

Healthy Living Challenges - February 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.

March Meeting Challenges - Photos due Monday, April 13th

Theme: **Easter**

Physical Challenge: **Go on an Easter Egg Hunt**

Recipes: **Carrot Muffins, Easter Egg Scrambler**

Recipe Option 1 - Beginning Baker



**Awesome Carrot Muffins**

[Carrot Muffins Allrecipe.com](http://CarrotMuffinsAllrecipe.com)

## Ingredients

- 1 cup raisins
- 2 cups all-purpose flour
- 1 ½ teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt or to taste
- 1 teaspoon ground cinnamon
- 1 cup vegetable oil
- ¾ cup brown sugar
- 4 large eggs
- 3 cups shredded carrots

## Directions

1. Gather all ingredients.
2. Soak raisins in 2 cups water in a small bowl for 15 minutes. Drain and set aside.
3. Preheat the oven to 350 degrees F (175 degrees C). Line 18 standard muffin cups with paper liners.
4. Sift flour, baking powder, baking soda, salt, and cinnamon together in a bowl.
5. Beat oil, brown sugar, and eggs in a large bowl with an electric mixer until well combined.
6. Gradually mix in flour mixture, then fold in carrots and drained raisins.
7. Spoon batter into the prepared muffin cups, filling each 2/3 full.
8. Bake in the preheated oven until the tops spring back when lightly pressed, 20 to 30 minutes.
9. Cool in the tins for 5 minutes, then transfer to a wire rack to cool completely.

### Recipe Option 2 - Culinary Creator (Advanced)



#### **Easter Egg Scrambler**

[Perfect Scrambled Eggs on Allrecipes.com](https://www.allrecipes.com/recipe/245481/perfect-scrambled-eggs/)

## Ingredients

1 ½ tablespoons milk

6 eggs

½ cup minced onion

½ teaspoon black pepper

½ teaspoon salt

1 ½ teaspoons butter

*\*Feel free to add any veggies or pre-cooked meat - have fun and be creative*

## Directions

1. Whisk together the eggs, milk, onions, salt, and pepper in a large bowl until it looks slightly fluffy.
2. Melt the butter in a large pan over medium to high heat; coat the pan evenly with the butter.
3. Stir in eggs and continue stirring until they have just cooked. Serve immediately.

