

# Recipe

## Picnic Muffins

### INGREDIENTS:

3 cups flour  
1 T. baking powder  
1 tsp. salt  
½ tsp. ground  
black pepper  
1 cup shredded  
cheddar cheese  
1 ¼ cups milk OR dairy alternative  
3 T. unsalted  
butter, melted  
1 large egg, beaten  
¾ cup sour cream  
½ cup shredded Parmesan cheese

*\*Caution: Always check for allergies before serving foods. Make substitutions as needed*

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### DIRECTIONS:

Have children wash their hands, and invite them to help measure and mix ingredients.

In a medium bowl, whisk together flour, baking powder, salt, and pepper. Do the children know why we add baking powder to the muffin batter? Baking powder helps the muffin batter to puff up while baking and give the muffins a fluffy texture!

In a large bowl, add milk, melted butter, egg, and sour cream. Whisk together well. Add the flour mixture and stir ingredients together with a spatula. Stir in the shredded cheddar cheese.

Line your muffin pan with the muffin liners. Fill all twelve muffin cups in the pan and sprinkle the shredded Parmesan over the top of each. Bake in an oven heated at 350°F for 20–25 minutes (muffins are baked through when a toothpick inserted in the middle of a muffin comes out with only few crumbs on it). Allow muffins to cool, and take them outside for a picnic snack (see Picking the Perfect Spot, right.)



# Recipe

## Fruit and Seeds Roll-Ups

### INGREDIENTS:

whole wheat flour tortillas  
sunflower seed butter  
chopped fresh fruit  
(bananas, strawberries,  
peaches, etc.)  
unsalted sunflower seeds

### DIRECTIONS:

Have children wash their hands. Offer a variety of fruits that the children can help slice and chop. Next, invite children to spread sunflower seed butter on whole wheat tortilla shells. The chopped fruit can then be sprinkled over the sunflower seed butter. Sprinkle sunflower seeds over the top of the fruit. Roll up the tortillas, cut each in half and serve to the children.

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