



Cantaloupe Cupcakes

By Erin Fletter

Prep Time 40 / **Cook Time** 25 / **Serves** 6 - 12

Fun-Da-Mentals Kitchen Skills

crack: to break open or apart a food to get what's inside, like an egg or a coconut.

dice: to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

fold: to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

macerate: to soften foods by allowing them to soak in a liquid.

separate eggs: to remove the egg yolk from the egg white by cracking an egg in the middle and using the shell halves, the palm of the hand, or a device to keep the egg yolk in place while the egg white falls into a separate bowl.

Equipment

- Oven
- Muffin pan
- Paper cupcake liners
- Cutting board + kid-safe knife
- Medium mixing bowl
- Dry measuring cups
- Liquid measuring cup
- Measuring spoons
- Whisk or handheld electric mixer

- Strainer
- Toothpicks

Ingredients

Cantaloupe Cupcakes

- 1 cantaloupe
- 2 C sparkling apple cider
- 2 C all-purpose flour (sub gluten-free flour)
- 2 tsp baking powder
- 2 large eggs (sub egg replacer or banana + baking soda—more info below)
- 1 C sugar

Food Allergen Substitutions

Cantaloupe Cupcakes

Gluten/Wheat: Substitute gluten-free flour in Cupcakes.

Egg: Substitute with egg replacer or **1** mashed banana + **1** tsp baking soda in Cupcakes.

Dairy: Substitute dairy-free butter for whipping cream in Kid-Made Butter.

Instructions

Cantaloupe Cupcakes

preheat + dice + pour + macerate

Grownups: Preheat your oven to 350 degrees and line your muffin pan with paper liners. Have kids dice **1 cantaloupe** and add 3 cups to a bowl. Pour **2 cups of sparkling apple cider** on top and allow the cantaloupe to rest in the cider (macerate) for up to 30 minutes.

measure + whisk

Have kids measure and whisk together **2 cups of flour** and **2 teaspoons of baking powder** into a medium bowl. Set the bowl aside.

crack + separate

Have kids crack **2 large eggs** and separate the egg yolks and the egg whites.

measure + beat

Have kids beat together the **2 egg yolks** and **1 cup of sugar** until creamy and light yellow. Then, slowly add the flour and baking powder to the egg yolks and sugar until combined. Set to the side.

whip + fold

In a separate bowl, have kids whip the egg whites with a metal whisk or an electric mixer until stiff peaks form. Then, have kids fold the stiff egg whites into the cupcake batter.

drain + fold

Drain the diced-up cantaloupe from the apple cider, reserving all the liquid (for the cupcakes and the Aqua Fresca). Now have kids fold in the drained cantaloupe with **2 tablespoons of the reserved juice** into the batter. Mix well.

spoon + bake

Have kids spoon the batter into your pre-lined muffin pan. Fill the wells about 1/2 to 3/4 full. Bake for 18 to 25 minutes or until cooked through. Test with a clean toothpick: stick in the center of a cupcake, and if it comes out clean with no wet batter, bingo! It's cupcake time! Let the cupcakes cool on your kitchen counter.

Featured Ingredient: Cantaloupe!

Hi! I'm Cantaloupe!

"I'm so happy to be part of your recipe today! I'm a variety of muskmelon with firm and juicy orange flesh. People often eat me with breakfast and in fruit salads and desserts. Because I'm made up of 90 percent water, the great taste of a juicy, sweet cantaloupe comes with a very small caloric price: only 50 calories per 6-ounce slice!"

History & Etymology

Cantaloupe derives its name from the town of Cantalupo, Italy, where cantaloupe seeds arrived from Armenia and were planted in the papal gardens in the 16th century.

Cantaloupe has plenty of relatives! It is a member of a vine-crop family known as Cucurbitaceae, which includes other melons, squash, cucumbers, pumpkins, and gourds. It is thought that they originally grew in the wilds of India and other parts of Asia.

Explorers brought cantaloupe to the New World in seed form and later saw it cultivated by Native Americans.

Of all the melons, cantaloupe is the most popular in the United States!

Colorado Rocky Ford Cantaloupes have been grown in the Arkansas River Valley since 1887.

Anatomy

North American cantaloupes have a light yellow and green net-like rind or peel. When you cut one in half, you will see that its firm, moderately sweet flesh is orange with seeds in the middle.

Cantaloupe sizes range from 4 to 7 inches in diameter, and they weigh between one to eleven pounds.

How to Pick, Buy, & Eat

It takes cantaloupes 3 to 4 months to grow before they are mature enough to be picked.

When choosing cantaloupe, do not pick one with the stem still attached, which means the fruit is immature.

Look for melons with a yellowish tint to the rind and a strong melon smell. Use your thumb to press on the cantaloupe rind. The cantaloupe should yield to gentle pressure when it is ripe.

To ripen a cantaloupe at home, leave it at room temperature for two to four days. However, if it is already ripe, refrigerate it until ready to eat.

Don't forget to wash your cantaloupe thoroughly before cutting it! The surface of the rind could have harmful bacteria, like salmonella.

After cutting a cantaloupe, wrap it in plastic wrap and keep it in the refrigerator for up to three days until you're ready to eat it.

Cantaloupe seeds can be roasted and eaten like pumpkin seeds.

You can eat cantaloupe by itself for a snack or with breakfast, or slice, cube, or blend it and add to salads, soups, sauces, desserts, sorbet, granitas, or drinks.

Nutrition

Cantaloupe is an excellent source of vitamins A and C and beta-carotene. These nutrients are antioxidants, and when they are present in the food we eat, they help protect cells and fight disease.

Cantaloupe also contributes to fiber intake, and fiber aids digestion and helps lower bad cholesterol levels.