

Healthy Living Challenges - January Meeting

Officer: Greyson Braden

As a reminder, this year, we are looking at two aspects: eating healthy and moving our bodies.

Both the recipes and the physical challenges below are optional, but we would love to see as many people as possible participate. When you complete either activity, please take a picture of yourself with the item and email it to 4h. The names of those members that participate will be entered into a drawing that will be conducted at the next club meeting. If you do both activities, your name will be entered twice. I ask that you send your photos no later than one week before the meeting so that I have enough time to look them over and write your names out for the drawing.

January Meeting Challenges - Photos due Monday, February 16th

Theme: **Valentine's Day**

Physical Challenge: **Make homemade cards for grandparents or other special people**

Recipes: **Chocolate dipped strawberries, Strawberry muffins**

Recipe Option 1 - Beginning Baker



<https://www.allrecipes.com/recipe/127325/chocolate-dipped-strawberries/>

Ingredients

1 (7 ounce) package Baker's Real Milk Dipping Chocolate

36 medium strawberries

Directions

Line a baking sheet with waxed paper.

Melt chocolate in the microwave as directed on the package, 1 to 2 minutes.

Dip strawberries in chocolate; let excess chocolate drip off. Place onto the prepared baking sheet. Let stand at room temperature or refrigerate until firm, about 30 min.

Recipe Tip

You can use Baker's Real Dark Semi-Sweet Dipping Chocolate or Baker's German Sweet Chocolate if you like.

Recipe Option 2 - Culinary Creator (Advanced)



[Strawberry Muffins](#)

Ingredients

- 1 tablespoon lemon juice
- 1 cup milk
- 1 ½ cups white sugar
- ½ cup butter, at room temperature
- 4 large eggs
- 2 teaspoons lemon extract
- ½ teaspoon lemon zest
- 1 ½ cups chopped fresh strawberries
- 3 cups all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup miniature semisweet chocolate chips (Optional)
- 12 slices fresh strawberry
- 1 tablespoon white sugar

Directions

Mix lemon juice with as much milk as needed to measure 1 cup; let soured milk stand for 5 minutes before using.

Preheat the oven to 350 degrees F (175 degrees C). Line 24 muffin tins with paper liners.

Beat together 1 1/2 cups sugar and butter in a large bowl until light and fluffy. Beat in eggs one at a time, mixing well after each addition. Mix in lemon extract. Gradually stir in soured milk and lemon zest, then gently fold in strawberries.

Mix together flour, baking powder, baking soda, and salt in a medium bowl until combined. Stir into butter mixture until batter is just combined. Fold in chocolate chips until evenly distributed.

Spoon batter into the prepared muffin cups, about 2/3 full. Place a strawberry slice atop each muffin and sprinkle the tops with 1 tablespoon sugar.

Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 25 to 30 minutes.
Cool in the pans for 5 minutes before serving warm.