



PHOTOGRAPHS BY THE AUTHOR

Do you know the muffin man?

by Buffy Owens

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According to my research, this rhyme was first recorded in a British manuscript around 1820. The lyrics are very similar to those we use today:

*Do you know the muffin man,
the muffin man, the muffin man?*

*Do you know the muffin man
that lives in Drury Lane?*

Victorian households had many of their fresh foods delivered; muffins would be delivered door-to-door by a muffin man. Those 'muffins' however, are what we refer to today as English muffins. But the song is popular in many child care centers so I thought I would include it!

I have worked with this recipe to make it a healthier version. In the store I found King Arthur White Whole Wheat flour. It appears to be milled more which makes it lighter. I tried it and I really like it, especially for young children. Often the very dense whole wheat flour makes baked goods so heavy that children will shy away from them.

Recipe

- 1½ cup white whole wheat flour
- ½ cup corn meal
- ⅔ cup dark brown sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1¼ cup reduced fat milk
- 2 eggs
- ⅓ cup vegetable oil
- 3 tablespoons butter, melted
- ⅔ cup fresh berries



Mix the flour, corn meal, brown sugar, baking powder, and salt in a bowl. In another bowl, put the eggs, milk, vegetable oil, and the melted butter. Whisk the wet ingredients until well mixed. Pour the wet ingredients into the dry and stir. Fold in the berries and place in muffin cups. (*Tip:* To prevent berries falling to the bottom of your muffins, dust them with a little bit of flour.) Bake at 375 degrees F for 8-12 minutes. The baking time will vary with the size of the muffins.

Children can measure the flour, sugar, baking powder, and salt. They can crack the eggs, measure the milk, and oil. With help they can whisk the wet ingredients and combine the ingredients from the two bowls.

Adults should take the muffins in and out of the oven.



Buffy Owens graduated from Colorado State University, and began her career in Early Childhood almost 40 years ago. She has been an executive of two child care companies and now lives in Hawaii

where she is the Vice President and Preschool Division Director for Kama'aina Kids. Buffy has a passion for the art of catering and food development and display and is a co-owner of a catering company. She enjoys, and thinks it is very important, to involve children in the beauty and flavors of foods.