



## Strawberry Banana Pudding Mug Cake

By Erin Fletter

**Prep Time** 10 / **Cook Time** 6 / **Serves** 1 - 2

### Fun-Da-Mentals Kitchen Skills

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

**crack:** to break open or apart a food to get what's inside, like an egg or a coconut.

**dice:** to cut foods into small pieces of equal size so that the food is cooked evenly or looks uniform and pleasant when used in the recipe.

**mash:** to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**peel:** to remove the skin or rind from something using your hands or a metal tool.

**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 cups
- ☐ Fork (to mix) or whisk
- ☐ Cutting board
- ☐ Kid-safe knife (a butter knife works great)
- ☐ Paper towels

☐ Small mixing bowl

## Ingredients

### Strawberry Banana Pudding Mug Cake

- ☐ 1 to 2 ripe strawberries (sub raspberries, cherries, or blueberries or a mix!)
- ☐ 1 1/2 T butter **\*\***(for DAIRY ALLERGY sub olive oil, coconut oil, or vegan butter alternative such as Earth Balance)**\*\***
- ☐ 2 T brown sugar
- ☐ 1/4 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***
- ☐ 2 T full-fat Greek yogurt **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free yogurt)**\*\***
- ☐ 1 egg **\*\***(for EGG ALLERGY sub 1/4 C applesauce or 1 T ground flaxseed mixed with 3 T warm water)**\*\***
- ☐ 1 super ripe banana (sub 1/2 C applesauce)
- ☐ 1/4 C all-purpose or whole wheat flour **\*\***(for GLUTEN ALLERGY sub gluten-free flour blend with xanthan gum)**\*\***
- ☐ 1/4 tsp baking powder
- ☐ 1 pinch salt

## Food Allergen Substitutions

### Strawberry Banana Pudding Mug Cake

**Dairy:** Substitute olive oil, coconut oil, or dairy-free butter for butter. Use a dairy-free/nut-free yogurt. Use dairy-free whipping cream or strawberry and sugar mixture only to top cake.

**Egg:** For 1 egg, substitute 1/4 C applesauce, or substitute 1 T ground flaxseed soaked in 3 T warm water for 5 minutes.

**Gluten/Wheat:** Use certified gluten-free pure vanilla extract, not imitation vanilla flavor. Substitute gluten-free flour blend with xanthan gum for all-purpose flour.

## Instructions

### Strawberry Banana Pudding Mug Cake

dice + measure + cut

Dice **1 to 2 strawberries** into small pieces. Measure **1 1/2 tablespoons of butter**.

### coat + microwave

Coat the inside of a microwave-safe mug with the butter and drop the rest into the bottom of the mug. Microwave it for 30 seconds to melt the butter.

### measure + crack + whisk

Measure **2 tablespoons brown sugar**, **1/4 teaspoon vanilla extract**, and **2 tablespoons yogurt** into the melted butter. Crack **1 egg** and add it to the mug. Whisk to combine the ingredients. Clean your clappers (wash your hands)!

### peel + mash + mix

Peel **1 banana** and mash it on a plate or in your cereal bowl with a fork or small whisk. Mash it well! Mix the mashed banana and chopped strawberries into your mug.

### measure + add + mix

Measure and add **1/4 cup flour**, **1/4 teaspoon baking powder**, and **1 pinch of salt** to your mug. Mix again!

### cover + heat + check

Cover the mug with a damp paper towel and microwave on high for 2 minutes. After 2 minutes, carefully check your mug cake by poking a toothpick into the center. If it doesn't come out clean, microwave it for 1 more minute. Top your mug cake with whipped cream, like **Sweetly Whipped Strawberry Cream!**

## Featured Ingredient: Strawberry!

Hi! I'm Strawberry!

"Hello! I want to introduce myself. I'm Strawberry—and I have my very own month—May! I'm great in desserts, breakfast foods, snacks, salads, and fragrances. I like to be a part of picnics and holiday celebrations. So combine me with blueberries and bananas (or whipped cream, vanilla pudding, or white cake) for a red, white, and blue dessert for Independence Day in the United States or Bastille Day in France."

### History

The garden strawberry as we know it was first bred and cultivated in France in the 1750s. It was a cross between a Virginian strawberry and a Chilean strawberry.

The ancient Romans believed strawberries had medicinal powers. So they used them to treat everything from depression to fainting to fever, kidney stones, bad breath, and sore throats.

Native Americans made cornbread with crushed strawberries and cornmeal; this is how strawberries were introduced to Colonists and served as an inspiration for the invention of strawberry shortcake.

In some parts of Europe, people once believed elves could control how much milk cows produced and that the elves loved strawberries. So farmers tied baskets of strawberries to their cows' horns as an offering to the elves.

California produces about 80 percent of the strawberries in the United States. Strawberries have been grown in California since the early 1900s.

Americans eat an average of three and one-half pounds of fresh strawberries per year. In one study, more than half of seven to nine-year-olds picked strawberries as their favorite fruit. They're nature's candy!

## Anatomy

The strawberry isn't a true berry but is called an accessory fruit. Strawberries are the only fruit with seeds outside their skin, about 200 on each berry. And, to be super technical, each seed on a strawberry is considered by botanists to be its own separate fruit!

The strawberry plant is a perennial and can last for a few years, producing fruit each year.

## How to Pick, Buy, & Eat

Some varieties of strawberries are easier to harvest than others. To pick a strawberry from its plant, grasp the stem just above the berry between your pointer finger and thumbnail and pull with a slight twisting motion.

To store fresh strawberries, place them whole and unwashed in one layer in a plastic or glass storage container and put them in the refrigerator. Wait to clean them until you are ready to eat them, as rinsing them quickens their spoiling.

Strawberries can be pickled! Especially when you pick them green or unripe. If your berries are overripe, make jam!

Strawberries can be puréed into smoothies or milkshakes and baked into tarts, pies, cakes, and tortes. Or, roast them and serve over ice cream and berries. You can also dehydrate and mix them into granola or purée raw strawberries and freeze them into yogurt pops. Dip them in chocolate or drizzle them with cream. Strawberries are incredibly versatile—the fruit we wait all year to enjoy once summer weather hits!

## Nutrition

Strawberries are a HUGE source of vitamin C, especially when eaten raw! One cup of strawberries contains 113 percent of our daily recommended value. Vitamin C is excellent for the heart, bones, and teeth. When we cut ourselves or break a bone, vitamin C comes to the rescue to help repair our tissues.

Strawberries contain natural fruit sugar, called fructose. However, fructose is better than table sugar (white sugar) because it comes packaged with other vitamins, nutrients, and fiber from the rest of the fruit.

Plus, the fiber in fruit helps slow down the effects of sugar in our blood.