

Sticky Fingers Cooking®



Dreamy Glaze

By Erin Fletter

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

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

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.

combine: to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

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.

Equipment

- Dry measuring cups
- Measuring spoons
- Blender (or pitcher + immersion blender)
- Spatula or spoon (to scoop glaze)
- Quart-sized ziplock bags (2 to 3)
- Kid or kitchen scissors

Ingredients

Dreamy Glaze

- 4 oz cream cheese, room temperature ******(Omit for DAIRY ALLERGY or sub dairy-free/nut-free cream cheese, like Daiya brand)******

1/2 C powdered sugar

2 T to 1/4 C whole milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****

1 tsp pure vanilla extract **** (for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)****

Food Allergen Substitutions

Dreamy Glaze

Dairy: Omit cream cheese or substitute dairy-free/nut-free cream cheese. Substitute dairy-free/nut-free milk.

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

Instructions

Dreamy Glaze

combine + blend

Combine **4 ounces cream cheese, 1/2 cup powdered sugar, 2 tablespoons milk,** and **1/2 teaspoon vanilla extract** in a blender or pitcher (for use with an immersion blender), blending all of the ingredients together until a smooth glaze forms. Keep pulsing to make a very smooth glaze. Add more milk as needed to thin out the glaze.

scoop + squeeze

Use a spatula to scoop the glaze into 2 or 3 quart-sized ziplock bags. Seal them tight, snip a tiny corner from each of the bags, and let kids gently squeeze swirls on top of cupcakes or pancakes, like Freckled Magic Swirl Pancakes (see recipe)!