



Spring into the season with Cake Pops!

Video to follow along and instruction sheet how to make cake pops



Introduction

About the creators...

My name is Brielle and I am a Junior at the University of New Hampshire majoring in Therapeutic Recreation. In my profession we focus on the individual through a holistic approach. This ultimately means improving the health, well-being, and quality of life of individuals with or without disabilities through recreational activities. Alexis and I thought cake pops would be a wonderful opportunity to do so by incorporating this spring time season into baking!

Benefits of Baking!

- Increases cognitive skills by allowing you to follow directions.
- Increases creativity.
- Physical connection between the mind and the body.
- Form of self-expression and emotional-awareness by sharing what you create with others.
- Stimulates the senses.
- Baking for others increases feelings of well-being.



Sources...

<https://www.prevagen.com/brain-health-tips/baking-benefits-brain-health/>

<https://spoonuniversity.com/lifestyle/feel-happier-through-baking>

Age of Champions Cake Pops Recipe!

Note: Please read through what you need and step by step instructions BEFORE starting your recipe! We recommend reading this before watching the video too.

What you will need...

- 1 baking dish
- 1 medium size bowl
- 1 large bowl
- 1 microwave safe bowl
- 1 baking sheet
- 2 spoons
- 1 (15.25 ounce) package yellow cake mix
- 1 cup water
- 3 eggs
- ½ cup vegetable oil
- 1 (16 ounce) package prepared chocolate frosting
- 18 lollipop sticks
- 1 (14 ounce) bag chocolate candy melts
- 1 (.75 ounce) tube decorating icing
- Optional:
 - Sprinkles
 - Candy
 - Icing
 - Anything you would like to decorate with!



Step by Step Instructions

Step 1: Preheat	Preheat oven to 350 degrees F
Step 2: Grease	Grease baking pan
Step 3: Cake mixing	Mix together 1 cup of water, 3 eggs, and ½ cup of vegetable oil in a medium size bowl. Stir until batter is completely smooth. Pour mixture into the greased baking pan.
Step 4: Bake	Bake the cake in the 350 degree F oven for about 28-33 minutes or until when a knife is inserted into the cake, it comes out smooth.
Step 5: Cooling	When the cake is done baking, take it out of the oven and let it cool for <u>2 hours</u> . Do not put it into the fridge, let sit out at room temperature.
Step 6: Crumble	Crumble the cake into a large bowl with the use of your hands. You may put on gloves or use utensils too.
Step 7: Frosting	Stir a 16 ounce package of frosting into the bowl with the cake crumbs until the mixture is sticky, but <u>not too smooth!</u> Chill in the refrigerator for 30 minutes.
Step 8: Cake balls	When chilling is complete, roll cake mixtures into 1.5 inch balls and arrange on a baking sheet.
Step 9: Lollipop sticks	Place one lollipop stick into each ball.
Step 10: Melting chocolate	In a microwave safe bowl, place about ¼ of a cup of chocolate candy melts. Cook in the microwave 30 seconds at a time until chocolate is melted.
Step 11: Dipping cake balls	Using two spoons, lift your cake pop and dip it into the chocolate. Use one spoon to completely cover the cake ball in chocolate.

	Afterwards, lift the chocolate covered cake pop out of the bowl and back onto your baking sheet.
Step 12: Get creative!	Before chocolate has hardened, put sprinkles on cake pop so it is able to stick. The rest is up to you!

Source used...

<https://www.allrecipes.com/recipe/244964/simple-cake-pops/>