



## **Blueberry Muffin in a Mug + Luscious Lemon Ricotta Drizzle + Breezy Blueberry Lemonade**

By Jacy Shoener, Erin Fletter

**Prep Time 27 / Cook Time 4 / Serves 1 - 2**

### **Shopping List**

- FRESH OR FROZEN
- 4 to 5 T fresh or frozen blueberries
- 2 lemons
- 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)\*\***
- 2 T ricotta cheese **\*\*(see allergy subs below)\*\***
- 1 T milk **\*\*(see allergy subs below)\*\***

- 1 egg **\*\* (see allergy subs below)\*\***
- PANTRY
- 1 pinch garlic powder
- 1 pinch salt
- 1 pinch ground black pepper
- 2 T + 3/4 tsp granulated sugar
- 1/2 T powdered sugar
- 3 T all-purpose flour **\*\* (see allergy subs below)\*\***
- 1/2 tsp baking powder
- 1 pinch ground cinnamon
- HAVE ON HAND
- 1 1/4 C water
- 1 to 2 ice cubes

## **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.

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

**fold:** to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

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

**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.

**drizzle:** to trickle a thin stream of a liquid ingredient, like icing or sauce, over food.

**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.

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

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

**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.

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

**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
- 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 mug
- Paper towel
- Potheader
- Small whisk or fork

Zester (or grater with small zesting plate/side)

Spatula

Toothpicks

Kid-safe knife

Citrus squeezer (optional)

Liquid measuring 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

### Bodacious Blueberry Muffin in a Mug

- 1 egg **\*\***(for EGG ALLERGY sub 1 T ground flaxseeds + 3 T water—more info below)**\*\***
- 1 T ricotta cheese **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)**\*\***
- 1 T milk **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free milk)**\*\***
- zest of 1 lemon
- 2 T granulated sugar
- 3 T all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***
- 1/2 tsp baking powder
- 1 pinch ground cinnamon
- 2 to 3 T fresh or frozen blueberries

### Luscious Lemon Ricotta Drizzle

- 1 T ricotta cheese **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)**\*\***
- 1/2 T powdered sugar
- 1/2 lemon, juiced

### Breezy Blueberry Lemonade for One

- 1/2 lemon, juiced
- 1 to 2 T fresh or thawed frozen blueberries
- 1/2 tsp granulated sugar
- 1 C cold water
- 1 or 2 ice cubes

## 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.

### Bodacious Blueberry Muffin in a Mug

**Egg:** For 1 egg, substitute 1 T ground flaxseeds + 3 T water. Whisk and let rest until liquid is absorbed.

**Dairy:** Substitute dairy-free/nut-free plain yogurt for ricotta cheese. Substitute dairy-free/nut-free milk.

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour.

## Luscious Lemon Ricotta Drizzle

**Dairy:** Substitute dairy-free/nut-free plain yogurt for ricotta cheese.

## Breezy Blueberry Lemonade for One

## 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!

## Bodacious Blueberry Muffin in a Mug

#### crack + whisk

Crack **1 egg** into a microwave-safe mug. Whisk the egg until it is frothy.

#### measure + combine

Measure and add **1 tablespoon ricotta cheese**, **1 tablespoon milk**, and **2 tablespoons sugar** to the mug. Whisk until ingredients are well combined and there are few lumps.

#### measure + combine

Measure and add **3 tablespoons flour**, **1/2 teaspoon baking powder**, and **1 pinch of cinnamon** to the mug. Mix well to combine.

#### wash + zest + combine

Wash and zest **1 lemon** and add the zest to the mug. Mix well to combine. Set aside the lemon to use later.

#### fold + microwave

Gently fold in **2 to 3 tablespoons of blueberries** using a spatula, scraping the sides of the mug as you go. Cover with a damp paper towel. Cook on high for 2 to 3 minutes, until cooked all the way through. Test with a toothpick. If it comes out clean, then it is done! It is delicious as is or with **Luscious Lemon Ricotta Drizzle** on top!

### Luscious Lemon Ricotta Drizzle

#### measure + whisk

Measure and add **1 tablespoon ricotta cheese** and **1/2 tablespoon powdered sugar** to a small bowl. Whisk to combine.

#### slice + juice + whisk

Slice **1 lemon** in half (use zested lemon from blueberry muffin if made). Squeeze the juice of **1/2 lemon** into the bowl (save the other half for the lemonade). Whisk to combine.

#### drizzle + serve

Drizzle on top of cupcakes and muffins, like our **Bodacious Blueberry Muffin**.

### Breezy Blueberry Lemonade for One

#### slice + juice

Slice **1 lemon** in half (use zested lemon from blueberry muffin if made). Squeeze the juice of **1/2 lemon** into a microwave-safe mug.

#### measure + mash + add

On a cutting board or plate, mash **1 to 2 tablespoons of blueberries** with a fork. Add them to the mug.

measure + mix + microwave

Measure and add **1/2 teaspoon of sugar** to the mug. Mix well to combine. Cover with a damp paper towel and microwave on high for 30 seconds.

measure + add + stir

Measure and add **1 cup cold water** and **1 to 2 ice cubes** to the mug. Stir to combine.

## Featured Ingredient: Blueberries!

Hi! I'm Blueberry!

"Have you heard the saying, "as American as apple pie?" Well, with no offense to the apple—which is certainly a fine fruit—we blueberries think that classic saying should read, "as American as blueberry pie." Blueberries are one of the few fruits native to North America, and apples aren't (unless you count Pacific crabapples). And don't worry about our powdery coating. It's called epicuticular wax (but you can call it "bloom"), and it protects our skin. I guess you could say we bloom where we're planted!"

### History

Blueberries are a genuinely natural blue food due to a pigment called anthocyanin. Native Americans used blueberries to make dye for textiles and baskets, and colonists made paint out of blueberries by boiling them in milk.

Blueberries have impacted the culture, cuisine, and even survival of Americans for centuries. From the times of the earliest indigenous people to the present day, blueberries have been a valued food staple. They've provided enjoyment during times of abundance and have held starvation at bay during times of scarcity.

In the 1860s, blueberries were gathered, packaged, and sent to Union troops during the Civil War. The Shakers made the traditional blue paint used in their homes from blueberry skins, sage blossoms, indigo, and milk.

American poet, Robert Frost, wrote a poem called "Blueberries" that may have been inspired by his youth picking or eating blueberries.

Maine is the leading wild blueberry producer in the United States, and Oregon produces the most cultivated blueberries.

How official are blueberries? Consider these official state foods: Maine's state fruit is the wild blueberry, and their state dessert is Maine blueberry pie; Minnesota's state muffin is the blueberry muffin; New Jersey's state fruit is the Northern highbush blueberry; and North Carolina's state berry is the blueberry. July is National Blueberry Month because it is the peak of the harvest season.

### Anatomy

Blueberry plants are woody shrubs. There are lowbush (or wild) and highbush (or cultivated) varieties. Canada grows the most lowbush blueberries in the world, and the United States produces about 40 percent of the highbush variety.

Native Americans once called blueberries "star berries" because the five points of blueberry blossoms make a star shape.

Blueberry plants can be grown in a large container (at least 2 feet deep and wide) if grown in acidic soil with good drainage. Plant them in the Spring and put the container in a sunny spot. They do not produce berries in the first year. It may take about five years for a full harvest.

#### How to Pick, Buy, & Eat

Blueberries turn from reddish-purple to a deep blue when they are ripe. Choose berries that are blue, plump, dry, and somewhat firm. Avoid blueberries that are white or green as they are far from mature. If there are stains on the container, some of the berries may be bruised. They may have a light dusting of grayish powder (or bloom) on their skin, which is normal.

Do not wash your blueberries before freezing, storing, or eating them. However, you will want to sort through the berries and remove any that are wrinkled or covered in a white fuzzy mold, so they do not spoil the rest. Refrigerate your blueberries with good air circulation and plan to eat them within a week if possible.

If you stir some fresh blueberries into your muffin batter, you will have the most popular muffin flavor in the United States. They are also delicious in salads and breakfast cereal, especially oatmeal, juice, pies, jams and jellies, sauces, and syrup. Dried blueberries are also good in cereals and batters.

North American indigenous people used blueberries to make "pemmican," a high-energy food consisting of dried meat, often game meat, dried berries, and tallow (rendered animal fat). They would pack it for sustenance on long journeys. European fur traders and explorers adopted it for their travels. Pemmican is still eaten today.

Blueberries have been valued as a highly nutritional food and for their medicinal properties and even for non-food uses such as making paints and dyes.

#### Nutrition

Blueberries contain more antioxidants than most other fruits or vegetables and may help prevent damage caused by cancer, heart disease, and Alzheimer's. In addition, the anthocyanin present in blueberries is good for eyesight.

Blueberries are a great source of many essential nutrients such as vitamin C, manganese, potassium, iron, and many others.

The calories in blueberries amount to only 80 per cup.

Blueberry juice had medicinal value for Native Americans and was used to treat persistent coughs and other illnesses.