



## **Donut-y Apricot-Filled Mug Cake+Apricot Breakfast Pudding+Cinnamon Apricot Milk**

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**Prep Time 27 / Cook Time 5 / 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 AND EGGS
- ☐ 1 egg **\*\*(see allergy subs below)\*\***
- ☐ 2 T full-fat plain Greek yogurt **\*\*(see allergy subs below)\*\***
- ☐ 2 T butter **\*\*(see allergy subs below)\*\***
- ☐ 1 1/3 C milk **\*\*(see allergy subs below)\*\***

- ☐ 1 1/2 T heavy cream **\*\*(see allergy subs below)\*\***
- ☐ PANTRY
- ☐ 1 pinch garlic powder
- ☐ 1 pinch salt
- ☐ 1 pinch ground black pepper
- ☐ 2 1/2 T granulated sugar
- ☐ 4 T all-purpose flour **\*\*(see allergy subs below)\*\***
- ☐ 1/2 tsp baking powder
- ☐ 3/4 tsp cinnamon
- ☐ 2 1/2 T apricot preserves
- ☐ 1/4 tsp powdered sugar
- ☐ 1 tsp cornstarch
- ☐ 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).

**melt:** to heat a solid food so it becomes liquid, like butter or chocolate.

**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.

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

**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.

**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.

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

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

**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

- ☐ Potholder
- ☐ Paper towels
- ☐ Butter knife
- ☐ Fork for mixing
- ☐ Microwave-safe mug or bowl
- ☐ Measuring cups
- ☐ Small whisk

## 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

## Delightfully Donut-y Apricot-Filled Mug Cake

- ☐ 2 T butter **\*\***(for DAIRY ALLERGY sub coconut oil or dairy-free/nut-free butter, like Earth Balance)**\*\***
- ☐ 2 T granulated sugar
- ☐ 4 T all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***
- ☐ 1/2 tsp baking powder
- ☐ 1/4 tsp cinnamon
- ☐ 1 egg yolk **\*\***(for EGG ALLERGY sub 1 tsp ground flaxseeds + 3 T apple cider—more info below)**\*\***
- ☐ 1 T milk **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free milk)**\*\***
- ☐ 1 T apricot preserves
- ☐ 1/4 tsp powdered sugar

## Awesome Apricot Breakfast Pudding for One

- ☐ 1 egg white **\*\***(for EGG ALLERGY sub 3 T aquafaba OR 1 T flaxseeds + 3 T of warm water—more info below)**\*\***
- ☐ 1 T apricot preserves
- ☐ 1 1/2 T heavy cream **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free heavy cream OR coconut cream)**\*\***
- ☐ 1/4 C milk **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free milk)**\*\***
- ☐ 1 tsp cornstarch
- ☐ ground cinnamon, to taste

## Calming Cinnamon Apricot Milk for One

- ☐ 1 C milk **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free milk)**\*\***
- ☐ 1/2 T apricot preserves
- ☐ 1/4 tsp ground cinnamon

## 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.

## Delightfully Donut-y Apricot-Filled Mug Cake

**Dairy:** Substitute dairy-free/nut-free butter, like Earth Balance, or nut-free oil for butter. Substitute dairy-free/nut-free milk.

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour.

**Egg:** For 1 egg yolk, substitute 1 tsp ground flaxseeds + 3 T apple cider. Mix and let stand for 2 minutes.

## Awesome Apricot Breakfast Pudding for One

**Egg:** For 1 egg white, substitute 3 T aquafaba (juice from a can of chickpeas, if no legume allergy) OR 2 T flaxseeds + 3 T of warm water. If using flaxseeds, stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

**Dairy:** Substitute dairy-free/nut-free heavy cream OR coconut cream. Substitute dairy-free/nut-free milk.

## Calming Cinnamon Apricot Milk for One

**Dairy:** Substitute dairy-free/nut-free milk.

## 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!

### Delightfully Donut-y Apricot-Filled Mug Cake

#### separate eggs

If not already separated, crack **1 egg** and separate the white from the yolk, setting both aside.

#### microwave + melt

Measure **2 tablespoons of butter** into a microwave-safe mug. Cover with a damp paper towel and cook on high for 20 seconds. Stir with a butter knife until the butter is fully melted. Carefully remove using a potholder.

#### measure + mix

Measure and add to the mug **2 tablespoons sugar, 4 tablespoons flour, 1/2 teaspoon baking powder, 1/4 teaspoon cinnamon, 1 egg yolk**, and **1 tablespoon milk**. Mix well with a fork until just combined.

#### measure + add

Gently place **1 tablespoon of apricot preserves** on top of the batter. The easiest way to do this is by pushing the preserves out of the measuring spoon with a butter knife. The preserves will sink, but a small amount will show through.

#### microwave + cool

Cook on high for 75 seconds until the cake is firm on top. Cool for at least 5 minutes in the microwave. This will allow the batter to finish cooking.

#### sprinkle + serve

Sprinkle the mug cake with **1/4 teaspoon powdered sugar** and enjoy!

### Awesome Apricot Breakfast Pudding for One

#### separate eggs

If not already separated, crack **1 egg** and separate the white from the yolk, letting the white drop into a microwave-safe mug or bowl and the yolk in a small bowl to set aside for the Delightfully Donut-y Apricot-Filled Mug Cake if making.

#### measure + whisk

Measure and add **1 tablespoon of apricot preserves** to the mug or bowl and whisk until the clumps of preserves are broken up and the egg whites are frothy.

#### measure + add

Measure and add **1 1/2 tablespoons heavy cream, 1/4 cup milk**, and **1 teaspoon cornstarch** to the mug or bowl and whisk again.

#### microwave + whisk

Microwave on high for 90 seconds. Carefully remove using a potholder. Whisk until the mixture is somewhat smooth. It will remain slightly lumpy, and that's okay!

#### sprinkle + cool

Sprinkle with **cinnamon**, to taste, and cool in the refrigerator while you make the **Delightfully Donut-y Apricot Filled Mug Cake**.

Calming Cinnamon Apricot Milk for One

#### measure + whisk

Measure and pour **1 cup milk, 1/2 tablespoon apricot preserves**, and **1/4 teaspoon cinnamon** into a microwave-safe mug. Whisk to break up any clumps of preserves.

#### microwave

Cook on high for 60 to 75 seconds to desired warmth. Enjoy!

## Featured Ingredient: Apricots!

Hi! I'm Apricot!

"I'm from the same family as the peach and kind of look like one, but I'm smaller with more velvety than fuzzy skin. I'm also a little less sweet and more tart, but when you cook apricots, that's where we shine!"

### History & Etymology

The most common apricot cultivar was thought to have originated in ancient Armenia, where its scientific name, *Prunus armeniaca*, came from. However, genetic studies have found it was first domesticated in Central Asia and China. It then spread to South Asia, West Asia (including Armenia), Europe, North Africa, and Japan.

Turkey is the largest producer of apricots worldwide, at over 850,000 tons per year. The United States, in comparison, produces a little over 40,000 tons, with almost 75 percent grown in California.



Apricots are the national fruit of Armenia, grown primarily in the Ararat plain, which is shared with Turkey. US astronauts ate dried apricots on the Apollo 15 and 17 moon missions.

The word "apricot" comes from the mid-16th century French "abricot," from the Spanish "albaricoque," from the Spanish Arabic "al + barquq" ("the plums").

## Anatomy

Apricot trees (*Prunus armeniaca*) are from the Rosaceae family, including roses, apples, peaches, pears, plums, cherries, raspberries, and strawberries.

The trees grow from 26 to 39 feet tall. The fruit is orange and is one-half to one inch in diameter. Its appearance resembles a small peach, and its skin may be smooth or velvety.

The fruit of the apricot tree is a drupe or stone fruit, like almonds, cherries, nectarines, olives, and peaches. A drupe has an outer fleshy part with a thin skin and a stone (also called pip or shell) in the center surrounding the seed or kernel.

A positive consequence of the hard stones in apricots is to protect people from ingesting the toxic kernel inside.

## How to Pick, Buy, & Eat

Depending on the variety, apricots are picked when fully ripe, between June and August. After they are harvested, they can be stored in a cool place for one to three weeks.

Commercially processed apricots are mostly canned, dried, frozen, or made into jams, jellies, and preserves.

Store ripe apricots in your refrigerator's crisper bin for one to two days. To ripen firm apricots, place them in a closed paper bag at room temperature.

Fresh apricots can be eaten as a snack or cooked and made into jams and preserves. Fresh apricots and preserves are added to cookies, pies, cakes, and other desserts.

Dried apricots retain many nutrients and are a sweet and tasty snack.

## Nutrition

Raw, fresh apricots are a moderate source of vitamin A, beta-carotene, and vitamin C.

Vitamin A helps you see in the dark and makes your skin healthy. The deeper the color, the more beta-carotene apricots have and the better they are for you. Vitamin C helps boost the immune system.

Due to the concentration of nutrients, dried apricots are rich sources of vitamins A and C and potassium. However, dried apricots contain more than five times more sugar than fresh apricots.