

# Let's taste it! Plan, Shop, Pack List: Familiar & Unfamiliar Grains

## Ingredients

- ¾ cup all-purpose flour
- ½ cup whole wheat flour
- Salt
- Baking soda
- ½ cup sugar
- 1 ¾ cups bran flake cereal with raisins
- 1 egg
- 1 cup buttermilk or substitute for buttermilk:
  - 1 Tbsp vinegar plus 1 cup milk OR
  - 1 Tbsp lemon juice plus 1 cup milk
- Vegetable oil
- “Light Butter and Salt” OR “No Added Butter or Salt” microwave popcorn

## Prepare before class

- Prepare the Bran Muffin recipe using the mini muffin pan.
- Prepare the popcorn according to directions.
- Place the following into individualized snack-sized plastic bags (1 bag per student):
  - ¼ cup serving of popcorn
  - 1 mini Bran Muffin

## Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

## Disposable Supplies

- Napkins
- Snack-sized plastic bags (1 per student)

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Educator: \_\_\_\_\_  
Group Name: \_\_\_\_\_  
# of participants in group: \_\_\_\_\_ Date of lesson: \_\_\_\_\_  
Notes: \_\_\_\_\_  
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