

Discovering COOKING

Cooking provides children learning opportunities across many domains, including numeracy skills such as measurement and counting. Enhancing thinking and language skills, following a sequence, and experiencing cause and effect.

EXPERIENCE

Apple and Zucchini Mini Muffin

METHOD

- Preheat oven to 180°C (160°C fan-forced). Spray a 12-cup muffin tin with cooking spray.
- In a bowl, combine the flour, brown sugar and cinnamon.
- In a separate bowl, mix the eggs, oil, vanilla, apple and zucchini.
- Pour the wet ingredients into the dry ingredients and use a spatula to turn the mixture until all ingredients are just moist.
- Spoon mixture evenly into muffin tin and bake for 20-25 minutes.

Age Group

3-5

YEARS

TIPS

Including your child in cooking

- Children can add other ingredients such as raisin or walnuts of choice
- Encourage children to contribute to the process allowing them to practise their fine motor skills such as peeling, grating and mixing.
- You can replace brown sugar with maple syrup for healthier choice.
- Be careful not to over mix the batter to avoid making the muffins heavy.

RESOURCES

What do I need?

2 cups self-raising flour
1/2 cup brown sugar
1 tsp cinnamon
2 eggs (lightly beaten)
1/2 cup vegetable oil
1 tsp vanilla essence
1 cup apple (grated, peeled)
1 cup zucchini (grated, peeled)