

The Joy of Baking With Kids

Taking a warm tray of muffins out of the oven fills a room with a wonderful aroma. It's fun and good training to bake with kids. They appreciate the food once they make it, and the task builds life skills.

After baking, sit and share the fresh bread. Relax and enjoy the time together. Breaking bread together often opens up hearts and conversations. Try an evening with several types of bread and discuss all the many varieties.

Add to the experience of baking by reading about bread in the Bible:

- Feeding a crowd with bread (and fish) in John 6
- Jesus' announcement that He is the bread of life and that statement's significance (John 6:35)
- A dream about bread (Judg. 7:13)
- Working for bread/necessities (Gen. 3:19)
- Jesus and Communion (Matt. 26:26-30)
- Prayer for daily bread (Matt. 6:9-13)
- The value of bread scraps (Matt. 15:27-28)
- Manna from heaven (Num. 11:7-9)
- Waves of grain (Ps. 72:16)

Non-dairy Blueberry Muffins

(makes 12 large muffins)

1 1/2 cups flour

1 cup sugar

1/2 teaspoon salt

1 tablespoon cinnamon

1/2 teaspoon baking soda

$\frac{1}{2}$ cup oil

2 eggs, beaten

1 pint (1 $\frac{1}{4}$ cups) of berries (blueberries, blackberries, strawberries or a mix)

Directions

Heat oven to 350 degrees F.

1. Mix together flour, sugar, salt, cinnamon and baking soda.
2. In a separate bowl, beat together the oil and eggs.
3. Mix the dry and liquid ingredients together.
4. Stir in blueberries.
5. Pour into greased muffin tins (or use liners)
6. Bake for 25-30 minutes or until toothpick inserted comes out clean.

Karen Whiting is an international speaker, former TV host and author of 25 books. One of her new releases is *Gift of Bread: Recipes for the Heart and the Table* in which she shares heartwarming stories around bread, biblical insights into bread and 58 recipes plus several lists of tips on making and serving bread.

This article originally appeared at .