



Gingerbread Pear Carrot Cake Puffs on a Stick + Icy Lemon Icing + Spiced Pear Smoothies

By Erin Fletter

Prep Time 40 / Cook Time 15 / Serves 4 - 6

Shopping List

- ☐ FRESH
- ☐ 5 pears
- ☐ 1 carrot
- ☐ 1/2 tsp fresh ginger (or 3/4 tsp dried ground ginger)
- ☐ 1 lemon
- ☐ 1 banana
- ☐ DAIRY AND EGGS
- ☐ 4 eggs ****(see allergy subs below)****
- ☐ 2 T unsalted butter ****(see allergy subs below)****
- ☐ 4 C milk ****(see allergy subs below)****
- ☐ PANTRY
- ☐ 2 1/2 C all-purpose flour ****(see allergy subs below)****
- ☐ 2 tsp baking powder
- ☐ 1 tsp baking soda
- ☐ 1 1/4 tsp salt
- ☐ 5 tsp pumpkin pie spice
- ☐ 1/2 cup firmly packed dark brown sugar

- ☐ 1/2 C powdered sugar
- ☐ 1 T granulated sugar
- ☐ 1 tsp pure vanilla extract ****(see allergy subs below)****
- ☐ HAVE ON HAND
- ☐ 3 C ice
- ☐ popsicle sticks, enough for the class (if making cake puffs on a stick)

Fun-Da-Mentals Kitchen Skills

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

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

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

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

wet vs dry: to mix wet and dry ingredients separately before combining them: dry ingredients are flours, leavening agents, salt, and spices; wet ingredients are those that dissolve or can be dissolved (sugar, eggs, butter, oils, honey, vanilla, milk, and juices).

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

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!

drizzle: to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

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.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

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

combine: to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

Equipment

- ☐ Oven
- ☐ Mini-muffin pan

- ☐ Paper cupcake liners for mini-muffin pan
- ☐ Cutting board + kid-safe knife
- ☐ Grater
- ☐ Large mixing bowl
- ☐ Medium mixing bowl
- ☐ Measuring spoons
- ☐ Dry measuring cups
- ☐ Whisk
- ☐ Popsicle sticks (if making cake puffs on a stick)
- ☐ Small mixing bowl
- ☐ Citrus juicer (optional)
- ☐ Blender (or pitcher + immersion blender)

Ingredients

Gingerbread Pear Carrot Cake Puffs on a Stick

- ☐ 2 pears
- ☐ 1 carrot
- ☐ 1/4 tsp fresh ginger or 1/2 tsp dried ground ginger
- ☐ 2 1/2 C all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free flour)****
- ☐ 2 tsp baking powder
- ☐ 1 tsp baking soda
- ☐ 1 tsp salt
- ☐ 3 tsp pumpkin pie spice
- ☐ 4 eggs ****(for EGG ALLERGY sub 2 very ripe bananas)****
- ☐ 1/2 C firmly packed dark brown sugar
- ☐ 2 T unsalted butter, very soft ****(for DAIRY ALLERGY sub vegetable oil or applesauce)****
- ☐ 1 C milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- ☐ popsicle sticks, enough for the class (if making cake puffs on a stick)

Icy Lemon Icing

- ☐ 1 lemon (for 2 tsp lemon juice)
- ☐ 1/2 C powdered sugar
- ☐ 1 pinch salt

Spiced Pear Smoothies

- ☐ 3 pears
- ☐ 3 C milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- ☐ 1 T granulated sugar
- ☐ 1 banana
- ☐ 1 tsp pure vanilla extract ****(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)****
- ☐ 1 squeeze fresh lemon juice
- ☐ 2 tsp pumpkin pie spice
- ☐ 1 pinch fresh or dried ground ginger
- ☐ 3 C ice

Food Allergen Substitutions

Gingerbread Pear Carrot Cake Puffs on a Stick

Gluten/Wheat: Substitute gluten-free/nut-free flour.

Eggs: For 4 eggs, substitute 2 very ripe bananas.

Dairy: For butter, substitute vegetable oil or applesauce. Substitute dairy-free/nut-free milk.

Icy Lemon Icing

Spiced Pear Smoothies

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

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Gingerbread Pear Carrot Cake Puffs on a Stick

preheat + chop + grate

Preheat your oven to 350 F. Line your mini muffin pan with paper liners. With your children, wash and chop **2 pears** into little tiny bits. Grate **1 carrot** and **1/4 teaspoon fresh ginger** (or **1/2 teaspoon ground ginger**) and set the chopped pear, the grated ginger, and the grated carrot to the side.

measure + mix

In a large mixing bowl, have kids measure and mix together **2 1/2 cups flour**, **2 teaspoons baking powder**, **1 teaspoon baking soda**, **1 teaspoon salt**, and **3 teaspoons pumpkin pie spice**. This is the dry mix.

crack + pour + whisk

Have kids crack **4 eggs** into a medium mixing bowl and then pour in **1/2 cup firmly packed dark brown sugar**, **2 tablespoons unsalted soft butter**, **1 cup milk**, and the **grated ginger**. Whisk well. This is the wet mix.

combine + spoon + bake

Add the wet mixture to the dry mixture and whisk until just blended. Add in the **chopped pears and grated carrot**. There will be some small lumps, and that is okay! Spoon batter into the pre-lined muffin pan and bake for 12 to 15 minutes.

cool + drizzle or dip

Serve the cake puffs after they cool, put them on a stick if you wish, and drizzle with or dip in Icy Lemon Icing (see recipe) or another icing.

Icy Lemon Icing

juice + combine + whisk

As the cakes bake and cool, it's Icy Icing time! Have kids cut **1 lemon** in half and squeeze the juice. Combine **1/2 cup powdered sugar**, **2 teaspoons lemon juice**, and **1 pinch of salt** in a small mixing bowl. Whisk everything together until smooth.

set + drizzle

Allow the icing to sit to stiffen up a bit (about 5 minutes). Drizzle the lemon icing on top of or dip cooled Gingerbread Pear Carrot Cake Puffs on a Stick (see recipe) or another cupcake into it!

Spiced Pear Smoothies

chop + add

Have your kids wash and chop **3 pears** and add them to your blender (or pitcher to use with an immersion blender).

combine + blend

Combine **3 cups milk**, **1 tablespoon sugar**, **1 peeled banana**, **1 teaspoon vanilla extract**, **1 squeeze of lemon juice**, **2 teaspoons pumpkin pie spice**, **1 pinch of grated fresh ginger or dried ground ginger**, and **3 cups ice** in your blender with the chopped pears. Blend until smooth. Pour and enjoy!

Featured Ingredient: Pears!

Hi! I'm Pear!

"I'm a fruit with a distinctive shape, except for an Asian pear cousin who is shaped like an apple! There's even a word for 'pear-shaped': 'pyriform!' We European pears have a thinner neck and a rounder end, but we're all juicy and delicious!"

History & Etymology

Pears have been around for a long time! There is evidence around Lake Zurich in Switzerland that pears have been eaten since prehistoric times! Pears were grown in China from around 2000 BCE, and the ancient Romans ate them raw and cooked with them.

During the reign of Henry III, King of England, in the 1200s, court records indicate he received pears shipped to him from France.

The word "pear" comes from Old English "pere," West Germanic "pera," related to the Dutch "peer," from the Latin "pirum."

Anatomy

Pear tree varieties come from the *Pyrus* genus of the Rosaceae or Rose family. There are 30 major pear species and over 3,000 cultivars (bred plant varieties). The European species include the D'Anjou, Bartlett, and Bosc. The fruit from the East Asia tree species is called by many names, such as apple, Asian, Chinese, Japanese, Korean, Taiwanese, or nashi.

The pear tree grows from about 30 feet tall, although it can reach 56 feet, and some species are shrub-like. The fruit has a stem, green to yellow skin, white flesh, and a core with seeds.

How to Pick, Buy, & Eat

Pears are picked before they are ripe, still green, and can easily be snapped off the tree. They ripen at room temperature.

You can tell pears are ripe when you press them gently around the stem, and their flesh gives slightly. Many pear varieties do not change color when mature; however, the Bartlett pear turns yellow. To help pears ripen sooner, place them next to bananas. To delay ripening, put them in the refrigerator. You can purchase pears fresh, canned, as purée, or juice. You can add pears to salads, soups, breads, desserts, and preserves.

Nutrition

Pears are part of a healthy diet. They have a moderate amount of fiber, vitamin C, and potassium. They have antioxidants that are concentrated in the peel. Pears also have a high water content and are low in calories.

Fiber aids digestion and slows sugar absorption, which is good for blood sugar. Vitamin C strengthens your immune system, contributes to wound healing, and helps build strong bones. Potassium is good for heart health, and the antioxidants in pears help prevent cancer and heart disease.