



## **Strawberry Banana Pudding Mug Cake+Sweetly Whipped Strawberry Cream+Strawberry Lemon Soda**

By Erin Fletter

**Prep Time 20 / Cook Time 6 / Serves 1 - 2**

### **Shopping List**

☐ FRESH

☐ 1 super ripe banana **\*\*(see allergy subs below)\*\***

☐ 5 to 6 ripe strawberries **\*\*(see allergy subs below)\*\***

☐ 2 lemons

☐ 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

☐ 1 1/2 T butter **\*\*(see allergy subs below)\*\***

☐ 1/4 C heavy whipping cream **\*\*(see allergy subs below)\*\***

☐ 4 T full-fat plain Greek yogurt **\*\*(see allergy subs below)\*\***

- ☐ 1 egg **\*\*(see allergy subs below)\*\***
- ☐ PANTRY
- ☐ 1/4 tsp pure vanilla extract **\*\*(see allergy subs below)\*\***
- ☐ 1/4 C all-purpose or whole wheat flour **\*\*(see allergy subs below)\*\***
- ☐ 1/4 tsp baking powder
- ☐ 2 T brown sugar
- ☐ 2 1/2 tsp granulated or raw sugar
- ☐ 1/2 tsp salt
- ☐ 1 can sparkling water
- ☐ 1 pinch fresh chopped parsley (or dried parsley/dried dill)
- ☐ 1 pinch garlic powder
- ☐ 1 pinch ground black pepper
- ☐ HAVE ON HAND
- ☐ 1 C ice
- ☐ 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.

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

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

**dice:** to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

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

**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.

**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!

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

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

**seal:** to close tightly, keeping filling inside.

**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.

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

**dice:** to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

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

**sprinkle:** to scatter small drops or particles of an ingredient evenly or randomly over food.

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

## 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
- ☐ Dry measuring cups
- ☐ Fork (to mix) or whisk
- ☐ Paper towels
- ☐ Small mixing bowl
- ☐ Kid-safe knife
- ☐ Glass or plastic jar + tight-fitting lid
- ☐ Drinking cup
- ☐ 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

## Strawberry Banana Pudding Mug Cake

- ☐ 1 to 2 ripe strawberries (sub raspberries, cherries, or blueberries or a mix!)
- ☐ 1 1/2 T butter **\*\*(for DAIRY ALLERGY sub olive oil, coconut oil, or vegan butter alternative such as Earth Balance)\*\***
- ☐ 2 T brown sugar
- ☐ 1/4 tsp pure vanilla extract **\*\*(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***
- ☐ 2 T full-fat Greek yogurt **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free yogurt)\*\***
- ☐ 1 egg **\*\*(for EGG ALLERGY sub 1/4 C applesauce or 1 T ground flaxseed mixed with 3 T warm water)\*\***
- ☐ 1 super ripe banana (sub 1/2 C applesauce)
- ☐ 1/4 C all-purpose or whole wheat flour **\*\*(for GLUTEN ALLERGY sub gluten-free flour blend with xanthan gum)\*\***
- ☐ 1/4 tsp baking powder
- ☐ 1 pinch salt

## Sweetly Whipped Strawberry Cream for One

- ☐ 2 ripe strawberries
- ☐ 1 big pinch sugar
- ☐ 1/4 C heavy whipping cream **\*\*(for DAIRY ALLERGY omit recipe or sub coconut cream)\*\***
- ☐ 1 pinch salt

## So Bubbly Strawberry Lemon Soda for One

- ☐ 1 C ice
- ☐ 1 lemon
- ☐ 2 ripe strawberries
- ☐ 1 tsp sugar
- ☐ 1 can 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.

### Strawberry Banana Pudding Mug Cake

**Dairy:** Substitute olive oil, coconut oil, or dairy-free butter for butter. Use a dairy-free/nut-free yogurt. Use dairy-free whipping cream or strawberry and sugar mixture only to top cake.

**Egg:** For 1 egg, substitute 1/4 C applesauce, or substitute 1 T ground flaxseed soaked in 3 T warm water for 5 minutes.

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor. Substitute gluten-free flour blend with xanthan gum for all-purpose flour.

### Sweetly Whipped Strawberry Cream for One

**Dairy:** Substitute coconut cream for heavy whipping cream OR omit recipe and top cake with strawberry and sugar mixture only.

### So Bubbly Strawberry Lemon Soda for One

## 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!

### Strawberry Banana Pudding Mug Cake

#### dice + measure + cut

Dice **1 to 2 strawberries** into small pieces. Measure **1 1/2 tablespoons of butter**.

#### coat + microwave

Coat the inside of a microwave-safe mug with the butter and drop the rest into the bottom of the mug. Microwave it for 30 seconds to melt the butter.

#### measure + crack + whisk

Measure **2 tablespoons brown sugar, 1/4 teaspoon vanilla extract**, and **2 tablespoons yogurt** into the melted butter. Crack **1 egg** and add it to the mug. Whisk to combine the ingredients. Clean your clappers (wash your hands)!

#### peel + mash + mix

Peel **1 banana** and mash it on a plate or in your cereal bowl with a fork or small whisk. Mash it well! Mix the mashed banana and chopped strawberries into your mug.

#### measure + add + mix

Measure and add **1/4 cup flour, 1/4 teaspoon baking powder**, and **1 pinch of salt** to your mug. Mix again!

#### cover + heat + check

Cover the mug with a damp paper towel and microwave on high for 2 minutes. After 2 minutes, carefully check your mug cake by poking a toothpick into the center. If it doesn't come out clean, microwave it for 1 more minute. Top your mug cake with whipped cream, like **Sweetly Whipped Strawberry Cream!**

### Sweetly Whipped Strawberry Cream for One

#### dice + sprinkle + mix

Dice **2 strawberries** into tiny pieces. Add them to a small bowl, sprinkle **1 big pinch of sugar** over them, and mix to coat the strawberries in sugar. Set aside.

#### measure + pour + shake

Measure and pour **1/4 cup of whipping cream** into a pint-sized glass or plastic jar and seal with the lid. With one hand over the lid and the other holding the jar, start shaking the jar back and forth, up and down, round and round, and side to side! Your cream will begin to thicken after about 20 to 30 seconds of shaking. Check it! You want your cream to be thick but not as thick as butter.

#### add + stir + top

Add your chopped strawberries, their juices, and **1 small pinch of salt** to the jar. Stir to combine. You can top **Strawberry Banana Pudding Mug Cake** or another dessert with Sweetly Whipped Strawberry Cream.

### So Bubbly Strawberry Lemon Soda for One

#### fill + slice + dice

Fill a drinking glass with 1 cup of ice. Slice **1 lemon** in half and dice **2 strawberries** into tiny pieces.

#### sprinkle + stir + add

Place the diced strawberries into a small bowl and sprinkle them with **1 teaspoon of sugar**. Stir to coat. Add the sugared strawberries to your glass.

#### squeeze + pour + stir

Squeeze lemon juice over the top and pour **1 can of sparkling water** over the top and stir. Cheers!

## Featured Ingredient: Strawberry!

Hi! I'm Strawberry!

"Hello! I want to introduce myself. I'm Strawberry—and I have my very own month—May! I'm great in desserts, breakfast foods, snacks, salads, and fragrances. I like to be a part of picnics and holiday celebrations. So combine me with blueberries and bananas (or whipped cream, vanilla pudding, or white cake) for a red, white, and blue dessert for Independence Day in the United States or Bastille Day in France."

#### History

The garden strawberry as we know it was first bred and cultivated in France in the 1750s. It was a cross



between a Virginian strawberry and a Chilean strawberry.

The ancient Romans believed strawberries had medicinal powers. So they used them to treat everything from depression to fainting to fever, kidney stones, bad breath, and sore throats.

Native Americans made cornbread with crushed strawberries and cornmeal; this is how strawberries were introduced to Colonists and served as an inspiration for the invention of strawberry shortcake.

In some parts of Europe, people once believed elves could control how much milk cows produced and that the elves loved strawberries. So farmers tied baskets of strawberries to their cows' horns as an offering to the elves.

California produces about 80 percent of the strawberries in the United States. Strawberries have been grown in California since the early 1900s.

Americans eat an average of three and one-half pounds of fresh strawberries per year. In one study, more than half of seven to nine-year-olds picked strawberries as their favorite fruit. They're nature's candy!

## Anatomy

The strawberry isn't a true berry but is called an accessory fruit. Strawberries are the only fruit with seeds outside their skin, about 200 on each berry. And, to be super technical, each seed on a strawberry is considered by botanists to be its own separate fruit!

The strawberry plant is a perennial and can last for a few years, producing fruit each year.

## How to Pick, Buy, & Eat

Some varieties of strawberries are easier to harvest than others. To pick a strawberry from its plant, grasp the stem just above the berry between your pointer finger and thumbnail and pull with a slight twisting motion.

To store fresh strawberries, place them whole and unwashed in one layer in a plastic or glass storage container and put them in the refrigerator. Wait to clean them until you are ready to eat them, as rinsing them quickens their spoiling.

Strawberries can be pickled! Especially when you pick them green or unripe. If your berries are overripe, make jam!

Strawberries can be puréed into smoothies or milkshakes and baked into tarts, pies, cakes, and tortes. Or, roast them and serve over ice cream and berries. You can also dehydrate and mix them into granola or purée raw strawberries and freeze them into yogurt pops. Dip them in chocolate or drizzle them with cream. Strawberries are incredibly versatile—the fruit we wait all year to enjoy once summer weather hits!

## Nutrition

Strawberries are a HUGE source of vitamin C, especially when eaten raw! One cup of strawberries contains 113 percent of our daily recommended value. Vitamin C is excellent for the heart, bones, and teeth. When we cut ourselves or break a bone, vitamin C comes to the rescue to help repair our tissues.

Strawberries contain natural fruit sugar, called fructose. However, fructose is better than table sugar (white sugar) because it comes packaged with other vitamins, nutrients, and fiber from the rest of the fruit. Plus, the fiber in fruit helps slow down the effects of sugar in our blood.