



## Make Earth Day Cupcakes Activity



*Ready to get started with this activity? To keep track of your progress, check off the instructions for each step below as they are completed. Make sure to check the box of the last step when you're done to receive congratulations for your completed activity!*

**Consider this:** Celebrate your good efforts on Earth Day with this sweet otherworldly treat. After you and your friends work together to clean up your neighborhood or plant a tree, invite them back to help make some delicious Earth Day cupcakes. This activity is easy and simple but will need help from an adult.

### 1. Gather Your Materials

#### COOKWARE:

- Muffin tins
- Mixing bowls
- Mixer (hand or standing)
- Green gel food coloring
- Blue gel food coloring
- Spatulas
- Cupcake liners

#### INGREDIENTS:

- (1) Package of Classic White Cake Mix
- (1) Cup water
- (3) Large egg whites
- ½ cup vegetable oil
- (1) Container (16 oz.) vanilla frosting
- Blue sugar sprinkles (optional)



### 2. Set Oven and Prep

- Preheat oven to 350 degrees.
- Place cupcake liners in 24 muffin cups.





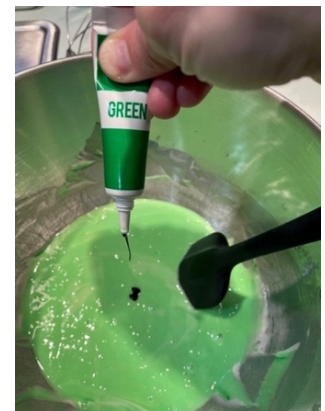
### 3. Mix the Ingredients

- Add cake mix, water, egg whites, and vegetable oil to a large bowl.
- Mix on low speed until combined (30 seconds).
- Beat on medium speed for two minutes.



### 4. Add Green Food Color

- Pour half the batter into a medium bowl (about two cups).
- Add a few drops of green food coloring to one bowl of batter.



### 5. Add Blue Food Color

- Add a few drops of blue food coloring to the other bowl of batter.
- Stir until blended and desired shade of green or blue is achieved.





## 6. Layer the Blue and Green Batter

- Alternate layering green and blue batter in the muffin cups.
- Fill about 2/3 of the way up.



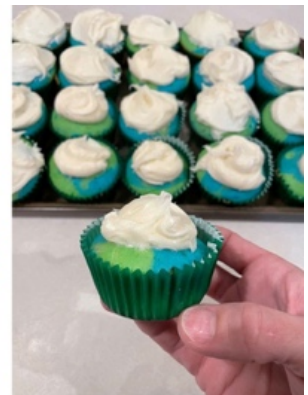
## 7. Bake and Cool

- Bake cupcakes for 16 – 19 minutes.
- All ovens are different so watch cupcakes closely.
- Insert a toothpick in the middle of a cupcake. If it comes out clean, the cupcakes are done.
- Cool muffins completely before frosting.



## 8. Frost and Enjoy

- Use white frosting to frost the top of the cupcakes.
- Tip: scoop the white frosting into a mixing bowl.
- Use a mixer to whip the frosting for about 1 minute. (This helps make the frosting easier to spread!)
- Optional: Add blue sugar sprinkles on the white cloud frosting – it looks like rain.





## ■ 9. Things to Think About

- We measure electrical energy in watts and food energy is measured in calories.
- When a food item lists a number of calories, that is how much potential energy your body could get from eating or drinking the item
- Calories are not good or bad, they are energy for our bodies. We need enough to fuel our bodies.

