



Bubbly Fruit-Filled Crumbly Crisp in a Mug

By Erin Fletter

Prep Time 10 / **Cook Time** 2 / **Serves** 1 - 2

Fun-Da-Mentals Kitchen Skills

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!

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

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.

layer: to arrange foods in layers, such as sliced fruit in a pie or tart, or sliced potatoes in a potato gratin; or to build flavors by adding seasonings or foods that may be dissimilar but complement the overall dish.

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

- ☐ Microwave
- ☐ Microwave-safe mug
- ☐ Measuring spoons
- ☐ Dry measuring cup
- ☐ Whisk
- ☐ Spatula
- ☐ Cutting board + kid-safe knife
- ☐ Clean, damp dish towel
- ☐ Soap for cleaning hands

- ☐ Cereal or mixing bowls (2)
- ☐ Paper towels (2)
- ☐ Spoon
- ☐ Citrus juicer (optional)

Ingredients

Bubbly Fruit-Filled Crumbly Crisp in a Mug

- ☐ 1/2 C fresh or frozen berries (use blueberries, raspberries, strawberries, blackberries, or mixed berries)
- ☐ 1/2 tsp cornstarch (or arrowroot powder)
- ☐ 2 tsp sugar
- ☐ 1/2 lemon
- ☐ 1/3 C quick-cooking oats ****(for GLUTEN ALLERGY use certified gluten-free quick oats or gluten-free cornflakes cereal)****
- ☐ 2 tsp brown sugar or maple syrup
- ☐ 2 T olive oil

Food Allergen Substitutions

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Gluten/Wheat: Use certified gluten-free quick oats or gluten-free cornflakes cereal. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Bubbly Fruit-Filled Crumbly Crisp in a Mug

chop + slice + add

Chop **1/2 cup fresh or frozen berries** into a small dice. Slice small berries in halves. Add berries to a mixing bowl. (If your berries are frozen, add them to a microwave-safe mug or bowl and microwave, using the defrost setting, for 25 seconds.)

measure + add

Measure **1/2 teaspoon cornstarch** and **2 teaspoons sugar** and add those to the berries.

slice + squeeze + mix

Slice **1 lemon** in half and squeeze the juice from **1/2 lemon** into the bowl with the berries. Watch for seeds! (Tip: To make your lemons easier to squeeze, microwave them for 15 to 20 seconds, and let them cool enough to handle!) Kid chefs can squeeze **1/2 lemon** into their empty cereal bowl, fish out the seeds, and add the juice to the bowl with the berries. Mix!

measure + mix

Add ****1/3 cup quick-cooking oats, 2 teaspoons brown sugar, and 2 tablespoons olive oil**** to another bowl. Mix!

layer + repeat

Add a spoonful of berry mixture to the bottom of a microwave-safe mug. Follow with a spoonful of oat crisp mixture. Repeat until you've used all of your berries, ending with a topping of oat crisp.

smoosh + cover + microwave

Smoosh the berry crisp down into the mug with a spoon, then cover the mug with a damp paper towel. Microwave on high for 2 minutes. Let stand for at least 1 minute to cool down.

stir + microwave + top

Stir the berry crisp mixture, then cover with the damp paper towel again. Microwave for an additional 30 seconds. Top with a dollop of Wondrous Whipped Yogurt (see recipe), and enjoy!

Featured Ingredient: Berries!

Hi! I'm a Berry!

"To be specific, I'm an edible berry. We might be sweet or sour, colorful, juicy, and delicious! People around the world eat us alone, with other foods, and in jams, preserves, and pies! Yum! Did you know that bananas, pumpkins, tomatoes, and watermelons are technically berries!"

Thousands of years ago, before crops were domesticated, hunter-gatherers picked wild berries, an activity people still enjoy doing today.

Berry cultivation may have begun as early as the 10th century in Japan, the 14th century in Europe, and the 18th century in the United States.

The word "berry" comes from the Old English "berie," from the German "beere."

Globally, strawberries are grown twice the amount of any other berry, although strawberries, blackberries, and raspberries are not actual berries, botanically speaking—they are aggregate fruits.

Botanical berries include blueberries, cranberries, elderberries, gooseberries, lingonberries, and persimmons.

Berries are a wonderful snack eaten by themselves or added to cold and hot cereal. But they are equally

delightful when made into preserves, jams, and sauces. In addition, berries are often used in baked goods like cakes, cobblers, muffins, and pies.

Berries are often called a "superfood" and are recommended by doctors and nutritionists for a healthy diet. They are high in antioxidants and fiber, and many have essential nutrients like vitamin C, helping to protect against cancer and chronic disease.