



recipes

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Grover's Broccoli Trees in Haystacks

Help Your Furry Pal Grover Find the Broccoli Trees



Prep Time:
10 min



Cook Time:
15 min



Makes:
12 haystacks

Ingredients:

- 1 small broccoli, in florets
- 2 tsp baking powder
- 2 tbsp water
- 1 tsp salt
- 1 cup all-purpose flour
- 1 cup low-fat milk
- 1 cup whole grain cornmeal
- 2 eggs
- ¼ cup sugar
- ¼ cup butter, melted

These muffins are like hide-and-seek in the kitchen! Kids will love finding the surprise "tree" in every "haystack."

Directions:

Step 1: Things You'll Need

Gather these ingredients to make Grover's Broccoli Trees in Haystacks.

Step 2: Turn Up the Heat

Preheat the oven to 400°F. Grease 12 standard (2 1/2 inch) muffin cups, or line with paper baking cups.

Step 3: Prepare the Trees

Place the broccoli and water in a microwavable dish. Cover and microwave on HIGH for 2 minutes or until crisp-tender.



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Step 4: Mix It Up

Mix the flour, cornmeal, sugar, baking powder, and salt in a large bowl.

Little Hands Tip: Point out that these are all dry ingredients.

Step 5: Count and Stir

Stir together the milk, eggs, and butter in a medium bowl.

Little Hands Tip: Count each stir. How many stirs does it take until blended?

Step 6: Wet and Dry

Pour the wet ingredients into the dry ingredients.

Little Hands Tip: Talk about how wet and dry are opposites.

Step 7: Spoon It Up

Stir just until moistened. Spoon 1 tablespoon of batter into each of the muffin cups.

Step 8: Plant the Trees

Place one piece of broccoli (a "tree") in each cup.

Little Hands Tip: What color is broccoli? What other vegetables have the same color?

Step 9: Hide the Trees

Spoon additional batter into each cup, filling them about $\frac{3}{4}$ full.

Step 10: Bake and Serve

Bake 15 minutes or until a toothpick inserted into the centers comes out clean. Cool in the pan for 5 minutes. Remove to a wire rack. Serve warm.

Step 11: Dig In Everyboddeeee!

Enjoy these hide-and-seek treats like your pal Grover does! Broccoli should always be this much fun!