**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**RECIPE: Coconut Cranberry Muffin**

**Yield: 8 muffins Oven Temp: 400F**

**Baking Time: 16-18 minutes**

**INGREDIENTS:**

125mL Flour

150mL Buttermilk

25mL Oil

1 Egg

2mL Vanilla

125mL Whole Wheat Flour

90mL White Sugar

60mL Sweetened Coconut

7mL Baking Powder

2mL Baking Soda

0.5mL Salt 125mL Frozen Cranberries, chopped

0.5mL Cinnamon

**INSTRUCTIONS:**

1. Preheat oven to 400F and line muffin tin with muffin cups.
2. Combine both flours, sugar, baking powder, baking soda, coconut, salt and cinnamon in a large bowl.
3. In a separate bowl whisk together butter milk, egg, oil and vanilla.
4. Make a well in the dry ingredients. Add wet mixture to dry mixture all at once stirring with a fork until moist and lumpy. DO NOT OVERMIX!

**\*Reminders**:

* Make sure oven racks are in the correct position before preheating
* Place a damp cloth under cutting board
* Fill in each muffin cup with a small amount of batter before adding more
* Your unit is sharing a 12c and 6c muffin pan
1. Sprinkle batter with chopped cranberries.
2. Divide evenly among muffin tins. Muffin cups should be ¾ full.
3. Fill any remaining empty muffin cups with a small amount of water
4. Bake for 16-18 minutes

**Test for Doneness:**

1. Golden brown color
2. Toothpick inserted into center of largest muffin comes out clean
3. Springs back when lightly touched

PERSON B: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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PERSON A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**TRAY:**

**LAB DUTIES:**

**Dishwasher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Housekeeper: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Dish Dryer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Special Duties: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**QUESTIONS:**

Use All about Muffin Handout for help

1. The main ingredient in muffins is \_\_\_\_\_\_\_\_ which is a carbohydrate that provides the body with \_\_\_\_\_\_\_\_\_ Many flour mixtures can have their nutritional content improved by adding ingredients that are more nutrient dense. This muffin has half all purpose and half \_\_\_\_\_\_\_\_\_\_\_\_\_ flour to increase the nutrient content. We are also using \_\_\_\_\_\_\_\_\_\_\_ rather than chocolate chips that can provide the body with vitamins and fiber.
2. Muffins use a product that makes the food rise quickly called a leavening agent. Explain what leavening agents are and how they work.
3. Why is the mixing of the wet and dry ingredients an important step when making muffins?
4. Describe how to prepare a muffin pan.
5. Explain why you should fill empty muffin cups with water before baking your muffins.
6. Describe how to place two muffin pans in the oven at the same time.