

MINDFUL COOKING!

How is cooking Mindful?

By bringing attention to what you are doing in the moment, for example mixing ingredients, you are able to create a Mindful Experience for everyone involved.

While participating in the cooking activity encourage conversation about where the blueberries came from, what do they taste like, and what colour they are. Bringing awareness to each ingredient is a great opportunity to learn and explore our senses.

Blueberry Muffins

INGREDIENTS

1 1/2 Cups of Flour
3/4 Cup White Sugar
1/2 TSP of Salt
2 TSP Baking Powder
1/3 Cup Vegetable Oil
1 Egg
1/3 Cup Milk, or more if needed
1 Cup Fresh or Frozen Blueberries



1/2 Cup White Sugar
1/3 Cup Flour
1/4 Cup Butter, Cubed
1.5 TSP of Ground Cinnamon

INSTRUCTIONS

Preheat oven to 400 degrees F (200 degrees C). Grease muffin cups or line with muffin liners.

Combine 1 1/2 cups flour, 3/4 cup sugar, salt and baking powder. Place vegetable oil into a 1 cup measuring cup; add the egg and add enough milk to reach the 1-cup mark. Mix this with flour mixture. Fold in blueberries. Fill muffin cups right to the top, and sprinkle with crumb topping mixture.

To Make Crumb Topping: Mix together 1/2 cup sugar, 1/3 cup flour, 1/4 cup butter, and 1 1/2 teaspoons cinnamon. Mix with fork, and sprinkle over muffins before baking.

Bake for 20 to 25 minutes in the preheated oven, or until done.

We found this recipe at :

[HTTPS://WWW.ALLRECIPES.COM/](https://www.allrecipes.com/)

