



## **Cheerful Chocolate Chip Celebration Mug Cake + You-Who Bubbly Ice Cream Float for One**

By Erin Fletter

**Prep Time 20 / Cook Time 3 / Serves 1 - 2**

### **Shopping List**

- ☐ FRESH
- ☐ 1 lemon
- ☐ 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 **\*\*(see allergy subs below)\*\***
- ☐ 1 to 2 red radishes
- ☐ 2 to 3 jicama sticks
- ☐ 1/2 red, orange, or yellow bell pepper **\*\*(see allergy subs below)\*\***
- ☐ 3 to 5 mini sweet peppers **\*\*(see allergy subs below)\*\***
- ☐ DAIRY/FROZEN/EGGS
- ☐ 2 T full-fat plain Greek yogurt **\*\*(see allergy subs below)\*\***
- ☐ 1 T butter **\*\*(see allergy subs below)\*\***
- ☐ 1 1/4 C milk **\*\*(see allergy subs below)\*\***
- ☐ 1 small scoop vanilla ice cream **\*\*(see allergy subs below)\*\***

- ☐ 1 egg **\*\*(see allergy subs below)\*\***
- ☐ PANTRY
- ☐ 1 pinch garlic powder
- ☐ 1 pinch salt
- ☐ 1 pinch ground black pepper
- ☐ 1 pinch sugar
- ☐ 1 T maple syrup/honey/agave syrup
- ☐ 1 tsp brown sugar, packed
- ☐ 3/4 tsp pure vanilla extract **\*\*(see allergy subs below)\*\***
- ☐ 3 T all-purpose flour **\*\*(see allergy subs below)\*\***
- ☐ 3 heaping T chocolate chips **\*\*(see allergy subs below)\*\***
- ☐ 1/2 C sparkling water
- ☐ HAVE ON HAND
- ☐ 1 tsp water

## 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).

**fold:** to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep

the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

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

**separate eggs:** to remove the egg yolk from the egg white by cracking an egg in the middle and using the shell halves, the palm of the hand, or a device to keep the egg yolk in place while the egg white falls into a separate bowl.

**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.

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

**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.

**shake:** to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

## 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
- ☐ Small bowls or cups (2 for separating eggs)
- ☐ Metal spoon for mixing
- ☐ Paper towel or dish towel
- ☐ 16-oz microwave-safe jar with matching lid (or large microwave-safe mug)
- ☐ Ice cream scoop or tablespoon

☐ 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

### Cheerful Chocolate Chip Celebration Mug Cake

☐ 1 T butter **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance brand)\*\***

☐ 1 T maple syrup

☐ 1 tsp packed brown sugar

☐ 1/2 tsp pure vanilla extract **\*\*(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***

- ☐ 1 pinch of salt
- ☐ 1 egg **\*\***(for EGG ALLERGY sub 1/2 mashed ripe banana OR 1 T applesauce)**\*\***
- ☐ 3 T all-purpose flour **\*\***(for GLUTEN ALLERGY sub all-purpose gluten-free/nut-free flour)**\*\***
- ☐ 1 heaping T chocolate chips **\*\***(for CHOCOLATE ALLERGY sub carob chips; for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)**\*\***

### You-Who Bubbly Ice Cream Float for One

- ☐ 1 handful (about 2 T) chocolate chips **\*\***(for CHOCOLATE ALLERGY sub carob chips; for DAIRY/NUT/SOY ALLERGY use Enjoy Life brand chocolate chips)**\*\***
- ☐ 1 1/4 C milk **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free milk)**\*\***
- ☐ 1/4 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***
- ☐ 1 small scoop vanilla ice cream **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free vanilla ice cream)**\*\***
- ☐ 1/2 C sparkling water

## 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.

### Cheerful Chocolate Chip Celebration Mug Cake

**Dairy:** Substitute dairy-free/nut-free butter, like Earth Balance brand. Use Enjoy Life brand chocolate chips.

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor. Substitute all-purpose gluten-free/nut-free flour.

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

**Chocolate:** Substitute carob chips for chocolate chips.

**Nuts:** Use Enjoy Life brand chocolate chips.

**Soy:** Use Enjoy Life brand chocolate chips.

### You-Who Bubbly Ice Cream Float for One

**Dairy:** Use Enjoy Life brand chocolate chips. Substitute dairy-free/nut-free milk. Substitute dairy-free/nut-free vanilla ice cream.

**Chocolate:** Substitute carob chips for chocolate chips.

**Nuts:** Use Enjoy Life brand chocolate chips.

**Soy:** Use Enjoy Life brand chocolate chips.

## 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!

### Cheerful Chocolate Chip Celebration Mug Cake

#### microwave + melt

Microwave **1 tablespoon butter** in your mug for 30 to 40 seconds until it melts. Carefully remove the mug using potholders.

#### measure + separate + mix

Measure and add **1 tablespoon maple syrup, 1 teaspoon brown sugar, 1/2 teaspoon vanilla**

**extract**, and **1 pinch of salt** to your mug. Crack and separate **1 egg**, adding the yolk to your mug and discarding the white (or save for breakfast eggs later!). Mix the ingredients well!

#### measure + mix

Measure and mix in **3 tablespoons of flour** into the mug. Mix until all traces of flour disappear.

#### fold + microwave

Fold in **1 heaping tablespoon of chocolate chips**. Cover the mug with a damp paper towel or a dish towel and microwave on high for 30 seconds. Let rest for 10 seconds. Then microwave for a final 20 seconds. Carefully remove the mug using potholders, let cool slightly, and dig in!

### You-Who Bubbly Ice Cream Float for One

#### recipe note

This recipe uses a 16-ounce microwave-safe jar to melt the chocolate, and then you cover the jar with its lid and shake the chocolate, milk, and vanilla together. If you don't have a microwave-safe jar with lid, melt the chocolate in a large microwave-safe mug, and use a metal spoon to stir the ingredients together.

#### pour + microwave

Add **1 handful of chocolate chips** to the bottom of a 16-ounce microwave-safe jar (make sure the jar has a matching lid!). Pour about **1/4 cup of milk** over the chocolate chips (just enough to cover them). Cover the jar with a damp paper towel or dish towel and microwave on high for 1 minute. Carefully remove the jar using potholder, stir the chocolate to melt it completely, and let it cool slightly.

#### measure + shake + pour

Measure and add the remaining milk, about **1 cup milk**, and **1/4 teaspoon vanilla extract** to the jar. Secure the lid, place one hand under the jar and one hand on top of the lid, and shake! Shake until the chocolate is incorporated into the milk. Add **1 small scoop of vanilla ice cream** to a drinking glass. Pour over your "You-Who" Chocolate Milk and top with **1/2 cup of sparkling water**! Cheers!

## Featured Ingredient: Vanilla!

Hi! I'm Vanilla!

"I'm a flower, a flavor, an aroma, a spice, a seed, and a pod! Did you know that my pods come from a Vanilla orchid? For cooking, I can flavor foods by adding vanilla extract (much tastier than imitation vanilla) or vanilla paste (made from extract and ground seeds). You can also slice open a pod and scrape out the tiny black seeds to add to your dish, and steep the pod in liquid. I'm essential for baking (and ice cream)!"

History & Etymology

Vanilla has an intriguing history. Because of its high value over time, vanilla has been the subject of historical robbery and great intrigue. Growers in Madagascar are known to "tattoo" their beans with a knife when the pods are still green so they can identify their beans if they suspect someone has stolen them. How they find the stolen beans is anyone's guess!

Vanilla is indigenous to southeastern Mexico and, in the 1500s, traveled to Spain. Initially, it was only valued for its use as perfume.

For hundreds of years, Mexico was the only country that grew vanilla. Now, Madagascar, an island country off the coast of Southeastern Africa, grows the most vanilla in the world.

Other places that produce vanilla are Costa Rica, Guatemala, Uganda, Kenya, China, India, Indonesia, Papua New Guinea, Tonga, Fiji, Tahiti, Hawaii, and other Pacific Islands. Find these places on your map! What do they all have in common? They are hot, tropical places where vanilla orchids can grow abundantly.

Why is vanilla so expensive even today? It's because growing vanilla is very labor-intensive. In fact, vanilla is the second most labor-intensive agricultural crop, next to saffron. It can take nearly three years after planting the vines before the first orchid flowers appear. Vanilla beans must remain on the vine for nine months before developing their sweet aroma. The beans are still green when growers harvest them. Then they turn brown and become richly flavored during the drying and curing process.

We consume the most vanilla in the United States compared to any other place! However, the vanilla found in fragrances and foods is 98 percent imitation! This is because synthetic vanilla is less expensive than the real thing.

Only the Melipona bee in Central America can pollinate the vanilla flower. In other parts of the world, farmers mimic the process with wooden needles.

July 23rd is National Vanilla Ice Cream Day in the US.

The English word "vanilla" comes from the Spanish word "vainilla," meaning "little pod, the diminutive of "vaina," meaning "sheath" or "pod."

## Anatomy

Vanilla is a member of the orchid family and prefers hot, wet, tropical climates. Vanilla is also the only edible orchid (that we know of).

A climbing vine, vanilla grows whitish-green flowers that are hand pollinated. It requires supportive structures for optimal growth. Vanilla vines can grow anywhere from 30 to 50 feet long!

The fruit, when mature, is about five inches long, a half-inch thick, and looks like a bean pod.

The pod ripens gradually for 8 to 9 months after flowering, eventually turning black and giving off a strong aroma. Inside the cured vanilla bean pod are thousands of tiny vanilla seeds that are rich in flavor.

These seeds give vanilla bean ice cream its tiny black flecks, and it is how you know your vanilla ice cream is the real thing!

The vanilla orchid lasts only a day, and pollination needs to happen before it dies.

## How to Pick, Buy, & Eat



No two vanilla beans are the same in taste, color, or aroma, just like wine grapes.

Store vanilla beans away from heat or light.

To open a vanilla pod, place it on a flat surface. Press down at the top to hold it steady, then take a knife and split the pod down the middle. Next, spread apart the pod and run your knife down its length. The seeds will stick to the knife!

Use the empty vanilla pod to infuse a jar of sugar or salt. Or steep it in milk or cream to use in recipes! Or poach fruit with a vanilla bean to give it a subtle kiss of flavor.

A few drops of vanilla will balance a tomato's acidity.

Steep vanilla beans in coffee or tea, or grind them with your coffee beans for flavored java.

Spiders don't like vanilla! So, vanilla and vinegar in a spray bottle will send spiders running!

Try chopping up vanilla beans and mixing them with Epsom salts and a little vanilla extract for a luxurious bath.

One vanilla bean is equivalent to about three teaspoons of vanilla extract.

You can add vanilla to sweet and savory recipes. Try mixing some vanilla beans into a homemade salad vinaigrette or poaching a vanilla bean in butter for a delicious sauce to serve over fish!

Vanilla extract is made by pounding vanilla pods in a solution of ethanol and water. Ethanol is a grain alcohol found in alcoholic beverages, but it is also used as a fuel additive, often blended with gasoline (especially corn-based ethanol). However, the ethanol manufactured for drinks and vanilla extract has to follow more purity standards than the type used in petroleum products.

## Nutrition

There are some claims of the health benefits of vanilla, such as reducing skin damage, aiding digestion, and alleviating nausea; however, there is not enough evidence to confirm these. Still, vanilla's pleasant fragrance may help calm and lift moods.