

# Muffins

Baked in an electric skillet!

Level: Easy

Serves: 6

## Kids' Tool Kit

Electric skillet  
Cooling rack  
Mixing bowl  
Spoon  
Measuring cup  
Measuring spoon  
Cookie scoop  
Cooking spray

## Chef's Choice

Muffins  
Melon slices  
Low fat milk

## Ingredients:

1 package muffin mix (7- or 8-ounce), any flavor



## Directions:

**Remember to wash your hands!**



1. With lid on, preheat electric skillet to 375 degrees.
2. Prepare muffin mix as directed on package. The egg can be left out if not available.
3. Lightly spray muffin pan with cooking spray. Divide batter evenly into 6 muffin cups.
4. Set muffin pan on rack in electric skillet. Bake in covered skillet 25 minutes. Muffins will not brown in electric skillet the way they do in an oven, but muffins will test done with a toothpick.
5. Remove from electric skillet and place on cooling rack.



**Helpful Hints:** If you don't have cooking spray, use a little oil or shortening to lightly grease bottom of muffin cups.

A cookie scoop works great to divide the batter evenly into muffin cups and is less messy than a spoon.



**Safety Tips:** The electric skillet gets very hot. Caution children not to touch the hot surface. Use a dry hotpad to remove muffin pan from skillet.

## Nutrition Facts

Serving Size 1 muffin (38g)  
Servings Per Container 6

Amount Per Serving

Calories 150 Calories from Fat 35

% Daily Value\*

Total Fat 4g 6%

Saturated Fat 1g 5%

Cholesterol 5mg 2%

Sodium 380mg 16%

Total Carbohydrate 27g 9%

Dietary Fiber 0g 0%

Sugars 12g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Source: Book Cooks Nutrition Prop Boxes, Family Nutrition Program, K-State Research and Extension, Saline County.

Suggested book for this cooking activity: *If You Give a Moose a Muffin* by Laura Numeroff

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).