



4-H class stirs up fun, food

Small hands squeezed a bottle of honey, chopped apples, measured and stirred ingredients, while their friends looked on waiting for their turn.

Each of the 18 kids would have a chance to either stir, measure or pour during the Kids a Cookin' and Movin' Day Camp last week at the 4-H Building at the Decatur County Fairground.

The camp, sponsored by the Decatur County Extension office, was split into three half days, said extension Agent Byron Hale, but one had to be canceled.

The idea of the camp, said Mr. Hale, is to teach the kids to make simple, healthy breakfasts. Breakfast is the most important meal of the day and all of these recipes the older

kids could make by themselves and the younger ones could do them with just a little supervision.

The first week, the kids made Very Berry Blast, a kind of smoothie, and Breakfast Burritos. The second week they made Munchin' Muffins and Egg-Me-On Sunrise Sandwiches.

At the camp, he said, the kids also started a house plant from a cutting. The camp costs \$2 and is open to all kids, not just those in 4-H.

Camps like this one, he said, help the kids develop or reinforce the five life skills learned in the 4-H program. They included decision making, positive self-image, developing an inquiring mind, relating to others and developing a concern for their community.

MUNCHIN' MUFFINS
 2 cups whole wheat flour
 1 tablespoon baking powder
 1/2 teaspoon salt
 1 teaspoon ground cinnamon
 3/4 cups low-fat milk
 1 egg
 1/4 cup vegetable oil
 1/4 cup honey
 1 cup diced apple

EGG-ME-ON SUNRISE SANDWICH
 2 whole wheat or white English muffins
 2 eggs
 4 tablespoons shredded cheddar cheese
 1/8 teaspoon salt
 1/8 teaspoon pepper
 Remember: wash your hands!

1. Preheat oven to 375 degrees F.
2. Lightly spray muffin tin with cooking spray or use paper liners.
3. In large bowl, combine dry ingredients.
4. In a medium bowl, combine remaining ingredients.
5. Add milk mixture to dry ingredients and stir just until dry ingredients are moist. Batter will be lumpy.
6. Fill muffin pans 2/3 full, using a cookie scoop or spoon.
7. Bake 12 large muffins 18 to 20 minutes or 26 mini muffins 12 to 15 minutes or until lightly brown. Remove from muffin pan to cool.

1. Preheat oven to 450 degrees F.
2. Line a baking sheet with foil and lightly coat with cooking spray.
3. Open English muffins and place "inside-up" on baking sheet.
4. In glass measuring cup, beat eggs, cheese, salt and pepper with fork until well blended.
5. Slowly pour egg mixture onto each English muffin half, keeping as much as possible on the muffins.
6. Bake 10 to 12 minutes or until egg mixture is no longer runny and cheese is melted. Serve open-face or as a sandwich.
 Makes four halves

LENDING A HELPING HAND, Sierra Lohoefer guided Madison Macfee in filling muffin cups three-fourths full of batter for Munchin' Muffins. Sierra had just finished stirring the mixture and it was Madison's turn. The stiff batter didn't seem to want to drop off the spatula, and a little assistance proved handy.



POURING WITH CARE, Caleb Koerperich (above) measured milk for a recipe for Munchin' Muffins last week while Haley Schissler helped by keeping a close eye on the lines on the cup. While some 4-H'ers were measuring, others, like Kyleana Blau (right) broke eggs into mixing bowls, taking special care to keep the shells out.

