



Sticky Toffee Gingerbread Pudding Mug Cake + Gingerbread Cream + Warm Ginger Milk Tea

By Erin Fletter

Prep Time 25 / Cook Time 3 / Serves 1 - 2

Shopping List

- ☐ FRESH
- ☐ 1/2 ripe banana
- ☐ 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
- ☐ 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
- ☐ 2 T full-fat plain Greek yogurt ****(see allergy subs below)****
- ☐ 1 T butter ****(see allergy subs below)****
- ☐ 1 C whole milk ****(see allergy subs below)****

- ☐ 3 T heavy whipping cream ****(see allergy subs below)****
- ☐ PANTRY
- ☐ 1 pinch garlic powder
- ☐ 1/4 tsp salt
- ☐ 1/4 tsp ground black pepper
- ☐ 1 pinch sugar
- ☐ 1 decaf tea bag (any flavor)
- ☐ 3 T honey
- ☐ 5 pitted dates
- ☐ 3/4 tsp pumpkin pie spice
- ☐ 1/2 tsp ground ginger
- ☐ 3 T all-purpose or whole wheat flour ****(see allergy subs below)****
- ☐ 1/2 tsp baking soda
- ☐ 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.

mash: to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

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.

peel: to remove the skin or rind from something using your hands or a metal tool.

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.

steep: to soak a food, like tea, in water or other liquid so as to bring out its flavor.

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.

sip: to drink small mouthfuls of a liquid, sometimes to taste whether it is too hot or needs more ingredients, like additional sweetener.

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
- ☐ Metal spoon
- ☐ Cutting board + kid-safe knife (a butter knife works great)
- ☐ Wide mixing bowl
- ☐ Potato masher or fork
- ☐ Paper towel
- ☐ Small jar or plastic container with matching lid
- ☐ Liquid measuring cup

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

Sticky Toffee Gingerbread Pudding Mug Cake + Jolly Gingerbread Cream

- ☐ Cake:
- ☐ 1 T butter ****(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance, or a nut-free oil, like olive or vegetable oil)****
- ☐ 1 T honey
- ☐ 1/4 tsp pumpkin pie spice
- ☐ 1/4 tsp ground ginger
- ☐ 1 pinch salt

- ☐ 1 pinch ground black pepper
- ☐ 3 T whole milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- ☐ 5 pitted dates
- ☐ 1/2 ripe banana
- ☐ 3 T all-purpose or whole wheat flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- ☐ 1/2 tsp baking soda
- ☐ Cream:
- ☐ 3 T heavy whipping cream ****(for DAIRY ALLERGY sub full-fat coconut cream)****
- ☐ 2 pinches pumpkin pie spice
- ☐ 1 pinch ground ginger
- ☐ 1 small squeeze honey, to taste

Warm Ginger Milk Tea

- ☐ 3/4 C whole milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- ☐ 1 T honey
- ☐ 1 big pinch pumpkin pie spice
- ☐ 1 pinch dried ginger
- ☐ 1 decaf tea bag (any flavor)

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.

Sticky Toffee Gingerbread Pudding Mug Cake + Jolly Gingerbread Cream

Gluten/Wheat: Sub gluten-free/nut-free flour blend with xanthan gum (must be a blend—pure garbanzo or rice flour will not work).

Dairy: Substitute dairy-free/nut-free butter, like Earth Balance, or a nut-free oil, like olive or vegetable. Substitute dairy-free/nut-free milk. Substitute full-fat coconut cream for heavy whipping cream.

Warm Ginger Milk Tea

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!

Sticky Toffee Gingerbread Pudding Mug Cake + Jolly Gingerbread Cream

cake: add + microwave + melt

Add **1 tablespoon butter** and **1 tablespoon honey** to your microwavable mug and microwave for 20 seconds. Use a potholder to carefully remove the mug from the microwave and stir to melt the butter fully.

measure + mix

Measure and mix into the mug **1/4 teaspoon pumpkin pie spice, 1/4 teaspoon ground ginger, 1**

pinch of salt, 1 pinch of black pepper, and 3 tablespoons milk.

peel + chop + mash

Peel and chop **1/2 ripe banana**. Chop **5 pitted dates**. Add the chopped banana and dates to a wide mixing bowl and mash until they've formed a chunky paste!

measure + mix + microwave

Measure and mix in **3 tablespoons flour** and **1/2 teaspoon baking soda**. Mix until lumps are mostly gone! Mix in mashed banana and dates. Cover mug with a damp paper towel and microwave for 30 seconds. Let rest for 30 seconds. Microwave for a final 40 seconds and let stand for 1 minute before using a potholder to carefully remove from the microwave and taste! (The mug cake will be sticky inside, but if it is still too wet in the middle, cover again with a damp paper towel and microwave for another 30 seconds.)

cream: measure + add + shake

Measure and add **3 tablespoons of heavy whipping cream** to a small glass or plastic jar. Secure the lid and shake until cream thickens, about 30 seconds. The cream should still be pourable, but thick.

add + stir + top

Add **2 pinches of pumpkin pie spice** and **1 pinch of ground ginger**. Add **1 small squeeze of honey** and stir! Top your Sticky Toffee Gingerbread Pudding Mug Cake with a spoonful of Jolly Gingerbread Cream! Yum!

Warm Ginger Milk Tea

measure + add + stir

Measure and add **3/4 cup milk**, **1 tablespoon honey**, **1 big pinch of pumpkin pie spice**, and **1 big pinch of ground ginger** to a microwavable mug. Stir to mix it all together!

microwave + steep + sip

Microwave for 45 seconds to 1 minute, or until milk is hot but not boiling. Steep **1 decaf tea bag** in the hot milk for 2 to 3 minutes. Remove the tea bag, stir again, and sip!

Featured Ingredient: Dates!

Hi! I'm a Date!

"You wouldn't know from looking at me, but I'm a deliciously sweet fruit! We dates don't have much water in us, so we are naturally dehydrated, and we have lots of fructose—that's a sugar found in fruit. We're better than candy because we're a tasty and healthy source of fiber and energy!"

History & Etymology

Dates are the fruit of the date palm, a flowering plant in the palm family.

It is uncertain where dates originated, but they may have initially started growing in the Middle East or the Persian Gulf. They are considered one of the oldest crops and have been grown in areas of North Africa and the Middle East for around 5,000 years.

Fossil records indicate that the date palm has been around for possibly 50 million years. Archaeological evidence for dates goes back to about 7000 BCE in the Middle East.

Because the date palm tree and its fruit have so many uses—from food to building materials—the date palm is known as the "tree of life" in the Middle East, and it is the national tree of Saudi Arabia. It is also an important symbol in Jewish and Muslim religions.

Spaniards had introduced date palm trees to the United States by 1769, where they grew at the Franciscan Mission San Diego de Alcalá in San Diego, California.

The trees are used for shade in the desert; their leaves are used to make baskets, carpets, and trays; the trunks are used as a frame for tents and for making furniture; and the fiber is suitable for ropes, fish traps, brushes, and filling mattresses and pillows.

The word "date" comes from the Greek word "daktylos," meaning "finger," due to its shape.

Anatomy

Date palm trees can grow up to 100 feet tall. They grow slowly and can reach 100 years of age. Their fronds or leaves are 13 to 20 feet long, and they have spines along their stalks.

Dates, the fruit of the date palm, grow in clumps near the top of the tree, just below the fronds. The fruit can be oval or cylindrical in shape, one inch in diameter, and one to three inches long. Depending on the variety of dates, their color may be yellow, amber, red, or dark brown.

How to Pick, Buy, & Eat

Choose dates that are plump, shiny, and not too wrinkled or hard. They should have a delicate fragrance rather than a pungent smell.

When dates are dried, they become very sweet. The low water and high sugar content give dates a long shelf life of many months to years! People have taken them for long boat trips, crossing deserts, and even living in fortresses as survival food throughout history.

You can eat dates whole or chop them up and add them to cakes, muffins, smoothies, shakes, cereals, or salads. For an appetizer, you can stuff dates with soft cheese, honey, and chopped nuts, wrap them with a thin slice of bacon or prosciutto, and then bake them for about 15 minutes.

Nutrition

Dates are full of potassium and fiber. One cup of dates has 27 percent of the recommended daily potassium requirement and 48 percent of the daily fiber.

Dates also contain vitamin A and several B vitamins. In addition, their high fructose content makes them a great natural source of energy.