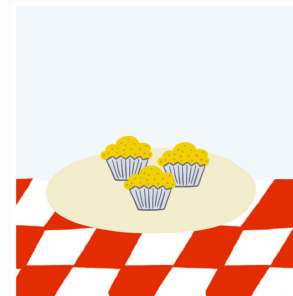




# COOK ALONG RECIPE:

## Corn Muffins



### SHOPPING LIST



- Flour - 1/2 cup



- Baking Powder - 1 1/4 teaspoons



- Corn Meal - 1/2 cup



- Canola Oil - 1/3 cup



- Milk - 1/2 cup



- Honey - 3 Tablespoons



- Salt - 1/2 teaspoon



- Egg - 1 medium

### PREP LIST

- Preheat oven
- Measure all ingredients
- Have all tools ready to go.

### FINE MOTOR SKILLS



- Mixing



- Pouring



- Cracking Eggs

1

Preheat oven to 400 degrees. In a large bowl, mix together the flour, baking powder and corn meal.

2

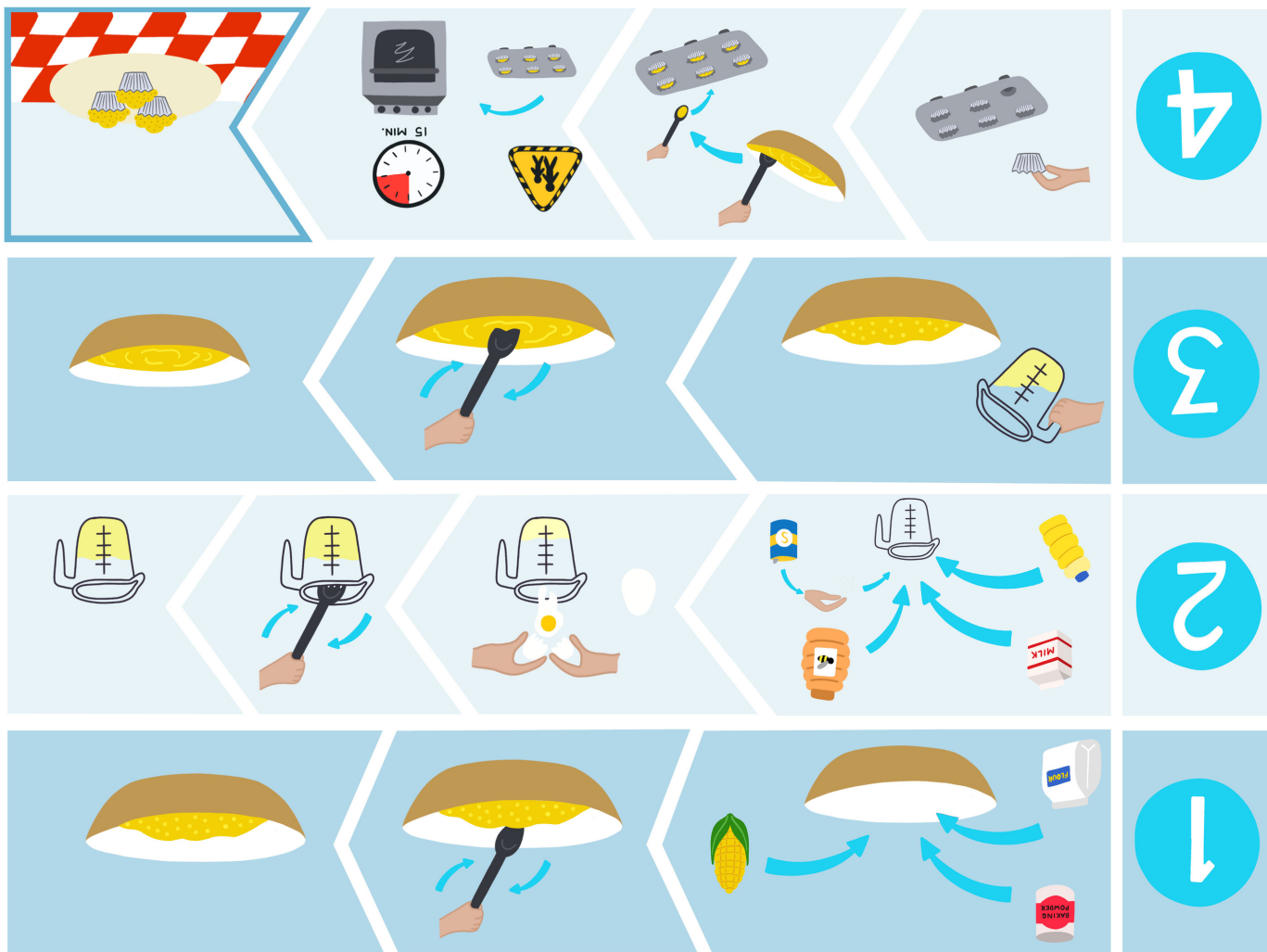
In pitcher or large measuring cup, combine the oil, milk, honey and salt, Crack the egg, and pour into the pitcher. Mix well with a fork.

3

Pour the liquids into the flour mixture and mix until combined.

4

Line 6 cups with muffin liners. Then scoop the batter into each cup. Put in the oven and bake for 15-20 minutes, until golden brown.



Fold

# Corn Muffins

## Tools:



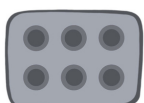
Spoon



Fork



Measuring Cup



Muffin Pan

