

Danish apple-carrot Æbleskiver + carrot juice icing



crack+beat

Start with **2 fresh eggs**. Show kids how to crack and separate the egg whites from the egg yolks. Reserve the yolks to the side. In a clean bowl, beat the egg whites with your electric mixer until they can hold a stiff peak. Set aside.

slice+grate

Have kids slice and dice **2 Granny Smith apples** – have them take off the skins and chop into small bits. Have kids grate **1 large carrot**. Sauté apples and the carrot in 2 tbs of butter over medium heat on the stove. Have kids measure out **1/8 tsp each of ground cinnamon and cardamom** and add to the skillet. Sauté until the apples and carrots are soft and the spices are fragrant (about 3 to 5 minutes). Set to the side to cool.

mix+fold

Pre heat your oven to 360 degrees. Have the kids measure and mix together **2 C of all purpose flour, 2 tsps baking powder, 1 tps of sea salt, ½ tsp of baking soda, 1 T sugar** and **2 C of buttermilk**. Add the reserved egg yolks one time into the buttermilk and flour mixture and beat with a whisk until smooth. Add the sauteed carrots and apples to the mixture. Have the kids gently fold in the egg whites into the batter. - We like to let the batter sit for a few minutes at this point – If you do not already have a stove top Æbleskiver pan in your kitchen, then this is a good time to get your muffin tin ready – spray it with whatever it is you like to use, or rub it down with butter or oil. Spoon the batter into prepared tin – about 2 heaping spoonfuls each.

whisk+eat

As the Æbleskiver bake and cool, it is time to make the Carrot Juice Icing! Have kids measure and mix together **1-¼ C powdered confectioners sugar** and **2 to 3 T of fresh carrot juice into a medium sized bowl**. Whisk everything together. Set to the side. After the Æbleskiver cool for a bit; pluck them out of the muffin tin, drizzle with the carrot juice icing - "**Heel Lekker!**" (or "**Completely Tasty**" in Dutch)

fun food facts:

Æbleskiver {Abe-la-skeever} (Danish meaning apple slices) are not only really fun to say, but are traditional Danish pancakes in the distinctive shape of a sphere. Somewhat similar in texture to American pancakes crossed with a popover, æbleskiver are solid like a pancake but light and fluffy like a popover. The story goes that these little pancakes were invented by Vikings when after a battle they made them over a hot fire and cooked them in their dented helmets. We made ours {as always} with a Sticky Fingers twist, fresh apples and carrots!

