

New Year Cosmic Cinnamon Swirl Cupcakes + Asteroid Cinnamon Crunch + Milky Way Glaze



cosmic cinnamon swirl cupcakes

preheat + measure + mix + whisk

Preheat oven to 375 degrees F. Into a large mixing bowl, measure and add **1 ¼ C all-purpose flour**, **2 tsp baking powder**, and **¼ tsp salt**. Mix together! In a separate mixing bowl, crack **1 egg** and whisk it. Then add **½ C whole or dairy-free milk**, **1 tsp vanilla extract**, **½ C sugar**, and **¼ C oil** to the egg and whisk!

combine + stir + grease + scoop + swirl

Add the dry ingredients to the wet ingredients and gently stir to combine, careful not to overmix. Grease a 1-dozen cupcake tin (or line with muffin paper liners) and scoop batter into cupcake wells (fill the wells about halfway). Make the **Cinnamon Swirl** (recipe below!) and add a teaspoon of the mixture to the middle of each unbaked cupcake, then use a toothpick or tines of a fork to swirl it into the batter.

cinnamon swirl + bake!

In a small mixing bowl, mix together **¼ C brown sugar**, **1 T cinnamon**, and **2-3 T oil**. Add a teaspoon of this mixture to the top of each cupcake before baking, then swirl with a toothpick or tines of a fork to create a “galaxy” design. Bake cupcakes for 15-18 minutes, or until an inserted toothpick comes out clean. Drizzle with **Milky Way Glaze** and **Asteroid Cinnamon Crunch** (recipes below)!

::recipes continued::

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2019 Sticky Fingers Cooking



asteroid cinnamon crunch

measure + toast + melt

Measure and stir together $\frac{1}{2}$ C rolled oats, 1 tsp ground cinnamon, and a pinch of salt. In a skillet, heat 1 T oil over low heat. Add the oat mixture and stir to toast it for 30 seconds. Scoot the oats to the edge of the skillet and add 2 T butter and 2 T brown sugar to the middle of the skillet and let them melt together. Bring the oats back into the melted butter/sugar and stir them around until they're nice and coated, spreading the granola into an even layer at the end. Turn off skillet and let granola cool. It'll harden a bit as it cools!

milky way glaze

combine + whip + swirl + enjoy!

Add 4 oz cream cheese, $\frac{1}{2}$ C powdered sugar, 2 T milk, and $\frac{1}{2}$ tsp vanilla extract to a glass mixing bowl. Using a hand mixer, beat together ingredients until a smooth glaze forms, adding a tiny bit more milk or powdered sugar to get the right consistency. Drizzle the glaze over baked cupcakes in a swirly pattern and top with Asteroid Cinnamon Crunch!

::continued::



Family Fun Recipes



Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2019 Sticky Fingers Cooking

shopping list!

Cosmic Cinnamon Swirl Cupcakes

- 1 ¼ C all-purpose flour
- 2 tsp baking powder
- ¼ tsp salt
- 1 egg
- ½ C whole or dairy-free milk
- 1 tsp vanilla extract
- ½ C sugar
- ¼ C + 2-3 T oil
- ¼ C brown sugar
- 1 T ground cinnamon

Asteroid Cinnamon Crunch

- ½ C rolled oats
- 1 tsp ground cinnamon
- 1 T oil
- Pinch salt
- 2 T butter
- 2 T brown sugar

Milky Way Glaze

- 4 oz cream cheese
- ½ C powdered sugar
- 2 T whole or dairy-free milk
- ½ tsp vanilla extract

::continued::

Family Fun Recipes

Sticky Fingers  Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2019 Sticky Fingers Cooking

Let's learn about Cinnamon!

Some people say the best kind of cinnamon comes originally from an island south-east of India called Sri Lanka (called Ceylon). Another popular kind of cinnamon comes originally from China (called Cassia).

Cinnamon is an ancient spice. The ancient Egyptians used cinnamon together with myrrh to embalm the dead.

In ancient Egypt, cinnamon was considered more valuable than gold!

The Cinnamon Bun is a Swedish invention that became popular in the U.S. in the 1950s. That's why you see Cinnamon Buns sold in large quantities at the Swedish mega-store IKEA.

Cinnamon is anti-bacterial and anti-inflammatory. It can be used to treat bug bites and soothe achy joints. Cinnamon has no sugar, and it has been shown to help regulate the sugar in our blood.

Cinnamon has been shown to protect the brain! Especially when it comes to memory.

Fun Facts about Outer Space!

- ★The Solar System is more than just planets and moons. There is one sun, eight planets, several mini planets, 166 moons (that we know of), and hundreds to thousands of asteroids, comets, dust, and gas!
- ★A galaxy is a collection of solar systems, which include planets, moons, asteroids, and comets that circle around a star. Our spiral-shaped galaxy is called the Milky Way.
- ★How many stars do you think are a part of the Milky Way? 100 billion, about!
- ★Light takes 100,000 years to cross from one side of the Milky Way to the other. (Some of the stars you can see right now actually might not even exist anymore. Their light just took so long to get to us that we are actually looking into the past!)
- ★The sun is the closest star to Earth, and our sun is considered an average-sized star. Guess how many Earths could fit inside the sun? One million!
- ★How old do you think the solar system is? 4.6 billion years old!

Time for a laugh!

Why did the sun go to school? **To get brighter!**

What kind of music do planets sing? **Neptunes!**

What do planets like to read? **Comet books!**

Family Fun Recipes

Sticky Fingers  Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.co

© 2019 Sticky Fingers Cooking