



Strawberry Muffin Tops

Ingredients:

- 1 3/4 cup plus 2 Tbsp. all-purpose flour
- 1 1/2 tsp. Clabber Girl® Baking Powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 1/3 c. sugar
- 4 Tbsp. unsalted butter, cold and cut into small pieces
- 1 egg, lightly beaten
- 1 c. buttermilk
- 1 1/2 c. sliced strawberries
- 4 tsp. strawberry jam or preserves

Directions:

1. Preheat oven to 425 degrees F. and grease a baking pans or line with parchment paper.
2. Measure flour and other dry ingredients; add to large mixing bowl.
3. Using a pastry blender or two knives, cut in the butter until the mixture resembles coarse crumbs.
4. Make a well in the center and add the egg, buttermilk and the berries.
5. Using a wooden spoon, turn and cut the dough until it forms a slightly sticky ball.
6. Scoop the dough onto the baking pans leaving at least 1 1/2 inches between each muffin top. You will have 12 muffin tops.
7. Gently press a thumb size indentation into the center. Drop a generous rounded teaspoon of the strawberry preserves into the indentation.

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Let's Get Started Baking

Activity: Baking strawberry muffin tops

Lesson: Baking with fruit

8. Bake for about 18 minutes or until golden brown.

Fun strawberry facts:

1. Garden strawberries were first bred in Brittany, France in the 1750s. Previous to this time, strawberries were tiny or ornamental only.
2. Strawberries are an excellent source of Vitamin C.
3. Strawberries yield about 6,000 pounds per acre planted.
4. Strawberries are a member of the rose family.
5. There is an average of 200 seeds on just one strawberry.
6. The average American eats 3.4 pounds of fresh strawberries per year.

Advance Teacher Preparation

1. Demonstrate the reaction that occurs when liquid is added to balanced double acting Clabber Girl® Baking Powder, and explain how it will react again with the heat from the oven.
2. Check the supply of quality ingredients, and reinforce the importance of measuring accurately, use of proper equipment, and use of tested methods of recipes.
3. Consider allowing each group to prepare a different kind of fruit and preserve combination, then on tasting day, they can trade and compare.
4. Supply each student with a copy of this recipe, or copy this page for a handout.
5. Discuss points for successfully making quick breads correctly.



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