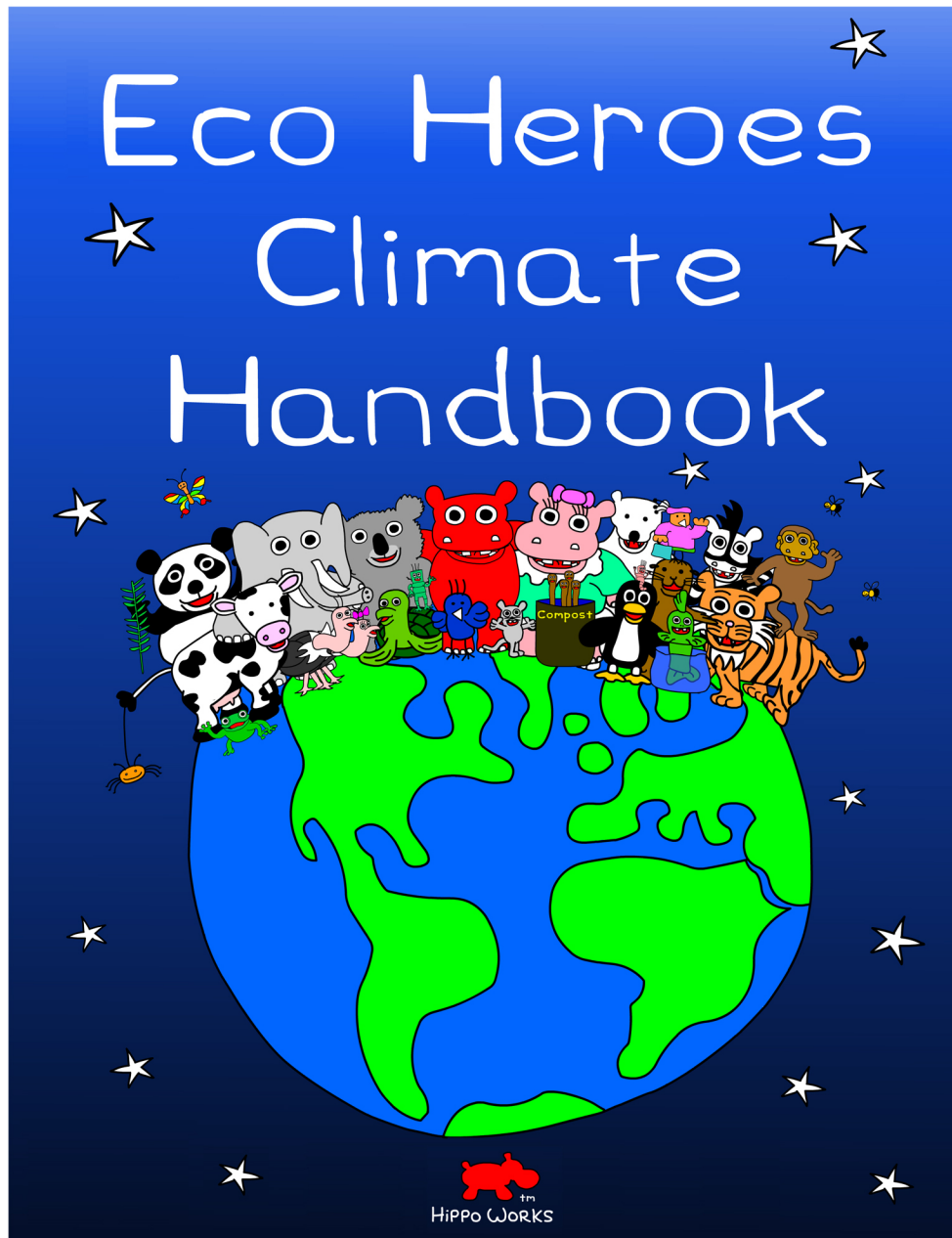


Suzanne's cupcake recipe from the movie.  
This is a free download excerpt from the...

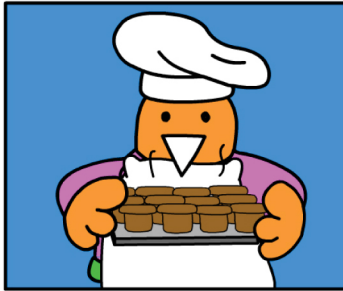


Please share pictures of your climate change bake sale at [hippoworks.com](http://hippoworks.com)! And for more eco hero fun, buy the handbook in the Hippo Works shop.

These are the cupcakes  
from the film!

# Suzanne's Organic Apple Banana Cupcakes

Parental  
Supervision Required!  
Kids - do not make  
this without a parent.



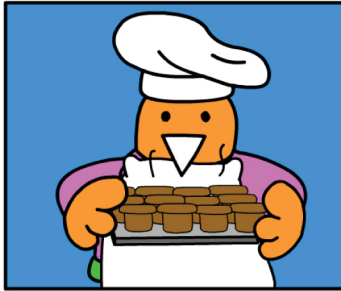
Honey darling, to make my delicious all-natural cupcakes  
you will need the following ingredients:

- Love (always the first ingredient!)
- 4 very ripe organic bananas
- 1 organic Granny Smith apple, peeled and chopped into little cubes
- 2 cups unbleached and sifted cake flour
- 1 stick unsalted organic butter, room temperature
- 3/4 cup organic maple syrup
- 2 large eggs from happy, free range chickens  
(separate the yolks and whites please)
- 1/2 cup Greek organic yogurt
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon baking soda

Preheat oven to 400 degrees. Put the 4 bananas on a baking sheet and roast them for about 20 minutes (the peels will get very dark). Remove the bananas from the oven and allow them to cool (or give them a little encouragement by peeling and putting them in a bowl, and then placing in fridge). Meanwhile, lower the oven temperature to 350 degrees.

# Suzanne's Organic Apple Banana Cupcakes (continued)

Parental  
Supervision Required!  
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this without a parent.



Put paper liners in your muffin tin. Sift together the cake flour, baking soda, baking powder and salt into a large bowl. In the bowl of a standard mixer, set to medium-high speed, and cream together the butter and the maple syrup. If you haven't added any love yet, you better start doing it now. Then add vanilla and then the egg yolks, one at a time, and beat together until each is fully mixed in. Add in the cooled roasted bananas and beat all together to combine. Add one third of the flour mixture and blend, then add half of the Greek yogurt. Repeat adding flour, yogurt, and finishing with the remaining flour.

In another bowl, use the electric mixer set on high speed to whisk the egg whites into soft peaks. Fold 1/3 of the whites into the batter to lighten. Fold in the remaining whites in two batches.

Divide the batter evenly among the paper liners. Bake for about 20 minutes or until done, then cool on wire rack. Makes 16-18 cupcakes.

Delicious, yes?  
Enjoy with love from me!



Suzanne