3 cups blueberries  
- 2 cups sugar (brown or white)  
- 2 teaspoons vanilla extract

### Ingredients for Demo
- 2/3 cups of whole wheat or all-purpose flour  
- 2/3 cups cornmeal  
- 1/4 tablespoons baking powder  
- 1/2 teaspoons salt  
- 1/2 cups Buttermilk or yogurt  
- 1/2 cups blended oil  
- 2 eggs  
- 1 teaspoons cardamom  
- 1 and 1/3 cups blueberries  
- 1/2 cups sugar (brown or white)  
- 1/2 teaspoons vanilla extract

### Preparation prior to lesson
- Cook muffins  
- Grease or line 48 muffin cups with paper liners.  
- Mix flour, cornmeal, baking powder, cardamom and salt together in one bowl. Add cardamom to dry ingredients.  
- Mix yogurt, oil and eggs in a separate bowl. Add sugar to wet ingredients and combine well.  
- Mix blueberries and vanilla extract to wet ingredients. Combine wet and dry ingredients but do not overmix batter.  
- Evenly distribute batter into prepared muffin tin.  
- Thaw blueberries if frozen  
- Prepare for baking activity by measuring and dividing ingredients into bowls so that there are two sets (One for each table group) of:  
  - Bowl A: Mixture of 1/3 cup flour, 1/3 cup cornmeal, 1/4 teaspoons salt, 1/8 tablespoons baking powder  
  - Bowl B: Mixture of 1/4 cup oil, 1/4 teaspoon vanilla, and 1 egg  
  - Bowl C: Mixture of 1/4 cup sugar and 1/2 teaspoon cardamom  
  - Bowl D: 1/4 cup of yogurt  
  - Bowl E: 2/3 cup of blueberries  
  - Gather non-food materials  
  - Print handouts, images, and script

### Classroom Setup
1. Divide students into two tables with a seat for each child (roughly evenly split)  
2. Use disinfectant wipes to clean tables before demo begins  
3. Make sure that all children wash hands thoroughly  
4. Have all cutting boards, pre-measured ingredients, and other materials on to distribute  
5. Give teacher printed recipes to send home with students

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**Materials**
- 2 large mixing bowls  
- 2 medium mixing bowls  
- 16 small plates for blueberry art  
- 18 small metal spoons  
- 2 large mixing spoons  
- 20 napkins to serve muffins  
- 3 sets of gloves  
- Disinfectant wipes  
- Hand sanitizer  
- Dish bin for dirty dishes  
- Extra blueberries for blueberry art (one bowl per table)
INTRODUCTION
Hello cooks! How’s everyone doing today?
Who here likes muffins?
Today we will be making blueberry muffins.
Has anyone tried a blueberry muffin before?

(Hold up bowl of blueberries so that students can see them)

What color are blueberries? (Call on a few students to answer)

NUTRITION HIGHLIGHT: ENERGY
We want to eat so that we have enough energy to play and study.
B Vitamins help our body make & use energy. We can find them
in corn, but also in whole grains (barley, bulgur, brown rice, whole
wheat bread/pasta) and legumes (chickpeas, lentils, beans).

NUTRITION HIGHLIGHT: BLUEBERRIES
• Blueberries are packed with important vitamins and
  nutrients. Eating blueberries helps keep your bones, skin,
  and stomach healthy.
• How do blueberries grow? A tree, bush, on a vine? On a bush.
  (Hold up pictures of blueberries growing)
• Now we will all get a to use our 5 senses on the blueberries.
  (Pass around pictures of blueberries growing, and supplies for
  blueberry art activity as described below)

FOOD SAFETY AND HYGIENE
Before we begin cooking, let’s go over a few rules. Raise your
hand to share a cooking rule.
1. We keep our hands on the table and to ourselves
2. Cough or sneeze into your elbow and wash your hands to not
   spread germs. Show me how we are going to cough or sneeze?
3. All food we are working with will stay on our cutting boards
   or in our mixing bowls.
4. We are going to wait to eat until everyone is ready.
   Show me a thumbs up if you agree to all of our rules. Good job!
   Let’s start cooking!

DEMO INSTRUCTIONS
BLUEBERRY ART ACTIVITY:
Pass out a plate to each student. Pass out a bowl of blueberries
to each table, and put a big spoonful of blueberries on each
student’s plate. Instruct students to create blueberry art. Allow
4-6 minutes. Ask a few students want to share out about what
they made. Clear plates and remove center blueberry bowl.

BLUEBERRY MUFFINS:
Give a large mixing and a medium bowl to each table and small
spoon to every student. Place 5 bowls of ingredients on each table
((1) Mixture of flour, cornmeal, salt, baking soda; (2) mixture of oil,
vanilla, and eggs; (3) mixture of sugar and cardamom; (4) yogurt;
and (5) blueberries), on each table.

1. Each student measures out six spoons of flour mixture into
   large bowl in center. Each students places three spoons of
   the sugar mixture into the medium mixing bowl.
2. The instructor pours the yogurt and the eggs and oil
   mixture into the large bowl.
3. Each student put two spoons of blueberries into the
   medium bowl.
4. Clear off dirty and empty bowls and small spoons from
   tables. Place a large mixing spoon in each large bowl.
5. Pour the contents of the medium-sized bowl into the large
   mixing bowl as students watch. Have each student stir the
   batter 5 times, and pass to the student next to them.
6. Once the batter is mixed at both tables, hold up the batter
   and explain the baking process, and how heat makes the
   batter rise into muffins. Distribute hand sanitizer, or have
   kids wash hands again before eating. Then, pass out a
   muffin on a napkin to each student.
7. It’s great to try new things! Enjoy your creation!

FOLLOW-UP QUESTIONS:
• What do you think of the muffins?
• What flavors or ingredients do you taste?
• Does anyone have any questions or comments?

WRAP UP:
• Thank you all! Everyone did such a great job. Give yourself
  a put on the back.
• Gather dirty dishes in dish bin. Clean tables.
• You all have a recipe to take home, so you can make this
  recipe at home with your families!
RECIPE:

BLUEBERRY CORNMEAL MUFFINS

YIELD: 6 muffins

Ingredients

- 1/3 cups whole wheat or all-purpose flour
- 1/3 cups cornmeal
- 1/8 tablespoons baking powder
- 1/4 teaspoons salt
- 1/4 cups Buttermilk or yogurt
- 1/4 cups blended oil
- 1 eggs
- 1/2 teaspoons cardamom
- 2/3 cups blueberries
- 1/4 cups sugar (brown or white)
- 1/4 teaspoons vanilla extract

Why this recipe?
The muffin provides the body with carbohydrates and vitamins that turn into energy.

Instructions

1. Grease or line muffin cups with paper liners.
2. Mix flour, baking powder and salt together in one bowl. Add cardamom to dry ingredients.
3. Mix yogurt, oil and eggs in a separate bowl. Add sugar to wet ingredients and combine well.
4. Mix blueberries and vanilla extract to wet ingredients. Combine wet and dry ingredients but do not overmix batter.
5. Evenly distribute batter into prepared muffin tins.

Each month The Teaching Kitchen provides 30-minute hands-on cooking workshops to your children in their classrooms. The workshops teach the children nutrition information and cooking skills. After each classroom lesson we will give you the recipe, so you can replicate it at home, as well as some of the nutrition information we shared.
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