

applesauce pancake with cinnamon whipped cream + raspberry mousse

dry stir

Have kids measure and stir together **2 cups whole wheat flour** and **1-¼ T baking powder** in one bowl..

separate+measure+grate

Have kids crack **3 eggs** and show them how to separate the egg white from the yolk (not a big deal if some yolk gets into the bowl too!) reserving only the egg whites for the pancakes. Add to a separate medium sized [wet] bowl. Have kids measure and stir in **¾ cup** of applesauce and **1-¼ cups of milk** into the egg whites, mix well. Have kids grate **1 Granny Smith Apple** (with the skin on) and add the grated apple to the egg mixture. Mix well again and set aside.

combine+cook

Have kids add dry flour ingredients to wet egg ingredients and combine well. Brush **butter** on a pre heated skillet over medium high heat. Pour enough batter to make a 2 inch circles and cook each pancake for about one minute or until top is bubbly and edges are dry. Turn and cook an additional minute (or until bottom is cooked to your liking). This recipe will make about thirty 2" pancakes.

whip+fold+eat

While the pancakes are cooking, it is time to make the cinnamon-Honey Whipped Cream! Have kids measure out **1-½ cup of whipping cream**, **¼ tsp cinnamon** and add to a large chilled bowl. Have them take 10 turns each and using a whisk to whip, whip, whip until cream holds soft peaks. Add **¼ cup of honey** at the end and fold in the whipped cream. **Serve with pancakes and extra honey - YUM!**

fun food facts:

- ★ **The Granny Smith Apple** was named for Maria Ann Smith who created it from a hybrid seedling in Australia in the 1800's
- ★ **Apples come in all shades** of reds, greens, yellows and 7500+ of apple varieties are grown throughout the world.
- ★ **People in the United States eat an average of 42.2 pounds** of fresh apples and processed apple products.
- ★ **A medium apple** has about 80 calories and are a great source of the fiber pectin, and 1 apple has 5 grams of fiber.
- ★ **Apple trees take 4** to 5 years to produce their first fruit, and some trees will grow over 40 feet high and live 100+ years.
- ★ **Apples are a member** of the rose family.
- ★ **25 percent of an apple's volume is air.** That is why they float.

What dinosaur loves pancakes? A tri-syrup-tops.

Why did the cinnamon roll? Because it saw the apple turnover!

Why are school cafeteria workers cruel? Because they batter fish, beat eggs, and whip cream.

[continued]



Mixing & Measuring & Knife Skills, Oh My!

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raspberry + ricotta mousse



whisk

Using a whisk have the kids whisk together **1 (15 ounce) container of ricotta cheese** and **½ cup of raspberry jam** until light and fluffy in a large chilled bowl.

beat

In a separate bowl, using an electric hand mixer; beat **1 cup of heavy whipping cream** until thick. Add **3 tbs of honey** and continue to beat until the cream holds stiff peaks.

fold

Working in batches, carefully fold the cream mixture into the ricotta / jam mixture.

serve

Spoon the mousse into pretty serving bowls and garnish with **fresh raspberries** and **ladyfingers cookies**. Mousse can be made up to 24 hours in advance (if it even lasts that long!)... An elegant and fancy dessert fit for the finest princes and princesses OR on any old regular Tuesday night!

fun food facts:

Raspberries are in season in Colorado in October! Do you think you know your raspberries? Test your knowledge against these quick facts:

- ★ **Raspberries can be either red, purple, gold or black in color.** Golden raspberries are sweeter than the other varieties.
- ★ **The difference between raspberries and blackberries** is that raspberries have a hollow core in the middle while blackberries do not.
- ★ **Once raspberries have been picked,** they won't ripen any further.
- ★ **Raspberries do not have any** fat, saturated fat, sodium or cholesterol. They are low in calories. They are high in fiber, vitamin C, potassium and folate. They can help lower high blood pressure. Raspberries have an anti-inflammatory property that may help to reduce inflammation of the joints
- ★ **In the Tale of the Raspberry Fox, by Henning Buchhagen,** there is a fox named Ferdinand. At that time, all foxes were grey in color. The tale tells how Ferdinand didn't like to eat meat, so one day he decided to eat some raspberries and discovered that he loved eating them. He kept eating raspberries and the more he ate, the redder his fur became. Ever since then, all foxes have had red fur and like to eat fruit.

What is a ghost's favorite fruit? A boo-berry!

What did the bee say to the flower? Hello honey!

Why was Ms. Ladyfinger feeling so sad? Because she was feeling crummy.

Name four things with cream in them: Whipped Cream, ice cream, cheese, and COWS!

What tops a ghost's ice cream sundae? Whipped SCREAM!



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