



Down Syndrome Achievement Centers
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Kitchen Safety Tips:

1. Put long hair up in ponytails.
2. Wash your hands:
 - a) First thing before touching any food
 - b) If you cough or sneeze into your hand
 - c) After touching raw meat (before you touch anything else)
 - d) After you touch anything greasy
3. Use knives safely
 - a) Make sure your fingers are safe
 1. Push down on the top of the knife
 2. Hold food with claws not squids!
 - b) Try to make a flat surface on your food as soon as possible
4. Keep pot handles on the stove facing away from the front.
5. Always use potholders when touching pots and pans!

Gluten Free/Dairy Free Lemon Poppy Seed Muffins

Bread:

- 2 Cups gluten free flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 tablespoons poppy seeds
- 1 cup granulated sugar
- Lemon Zest, from 1 lemon
- 1 Cup coconut milk, or other milk alternative
- 2 eggs
- 1/3 cup vegetable oil
- ¼ cup Lemon juice
- 1 teaspoon vanilla extract

Glaze:

- ¾ cup powdered sugar
- 2 teaspoons lemon juice
- ½ teaspoon vanilla extract
- Water, optional, to reach desired thickness



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Gluten/Dairy Free Lemon Poppy Seed Muffins

Instructions:

- Preheat your oven to 350 degrees, then line your cupcake pan with cupcake liners.
- In a large bowl, whisk together the flour, baking powder, baking soda, and soda. Then whisk in, poppy seeds, sugar, and lemon zest.
- In a medium bowl, mix together the milk, eggs, oil, lemon juice, and vanilla.
- Then, pour the wet ingredients into the dry ingredients and mix until combined.
- Finally, scoop into each cupcake liner and bake for 30-40 minutes checking in between, they will be fully cooked when a toothpick comes out clean.
- ***When they are fully cooked, let cool for ten minutes in the pan and then finish outside the pan for the rest of the time.
- For the Glaze, stir together powdered sugar, lemon juice and vanilla. If it is too thick, add water $\frac{1}{4}$ teaspoon at a time and then pour on the muffins and let sit for 5-10 minutes to set.
- Enjoy!