



Classy Caramel Coffee Cake in a Mug with Cinnamon Streusel Topping

By Jacy Shoener

Prep Time 7 / **Cook Time** 3 / **Serves** 1 - 1

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!

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.

melt: to heat a solid food so it becomes liquid, like butter or chocolate.

crumble: to break up food into small pieces, like bacon, crackers, or feta cheese.

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
- ☐ Potholder
- ☐ Paper towel
- ☐ Measuring spoons
- ☐ Small bowl
- ☐ Metal fork
- ☐ Metal spoon

Ingredients

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- ☐ Streusel topping:
- ☐ 1 T butter ******(for DAIRY ALLERGY sub dairy-free/nut-free butter alternative, like Earth Balance brand)******
- ☐ 1 T brown sugar
- ☐ 1 T all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******
- ☐ 1/4 tsp cinnamon
- ☐ Coffee cake:
- ☐ 1 1/2 T butter ******(for DAIRY ALLERGY sub dairy-free/nut-free butter alternative, like Earth Balance brand)******
- ☐ 1 T brown sugar
- ☐ 1/4 tsp baking powder
- ☐ 1/4 tsp cinnamon
- ☐ 1/2 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******
- ☐ 1/4 C all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******
- ☐ 1 pinch salt
- ☐ 2 T milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******
- ☐ Caramel Drizzle (you'll use about half)

Food Allergen Substitutions

Classy Caramel Coffee Cake in a Mug with Cinnamon Streusel Topping

Dairy: Substitute a dairy-free/nut-free butter alternative, like Earth Balance brand. Substitute dairy-free/nut-free milk.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Classy Caramel Coffee Cake in a Mug with Cinnamon Streusel Topping

measure + combine

To make the Cinnamon Streusel Topping, measure and combine **1 tablespoon butter**, **1 tablespoon brown sugar**, **1 tablespoon flour**, and **1/4 teaspoon cinnamon** in a small bowl. Use a fork or your fingers to combine ingredients into crumbles. Set aside while you prepare the coffee cake.

measure + melt

To make the Classy Caramel Coffee Cake, measure and add **1 1/2 tablespoons of butter** to a microwave-safe mug. Cover with a paper towel and microwave on high for 20 seconds. Carefully remove the mug using a potholder.

measure + stir

Measure and add **1 tablespoon brown sugar**, **1/4 teaspoon baking powder**, **1/4 teaspoon cinnamon**, **1/2 teaspoon vanilla extract**, **1/4 cup flour**, and **1 pinch of salt** to the mug. Stir until ingredients are combined.

measure + stir + microwave

Measure and add **2 tablespoons of milk** to the mug. Stir until ingredients are combined. Microwave on high for 30 seconds, uncovered. Carefully remove the mug.

drizzle

Drizzle about one half of the **Caramel Drizzle** on top of the partially-baked cake. Save the remaining drizzle in its mug for the Creamy Caramel-A-Chino.

crumble + bake

Crumble the streusel topping on top of the cake. Microwave on high for 1 1/2 minutes, uncovered.

cool

Allow the cake to cool in the microwave while you prepare the **Creamy Caramel-A-Chino**.

Featured Ingredient: Cinnamon!

Hi! I'm Cinnamon!

"Did you know that I'm a spice that comes from the inner bark of certain trees?! You can add me to both sweet and savory foods. Recipes generally call for ground cinnamon, but you can also use cinnamon sticks, dried strips of my bark that curl into a tube shape, to flavor apple cider, stews, curries, and more. Just don't forget to remove the stick before serving! And, what's more, I can make your kitchen and home smell wonderful!"

History

Some people say the best kind of cinnamon, referred to as the "true cinnamon" and called Ceylon, is native to an island southeast of India called Sri Lanka. It has a more subtle flavor than other types. The most common cinnamon in use today, though, is derived from Cassia, which originated in China. Cinnamon is an ancient spice. It was imported to Egypt in about 2000 BCE. The ancient Egyptians used cinnamon together with myrrh to embalm the dead. They considered cinnamon to be more valuable than gold!

Anatomy & Etymology

Cinnamon is the inner bark of some tree species of the genus *Cinnamomum*. Cinnamon trees can grow about 60 feet tall.

Cinnamon farmers begin to harvest cinnamon when the tree reaches two years old. They cut the tree back so that shoots form from the stump. After one more year, the farmers strip the outer bark from the shoots and set the peels out to dry in the sun.

When the bark dries, it curls into "quills," which are the sticks that are cut and sold as cinnamon sticks. They can also be ground into powdered cinnamon, which is how much of the cinnamon we see is sold in stores. So, what do a porcupine and a cinnamon tree have in common? They both grow quills!

The word "cinnamon" comes from late Middle English derived from the Old French form, "cinnamome," from the Greek "kinnamon." The Greek was borrowed from a Phoenician word, which was similar to the related Hebrew word "qinnāmōn."

How to Pick, Buy, & Eat

Cinnamon is harvested twice a year, immediately after the rainy season. The humidity in the air makes the bark peel more easily.

The bark is typically peeled by hand by skilled peelers.

The quality of cinnamon is judged by the thickness of the bark, the appearance of the quills (broken or whole), the aroma, and the flavor.

Cinnamon is a spice used to add flavor to a variety of dishes. For example, it may be added to desserts, chocolate, toast (in cinnamon sugar), fruit (especially apples), roasted veggies, soups, tea, and hot cocoa. It's also good in savory dishes like Bavarian pot roast, Moroccan chicken, and Indian curry.

Nutrition

It is best to eat cinnamon in small doses in its ground form, sprinkling it on top of food or adding a small teaspoon to food. Eating too much cinnamon could cause adverse health effects.

Cinnamon has one of the most recognizable scents. Its pungent, spicy smell is due to the chemical called "cinnamaldehyde." This chemical is considered an antioxidant that has some anti-inflammatory and antibacterial properties.

Cinnamon is believed to regulate the sugar in our blood and possibly lower cholesterol; however, study findings aren't clear.

Cinnamon oil can keep mosquitoes away! It kills mosquito larvae and probably repels adult mosquitoes, too.