



Swirly Sweet Potato Babka Crumb Mug Cake + Very Vanilla Yogurt Glaze + Steamy Vanilla Milk

By Erin Fletter

Prep Time 35 / **Cook Time** 8 / **Serves** 1 - 2

Shopping List

☐ FRESH

☐ 1 small orange sweet potato or yam

☐ 1 lemon

☐ 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 tsp butter ****(see allergy subs below)****

☐ 1 T sugar + more to taste

☐ 1 C + 3 T milk ****(see allergy subs below)****

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

☐ PANTRY:

☐ 1/4 C all-purpose flour ****(see allergy subs below)****

☐ 1 pinch salt

☐ 1/4 tsp baking powder

☐ 2 tsp cocoa powder

☐ 2 T chocolate chips ****(see allergy subs below)****

☐ 1/2 tsp pure vanilla extract ****(see allergy subs below)****

☐ 1 pinch powdered sugar

☐ 1 pinch fresh chopped parsley (or dried parsley/dried dill)

☐ 1 pinch garlic powder

☐ 1 pinch salt

☐ 1 pinch black pepper

Fun-Da-Mentals Kitchen Skills

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

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.

swirl: to create a swirl design by lightly stirring a food with a toothpick, or other cooking or eating utensil, in a circular or other pattern.

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.

scoop: to pick up an amount of food with a utensil to move it to a dish, pan, or container; utensils that can be used to scoop are spoons, dishers (small scoops used for cookie dough or melon balls), ice cream scoops, or large transfer scoops for bulk foods.

pierce: to prick a food with a sharp utensil, like a fork, to create small, shallow holes in raw potatoes to keep them from exploding or in a pie crust to allow steam to escape and prevent it from puffing up when blind baking (pre-baking).

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

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

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!

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

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.

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.

Equipment

- ☐ Microwave
- ☐ Cutting board + kid-safe knife
- ☐ Metal fork
- ☐ Paper towels
- ☐ Microwave-safe plate
- ☐ 2 microwave-safe mugs
- ☐ Measuring spoons
- ☐ Pot holders
- ☐ Metal spoon
- ☐ Microwave-safe bowl
- ☐ Dry measuring cups

- ☐ Butter knife
- ☐ Small bowl
- ☐ Whisk
- ☐ Liquid measuring cup
- ☐ Soap for cleaning hands
- ☐ Cutting board
- ☐ Kid-safe knife (a butter knife works great)
- ☐ Citrus zester or box grater with small zesting holes
- ☐ Citrus juicer (optional, but encouraged)

Ingredients

Swirly Sweet Potato Babka Crumb Mug Cake

- ☐ 1 slice orange sweet potato or yam, about 1-inch thick
- ☐ 2 tsp butter ****(for DAIRY ALLERGY sub vegetable oil or dairy-free butter, like Earth Balance)****
- ☐ 1 T sugar
- ☐ 3 T milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- ☐ 1/4 C all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free flour blend with xanthan gum)****
- ☐ 1 pinch salt
- ☐ 1/4 tsp baking powder
- ☐ 2 tsp cocoa powder
- ☐ 2 T chocolate chips ****(for NUT/DAIRY/SOY ALLERGY use Enjoy Life brand chocolate chips)****

Very Vanilla Yogurt Glaze

- ☐ 1 T full-fat plain Greek yogurt ****(for DAIRY ALLERGY sub dairy-free/nut-free yogurt)****
- ☐ 1 pinch powdered sugar
- ☐ 1/4 tsp pure vanilla extract ****(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)****

Steamy Vanilla Milk

- ☐ 1 C milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- ☐ sugar to taste, up to 1 tsp

☐ 1/4 tsp vanilla extract

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

Food Allergen Substitutions

Swirly Sweet Potato Babka Crumb Mug Cake

Dairy: Substitute vegetable oil or dairy-free butter, like Earth Balance. Substitute dairy-free/nut-free milk. Use Enjoy Life brand chocolate chips.

Gluten/Wheat: Substitute gluten-free/nut-free flour blend with xanthan gum for all-purpose flour.

Nut: Use Enjoy Life brand chocolate chips.

Soy: Use Enjoy Life brand chocolate chips.

Very Vanilla Yogurt Glaze

Dairy: Substitute dairy-free/nut-free yogurt for Greek yogurt in Glaze.

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

Steamy Vanilla Milk

Dairy: Substitute dairy-free/nut-free milk in Vanilla Milk.

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.

Instructions

Swirly Sweet Potato Babka Crumb Mug Cake

intro

Babka originated in Poland and Eastern Europe, and its history is deeply rooted in Jewish culture. Chocolate babka is sometimes served during Hanukkah, a Jewish holiday, although it is not specifically a Hanukkah dish.

pierce + microwave + mash

You'll be making the sweet potato chocolate swirl first. Slice a 1-inch slice from **1 sweet potato** and pierce with a fork in several places. Wrap it with a damp paper towel and place it on a microwave-safe plate and microwave for 2 minutes. Let cool slightly, then microwave for a final minute. Let cool enough to handle before using the fork to mash the flesh. Discard the peel, or eat it!

measure + microwave + mix

Measure and add **1 teaspoon butter**, **2 teaspoons cocoa powder**, and **2 tablespoons chocolate chips** to a microwave-safe mug. Cover the mug with a damp paper towel and microwave for 1 minute. Remove the mug with a potholder and stir! Then add the mashed sweet potato and **1 tablespoon of milk**. Cover the mug with a towel again and microwave for 1 more minute. Stir well. Scoop the mixture out of the mug and set it aside (it can stay on the spoon!)

microwave + measure + mix

Next, you'll be making the babka crumb cake batter. Microwave **1 teaspoon of butter** in a microwave-safe bowl for 30 seconds to melt it. Measure and combine **1 tablespoon sugar** and **2 tablespoons milk**

to the butter and mix! Measure and add **1/4 cup flour**, **1 pinch of salt**, and **1/4 teaspoon baking powder** to the bowl. Mix well until the flour disappears!

scoop + swirl + microwave

Scoop the cake batter mixture into your microwavable mug and top it with the sweet potato chocolate swirl mixture. Use the tip of a butter knife to swirl the chocolate mixture into the cake batter. Cover mug with a damp paper towel and microwave for 1 minute.

cool + drizzle

Let cool slightly before drizzling the cake with Very Vanilla Yogurt Glaze (see recipe) and digging in!

Very Vanilla Yogurt Glaze

measure + whisk + drizzle

Measure and whisk together **1 tablespoon Greek yogurt**, **1 pinch of powdered sugar**, and **1/4 teaspoon vanilla extract** in a small bowl. Drizzle the glaze over Sweet Potato Babka Crumb Cake (see recipe) and enjoy!

Steamy Vanilla Milk

measure + stir + microwave

Measure and combine **1 cup milk**, **1/4 teaspoon vanilla extract**, and **sugar** to taste, up to 1 teaspoon, in a microwavable mug and stir. Cover with a paper towel and microwave for 1 minute. Remove with a potholder and stir again before saying "Cheers!"

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!

Featured Ingredient: Sweet Potato!

Hi! I’m Sweet Potato!

"Sweet potatoes are root vegetables, like beets and carrots! We're very popular in the Fall, especially for holiday dinners, where you might find us baked whole or sliced and diced as part of a side dish. We also pair well with fruit and other vegetables in salads and casseroles."

History

The sweet potato originated in Central or South America, and people began cultivating them in Central America at least 5,000 years ago.

Sweet potatoes have been grown in Peru for almost 3,000 years and remain one of the major crops for people in Peru.

When Columbus arrived in the New World, Native Americans were already growing and utilizing sweet potatoes. Columbus brought sweet potatoes back to Europe, and other explorers brought them from the New World to Asia.

Sweet potatoes were cultivated widely in Colonial America and were a significant form of sustenance for farmers and soldiers during the Revolutionary War.

As far as records show, orange sweet potatoes originally came from Puerto Rico and were named "yams" by Louisiana farmers to differentiate them from the white-fleshed variety grown in other parts of the country. Indeed, the sweet potato is officially the state vegetable of Louisiana! It's also North Carolina's official state vegetable.

George Washington grew sweet potatoes on his estate at Mount Vernon, Virginia.

North American supermarkets import much of their sweet potatoes from the Caribbean.

February is National Sweet Potato month!

Anatomy & Etymology

Sweet potatoes are edible roots, not tubers like potatoes. Actually, sweet potatoes aren't related to potatoes but are part of the Morning Glory family. Plants from this family produce beautiful flowers whose seeds were revered for their laxative properties by the Chinese.

The flesh of sweet potatoes can be white, yellow, orange, or even purple!

Enslaved African-Americans called the sweet potato "nyami" because it reminded them of the starchy, edible tuber from their homeland. "Nyami" is a Senegalese word that was eventually shortened to "yam." Sweet potatoes are often confused with yams, and this is why!

How to Pick, Buy, & Eat

Sweet potatoes are eaten by people worldwide as they are a hearty crop that packs a lot of nutrition. It's best to store sweet potatoes in cool, dark, and dry places. They won't last as long in the fridge. Small, firm sweet potatoes tend to be sweeter and creamier. Large sweet potatoes contain more starch, as they've had more time to grow and develop the starches. Look for smooth, firm, even skin. Sweet potatoes should be cooked, not eaten raw. You can use them in many savory and sweet recipes. Sweet potatoes make an excellent side dish—you can bake, mash, or boil them—and their nutritional benefits are increased when combined with healthy fats, like avocado, butter, or olive oil! If they had their say, sweet potatoes might like to be known as everyday veggies rather than just for special occasions. For example, we in the United States eat more sweet potatoes around Thanksgiving than at any other time. But sweet potatoes are available year-round and should be enjoyed more often because of their benefits!

Nutrition

Sweet potatoes are very nutritious! Their color can tell us which nutrients they contain (like many vegetables and fruits!).

If a sweet potato is orange, it contains beta-carotene (other orange foods that contain this nutrient include carrots, shrimp, and oranges). Can you hear the name of a familiar vegetable in the word "beta-carotene?" Carrot! We know that beta-carotene is good for our eyes and skin. Have you ever been asked to eat your carrots because they are good for your eyes? Beta-carotene is why!

Sweet potatoes also have vitamin K, which helps our blood clot. When we get a cut, our blood clots to stop the bleeding, and vitamin K helps with this!

We often talk about fiber when we reveal our Surprise Ingredients because vegetables and fruits contain a lot of fiber. Sweet potatoes are no exception. So what does fiber help with? Digestion! And which body parts are responsible for digestion? Many, but namely our stomach and intestines.