



Blissful Banana Mug Cake + Caramel Cream Cheese Drizzle + Caramel Banana Cream Shake

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Prep Time 30 / Cook Time 3 / Serves 1 - 2

Shopping List

- FRESH
- 1/2 ripe banana
- 1 lemon
- 1 pinch fresh chopped parsley (or dried parsley/dried dill)
- Kid Chefs' Choice for "Crudités:"
- 4 to 5 baby carrots or carrot chips
- 1 to 2 celery stalks
- 1 mini cucumber or 1/4 large cucumber
- 3 to 5 cherry tomatoes ****(see allergy subs below)****
- 1 to 2 red radishes
- 2 to 3 jicama sticks
- 1/2 red, orange, or yellow bell pepper ****(see allergy subs below)****
- 3 to 5 mini sweet peppers ****(see allergy subs below)****
- DAIRY AND EGG
- 2 T full-fat plain Greek yogurt ****(see allergy subs below)****
- 1 1/8 C ****(see allergy subs below)****
- 1 T heavy cream ****(see allergy subs below)****

- 1 tsp butter ****(see allergy subs below)****
- 2 T cream cheese ****(see allergy subs below)****
- 1 egg ****(see allergy subs below)****
- PANTRY
- 1 pinch garlic powder
- 1/4 tsp salt
- 1 pinch ground black pepper
- 1 pinch granulated sugar
- 1 T brown sugar
- 3/4 tsp pure vanilla extract ****(see allergy subs below)****
- 3 T all-purpose flour ****(see allergy subs below)****
- 1 T oats****, optional (adds a bit of texture and nutritional punch)**
- 1 tsp baking powder
- 1 pinch ground cinnamon
- 1/2 T honey
- HAVE ON HAND
- 1 tsp water

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

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.

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

tear: to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

dip: to briefly put a solid food, such as chips, fries, battered fried fish, hot sandwich (French dip), or veggie slices, into a liquid, like beef broth or a thicker sauce, like ketchup, dressing, or a dip to impart moisture and extra flavor to the solid food.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

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

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

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.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

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

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

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

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.

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.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

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.

pour: to cause liquid, granules, or powder to stream from one container into another.

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

Equipment

- Soap for cleaning hands
- Cutting board
- Kid-safe knife (a butter knife works great)
- Small bowl
- Citrus zester or box grater with small zesting holes
- Citrus juicer (optional, but encouraged)

- Measuring spoons
- Microwave
- Microwave-safe measuring cup
- Paper towel
- Potholder
- Small whisk or spoon for mixing
- Microwave-safe mug
- Fork
- Small whisk
- Container with tight-fitting lid
- Liquid measuring cup
- Drinking glass or cup

Ingredients

Rainbow “Crudités” Veggie Sticks + Rad Ranch Dip for One

- Kid chefs' choice for “Crudités:”:
- 4 to 5 baby carrots or carrot chips
- 1 to 2 celery stalks
- 1 mini cucumber or 1/4 large cucumber
- 3 to 5 cherry tomatoes ****(Omit for NIGHTSHADE ALLERGY)****
- 1 to 2 red radishes
- 2 to 3 jicama sticks
- 1/2 red, orange, or yellow bell pepper ****(Omit for NIGHTSHADE ALLERGY)****
- 3 to 5 mini sweet peppers ****(Omit for NIGHTSHADE ALLERGY)****
- Ranch Dip:
- 1 pinch fresh chopped parsley (or dried parsley/dried dill)
- 1/2 lemon
- 2 T full-fat plain Greek yogurt ****(for DAIRY ALLERGY sub dairy-free/nut-free plain Greek yogurt)****

- 1 pinch garlic powder
- 1 pinch salt
- 1 pinch ground black pepper
- 1 tsp water
- 1 pinch granulated sugar, optional

Creamy Caramel Sauce for One

- 1 tsp butter ******(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance)******
- 1 T heavy cream ******(for DAIRY ALLERGY sub dairy-free/nut-free heavy cream or dairy-free/nut-free full-fat plain yogurt)******
- 1 T brown sugar
- 1 pinch salt
- 1 drop pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******

Blissful Banana Mug Cake

- 3 T all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******
- 1 T oats******, optional (adds a bit of texture and nutritional punch)
- 1 tsp baking powder
- 1 pinch ground cinnamon
- 1 pinch salt
- 2 T mashed banana
- 1/2 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******
- 1/2 T honey
- 2 T milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******
- 1 egg ******(for EGG ALLERGY sub 1 T flaxseeds + 3 T warm water—more info below)******

Captivating Caramel Cream Cheese Drizzle

- 1 T cream cheese ******(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)******
- 1 T Creamy Caramel Sauce ******(see caramel sauce recipe for food allergen substitutions)******

Carefree Caramel Banana Cream Shake for One

- 2 T mashed banana
- 1 T cream cheese ******(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)******
- 1 T Creamy Caramel Sauce ******(see caramel sauce recipe for food allergen substitutions)******
- 1 C milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******

Food Allergen Substitutions

Rainbow “Crudités” Veggie Sticks + Rad Ranch Dip for One

Nightshade: Omit optional cherry tomatoes, bell peppers, and sweet peppers.

Dairy: Substitute dairy-free/nut-free plain Greek yogurt.

Creamy Caramel Sauce for One

Dairy: For butter, substitute dairy-free/nut-free butter, like Earth Balance. For heavy cream, substitute dairy-free/nut-free heavy cream or dairy-free/nut-free full-fat plain yogurt.

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

Blissful Banana Mug Cake

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour. For celiac students, omit optional oats or use certified gluten-free oats. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Egg: For 1 egg, substitute 1 T flaxseeds + 3 T warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

Dairy: Substitute dairy-free/nut-free milk.

Captivating Caramel Cream Cheese Drizzle

Dairy: Substitute dairy-free/nut-free plain yogurt for cream cheese. See Creamy Caramel Sauce recipe for food allergen substitutions

Carefree Caramel Banana Cream Shake for One

Dairy: Substitute dairy-free/nut-free plain yogurt for cream cheese. Substitute dairy-free/nut-free milk. See food allergen substitutions for caramel sauce recipe.

Instructions

Rainbow “Crudités” Veggie Sticks + Rad Ranch Dip for One

intro

Each of our SFC Sweet Mug Recipes will include this recipe, so kids can snack on healthy raw veggies and dip while they cook.. All veggies are good for the brain! The purpose is to reinforce and encourage kids to eat veggies and have them learn a little about what each vegetable does for the body! Kids will show which veggie(s) they’ve chosen and share the benefit below. Snack on veggies and encourage kids to eat at least 3 pieces to power up their brains before making the mug cake! **Green** veggies help keep you from catching a cold! **White** veggies give you energy! **Yellow** veggies help make your bones strong! **Orange** veggies are good for your heart! **Blue** and **Purple** veggies are good for your memory! **Red** veggies are good for your blood!

tear + zest + juice

To make the dip, tear **1 pinch of parsley leaves** into tiny bits! Add the parsley to a small bowl. Zest **1 lemon** and add a pinch of zest to the parsley. Slice the lemon in half and add a squeeze of juice. Watch for seeds!

measure + mix

Measure and add **2 tablespoons of Greek yogurt, 1 pinch of garlic powder, 1 pinch of salt, 1 pinch of black pepper**, and **1 teaspoon of water** to the bowl with the parsley and lemon. Use a spoon to mix! Taste! What does it need? Add more lemon, salt, pepper, or garlic powder a little at a time until your dip tastes great to you. Add **1 pinch of sugar** to balance flavors if you wish.

slice + dip

Have kid chefs slice up their **raw vegetables** of choice into sticks or bite-sized pieces, and then dip their Rainbow “Crudités” Veggie Sticks in the Rad Ranch Dip! Delightful!

Creamy Caramel Sauce for One

measure + melt

Measure and add **1 teaspoon butter** to a microwave-safe measuring cup. Cover with a paper towel and heat on high in the microwave for about 20 seconds to melt the butter. Carefully remove using a potholder.

measure + whisk

Measure and add **1 tablespoon heavy cream, 1 tablespoon brown sugar, 1 pinch of salt**, and **1 drop of vanilla extract**. Whisk ingredients until there are no lumps.

microwave + whisk

Cover with a damp paper towel and microwave on high for 1 minute. Carefully remove using a potholder and whisk again.

Blissful Banana Mug Cake

measure + whisk

In a microwave-safe mug, measure and whisk together **3 tablespoons flour**, **1 tablespoon oats** if using, **1 teaspoon baking powder**, **1 pinch of cinnamon**, and **1 pinch of salt**.

peel + mash

Peel **1/2 ripe banana** and mash it with a fork in a small bowl. Add **2 tablespoons mashed banana** to the mug. (Set aside the remaining banana to use for the shake.)

measure + add

Measure and add **1/2 teaspoon vanilla extract**, **1/2 tablespoon honey**, and **2 tablespoons milk** to the mug.

crack + mix

Crack **1 egg** into the mug and mix the ingredients thoroughly.

microwave + rest

Microwave on high for 2 minutes. Don't worry if the mug cake grows above the top of the mug—it will shrink back down! Rest your cake for at least 5 minutes while you make the caramel sauce, drizzle, and shake.

drizzle + serve

Drizzle your Blissful Banana Mug Cake with **Captivating Caramel Cream Cheese Drizzle** before serving!

Captivating Caramel Cream Cheese Drizzle

measure + whisk + drizzle

Measure and add **1 tablespoon cream cheese** and **1 tablespoon Creamy Caramel Sauce** to a small bowl and whisk well, until there are no lumps. Drizzle over a mug cake, like **Blissful Banana Mug Cake**.

Carefree Caramel Banana Cream Shake for One

measure + mash + mix

Measure and add **2 tablespoons mashed banana** and **1 tablespoon cream cheese** to a small bowl. Mash and mix using a fork. Add the mixture to a container with a tight-fitting lid.

measure + shake + pour

Measure and add **1 tablespoon Creamy Caramel Sauce** and **1 cup milk** to the container. Cover tightly and shake, shake, shake! Pour into a glass or cup to serve.

Featured Ingredient: Banana!

Hi! I'm Banana!

"I'm such an 'a-peeling' fruit, I'm just going to have to tell you a little about myself! Bananas are very popular. We're long and curved, and we typically have a yellow outer layer (like some raincoats!) called a peel or skin. After peeling a banana, you can eat it whole; slice it into cereal, salads, or desserts; and mash it and put us on toast or add us to pancake or banana bread batter. Be careful not to throw your banana peel on the floor, or someone might slip on it!"

History

The Latin scientific name for banana is "musa sapientum," or "fruit of the wise men."

The first recorded mention of bananas is from the 6th century BCE. They were represented in Egyptian hieroglyphs.

Bananas may have been Earth's first fruit and the first fruit cultivated by people. The first banana farms were in southeast Asia.

The phrase "going bananas" came about because monkeys love bananas!

India produces over 26 percent of the world's bananas. In the United States, Hawaii grows the most bananas.

There are a few cultures, especially Japan's, where the fiber from the banana plant is used to make fabric and sometimes even paper.

The world's record for the longest banana split is 4.97 miles. In March 2017, Innisfail, Australia, residents made it using 40,000 bananas, 660 gallons of ice cream, and 528 gallons of topping. It took hundreds of volunteers 12 hours to prepare the banana split.

People like their bananas! Worldwide we eat more than 100 billion bananas each year! Of those, Americans annually eat about 27 pounds of bananas per person. But we don't eat as many bananas as the Ugandan people. Their average consumption each year is 500 pounds per person!

Anatomy & Etymology

What appears to be a banana tree is actually an herbaceous flowering plant (the world's largest).

A banana plant can grow an inch or more while you sleep at night, eventually growing from 10 to 25 feet high.

Botanically, a banana is a berry.

Since commercially-grown bananas do not contain seeds, you cannot grow a banana from seed unless you can find someone who sells seeds from the wild fruit. Otherwise, new plants are grown from offshoots or suckers of the banana plant.

A single banana fruit is called a finger, and a cluster of fruit is called a hand. There are 10 to 20 fingers on each hand.

About 75 percent of a banana's weight is water.

Because bananas are less dense than water, they are able to float.

Wild banana varieties include bubblegum pink bananas with fuzzy skins, green-and-white striped bananas with orange sherbet-colored flesh, and bananas that taste like strawberries when cooked.

The word "banana" may have come from the West African Wolof word "banaana," through late 16th century Portuguese or Spanish. However, it could have come from the Arab word "banan," meaning finger.

How to Pick, Buy, & Eat

Bananas ripen best if growers pick them when they are still green.

Don't separate a banana from the bunch if you want it to ripen more quickly.

Putting bananas in a sealed container, like a brown paper bag, will hasten them to ripen, especially if you add another type of fruit to the bag.

You may have noticed that organic bananas often come with plastic wrap around the top stems of a bunch, but you can also wrap yours at home. Tightly wrapped stems will help bananas last three to five days longer.

Try peeling a banana from the bottom up toward the stem to avoid dislodging the stringy vascular tissue running down the length of the fruit inside. Those strings are called "phloem" (pronounced "fлом").

Banana peels are actually edible if cooked.

Once you peel a banana and it comes in contact with air, it can begin to turn brown. Sprinkling lemon or pineapple juice on a cut banana will prevent this.

Don't be surprised that the banana peel turns brown or black after being refrigerated—it won't affect the fruit inside. This darkening happens because the cold breaks down the skin's cell walls and causes compounds in it to oxidize.

You can put ripe or overripe bananas in the freezer and then add a frozen banana to your blender when making a smoothie instead of ice. You can also insert a popsicle stick into one end of a banana, freeze the banana, then dip the frozen banana in chocolate melted with a little oil. If desired, roll the coated banana in toppings like nuts, coconut flakes, or sprinkles, then refreeze for a chocolaty, nutritious frozen dessert.

Nutrition

Bananas contain vitamin C, potassium, fiber, and vitamin B6.

Bananas have 31 percent of the daily value of vitamin B6! This vitamin strengthens your nervous and immune systems. It also is needed for your body to make serotonin, a hormone that elevates mood.

About half of all people allergic to latex may also be allergic to bananas.