

Nibbles & News

Cheers to 20 Years of Nourishing Chicagoland Kids!



- 01** Sunshine Strawberry Lemonade Cupcakes
- 02** Win 1 of 20 Birthday Books
- 03** Foamy Cupcake Art Party



Sunshine Strawberry Lemonade Celebration Cupcakes

Happy Birthday Food2You

Cheers to 20 SWEET Years! This year, we're celebrating 20 amazing years of nourishing Chicagoland's children – and our hearts are full of gratitude. To celebrate this exciting milestone, we're sharing our recipe for Sunshine **Strawberry Lemonade Celebration Cupcakes**, a treat inspired by sunny days, berry delicious moments and 20 years of making tummies happy.

INGREDIENTS

Strawberry Lemonade Cupcakes

- 1 1/4 cups all-purpose flour or gluten free flour blend
- 1 cup granulated sugar
- 1 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 3/4 cup milk
- 2 tsp vanilla extract
- 1 large egg
- 1/4 cup vegetable or coconut oil
- 1 jar seedless strawberry jam/ jelly
- 1 large egg, room temperature
- Zest of 1 large lemon

Strawberry Buttercream Frosting

- 1 cup unsalted butter, room temperature
- 1 tsp vanilla extract
- 1 tsp lemon extract
- 1/4 tsp salt
- 3 Tbsp seedless strawberry jam/ jelly
- 3 1/2 cups powdered sugar
- 1 Tbsp heavy whipping cream, room temperature
- red gel food coloring, optional

INSTRUCTIONS

Strawberry Lemonade Cupcakes

1. Preheat the oven to 350°F; place 12 cupcake liners in a cupcake pan.
2. Whisk together sugar and the zest of lemon in a large bowl.
3. Add in flour, baking powder, and salt. Whisk together, then set aside.
4. In a separate bowl, whisk together milk, oil, egg, and vanilla extract until combined. (If you'd like a brighter yellow color, mix in a squirt of yellow food coloring.)
5. Pour the dry ingredients into the wet ingredients and whisk together.
6. Fill the cupcake liners about 3/4 full and bake for 19–21 minutes. Cool for 10 minutes.

Strawberry Buttercream Frosting

1. Beat unsalted butter on medium speed for 30 seconds until smooth.
2. Add in vanilla extract and salt; beat on low.
3. Add strawberry jam and mix.
4. Mix in powdered sugar and heavy cream on a low speed. Scrape the sides and bottom of the bowl as needed. (If you want a deeper pink color, mix in a drop of red food coloring.) Stir the frosting by hand with a rubber spatula for a minute to make super smooth.
5. Cut off a tiny tip of the bag; place the buttercream in the piping bag and seal with a rubber band.
6. Once the cupcakes have fully cooled, remove the centers with a small sharp knife; fill each cupcake with 1 Tbsp of strawberry jam.
7. Pipe a generous swirl of strawberry buttercream frosting on top of each cupcake and garnish with sprinkles if desired.



Let the storybook adventures begin!

As we celebrate our 20th anniversary, we're proud to spread the joy of reading with a **Birthday Book Giveaway!** Every child deserves the magic of a great story, and these acclaimed birthday-themed books will make a timeless addition to any child's collection.

Enter to win one of 20 books we'll be giving away this season — follow our food2you Instagram and Facebook pages for entry instructions (linked below). Here's to 20 years of helping children grow and encouraging a lifelong love of reading.



Put the Arty in Your Party!

Get ready to mix, swirl and create! Inviting little artists to design their own messy masterpiece inspired by their favorite dessert. With a splash of shaving cream and a dash of imagination, kids can create their own **Foamy Cupcake**, a festive craft idea from Dilly-Dali Art. Follow these easy directions and watch kids' creativity shine!



Share your masterpiece!

Snap a photo of your Foamy Cupcake Art and tag **@food2you** — we'll feature our favorites all summer long.

YOU'LL NEED

- Shaving cream (1 can)
- White school glue (1 container)
- Cupcake liners & pan
- Food coloring (or colored tempera paint)
- Sprinkles, glitter, sequins, pom-poms, if desired
- Plastic bags for piping

DIRECTIONS

1. Simply mix equal parts shaving cream and school glue in a bowl to create the cupcake "batter." Mix in 3-4 drops of your favorite color of food coloring and watch the colors swirl together.
2. Place cupcake liners in a cupcake pan and spoon in a mound of shaving cream to create a fluffy "frosting" top. For a more polished look, place shaving cream in a quart sized plastic bag. Cut a tiny piece off the corner of the bag; squeeze the bag in a circular fashion into the cupcake liner to create the "frosting" top.
3. Decorate your masterpiece with sprinkles, glitter, sequins or pom-poms to create a one-of-a-kind cupcake creation.
4. Celebrate your creation!



627 N. Albany Avenue, Chicago IL 60612
773-257-0599

Visit food2youinc.com for seasonal menus and more information.
Any thoughts or suggestions? We'd love to hear from you! Email us at info@food2youinc.com.

Please follow us on Instagram and Facebook for weekly nutrition tips, prizes & giveaways, fun food ideas and more!

