

## March 30, 2016

### Are You Ready for Spring Break?

How do you plan to occupy your children during spring break? Send them to day camp? Keep them busy at home? Whichever you choose, these simple, kid-friendly recipes are sure to please, whether your children find them tucked into their lunchboxes, or they are right there in the kitchen making them with you.

Get an early taste of summer with our Raspberry Cupcakes, which are flavoured with homemade raspberry syrup. Use frozen raspberries to enjoy this sweet treat year-round. Other fresh or frozen berries will also work well in this recipe.

Our Trail Mix combines some of our favourite snacks, like cereal, banana chips and peanut butter chips, making it an unexpected blend of flavours and textures. Try taking your children down the bulk food aisle of the grocery store to see what creative combinations they can come up with.

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#### RASPBERRY CUPCAKES

##### Ingredients:

3 cups fresh or frozen raspberries  
1/2 cup water  
3 tbsp granulated sugar  
2 cups all-purpose flour  
2 tsp baking powder  
1/4 tsp salt  
1/2 cup salted butter, softened  
1 cup granulated sugar  
2 large eggs  
1 tsp vanilla  
1/4 cup whipping cream  
Simple Butter Frosting (recipe follows)

## Method:

1. Preheat oven to 350°F.
2. To prepare raspberry syrup, combine raspberries, water and 3 tbsp sugar in a small non-reactive saucepan. Bring to a boil.
3. Reduce heat and simmer, uncovered, stirring occasionally, for 10 minutes. Remove from heat.
4. Force mixture through a fine sieve into a heatproof bowl; discard solids. Measure out 3/4 cup raspberry syrup and set aside; reserve any remaining raspberry syrup for another use.
5. Combine flour, baking powder and salt in a bowl; set aside.
6. Using medium speed of an electric mixer, beat together butter and 1 cup sugar until fluffy. Beat in eggs, one at a time, beating well after each addition. Beat in vanilla until blended. Combine 3/4 cup raspberry syrup and cream.
7. Beginning and ending with flour mixture, add flour mixture alternately with raspberry syrup mixture to butter mixture, beating after each addition until blended. Continue beating until batter is smooth and light, about 2 minutes.
8. Spoon batter into paper-lined muffin cups, filling cups two-thirds full.
9. Bake until a cake tester inserted in centres comes out clean, about 20 - 25 minutes.
10. Cool cupcakes in pans for 5 minutes. Remove from pans and cool completely on racks.
11. Pipe or spread Simple Butter Frosting over tops of cupcakes. *Makes 15.*

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## Simple Butter Frosting

### Ingredients:

3/4 cup salted butter, softened  
3 cups icing sugar  
2 tbsp whipping cream  
1 tsp vanilla

### Method:

Using medium speed of an electric mixer, beat butter until light and creamy. Gradually beat in icing sugar until combined. Beat in cream and vanilla until fluffy and smooth, about 2 minutes. May be frozen. *Makes about 2 cups.*

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## TRAIL MIX

*This trail mix makes a great after-school snack and can be taken on the go. Kids and adults alike will enjoy the creative combination.*

### Ingredients:

2 cups puffed wheat or rice cereal  
1 cup unsalted roasted cashews or whole natural almonds  
1 cup unsalted blanched roasted peanuts  
1 cup sesame sticks  
1/2 cup banana chips  
1/2 cup diced dried mango  
1/2 cup chopped dark chocolate  
1/2 cup peanut butter chips  
1/2 cup sesame seeds  
1/2 cup unsalted shelled pumpkin seeds  
1/2 cup unsweetened shredded coconut

### Method:

1. Combine all ingredients in a large bowl.
  2. Store in an airtight container in a cool dry place for up to 1 week or freeze for up to 1 month.
- Makes about 8 cups.*

*Cook's Note: Shelled pumpkin seeds are also known as pepitas. They are dark green in colour and can be found in specialty food stores and the bulk foods section of most large grocery stores.*



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ATCO Blue Flame Kitchen's column on healthy eating for busy families runs Wednesdays in the Calgary Herald's food section. For tips on cooking, food safety or household matters, call 1-877-420-9090 toll-free, email [bfkanswerline@atco.com](mailto:bfkanswerline@atco.com) or chat with us live online at [ATCOBlueFlameKitchen.com](http://ATCOBlueFlameKitchen.com).

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