



Fruits and Vegetables: Let's Experiment with some Heart Muffins!

Name: _____

Period: _____

Ingredients

- ~~6 tbsp. butter~~

Use : _____

- 3/4 cup sugar
- 2 eggs
- 1/2 cup milk
- 14 strawberries, fresh or defrosted frozen
- 2 cups all-purpose flour
- 1/4 tsp. salt
- 1 tbsp. baking powder

Hershey's Kisses, Hugs or Strawberry Jam

Instructions:

1. Preheat the oven to 350 degrees. In a large bowl, cream the butter (or applesauce) and sugar with a mixer.
2. Mix in the eggs, one at a time, and add the milk.
3. Rinse the strawberries and cut off the greens Mash the berries with a potato masher or puree in a blender. Stir the berries into the butter and milk mixture.
4. In a separate bowl, sift the flour, salt and baking powder. Stir well.
5. Add the flour mixture (pouring through a strainer) to the berry mixture. Use a wooden spoon to stir until all the white disappears.
6. Line the muffin tin with paper liners. Drop the batter from a tablespoon to fill the cups halfway. Add a surprise: 1/2 teaspoon of jam. Then spoon more batter to fill almost to the top. Bake until the muffins begin to brown and a toothpick inserted near the center comes out clean, about 20 to 25 minutes.
7. Remove the muffins from the tin and cool. Serve them warm .

Yield: Makes 12 muffins.

Recipe Address: <http://familyfun.go.com/valentines-day/valentines-day-recipes/valentines-day-breakfast-ideas/valentine-muffins-678571/>



**February is
"Healthy Heart
Month", but keep
the following in mind at
all times!**

Several things you should do to keep a healthy heart are: Be more active. Some experts say that teens should have 60 minutes of exercise a day. People should walk 10,000 steps a day. And follow the food pyramid . . .

- Eat whole grain foods for half of your grain servings.
- Vary your vegetables.
- Focus on fruits.
- Select lean protein foods.
- Eat calcium rich foods.
- Limit sugar intake.
- Nuts, vegetable oils, fish and poultry provide you

Save 1 muffin for the taste test. Experiment Results:

- Flavor—Which muffin did you like the best?3 Tablespoons applesauce/4 Tablespoon applesauce/ No Applesauce/ No difference
- Texture— Which muffin did you like the best?3 Tablespoons applesauce/4 Tablespoon applesauce/No Applesauce/ No difference

How could you use this information when preparing other recipes?

