



Tracy's Favorite Pumpkin Snickerdoodle Muffins + Max's Grape Compote + Grape Soda

By Erin Fletter

Prep Time 30 / **Cook Time** 30 / **Serves** 4 - 6

Shopping List

☐ FRESH

☐ 1 small carrot

☐ 2 C fresh grapes (or blueberries)

☐ 4 lemons

☐ DAIRY AND EGGS

☐ 1 C milk ****(see allergy subs below)****

☐ 2 eggs ****(see allergy subs below)****

☐ PANTRY

☐ 1 C canned pumpkin purée

☐ 3/4 to 1 1/4 C sugar

☐ 1 1/3 C all-purpose flour ****(see allergy subs below)****

☐ 1 tsp baking powder

☐ 1 T + 1/2 tsp baking soda

☐ 1 1/2 tsp cream of tartar

☐ 2 tsp ground cinnamon + more to sprinkle

☐ 1 pinch salt

☐ dreamy muffin add-ins: chocolate chips, sliced banana, coconut flakes, dried fruit, orange zest

- ☐ HAVE ON HAND
- ☐ paper cupcake liners (optional)
- ☐ 2 C cold water
- ☐ ice

Fun-Da-Mentals Kitchen Skills

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

roll: to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

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.

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

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

smash: to break up food into smaller pieces or squash food to flatten or soften it.

fold: to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

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.

Equipment

- ☐ Blender
- ☐ Citrus juicer (optional)
- ☐ Liquid measuring cup
- ☐ Dry measuring cups
- ☐ Pitcher or large jar
- ☐ Cutting board + kid-safe knife
- ☐ Potato masher or glass measuring cup

- ☐ Skillet
- ☐ Spoon
- ☐ Oven
- ☐ Large mixing bowls (2)
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Grater
- ☐ Muffin pan
- ☐ Paper cupcake liners (optional)

Ingredients

Wild Things Grape Soda

- ☐ 1/2 C lemon juice (from 3 to 4 lemons)
- ☐ 2 C cold water
- ☐ 1/4 to 1/2 C sugar
- ☐ 1 C grapes (or blueberries)
- ☐ 1 T baking soda
- ☐ ice

Max's Grape Compote

- ☐ 1 C fresh grapes (or blueberries)
- ☐ 1/4 to 1/2 C sugar
- ☐ 1/2 lemon, juiced
- ☐ 1 pinch salt

Tracy's Favorite Pumpkin Snickerdoodle Muffins

- ☐ 1 C milk ****(for DAIRY ALLERGY sub dairy-free/nut-free milk)****
- ☐ 2 eggs ****(for EGG ALLERGY sub mashed ripe banana or applesauce—more info below)****
- ☐ 1 C canned pumpkin purée
- ☐ 2 T sugar

- ☐ 1 small carrot
- ☐ 1 1/3 C all-purpose flour **** (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour) ****
- ☐ 1 tsp baking powder
- ☐ 1/2 tsp baking soda
- ☐ 1 1/2 tsp cream of tartar
- ☐ 2 tsp ground cinnamon + more to sprinkle
- ☐ dreamy add-ins: chocolate chips, sliced banana, coconut flakes, dried fruit, orange zest

Food Allergen Substitutions

Wild Things Grape Soda

Max's Grape Compote

Tracy's Favorite Pumpkin Snickerdoodle Muffins

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

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

Egg: For 2 eggs, substitute 1/2 C mashed ripe banana or applesauce.

Instructions

Wild Things Grape Soda

squeeze + add + blend

Squeeze the juice from **3 to 4 lemons** into a blender! Add **2 cups of cold water** and **1/4 to 1/2 cup of sugar**. Blend until frothy.

roll + pour + drop + fizz

Roll **1 cup of fresh grapes**, one by one, in **1 tablespoon of baking soda** so that each of them is lightly coated. Pour the blended lemonade into a pitcher or large jar. Then drop the baking-soda-dusted grapes into the pitcher and watch them **fizz** and create soda! Pour over ice into cups, and Cheers!

Max's Grape Compote

chop + add + sprinkle

Have kids chop **1 cup grapes** into little bits and add to a mixing bowl. Sprinkle **1/4 to 1/2 cup sugar** over the grapes.

add + squeeze + mash

Next add **1 pinch of salt** and the juice of **1/2 lemon**. Using a potato masher or the bottom of a glass measuring cup, smash the grapes in a glass mixing bowl until they're broken up and juicy. Taste and adjust sweetness with more sugar if needed.

pour + reduce + spoon

To thicken the compote, pour the mixture into a skillet over low heat and cook until it is reduced by 2/3, stirring occasionally. Serve by itself, or spoon on top of ice cream, oatmeal, pancakes, or muffins, like our In and Out of Weeks Pumpkin Muffins (see recipe)!

Tracy's Favorite Pumpkin Snickerdoodle Muffins

preheat + crack

Preheat the oven to 375 F. Have kids crack open **2 large eggs** and add them to a large bowl.

measure + whisk + grate

Measure and add **1 cup milk**, **1 cup pumpkin purée**, and **2 tablespoons sugar** to the bowl with the egg and whisk together until creamy and light yellow. Grate and add **1 carrot** to the bowl. This is the wet mix.

measure + mix

Have kids measure and mix: **1 1/3 cup flour**, **1 teaspoon baking powder**, **1/2 teaspoon baking soda**, **1 1/2 teaspoons cream of tartar**, **1 heaping teaspoon cinnamon**, and whisk together. This is the dry mix.

stir + fold

Stir the wet ingredients into the dry ingredients. Have kids fold in any combination of chocolate chips, flaked coconut, orange zest, sliced bananas, raisins, or dried cranberries to the muffin batter!

grease + bake

Spread **2 tablespoons of butter** around the muffin pan wells (or use paper liners). Divide the pumpkin batter among the wells (fill 3/4 full) and sprinkle with more cinnamon. Bake for 25 to 30 minutes, or until golden brown on top and cooked through the middle. Top with **Max's Grape Compote**!

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.