



Bubbly Fruit-Filled Crumbly Crisp in a Mug + Whipped Yogurt + Berry Lovely Lemonade

By Erin Fletter

Prep Time 32 / **Cook Time** 3 / **Serves** 1 - 2

Shopping List

☐ FRESH

☐ 3/4 C fresh or frozen berries (use blueberries, raspberries, strawberries, blackberries, or mixed berries)

☐ 3 lemons

☐ 1 pinch fresh chopped parsley (or dried parsley/dried dill)

☐ 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

☐ 1/2 C full-fat plain Greek yogurt ** (for DAIRY ALLERGY sub dairy-free/nut-free plain Greek yogurt or coconut cream)**

☐ PANTRY

☐ 1/2 tsp cornstarch (or arrowroot powder)

- ☐ 3 T sugar
- ☐ 1/3 C quick-cooking oats ******(for GLUTEN ALLERGY use certified gluten-free quick oats or gluten-free cornflakes cereal)******
- ☐ 4 tsp brown sugar or maple syrup
- ☐ 2 T olive oil
- ☐ 1/4 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******
- ☐ 1 pinch cinnamon
- ☐ 1 pinch garlic powder
- ☐ 1 pinch salt
- ☐ 1 pinch ground black pepper
- ☐ HAVE ON HAND
- ☐ 1 1/4 water
- ☐ 1/2 C 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.

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!

chop: to cut something into small, rough pieces using a blade.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded

potatoes, frozen and thawed spinach, or tofu.

layer: to arrange foods in layers, such as sliced fruit in a pie or tart, or sliced potatoes in a potato gratin; or to build flavors by adding seasonings or foods that may be dissimilar but complement the overall dish.

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.

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

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

taste: to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

adjust: to change seasonings or consistency to one's taste or to alter portion sizes.

chop: to cut something into small, rough pieces using a blade.

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

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

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.

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
- ☐ Dry measuring cup
- ☐ Whisk

- ☐ Spatula
- ☐ Cutting board + kid-safe knife
- ☐ Clean, damp dish towel
- ☐ Cereal or mixing bowls (2)
- ☐ Paper towels (2)
- ☐ Spoon
- ☐ Citrus juicer (optional)
- ☐ Mixing bowl
- ☐ Liquid measuring cup
- ☐ Dry measuring cups
- ☐ Drinking glass

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

Bubbly Fruit-Filled Crumbly Crisp in a Mug

- ☐ 1/2 C fresh or frozen berries (use blueberries, raspberries, strawberries, blackberries, or mixed berries)
- ☐ 1/2 tsp cornstarch (or arrowroot powder)
- ☐ 2 tsp sugar
- ☐ 1/2 lemon
- ☐ 1/3 C quick-cooking oats ****(for GLUTEN ALLERGY use certified gluten-free quick oats or gluten-free cornflakes cereal)****
- ☐ 2 tsp brown sugar or maple syrup
- ☐ 2 T olive oil

Wondrous Whipped Yogurt

- ☐ 1/4 C full-fat plain Greek yogurt ****(for DAIRY ALLERGY sub dairy-free/nut-free plain Greek yogurt or coconut cream)****
- ☐ 2 tsp maple syrup or brown sugar
- ☐ 1/4 tsp pure vanilla extract ****(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)****
- ☐ 1 pinch cinnamon

Berry Lovely Lemonade

- ☐ 1/4 C fresh or frozen berries (use blueberries, raspberries, strawberries, blackberries, or mixed berries)
- ☐ 1 C water, divided
- ☐ 2 T sugar
- ☐ 1/2 C ice
- ☐ 1 1/2 large lemons

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.

Bubbly Fruit-Filled Crumbly Crisp in a Mug

Gluten/Wheat: Use certified gluten-free quick oats or gluten-free cornflakes cereal. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Wondrous Whipped Yogurt

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

Berry Lovely Lemonade

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!

Bubbly Fruit-Filled Crumbly Crisp in a Mug

chop + slice + add

Chop **1/2 cup fresh or frozen berries** into a small dice. Slice small berries in halves. Add berries to a mixing bowl. (If your berries are frozen, add them to a microwave-safe mug or bowl and microwave, using the defrost setting, for 25 seconds.)

measure + add

Measure **1/2 teaspoon cornstarch** and **2 teaspoons sugar** and add those to the berries.

slice + squeeze + mix

Slice **1 lemon** in half and squeeze the juice from **1/2 lemon** into the bowl with the berries. Watch for seeds! (Tip: To make your lemons easier to squeeze, microwave them for 15 to 20 seconds, and let them cool enough to handle!) Kid chefs can squeeze **1/2 lemon** into their empty cereal bowl, fish out the seeds, and add the juice to the bowl with the berries. Mix!

measure + mix

Add ****1/3 cup quick-cooking oats, 2 teaspoons brown sugar, and 2 tablespoons olive oil**** to another bowl. Mix!

layer + repeat

Add a spoonful of berry mixture to the bottom of a microwave-safe mug. Follow with a spoonful of oat crisp mixture. Repeat until you’ve used all of your berries, ending with a topping of oat crisp.

smoosh + cover + microwave

Smoosh the berry crisp down into the mug with a spoon, then cover the mug with a damp paper towel. Microwave on high for 2 minutes. Let stand for at least 1 minute to cool down.

stir + microwave + top

Stir the berry crisp mixture, then cover with the damp paper towel again. Microwave for an additional 30 seconds. Top with a dollop of Wondrous Whipped Yogurt (see recipe), and enjoy!

Wondrous Whipped Yogurt

measure + add + whisk

Measure and add **1/4 cup Greek yogurt, 2 teaspoons maple syrup, 1/4 teaspoon vanilla extract,** and **1 pinch of cinnamon** to a mixing bowl. Whisk until yogurt is light, fluffy, and cloudlike!

taste + adjust + top

Taste! What does it need? More sugar? More cinnamon? More vanilla? Adjust and taste again. Top your pie or Bubbly Fruit-Filled Crumbly Crisp in a Mug (see recipe) with a dollop of whipped yogurt!

Berry Lovely Lemonade

chop + slice + add

Chop **1/4 cup fresh or frozen berries** into a small dice. Slice small berries in halves. Add **1/2 cup ice** and chopped berries to a drinking glass. (If kid chefs have frozen berries, they can add them to their microwave-safe mug, then microwave them, using the defrost setting, for 25 seconds.)

measure + add + microwave

Measure and add **1/4 cup water** and **2 tablespoons sugar** to a clean microwave-safe mug. Microwave for 45 seconds.

pour + slice + squeeze

Pour sugar and water mixture into the drinking glass with berries. Slice **2 large lemons** in half and squeeze the juice from **1 1/2 lemons** into the glass. Watch for seeds!

add + stir

Add **3/4 cup of cold water** to the drinking glass and stir. 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.