



## **Super Sticky Sweet-Sour Cupcakes + Honeyed Apple Cider Vinegar Sodas**

By Dylan Sabuco

**Prep Time 20 / Cook Time 17 / Serves 4 - 5**

### **Shopping List**

☐ DAIRY AND EGGS

☐ 1 C milk **\*\*(see allergy subs below)\*\***

☐ 2 eggs **\*\*(see allergy subs below)\*\***

☐ PANTRY

☐ 1 1/2 C all-purpose flour **\*\*(see allergy subs below)\*\***

☐ 3/4 tsp baking powder

☐ 1/4 tsp baking soda

☐ 1/4 tsp salt

☐ 1 tsp pure vanilla extract **\*\*(see allergy subs below)\*\***

☐ 1/2 C vegetable oil **\*\***

☐ 1 C granulated sugar/honey/brown sugar

☐ 3/4 C apple cider vinegar

☐ 1 C honey + extra for drizzling

☐ 3 C sparkling water

☐ HAVE ON HAND

☐ Paper cupcake liners

☐ 1/2 C water

☐ ice, optional

## Fun-Da-Mentals Kitchen Skills

**bake:** to cook food with dry heat, as in an oven.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**simmer:** to cook a food gently, usually in a liquid, until softened.

## Equipment

☐ Oven

☐ Muffin pan

☐ Paper cupcake liners

☐ Large mixing bowls (2)

☐ Dry measuring cups

☐ Measuring spoons

☐ Liquid measuring cup

☐ Whisk

☐ Rubber spatula

☐ Knife or toothpick to check for doneness

☐ Medium pot

☐ Wooden spoon

☐ Pitcher

## Ingredients

Super Sticky Sweet-Sour Cupcakes

- ☐ 1 1/2 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***
- ☐ 3/4 tsp baking powder
- ☐ 1/4 tsp baking soda
- ☐ 1/4 tsp salt
- ☐ 1 C granulated sugar/honey/brown sugar
- ☐ 1 C milk **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free milk)**\*\***
- ☐ 2 eggs **\*\***(for EGG ALLERGY sub 1/2 C applesauce)**\*\***
- ☐ 1 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***
- ☐ 1/2 C vegetable oil **\*\***
- ☐ 1/8 C or 2 T apple cider vinegar
- ☐ honey for drizzling

## Honeyed Apple Cider Vinegar Sodas

- ☐ 1 C honey
- ☐ 1/2 C apple cider vinegar
- ☐ 1/2 C water
- ☐ 3 C sparkling water
- ☐ ice, optional

## Food Allergen Substitutions

### Super Sticky Sweet-Sour Cupcakes

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Dairy:** Substitute dairy-free/nut-free milk.

**Egg:** For 1 egg, substitute 1/2 C applesauce.

**Soy:** Substitute canola oil or other nut-free oil for vegetable oil.

### Honeyed Apple Cider Vinegar Sodas

## Instructions

# Super Sticky Sweet-Sour Cupcakes

## intro

Get ready for a yummy treat with our sweet-and-sour cupcakes! They are super fun because you get a tasty zing from the sour and a big smile from the sweet. Topped with a tasty honey glaze, these cupcakes are perfect for kids who love a little mix of flavors!

## measure + mix

In a large mixing bowl, measure **1 1/2 cups flour**, **3/4 teaspoon baking powder**, **1/4 teaspoon baking soda**, and **1/4 teaspoon salt**. Whisk to combine. In a separate bowl, measure **1 cup sugar, honey, or brown sugar**, **1 cup milk**, **2 eggs**, **1 teaspoon vanilla extract**, **1/2 cup vegetable oil**, and **1/8 cup or 2 tablespoons apple cider vinegar**. Whisk to combine. Pour the dry ingredients into the wet ingredients. Whisk until you can't see any lumps.

## scrumptious science

Both baking soda and baking powder are leavening agents, which means they are added to baked goods before cooking to produce carbon dioxide, causing them to rise. Baking powder contains baking soda, but the two substances are used under different conditions and can provide very different results. Baking soda has only one ingredient: sodium bicarbonate. It is about four times stronger than baking powder and is used in recipes that contain an acidic ingredient. Baking powder contains baking soda, but it also includes an acidifying agent, like cream of tartar.

## preheat + pour

Preheat your oven to 350 F. Place cupcake liners in each well of a muffin pan. Then, fill each well of the lined muffin pan with **1/4 cup scoop of batter**.

## bake + cool

Slide the muffin pan into the oven and bake the cupcakes for 12 minutes, or until a knife can be inserted and removed clean. Cool the cakes for a few minutes before serving.

## drizzle + serve

Serve each cooled cupcake with a drizzle of honey. Bon appetit! Enjoy!

# Honeyed Apple Cider Vinegar Sodas

## intro

Introducing our Honey Apple Cider Vinegar Soda, bursting with fun flavors! It is very similar to a shrub drink or a drink made with vinegar. It's a fizzy, tangy drink that mixes sweet honey with a little zing, making it super refreshing. Perfect for kids, this bubbly beverage is like a party in a cup that will make you smile with every sip!

### measure + simmer

In a medium pot, measure **1 cup honey**, **1/2 cup apple cider vinegar**, and **1/2 cup water**. Stir the mixture a few times, then turn the heat to medium, and bring to a simmer. The mixture will simmer for roughly 5 minutes or until reduced by about half.

### cool + stir

Pour the mixture into a pitcher to cool for about 5 minutes. Then, add **3 cups of sparkling water** and stir. Finally, add ice if you would like.

### pour + cheers

Pour the drink into cups and celebrate another successful recipe with a big "Cheers!"

## Featured Ingredient: Apple Cider Vinegar!

Hi! I'm Apple Cider Vinegar!

"I have a sour taste, not a sour temperament! I'm similar to other vinegars, but I have a slight apple flavor."

Apple cider vinegar is a vinegar made from apple cider. Apples are pressed to express their juice and then fermented with yeast. Bacteria (the mother) is added to the fermented juice, creating acetic acid, and then the juice is clarified, removing the solids to halt the fermentation process. Some raw, unfiltered apple cider vinegars are labeled "with the mother."

Apple cider vinegar is used in marinades, pickles, salad dressings, vinaigrettes, and drinks, like a shrub. It can be added to foods to give them a sour flavor.

It can also be used as a leavening agent in baking when mixed with baking soda or baking powder. The combination creates CO<sub>2</sub>. Baking soda, mixed with an acid like vinegar, creates more of a reaction than baking powder because baking powder already contains a weak acid like cream of tartar.

Apple cider vinegar is 95 percent water. It is 5 percent acetic acid, which gives vinegar its sour taste, along with the trace amounts of malic acid in apple juice. It has an insignificant amount of micronutrients and is low-calorie.

Health claims have been made that apple cider vinegar contributes to weight loss and prevents skin infections; however, no evidence supports these claims. Some research indicates it may help support your body's healthy microbiome due to the probiotics present in the vinegar. It is acidic, so it should be diluted before drinking it.

Apple cider vinegar can be used for cleaning, although white vinegar is generally used. Vinegar should never be mixed with bleach or ammonia, as this would create dangerous chlorine gas and toxic vapors!