

Home Baking Association

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FOR IMMEDIATE RELEASE
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FEBRUARY 3, 2014
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FEBRUARY IS BAKE FOR FAMILY FUN MONTH

What could be better than the delicious aroma of muffins, cookies, pizza or a special family recipe baking in the kitchen? Family laughter and chatter, while waiting for a delicious taste warm from the oven, creates special family memories.

The Home Baking Association (HBA) has designated February as *Bake for Family Fun* Month and encourages families to spend time together baking. Winter is the perfect time to warm up the kitchen and bake together as a family. Baking is an inexpensive family activity that provides delicious rewards. Charlene Patton, Executive Director, Home Baking Association, suggests families visit **HomeBaking.org** for recipes and family baking activities.

A weekly theme is featured in February with fun family recipes and baking activities to assist families with children of all ages with helpful hints and baking ideas.

From “*Let’s Get Started Baking*” to other upcoming features “*Baking for My Valentine*”, “*Baking History and Traditions*” and “*Baking for Others*” provides recipes and activities for families to share. Family traditions and memories are often created in the kitchen with special family recipes. Baking together is also a great opportunity to teach children life *skills*.

“*Whole Grain Orange Raisin Nut Muffins*” is a family baking activity featuring ingredient options. With this fun baking activity families will make muffins together and explore ingredient options for baking for special needs and create a unique family muffin!

Families can also explore more *Kitchen Science* by visiting the online *Educator Resources Section* with links to nine kitchen experiments. Experiments explore the science of ingredients and baking!

The Home Baking Association provides free resource information for *Bake For Family Fun Month* including “*Why Learn to Bake?*” with the benefits of baking together to develop math, literacy, history, social studies and science. Other resources include “*Ten Tips for Baking Success*”, “*Safe Kitchen Check List*” and the “*Thrill of Skill*” providing age appropriate kitchen activities.

The Home Baking Association is a non-profit association with the mission to grow the practice of home baking. Members include corporations and associations providing resources and information to perpetuate future generations of home bakers.

Start creating a family memory by making these delicious “*Whole Grain Orange Raisin Nut Muffins*” or one of the many other recipes and fun baking activities featured for *Bake for Family Fun Month*.



Whole Grain Orange Raisin Nut Muffins

Makes 14 medium muffins

Ingredients

- 1½ cups (180g) whole wheat flour
- ½ cup (60g) all-purpose flour
- ¼ cup (33g) whole yellow cornmeal OR wheat germ OR oatmeal
- 1½ teaspoons (6g) baking powder
- 1 teaspoon (4.5g) baking soda
- 1/8 to ¼ teaspoon (3g) salt
- 1 cup (220g) firmly-packed brown sugar OR 2/3 cup (224g) dark agave nectar*
- ½ cup grated carrot OR apple OR cooked sweet potato OR pumpkin
- 1 large egg OR 1 tablespoon (6.5g) flax meal + 3 tablespoons water (mix; let stand 5 minutes)
- 1 cup buttermilk OR yogurt OR 1 tablespoon lemon juice + 1% milk to equal 1 cup sour milk (mix; let stand)
- ¼ cup (2oz/56g) melted unsalted butter
- 1 tablespoon (6g) grated orange peel
- 1 teaspoon vanilla
- 1 cup (160g) conditioned California raisins**
- 1 cup (117g) toasted, chopped nuts OR unsalted seeds (pumpkin pepitas, sunflower, or soy nuts)

**Reduce milk ¼ cup if using agave nectar*

***Cover raisins with water or orange juice, then drain*

Directions

1. Preheat oven to 400° and lightly grease bottoms or line 14 muffin cups.
2. In a large mixing bowl, measure or weigh the first six dry ingredients. Blend well with whisk.
3. In a second bowl whisk to blend well the sugar or agave nectar, grated carrot, egg/egg substitute, milk, melted butter, orange peel and vanilla.
4. Add conditioned raisins and nuts or seeds to dry mixture. Make a large dip in the center of the mix; add liquid mixture. Stir together only until all the ingredients are moistened.
5. Scoop batter into prepared muffin cups. Bake 18 to 20 minutes at 400° F. Cool pan 5 minutes on wire rack.
6. Turn muffins onto rack to cool, then wrap. Store one day at room temperature or freeze.

Nutrition Facts:

One of 14 pieces (3oz/85g) provides: Calories 263; 5g protein; 42g total carbohydrates (17g sugars, 14g starch, 4g dietary fiber); 9g total fat (3g sat. fat, 0g trans fat); 10mg cholesterol; 130mg sodium; 198mg potassium; Vit. A (15%) 813IU; Calcium (6%) 51mg; Vit. C (4%) 2mg; Vit. D 7IU; Folate 15mcg; Iron (8%) 1.6mg; Omega 3 fatty acids, 1g; Omega 6 fatty acids, 3g
(Nutrition facts based on first ingredient in this recipe)

Source: Home Baking Association-end-