



## Perfect Pumpkin Pie in a Mug with Whipped Cream + Pumpkin Spice Latte for One

By Jacy Shoener, Erin Fletter

**Prep Time** 40 / **Cook Time** 3 / **Serves** 1 - 1

### 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 EGG
- ☐ 2 T full-fat plain Greek yogurt **\*\*(see allergy subs below)\*\***
- ☐ 2 oz or 4 T cream cheese **\*\*(see allergy subs below)\*\***
- ☐ 1/4 C heavy cream **\*\*(see allergy subs below)\*\***
- ☐ 1 C milk **\*\*(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 granulated sugar
- ☐ 1 graham cracker **\*\*(see allergy subs below)\*\***
- ☐ 3 T pumpkin purée
- ☐ 2 T brown sugar
- ☐ 1 1/2 tsp pumpkin pie spice
- ☐ 1/4 tsp cinnamon
- ☐ 1 tsp powdered sugar
- ☐ 1 1/2 tsp pure vanilla extract **\*\*(see allergy subs below)\*\***
- ☐ 1 T maple syrup
- ☐ 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).

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

**crush:** to put pressure on a food, like a garlic clove, to break the skin and release its flavor; or to pulverize or grind a food, like a cracker, into small particles with your hands, blender, or food processor.

**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.

**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.

**dollop:** to add an unspecified blob of food to the top of another food, like dolloping whipped cream on top of a piece of pie.

**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.

**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
- ☐ Sandwich-size resealable bag
- ☐ Cereal bowl

- ☐ Spatula
- ☐ Jar or container + tight-fitting lid
- ☐ Liquid measuring cup
- ☐ 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

### Perfect Pumpkin Pie in a Mug with Whipped Cream

- ☐ 1 graham cracker **\*\*(for GLUTEN ALLERGY sub 1 to 2 gluten-free/nut-free graham crackers or ginger snaps)\*\***

- ☐ 2 oz or 4 T cream cheese **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free cream cheese)**\*\***
- ☐ 1 T pumpkin purée
- ☐ 1 egg **\*\***(for EGG ALLERGY sub 1 T chia seeds + 2 1/2 T milk or dairy-free/nut-free milk, stirred)**\*\***
- ☐ 2 T brown sugar
- ☐ 1/2 tsp pumpkin pie spice
- ☐ 1 dash cinnamon
- ☐ Whipped cream:
- ☐ 1/4 C heavy cream **\*\***(DAIRY ALLERGY: sub dairy-free/nut-free heavy cream)**\*\***
- ☐ 1 tsp powdered sugar
- ☐ 1/2 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***

### Pumpkin Spice Latte for One

- ☐ 1 C milk **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free milk)**\*\***
- ☐ 2 T pumpkin purée
- ☐ 1 T maple syrup
- ☐ 1 tsp pumpkin pie spice
- ☐ 1 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***

## 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.

### Perfect Pumpkin Pie in a Mug with Whipped Cream

**Gluten/Wheat:** For 1 graham cracker, substitute 1 to 2 gluten-free/nut-free graham crackers or ginger snaps. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Dairy:** Substitute dairy-free/nut-free cream cheese. Substitute dairy-free/nut-free heavy cream.

**Egg:** For 1 egg, substitute 1 T chia seeds + 2 1/2 T milk or dairy-free/nut-free milk, stirring until the chia seeds are puffy and absorbed into the milk.

## Pumpkin Spice Latte for One

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

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

## 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!

### Perfect Pumpkin Pie in a Mug with Whipped Cream

#### crush

Place **1 graham cracker** into a sandwich-size resealable bag. Crush the cracker into coarse crumbs using your hands or a rolling pin. Add the crumbs to the bottom of a microwave-safe mug.

#### measure + soften

Measure **2 ounces or 4 tablespoons of cream cheese** and add it to a cereal bowl. Soften the cream cheese using a spatula.

#### crack + measure + mix

Crack **1 egg** and add it to the bowl. Then, measure and add: **1 tablespoon pumpkin purée, 2 tablespoons brown sugar, 1/2 teaspoon pumpkin pie spice**, and **1 dash of cinnamon**. Mix using a spatula until the batter is smooth.

#### transfer + microwave

Transfer the batter into the microwave-safe mug. Cook on high for 1 1/2 to 2 minutes until the pie is set.

#### cool

Place the mug into the refrigerator to cool and set for at least 15 minutes, while you make the Whipped Cream.

#### measure + shake

Measure the following into a jar or container with a tight-fitting lid: **1/4 cup heavy cream, 1 teaspoon powdered sugar**, and **1/2 teaspoon vanilla extract**. Shake until the liquid stops sloshing and the contents are the consistency of whipped cream (not butter!).

#### dollop + serve

Dollop on top of the Pumpkin Pie and enjoy! You can also try serving it with a **Pumpkin Spice Latte!**

### Pumpkin Spice Latte for One

#### measure + whisk

Measure and whisk the following together in a microwave-safe mug: **1 cup milk, 2 tablespoons pumpkin purée, 1 tablespoon maple syrup, 1 teaspoon pumpkin pie spice**, and **1 teaspoon vanilla extract**.

#### microwave + dollop

Microwave on high for 1 minute. Dollop with whipped cream, if desired, and enjoy!

## Featured Ingredient: Pumpkin!

Hi! I'm Pumpkin!

"I'm orange, round, like to sit on your porch making faces in the Fall, and I'm good to eat! I'm a pumpkin! Of course, not all pumpkins are orange. We can be white, red, yellow, tan, blue, dark green, and even black! We're not always round, either! We might be tall and oblong or short and squat. We love it when

families come to the pumpkin patch to pick out their favorite pumpkin to take home!"

## History

The pumpkin is a winter squash that is believed to have originated in Central America. Seeds from pumpkins were found in the highlands of Oaxaca, Mexico, dating back to 7000 to 5500 BCE, about 9,000 years ago!

Native Americans were eating pumpkins for centuries before European colonists arrived. They ate pumpkin seeds, used them as medicine, and made mats from flattened and dried strips of pumpkins.

Archaeologists have found pumpkin residue among the 800-year-old ruins of the Ancestral Pueblo people. European explorers and traders brought pumpkins back to Europe with them, and Portuguese traders brought them to China in the 16th century. Now, pumpkins are grown on six continents. The only continent that can't grow pumpkins is Antarctica!

A pumpkin is not the same as a Jack-o-Lantern. A pumpkin is only a Jack-o-Lantern once it's carved! Carving pumpkins into Jack-o-Lanterns is a tradition that started hundreds of years ago in Ireland. The Irish used to carve turnips, but when Irish immigrants arrived in North America and found pumpkins aplenty, they began to use those instead.

Pumpkins were once endorsed as a remedy for freckles and snake bites. As if we need a cure for freckles! China produces the most pumpkins worldwide, followed by India. Illinois grows the most in the United States.

According to Guinness World Records, Stefano Cutrupi of Italy harvested the heaviest pumpkin on September 26, 2021. His humongous pumpkin weighed over 2,702 pounds.

## Anatomy & Etymology

Why are pumpkins orange? Before a pumpkin matures, it's green in color due to the presence of chlorophyll, a green-pigmented nutrient required for the pumpkin to absorb and use sunlight for energy and food. However, as a pumpkin matures, it develops phytonutrients called "carotenoids," which give a pumpkin its bright orange color.

The stem of a pumpkin is often referred to as its "handle."

Thin, hairlike "tendrils" are often attached to the pumpkin's stem. As it grows, the pumpkin's tendrils cling to the vine and are green in color. These tendrils attach to and wind themselves around fences, posts, other plants, and objects on the ground to anchor the vine and protect the plant from the wind.

Leaves grow on the pumpkin's vine and absorb sunlight to provide energy for the plant and its fruit.

We collectively refer to the pumpkin's outer skin and inner fruit as the pumpkin's "shell." Ribs are the indentations around the outside of the pumpkin's shell.

The meat of the pumpkin is called the "pulp," or sometimes affectionately referred to as "pumpkin brains!" Attached to the pulp are lots of pumpkin seeds that can be cleaned, dried, and roasted with salt (delicious!). The inner part of each pumpkin seed contains a nut (technically, the "germ" of the seed), and this is what eventually develops into a new pumpkin.



The word "pumpkin" originated from the Greek word for "large melon," which is "pepon." The French called it "pompon." The English used "pumpion." And, American colonists changed "pumpion" into "pumpkin."

## How to Pick, Buy, & Eat

A pumpkin is used as a vegetable in cooking, but it's actually a fruit! It's a member of the Cucurbita family, which includes squash and cucumbers.

Pumpkin flowers and seeds are edible.

Undoubtedly the most popular recipe that uses pumpkins is pumpkin pie. But pumpkin pulp can be used for everything from baked goods to soups to ice cream, pudding, and even beer!

You can store uncut pumpkins for up to 60 days in a cool, dark place!

## Nutrition

Pumpkins contain potassium, vitamin C, soluble fiber, and beta carotene.

Vitamin C and beta carotene are two powerful antioxidants that help protect cell membranes and the immune system.

Potassium is good for circulation and healthy blood pressure, and it's great for bones. It also helps take blood pumped from hearts through arteries and veins to muscles and organs.

Beta carotene is great for the health of our eyes! The body takes beta carotene and converts it to vitamin A, which our eyes need to stay healthy. When this happens, it signals the immune system to create white blood cells, which help the body fight off infection.

Soluble fiber is so good for our digestive systems! Fiber also helps slow the absorption of blood sugar into our tissues.