



Recipes



Infant & Toddler

Broccoli Cheddar Muffins

Prep time: 15 minutes

Makes: 6 muffins

Tools:

- Knife (for teacher's use)
- Cutting board (for teacher's use)
- Steamer or pan
- Measuring cups and spoons
- Bowl and spoon
- Muffin tin and paper tin liners



Ingredients:

- 1 cup broccoli, finely chopped
- $\frac{3}{4}$ cup + 2 Tbsp of whole wheat flour
- $\frac{1}{2}$ cups quick cooking oats
- 1 tsp baking powder
- $\frac{1}{2}$ tsp salt
- 1 egg
- $\frac{1}{4}$ cup + 2 Tbsp milk
- 2 Tbsp olive oil
- 1- $\frac{1}{2}$ tsp sugar
- $\frac{1}{2}$ tsp dry mustard
- $\frac{1}{2}$ cup cheddar cheese, grated

Directions:

1. Preheat the oven to 400 degrees F. Wash and finely cut the broccoli. Cook and let cool.
2. Let the children put the muffin tin liners in the muffin pan. Show the infants and toddlers the ingredients being used today as they are putting the recipe together.
3. In a bowl, have the children help add ingredients: whisk together the flour, oats, baking powder, and salt.
4. In a different bowl, have the children help whisk together the egg, milk, olive oil, sugar, and mustard until fully mixed. Have the children add in finely chopped broccoli and $\frac{1}{4}$ cup of grated cheese.
5. Add the egg-broccoli mixture to the flour mixture. Children can help pour the mixtures together. Stir until blended.
6. Children can help spoon the mixture into the muffin tins. Sprinkle the rest of the cheese on top of the muffins.
7. Bake for 18-22 minutes, or until a toothpick comes out clean from the center of the muffin.
8. Remove and let cool. Serve and enjoy!

