



Black & White Lava Brownie Cake in a Mug + Brilliant Berry Swirl + Berry Sweet Iced Fizz

By Erin Fletter

Prep Time 25 / Cook Time 2 / Serves 1 - 2

Shopping List

- ☐ FRESH
- ☐ 1 lemon
- ☐ 1 pinch fresh chopped parsley (or dried parsley/dill)
- ☐ 1 pint fresh or frozen, thawed raspberries ****(see allergy subs below)****
- ☐ Kid Chefs' Choice for "Crudités:"
- ☐ 4 to 5 baby carrots or carrot chips
- ☐ 1 to 2 celery stalks
- ☐ 1 mini cucumber or 1/4 large cucumber
- ☐ 3 to 5 cherry tomatoes
- ☐ 1 to 2 red radishes
- ☐ 2 to 3 jicama sticks
- ☐ 1/2 red, orange, or yellow bell pepper
- ☐ 3 to 5 mini sweet peppers
- ☐ DAIRY AND EGGS
- ☐ 1 T unsalted butter ****(see allergy subs below)****
- ☐ 2 T full-fat plain Greek yogurt ****(see allergy subs below)****
- ☐ 3 T milk ****(see allergy subs below)****

- ☐ 1 egg ****(see allergy subs below)****
- ☐ PANTRY
- ☐ 1/2 tsp pure vanilla extract ****(see allergy subs below)****
- ☐ 2 T cocoa powder ****(see allergy subs below)****
- ☐ 2 T + 2 tsp all-purpose flour ****(see allergy subs below)****
- ☐ 2 heaping T white chocolate chips ****(see allergy subs below)****
- ☐ 3 T granulated sugar
- ☐ 1 pinch garlic powder
- ☐ 1/4 tsp salt
- ☐ 1 pinch ground black pepper
- ☐ 1 C sparkling water
- ☐ HAVE ON HAND
- ☐ 1 tsp water
- ☐ ice

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

mix: to thoroughly combine two or more ingredients until uniform in texture.

tear: to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

dip: to briefly put a solid food, such as chips, fries, battered fried fish, hot sandwich (French dip), or veggie slices, into a liquid, like beef broth or a thicker sauce, like ketchup, dressing, or a dip to impart moisture and extra flavor to the solid food.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

crack: to break open or apart a food to get what's inside, like an egg or a coconut.

mash: to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

mix: to thoroughly combine two or more ingredients until uniform in texture.

sprinkle: to scatter small drops or particles of an ingredient evenly or randomly over food.

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

mash: to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

pour: to cause liquid, granules, or powder to stream from one container into another.

Equipment

- ☐ Soap for cleaning hands
- ☐ Cutting board
- ☐ Kid-safe knife (a butter knife works great)
- ☐ Small bowl
- ☐ Citrus zester or box grater with small zesting holes
- ☐ Citrus juicer (optional, but encouraged)
- ☐ Measuring spoons
- ☐ Microwave
- ☐ Microwave-safe mug
- ☐ Potholders
- ☐ Metal spoon for mixing
- ☐ Plate
- ☐ Fork for mashing
- ☐ Drinking glass
- ☐ Liquid measuring cup

Ingredients

Rainbow “Crudités” Veggie Sticks + Rad Ranch Dip for One

- ☐ Kid chefs' choice for "Crudités":
- ☐ 4 to 5 baby carrots or carrot chips
- ☐ 1 to 2 celery stalks
- ☐ 1 mini cucumber or 1/4 large cucumber
- ☐ 3 to 5 cherry tomatoes ****(Omit for NIGHTSHADE ALLERGY)****
- ☐ 1 to 2 red radishes
- ☐ 2 to 3 jicama sticks
- ☐ 1/2 red, orange, or yellow bell pepper ****(Omit for NIGHTSHADE ALLERGY)****
- ☐ 3 to 5 mini sweet peppers ****(Omit for NIGHTSHADE ALLERGY)****
- ☐ Ranch Dip:
- ☐ 1 pinch fresh chopped parsley (or dried parsley/dried dill)
- ☐ 1/2 lemon
- ☐ 2 T full-fat plain Greek yogurt ****(for DAIRY ALLERGY sub dairy-free/nut-free plain Greek yogurt)****
- ☐ 1 pinch garlic powder
- ☐ 1 pinch salt
- ☐ 1 pinch ground black pepper
- ☐ 1 tsp water
- ☐ 1 pinch granulated sugar, optional

Black & White Lava Brownie Cake in a Mug + Brilliant Berry Swirl

- ☐ 1 T unsalted butter ****(for DAIRY ALLERGY sub vegetable oil or dairy-free butter, like Earth Balance)****
- ☐ 2 T sugar
- ☐ 1/2 tsp pure vanilla extract ****(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)****
- ☐ 1 egg ****(for EGG ALLERGY sub 1/2 ripe banana, mashed, or 1 T applesauce)****
- ☐ 2 T cocoa powder ****(for CHOCOLATE ALLERGY sub carob powder)****
- ☐ 3 T milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- ☐ 2 T + 2 tsp all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free flour blend with xanthan gum)****

☐ 1 pinch salt

☐ 2 heaping T white chocolate chips ******(for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand white chocolate chips)******

☐ 1 handful fresh raspberries, or frozen and thawed ******(for RASPBERRY ALLERGY sub blueberries)******

☐ 1 pinch granulated sugar

Berry Best Sweet Iced Fizz for One

☐ 1 handful fresh raspberries, or frozen and thawed ******(for RASPBERRY ALLERGY sub blueberries)******

☐ 2 tsp sugar

☐ 1 C sparkling water

☐ ice

Food Allergen Substitutions

Rainbow “Crudités” Veggie Sticks + Rad Ranch Dip for One

Nightshade: Omit optional cherry tomatoes, bell peppers, and sweet peppers.

Dairy: Substitute dairy-free/nut-free plain Greek yogurt.

Black & White Lava Brownie Cake in a Mug + Brilliant Berry Swirl

Dairy: Substitute vegetable oil or dairy-free butter, like Earth Balance, for unsalted butter. Substitute dairy-free/nut-free milk for milk. Use Enjoy Life brand white chocolate chips.

Egg: For 1 egg, substitute 1/2 ripe mashed banana or 1 T applesauce.

Chocolate: Substitute carob powder for cocoa powder.

Gluten/Wheat: Substitute gluten-free flour blend with xanthan gum for all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Nut: Use Enjoy Life brand white chocolate chips.

Soy: Use Enjoy Life brand white chocolate chips.

Berry Best Sweet Iced Fizz for One

Instructions

Rainbow “Crudités” Veggie Sticks + Rad Ranch Dip for One

intro

Each of our SFC Sweet Mug Recipes will include this recipe, so kids can snack on healthy raw veggies and dip while they cook.. All veggies are good for the brain! The purpose is to reinforce and encourage kids to eat veggies and have them learn a little about what each vegetable does for the body! Kids will show which veggie(s) they've chosen and share the benefit below. Snack on veggies and encourage kids to eat at least 3 pieces to power up their brains before making the mug cake! **Green** veggies help keep you from catching a cold! **White** veggies give you energy! **Yellow** veggies help make your bones strong! **Orange** veggies are good for your heart! **Blue** and **Purple** veggies are good for your memory! **Red** veggies are good for your blood!

tear + zest + juice

To make the dip, tear **1 pinch of parsley leaves** into tiny bits! Add the parsley to a small bowl. Zest **1 lemon** and add a pinch of zest to the parsley. Slice the lemon in half and add a squeeze of juice. Watch for seeds!

measure + mix

Measure and add **2 tablespoons of Greek yogurt, 1 pinch of garlic powder, 1 pinch of salt, 1 pinch of black pepper**, and **1 teaspoon of water** to the bowl with the parsley and lemon. Use a spoon to mix! Taste! What does it need? Add more lemon, salt, pepper, or garlic powder a little at a time until your dip tastes great to you. Add **1 pinch of sugar** to balance flavors if you wish.

slice + dip

Have kid chefs slice up their **raw vegetables** of choice into sticks or bite-sized pieces, and then dip their Rainbow "Crudités" Veggie Sticks in the Rad Ranch Dip! Delightful!

Black & White Lava Brownie Cake in a Mug + Brilliant Berry Swirl

melt + measure + crack + mix

Microwave **1 tablespoon butter** in your mug for 30 to 40 seconds until it melts. Measure and add **2 tablespoons sugar** and **1/2 teaspoon vanilla extract**. Crack **1 egg** and add it to the mug. Mix well!

measure + add + mix

Measure and add **2 tablespoons of cocoa powder** to the mug. Mix vigorously until the cocoa powder is combined with the wet ingredients. They will want to stay separated but keep mixing until thoroughly combined.

measure + add + mix again

Measure and add **3 tablespoons milk, 2 tablespoons + 2 teaspoons flour**, and **1 pinch of salt** and mix again, tilting the mug to make it easier to mix.

add + cover + microwave

Once ingredients are thoroughly mixed, drop **2 tablespoons of white chocolate chips** into the center of

the batter, one by one. They will sink slightly into the batter. Push them down gently with a metal spoon so that when they melt, they will form a liquid lava center. Cover the mug with a damp paper towel or dish towel and microwave on high for 1 minute. Let rest for 30 seconds. Then microwave for a final 30 seconds. Remove mug with potholders and let cool slightly.

sprinkle + mash + spoon

While the brownie cake cools, add **1 handful of raspberries** to a plate and sprinkle them with **1 pinch of sugar**. Use a fork to mash the berries to a pulp. Spoon this Brilliant Berry Swirl mixture over your Black & White Lava Brownie Cake and dig in!

Berry Best Sweet Iced Fizz for One

mash + pour + stir

Mash **1 handful of raspberries** with **2 teaspoons sugar** at the bottom of a drinking glass. Pour **1 cup sparkling water** into the glass. Stir! Add **2 to 3 cubes of ice**, stir again, and Cheers!

Featured Ingredient: Berries!

Hi! I'm a Berry!

"To be specific, I'm an edible berry. We might be sweet or sour, colorful, juicy, and delicious! People around the world eat us alone, with other foods, and in jams, preserves, and pies! Yum! Did you know that bananas, pumpkins, tomatoes, and watermelons are technically berries!"

Thousands of years ago, before crops were domesticated, hunter-gatherers picked wild berries, an activity people still enjoy doing today.

Berry cultivation may have begun as early as the 10th century in Japan, the 14th century in Europe, and the 18th century in the United States.

The word "berry" comes from the Old English "berie," from the German "beere."

Globally, strawberries are grown twice the amount of any other berry, although strawberries, blackberries, and raspberries are not actual berries, botanically speaking—they are aggregate fruits.

Botanical berries include blueberries, cranberries, elderberries, gooseberries, lingonberries, and persimmons.

Berries are a wonderful snack eaten by themselves or added to cold and hot cereal. But they are equally delightful when made into preserves, jams, and sauces. In addition, berries are often used in baked goods like cakes, cobblers, muffins, and pies.

Berries are often called a "superfood" and are recommended by doctors and nutritionists for a healthy diet. They are high in antioxidants and fiber, and many have essential nutrients like vitamin C, helping to protect against cancer and chronic disease.