



Brownies Snack Badge: Fruity Turnovers+Pumpkin Hummus+Flatbread+Honey Yogurt Smoothies

By Erin Fletter

Prep Time 50 / Cook Time 25 / Serves 4 - 6

Shopping List

FRESH OR FROZEN

3/4 lb fresh or frozen fruit (your choice—apples, peaches, or berries work great!)

2 sheets frozen puff pastry **** (see allergy subs below)****

1 lime

2 lemons (for 4 T lemon juice)

1 small garlic clove

1/2 bunch Italian parsley (for 1/2 C leaves)

2 bananas

DAIRY AND EGGS

1 egg for egg wash **** (see allergy subs below)****

3 C plain yogurt **** (see allergy subs below)****

PANTRY

1/2 C granulated sugar

2 tsp cornstarch

4 1/2 tsp salt

4 1/2 C all-purpose flour **** (see allergy subs below)****

1 16-oz can garbanzo beans (chickpeas) **** (see allergy subs below)****

- 1/4 C pumpkin purée
- 1 C olive oil
- ground paprika, optional for sprinkling **** (see allergy subs below)****
- 2 tsp baking powder
- 1/2 tsp maple syrup/sugar/honey
- 1 T honey
- 2 tsp pure vanilla extract **** (see allergy subs below)***
- HAVE ON HAND
- 1/4 C water
- 2 C ice
- parchment paper (or nut-free oil or nonstick spray) if using baking sheet

Fun-Da-Mentals Kitchen Skills

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

chop: to cut something into small, rough pieces using a blade.

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

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

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

chop: to cut something into small, rough pieces using a blade.

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

snip: to use scissors to cut something with quick, sharp strokes.

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.

brush: to apply a liquid, like melted butter or marinade, to a pan or a food.

fry: to fry in a pan in a small amount of fat.

knead: to work dough by pushing, pulling, and folding it by hand or with a stand mixer.

rest (dough): to let bread or pastry dough relax, allowing the dough to absorb more liquid and become

more pliable before shaping it.

snip: to use scissors to cut something with quick, sharp strokes.

chop: to cut something into small, rough pieces using a blade.

coat: to apply a covering of flour, breadcrumbs, sauce, or batter to food before baking or frying.

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.

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

roll: to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

shape: to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

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).

Equipment

- Blender (or pitcher + immersion blender)
- Cutting board + kid-safe knife
- Liquid measuring cup
- Measuring spoons
- Nonstick skillet
- Large mixing bowl
- Dry measuring cups
- Wooden spoon
- Cutting board
- Clean dish towel
- Brush to oil skillet
- Heat-resistant spatula

- Can opener
- Colander or strainer
- Citrus squeezer (optional)
- Kid-safe knife
- Food processor or blender (or bowl + immersion blender)
- Medium bowl
- Clean kid-friendly scissors (optional)
- Oven
- Baking sheet
- Parchment paper, optional
- Medium mixing bowl
- Zester (or grater with small zesting plate/side)
- Round cookie cutter or jar lid
- Rolling pin (or clean water bottle or mason jar)
- Pastry brush

Ingredients

Kid-Made Fruity Turnovers

- 1/3 C granulated sugar + more to sprinkle on top
- 2 tsp cornstarch
- 1/2 tsp salt
- 3/4 lb fresh or frozen fruit (your choice—apples, peaches, or berries work great!)
- 1 lime, zested
- 1 to 2 T all-purpose flour, for dusting work surface ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******
- 2 sheets frozen puff pastry, thawed ******(for GLUTEN ALLERGY sub gluten-free/nut-free puff pastry or pie shell)******
- egg wash (1 egg + 1 T water) ******(for EGG ALLERGY omit egg and use 2 T milk or water alone)******

Perfectly Pumpkin Hummus with Herb Drizzle

pumpkin hummus:

1 16-oz can garbanzo beans (chickpeas), rinsed and drained **** (for LEGUME ALLERGY sub peeled, chopped zucchini + tahini or sunflower butter + pumpkin purée—amounts below)****

1/4 C pumpkin purée

3 T lemon juice

1 small garlic clove

1 1/2 tsp salt

2 T olive oil

water, to thin if needed

ground paprika, optional for sprinkling **** (Omit for NIGHTSHADE ALLERGY)****

herb drizzle:

1/4 C Italian parsley leaves

1 T lemon juice

1/2 tsp salt

2/3 C olive oil

Fabulous Flatbread

4 C all-purpose flour + more if needed **** (for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****

2 tsp baking powder

2 tsp salt

1/2 tsp maple syrup or sugar or honey

2 C plain yogurt **** (for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)****

1/4 C Italian parsley leaves

olive oil, for brushing on bread and cooking

Honey Yogurt Smoothies

2 bananas

1 C yogurt **** (for DAIRY ALLERGY sub dairy-free/nut-free yogurt)****

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

1 T honey

2 C ice

Food Allergen Substitutions

Kid-Made Fruity Turnovers

Gluten/Wheat: Substitute gluten-free/nut-free puff pastry or pie shell.

Egg: For egg wash, omit egg and use milk or water alone.

Perfectly Pumpkin Hummus with Herb Drizzle

Legume: For 1 16-oz can garbanzo beans, substitute 1 C peeled, chopped zucchini + 1/4 C tahini (if no sesame allergy) or sunflower butter + extra 1/2 C pumpkin purée.

Nightshade: Omit optional paprika.

Fabulous Flatbread

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

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

Honey Yogurt Smoothies

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

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

Instructions

Kid-Made Fruity Turnovers

whisk + chop

In a medium bowl, have kids whisk together **1/3 cup sugar**, **2 teaspoons cornstarch**, and **1/2 teaspoon salt** and set to the side. Have kids chop up their choice of **3/4 pounds fresh or frozen fruit** into lots of little bits!

zest + coat

Time for kids to zest **1 lime** (grate only the green part off the lime) and squeeze the lime juice into the sugar bowl. Have them toss the chopped fruit into the sugar and lime mixture to coat evenly.

roll + shape

Preheat your oven to 400 F. On a lightly-floured work surface, have kids roll out **2 sheets of thawed frozen puff pastry** (or gluten-free pie crust). Using a cookie cutter or jar lid, kids can punch out circle shapes.

fill + fold + seal

Have the kids place 1 to 2 tablespoons of the fruit filling in the middle of the pastry. Fold the dough over the filling on three sides and have kids press the edges to seal well. Line a baking sheet with parchment paper or grease with oil or nonstick spray, then place the turnovers on the baking sheet.

brush + bake

Brush the top of the turnovers with egg wash (1 egg beaten with 1 tablespoon water). Have kids sprinkle the top with more sugar, then make 2 small slits on the top and bake for 20 minutes until browned and puffed. Serve warm or at room temperature. Yum!

Perfectly Pumpkin Hummus with Herb Drizzle

pop + discard

Start with the hummus. Drain and rinse **1 can garbanzo beans**. Pop off the skins from the beans and discard the skins. Kids love to do this!

squeeze + chop + combine

Squeeze the juice of **2 lemons** and chop up **1 garlic clove**. Combine the **garbanzo beans, chopped garlic, 3 tablespoons lemon juice, 1/4 cup pumpkin purée, 2 tablespoons olive oil**, and **1 1/2 teaspoons salt** into a food processor or blender (or large bowl for use with an immersion blender).

blend + adjust

Blend the hummus until smooth. Add some water if needed until it reaches the desired consistency. Transfer your hummus to a bowl and clean out the food processor or blender if necessary.

snip + measure

Make the herb drizzle. Snip or tear **1/4 cup of Italian parsley leaves** into small bits. Combine the parsley, **1 tablespoon lemon juice, 1/2 teaspoon salt**, and **2/3 cup olive oil** to the food processor or blender (or small bowl for use with an immersion blender).

blend + drizzle

Blend the herb drizzle until smooth and bright green. Drizzle on top of the hummus and sprinkle **paprika** on top, if using, before serving! Yum!

Fabulous Flatbread

snip + stir

Have your kids snip or tear **1/4 cup Italian parsley leaves** into tiny bits and add them to **4 cups flour**, **2 teaspoons baking powder**, and **2 teaspoons salt** in a large mixing bowl. Then, stir in **2 cups yogurt** and **1/2 teaspoon maple syrup** until the dough is too stiff for a spoon.

knead + rest

Knead the dough in the bowl until it holds together well, adding more flour if necessary. Then turn the dough out on a floured surface and cut it into about 12 pieces. Have kids continue kneading their dough for about 5 minutes until it feels smooth and elastic. Put the dough balls in an oiled bowl, cover with a clean, damp dish towel, and set aside to rest.

press + flatten

Have your kids press the dough balls flat into round discs, the thinner the better (about 1/4-inch or less is ideal!).

brush + fry

Brush some olive oil on a **hot** nonstick skillet on the stovetop and coat each dough disc with olive oil. Lay the dough discs on the hot skillet one at a time, fitting as many as you can on the skillet at once without overlapping, and cook over medium heat for about 2 to 3 minutes. They will puff up in places or all over, and there may be some blackish-brown spots on the bottom. That's totally okay! Slide a spatula under the flatbread, flip it, and cook for 1 or 2 more minutes on the other side, just until it finishes puffing up into a balloon and begins to color lightly on top.

cool + serve

Let cool and eat with hummus, like our Perfectly Pumpkin Hummus with Herb Drizzle!

Honey Yogurt Smoothies

peel + chop

Peel and chop **2 bananas** and add them to your blender or a pitcher (for use with an immersion blender).

add + blend

Add **1 cup yogurt**, **2 teaspoons vanilla extract**, **1 tablespoon honey**, and **2 cups ice** to your blender. Blend everything up until creamy and thick! Enjoy!

Featured Ingredient: Fruit!

Hi! I'm Fruit!

"I'm the seed-bearing part of a flowering plant! A fruit's seed is what helps create more plants. Did you know that some foods we call vegetables are actually fruits and even nuts are a type of fruit!"

Brief Overview & Etymology

There are more than 2,000 types of fruit, each with several varieties. For instance, there are over 7,500 varieties of apples. Not all fruit is edible. The ones that you cannot eat are either poisonous or too unpleasant to eat.

The Western world eats only about 10 percent of the Earth's fruit.

The word "fruit" comes from Middle English and Old French, from the Latin "fructus" (benefit, enjoyment, produce). It is related to the Latin "fruges" (crops or fruits of the Earth).

Anatomy

Fruit has three main classifications: simple fruits, aggregate fruits, and multiple (or composite) fruits.

Simple fruits come from an ovary in a single flower with a single pistil. They may be dry or fleshy. Examples of dry simple fruits are legumes and nuts. Fleshy simple fruits include those classified botanically as berries (banana, citrus fruit, cranberry, grape, melon, squash, tomato), pome fruit (apple and pear), and stone fruit (apricot, cherry, peach, and plum).

Aggregate fruits grow from a single flower with several simple pistils. Each pistil has one carpel, and together, they form a fruitlet. Types of aggregate fruits include the blackberry, raspberry, and strawberry.

Multiple fruits are formed from flower clusters, including the fig, jackfruit, mulberry, and pineapple.

Some fruits are seedless or semi-seedless. These include bananas, pineapples, and some varieties of mandarin oranges, satsumas, table grapes, tomatoes, and watermelon.

Culinary Uses

Edible fruit can be eaten fresh or made into compotes, syrups, or preserves, like jams, jellies, and marmalades. They can also be juiced to make a refreshing beverage.

Fresh, frozen, canned, or dried fruit can be added to cakes, ice cream, pies, yogurt, and savory dishes.

Nutrition

Eating fruits with a lot of vitamin C, like oranges, will help your cuts heal faster. They can also make your teeth nice and strong.

Berries are purported to help improve nighttime vision.

Fruit contains antioxidants that can reduce your chances of getting cancer and other diseases.

Five servings of fruit and vegetables daily is a good way to stay healthy and strong.

Dried fruit is easy to store and transport and contains lots of fiber, but it has much more sugar than fresh fruit.

It is possible to use fruit juice in your cake or cookie recipe in place of some of the fat, adding to your fruit intake for the day in a sweet and tasty way.

Fruit juice can be a healthy choice, but whole or cut-up fruits add fiber to your diet. There is no fiber in juice unless it includes some pulp.