



Cocoa Cupcakes

Ingredients:

- 1-1/2 cups sifted flour
- 1/3 cup cocoa powder
- 2 teaspoons Clabber Girl Baking Powder
- 3 egg whites
- 1 cup sugar
- 3/4 cup soybean oil margarine (at room temperature)
- 1 teaspoon vanilla
- 1/2 cup water

Directions:

Grease 18 muffin cups, 2 1/2" in diameter. Preheat oven to 350°F. In a bowl, stir together flour, cocoa and Clabber Girl Baking Powder; set aside. Beat egg whites until stiff peaks form; set aside.

In a large mixing bowl, at medium speed, beat margarine with sugar and vanilla until well blended. At low speed, add flour mixture alternately with water. Fold whipped egg whites into batter. Spoon batter into cups, just over half filled.

Bake 30 minutes. Cool in pans about 10 minutes.

Remove cupcakes from pans and cool on wire rack.

Yields 18 cupcakes. Sift powdered sugar over tops, or frost if desired.

Healthier Baking.

Activity: Use Quality, Cholesterol-Free Ingredients

Conclusion: Healthier Baking!

Use Quality, Cholesterol-Free Ingredients For Healthier Baking!

1. Collect labels from food products to identify soybeans and other sources of vegetable oil.
2. Discuss the balanced double action of Clabber Girl Baking Powder as a leavener. When Clabber Girl Baking Powder comes in contact with moisture, a chemical reaction occurs, and part of the carbon dioxide gas is released, causing the batter to rise at room temperature and again during baking.
3. Demonstrate correct measuring, as good results cannot be expected when the proper ratio of ingredients in the recipe is upset by careless measuring.
4. Soybean oil is low in saturated fat. It has a unique balance of omega-3 and omega-6 fats, which have been shown to have favorable effects on serum cholesterol in the body. Soybean oil meets recognized health and nutritional guidelines.
5. Supply each student with a copy of this page.

Student Learning Steps

1. Read recipe thoroughly and learn new terms and methods given.
2. Baked results are better if a work plan is made and followed. It also helps to avoid confusion and mistakes.
3. Preheat oven and measure ingredients. Use in order given and follow the method in the recipe for good results. Students will learn the method of creaming soybean oil margarine and sugar, using an electric mixer, and see the double action of Clabber Girl Baking Powder during mixing and baking.

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