



# Daniel Muffins

**This baking project serves to remind us of the Bible story of Daniel**, and how he and his friends chose to eat healthy food according to God's plan instead of the unhealthy food served at the king's table. I call them Daniel Muffins, and they are filled with all sorts of good ingredients, including honey, carrots, zucchini, and pineapple. You will need the help of a grown-up to make the muffins, particularly during the parts that involve hot pans and the oven needed to bake them. Making the Daniel Muffins from start to finish should take about an hour, and they are a tasty, nutritious snack for all ages. Here is my recipe!

### Kitchen list

Two mixing bowls	Peeler
Liquid measuring cup	Extra bowl (for pineapple juice)
Dry measuring cups (1 and ½ sizes)	Cupcake pans (2)
Teaspoons (1 and ½ sizes)	Paper cupcake liners (24)
Large spoons or spatulas	Toothpicks
Grater	Oven mitts

### Ingredients list

Flour	Olive oil
Cinnamon	Honey
Baking powder	Vanilla
Baking soda	Zucchini
Salt	Carrot
Eggs	Canned pineapple

## Step 1: Mix the dry ingredients

**Before mixing anything, have a grownup set the oven to 350 degrees.**

**Prepare the following dry ingredients in a large bowl:**

- 1½ cups of flour
- 2 teaspoons cinnamon
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt



**Mix the dry ingredients together so that the cinnamon disappears.**

## Step 2: Mix the wet ingredients

**Prepare the wet ingredients in a separate bowl:**

- 2 medium-sized eggs
- ½ cup olive oil
- ½ cup honey
- 1 teaspoon vanilla

**Mix the wet ingredients together until they are blended, then stir the wet ingredients into the dry ingredients until all the dry ingredients into a batter.**



## Step 3: Add the Fruit and Veggies

**Use a grater to make the following:**

- 1 cup grated carrots (peel carrots first)
- 1 cup grated zucchini

**And add them to the batter**

**Finally, open a can of pineapple and drain it into a separate bowl. Then add ½ cup of the pineapple (without the juice) to the batter.**

**Mix all the ingredients together until the pineapple, zucchini, and carrots are uniformly distributed in the batter.**



## Step 4: Bake

**Use two cupcake trays, and fill each place with a paper cupcake liner. Next, spoon the batter into each cup until it is about half full. The batter should make 18-24 muffins.**

**Bake the muffins for 20 minutes at 350 degrees. After 20 minutes, remove the muffins and toothpick test them to make sure they are done on the inside. (The toothpick should come out of the muffin clean.) If not, bake for 3 more minutes and check again.**

**Allow the muffins to cool for 10-15 minutes before serving. Enjoy sharing the Daniel Muffins with your friends!**

