



## Puffy Greek Baklava Honey CUPcake with Orange Honey Syrup

By Erin Fletter

**Prep Time** 10 / **Cook Time** 4 / **Serves** 1 - 2

### Fun-Da-Mentals Kitchen Skills

**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.

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

**toast:** to brown and crisp food in a heated skillet or oven, or in a toaster.

**whip:** to beat food with a whisk or mixer to incorporate air and produce volume.

**zest:** to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

**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

- ☐ Soap for cleaning hands
- ☐ Microwave
- ☐ Microwave-safe mug
- ☐ Small microwave-safe plate
- ☐ Potheadler
- ☐ Paper towels
- ☐ Measuring spoons
- ☐ Small whisk or metal spoon

- ☐ Dry measuring cups
- ☐ Zester or (or grater with small zesting plate/side)
- ☐ Cutting board
- ☐ Kid-safe knife (a butter knife works great)

## Ingredients

### Puffy Greek Baklava Honey CUPcake with Orange Honey Syrup

- ☐ Mug Cake:
- ☐ 1 T butter, melted **\*\*(for DAIRY ALLERGY sub nut-free oil OR dairy-free/nut-free butter, like Earth Balance brand)\*\***
- ☐ 2 tsp + 1 T brown sugar, divided
- ☐ 1 T honey
- ☐ 1 egg **\*\*(for EGG ALLERGY sub 1/4 C applesauce)\*\***
- ☐ 2 T full-fat plain Greek yogurt **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free yogurt OR coconut cream)\*\***
- ☐ 2 T shelled sunflower seeds or pumpkin seeds, toasted **\*\*(Omit for SEED ALLERGY or sub raisins)\*\***
- ☐ 1/4 C all-purpose flour **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***
- ☐ 1/4 tsp baking powder
- ☐ 1 pinch salt
- ☐ 2 pinches pumpkin pie spice
- ☐ Syrup:
- ☐ 1 small orange, zested and juiced
- ☐ 1/2 tsp honey

## Food Allergen Substitutions

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## Instructions

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intro

Kid chefs can smell their aromatic ingredients one-by-one: butter, pumpkin pie spice or cinnamon, seeds, honey, and orange! How can we make each of these ingredients smell even better? Have kids brainstorm and then compare the aromas before and after doing some of the cooking steps, like melting the butter, toasting the seeds, whipping the honey, and zesting and juicing the orange. Kids can also rub the spices on their palms and slowly wave their hands in front of their noses (not too close—they can go up nostrils and sting!).

#### melt + mix + whip

Add **1 tablespoon butter** and **2 teaspoons brown sugar** to a microwave-safe mug and microwave for 30 seconds to melt it. Remove carefully with a potholder. Whisk **1 tablespoon honey** for a few seconds, then mix in the whipped honey and remaining **1 tablespoon brown sugar** with the melted butter and sugar.

#### crack + whisk

Crack **1 egg** and add it to the mug. Add **2 tablespoons of Greek yogurt** and whisk!

#### toast + measure + mix

Toast **2 tablespoons of pumpkin or sunflower seeds** by placing them on a small microwave-safe plate and microwaving for 1 minute. Measure and add **1/4 cup flour**, **1/4 teaspoon baking powder**, **1 pinch of salt**, **2 pinches of pumpkin pie spice**, and the toasted seeds to the mug. Mix, making sure all of the dry ingredients are mixed in with the wet ingredients. Scrape down the sides of your mug to be sure!

#### cover + microwave

Cover mug with a damp paper towel. Microwave on high for 1 minute. While the cake cooks, make the Orange Honey Syrup.

#### zest + juice + mix

Wash and zest **1 orange**, adding the zest to a small bowl. Slice the orange in half and squeeze a few drops of juice into the bowl. Mix in **1/2 teaspoon honey**.

#### drizzle + microwave

Drizzle the syrup over the mug cake and microwave on high for 1 minute. Remove carefully with a potholder and let it cool a bit before serving.

## Featured Ingredient: Honey!

Hi! I'm Honey!

"I'm a golden, thick, naturally sweet liquid made by honeybees! My flavor varies depending on the particular flower nectar that bees carry home to their hive. Did you know I can last indefinitely? That's forever! Try squeezing or dribbling me into tea, on biscuits, toast, or fruit, and add me to desserts."

Honeybees make honey—they are one of the world's insects that makes food people can eat. An average bee makes about one-twelfth of a teaspoon of honey during its whole life.

In Spain, an 8,000-year-old cave painting in the Cuevas de la Araña (Spider Caves) depicts a person gathering honey from a beehive.

Egyptian hieroglyphs record the practice of beekeeping in ancient Egypt and honey's use as a sweetener and as a soothing ointment for wounds. Egyptians also buried their dead with honey or used it in mummification.

Ancient Greece had its beekeepers, and references to honey also appear in ancient Indian and Israelite texts.

Honey has an indefinite shelf life—it can last forever if well stored because it has natural preservatives. It may crystallize eventually, but the crystals will melt if you warm it by putting the jar in a bowl or pot of hot water or in the microwave on low power.

People initially used honey as a culinary sweetener but now recognize it as a healing ingredient in medicinal treatment. For example, honey can help soothe a cough or sore throat and heal burns or cuts on your skin.

Eating local honey, made from bees living in the same area where you live, may help you build up a resistance to pollen, thereby reducing your allergies. However, there is not sufficient evidence for this. Infants do not yet have any resistance to the bacteria in honey, so keep it out of their diet until they are over one year old.

Honey consists primarily of fructose and other natural sugars and has insignificant amounts of vitamins and minerals, so it is wise to limit your honey intake as you do with other sugars.

Honey soaks up moisture rapidly. To make cake and cookies last longer and retain their moistness, substitute half of the sugar in a recipe with honey.