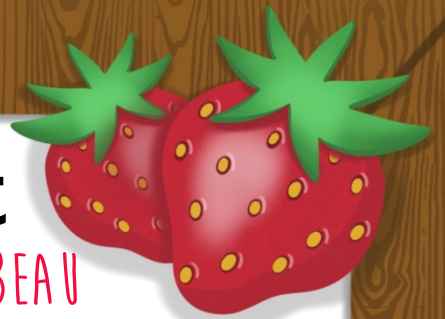


Flavour Fest

BAKING CUPCAKES WITH FLO N' BEAU



Stir the cake mixture, measure one cup of water, roll out the pastry...all of these cooking tasks help children develop necessary academic, cognitive and motor skills. Cooking with your children not only increases family bonding but offers a wide variety of opportunities to learn and grow. As you cook, you are labelling ingredients which increases a child's vocabulary.

Children also have to follow directions which enhances language skills. While cooking,

also explain each step and have your child describe what they are doing for even greater language development. You could also add a little more interest by getting them to predict what will happen next or guess what the next ingredient would be. So, the next time you need to make cupcakes for the school fayre, let the little ones help.



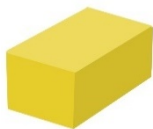
Ingredients

Cake Mixture:

Weigh 2 large eggs ours were 120g so then we use 120g of all other ingredients which are, Caster sugar, Soft butter, Self-raising flour and a few drops of vanilla essence to taste.



Buttercream topping:



75g Butter



150g Icing
Sugar

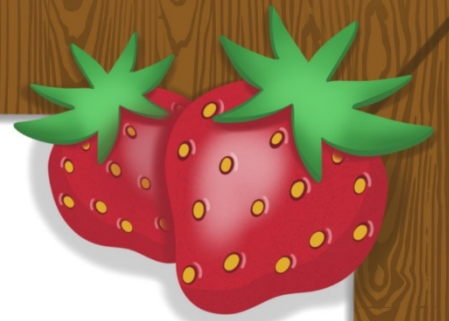


A Splash of
Milk

...Now let's get baking!



Method



1. Heat oven to 180C/160C fan/gas
4. Line 12 holes in a shallow muffin tin with cupcake or fairy cake cases (not muffin cases).

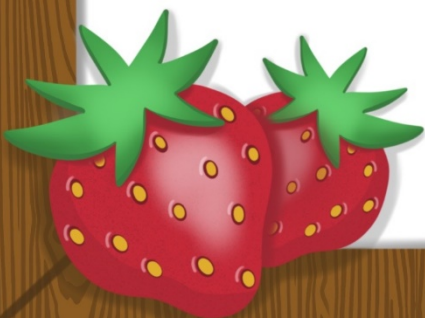
2. Cream the butter and sugar together until the mixture is light and fluffy.

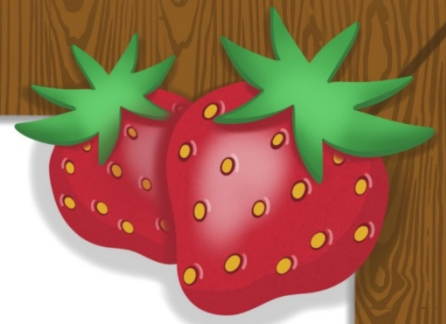


3. Beat the eggs and vanilla in a jug, then beat into the butter mixture a little at a time.



4. Fold the flour into the mixture along with a little milk - the mixture should fall easily off a spoon.





5. Divide the mixture between the cases, filling each one no more than half full.

6. Cook the cakes for 12-15 mins - they should be firm to the touch and slightly golden brown. Cool in the tin for 5 mins, then lift them out gently and leave to cool completely.



7. To make the icing, beat the butter until it is very soft. Beat in the icing sugar a little at a time, then beat in a splash of the milk as you need to give you a soft icing that can be piped or spread easily.

8. Finish off your cupcake creations by adding a handful of colourful sprinkles.



Finally, the best bit...time to taste your delicious cupcakes!

