

carrot gingerbread cupcakes + icy lemon icing



prep

Grown-ups: Preheat the oven to 350°F. In a small saucepan, melt **1 stick of butter** and **1/8 C of water** together over low heat (or in the microwave, covering the top with plastic wrap). Have kids line your muffin tin with paper liners.

dry+measure

Have kids measure together **1-1/2 C of flour**, **1/2 tsp of salt**, **1 tsp of baking soda** in a bowl. Measure and mix in **1/2 tsp ground cinnamon**, **1/8 tsp of ground nutmeg**, **1/4 tsp ground cloves** and **1/8 tsp of ground allspice** into the flour mixture.

crack+beat

In another bowl, have kids beat together **1/2 C unsulphured molasses** (not blackstrap) and **1/2 C of packed brown sugar** with a whisk by hand, or with an electric mixer, until smooth. Crack **3 large eggs**, and add them in to the batter one at a time, beating for 30 seconds between each egg.

whisk+grate

Whisk in the flour mixture into the molasses mixture very, very slowly until just incorporated. Add the melted butter mixture. Grate in **1/8 C of fresh ginger** and **1/2 C of fresh carrots** to the batter and whisk until smooth. FYI: Batter will be a little runny and thin.

spoon+bake

Have kids spoon into cupcake papers, about 3/4 full. Bake for 12-14 minutes or until a toothpick comes out clean. Allow to cool for a minute to set before moving to a wire rack to fully cool.

squeeze+drizzle

As the cupcakes bake and cool, it's Icy Icing Time! Have kids cut and juice **1 fresh lemon**. Combine **1/4 C + 1 Tbs of powdered sugar** and **2 tsp of the fresh squeezed lemon juice**. Stir it together in a small bowl until smooth. Allow it to stiffen up a bit for at least 5 minutes. Drizzle over the cooled cupcakes and let harden... about 15 minutes (if they last that long!) **Tuck in! Happy Holidays from Sticky Fingers Cooking!**

fun food facts:

Gingerbread History

Gingerbread has been baked in Europe since the eleventh century. In some places, it was a soft, delicately spiced cake; in others, a crisp, flat cookie, and in others, warm, thick, dark squares of "bread," sometimes served with a pitcher of lemon sauce or whipped cream.

continued



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From its very beginning gingerbread has been a fairground delicacy. Many fairs became known as "gingerbread fairs" and gingerbread items took on the alternative name in England of "fairings" which had the generic meaning of a gift given at, or brought from, a fair.

At Christmas, gingerbread makes its most impressive appearance. The German practice of making lebkuchen houses never caught on in Great Britain in the same way as it did in North America, and it is here still that the most extraordinary creations are found.

Gingerbread making in North America has its origins in the traditions of the many settlers from all parts of Northern Europe who brought with them family recipes and customs. By the nineteenth century, America had been baking gingerbread for decades. Nowhere in the world is there a greater collection of gingerbread recipes than in North America.

Ginger!

- ★ One of the oldest plants used for medicinal purposes is Ginger.
- ★ It is related to cardamom and turmeric
- ★ This plant, which looks like a reed, is used in the kitchen as well as a medicine for the past 5,000 years.
- ★ Ginger is a plant native to India and China, the roots of which are used for many culinary and medicinal purposes.
- ★ The importance of ginger can be dated back to the writings of Confucius.
- ★ In 9th century Europe, powdered ginger was placed on the table alongside salt and pepper.
- ★ Even today, ginger is resorted to as a best cure for some of the simple ailments and common problems like an upset stomach.



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