

pumpkin pie soufflé + spiced yogurt + pomegranate ginger-snap crumble

For this week's recipe, it is all about Thanksgiving. Watch out, pumpkin pie! This dessert is delicious even without a crust. It's a light and flavorful soufflé consisting mostly of egg whites, a great source of high-quality protein AND LOADS of good for you pumpkin... Pumpkin pie history: The origin of pumpkin pie occurred when the colonists sliced off the pumpkin top, removed the seeds, and filled the insides with milk, spices and honey. The pumpkin was then baked in hot ashes. Also, early colonists used pumpkin meat as an ingredient for the crust of pies, not the filling! CRAZY! Have FUN and HAPPY THANKSGIVING -Erin

crack+whisk

Preheat oven to 375°F. Have kids butter eight 6-ounce ramekins. Show kids how to crack and separate **6 eggs** (reserve yolks and whites). Have kids mix **½ C milk**, **5 T flour** and **1-¼ C pumpkin puree** with a whisk until it becomes a thick liquid. Whisk in **½ C sugar**, **1 tsp vanilla** and the **6 egg yolks** with **1-½ tsp of pumpkin pie spice** - blend all together in with the pumpkin mixture.

beat+fold+bake

Have kids beat the 6 egg whites until stiff peaks using electric beaters or whisks. Have kids fold the whipped egg whites into pumpkin mixture until just combined - folding in gently but thoroughly. Spoon batter into ramekins, filling almost to top, and ask kids to lightly run finger around inside rim of the ramekins to create a "moat."

Grown-ups: Place ramekins in large baking pan. Place baking pan on middle oven rack and add hot water around ramekins to depth of 1 inch. Bake until souffles have risen well above rim and tops are golden brown, about 25 minutes. Serve immediately!

whip

Time to make the spiced yogurt! Have the kids measure out **1 (7oz) container of Greek yogurt** in a bowl... Add **¼ C honey**... Have kids add a BIG pinch of pumpkin pie spice. Whip together and set to the side.

dunk+pick

While the souffles continue to bake: Have kids feel **1 large pomegranate**, ask them what they think of it and if they know what it is... Fill **2 large bowls with water**. Have kids do the bridge cutting method and cut the pomegranate in half. Cut again in half. Ask your kids to look at the seeds (arils) nestled in the bitter white pith! Have kids dunk the fruit underwater and pick the seeds out of the fruit. The seeds will sink to the bottom and the pith to the top. Pomegranate juice stains like crazy and this is a clean and fun way to get the seeds out. Drain out the water and gather up the seeds. Encourage tasting!! Set seeds to the side.

serve

Place **8 or 9 gingersnap cookies** into a zip-lock bag. Seal tightly and stand back! Have kids smash the cookies into bits and pieces! When the souffles are done - Add a dollop of spiced yogurt and sprinkle the gingersnap cookie crumbs and pomegranate seeds on top of the soufflé.

Dig in! Have a VERY Happy Thanksgiving (any day!)

[continued]



Mixing & Measuring & Knife Skills, Oh My!

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Pomegranates!

The word "pomegranate" in old French language means "seeded apple". True to the French meaning, pomegranate look similar to apples.

- ★ The fruit is a very rich source of Vitamin C, fiber, niacin and they are high in antioxidants.
- ★ The seeds are more than half of the fruit's weight.
- ★ The fruit's tree is native from Iran to the Himalayas in northern India.
- ★ Spanish settlers introduced the pomegranate tree to California in 1769.
- ★ Choose heavy pomegranates, as they will have more seeds and juice.
- ★ Pomegranates should be ripe when picked
- ★ The pomegranate has a long storage life, and actually improves while in storage. They tend to become more juicy and flavorful and can be kept for up to 7 months.

Knock Knock! Who's There? Pomegranate! Pomegranate Who? Pomegranates don't have last names, silly.

Pumpkins!

A pumpkin is really a squash? YES! It is! It's a member of the Cucurbita family which includes squash and cucumbers. Pumpkins are Fruits!

Are pumpkins are grown all over the world? Six of the seven continents can grow pumpkins. Antarctica is the only continent that they won't grow in.

The "pumpkin capital" of the World is Morton, Illinois? This self-proclaimed pumpkin capital where you'll find the home of the Libby Corporation's pumpkin canning industry.

The Irish brought the tradition of pumpkin carving to America? The tradition originally started with the carving of turnips. When the Irish immigrated to the U.S., they found pumpkins-a-plenty, and they were much easier to carve for their ancient holiday of Halloween.

- ★ **Pumpkins contain** high and nutritious amounts of potassium and Vitamin A.
- ★ **Pumpkin flowers** are edible.
- ★ **The tradition of carving** fruits and vegetables for Halloween started with the Irish people carving of turnips. When the Irish immigrated to the U.S., they found pumpkins a-plenty and they were much easier to carve for their ancient holiday of Halloween.
- ★ **The largest pumpkin pie** ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.
- ★ **In early colonial times**, pumpkins were used as an ingredient for the crust of pies, not the filling.
- ★ **Pumpkins were once recommended** for removing freckles and curing snake bites.
- ★ **The largest pumpkin ever grown** weighed 1,140 pounds.
- ★ **Pumpkins** are 90 percent water.
- ★ **Native Americans** flattened strips of pumpkins, dried them and made mats, and also used pumpkin seeds for food and medicine.

What did one Jack-o-lantern say to the other? Cut it out!

What is a pumpkin's favorite sport? Squash

What's the ratio of a pumpkin's circumference to its diameter? Pumpkin Pi (3.14285714285714285714285714)

What do you get when you cross a snowman and a vampire? Frostbite!

How do you repair a broken Jack-o-lantern? Buy a pumpkin patch!



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