



## Key Lime Doughnut Holes + Lime Syrup Glaze + Lime Fruit Smoothies

By Erin Fletter

**Prep Time** 35 / **Cook Time** 12 / **Serves** 4 - 6

### Shopping List

☐ FRESH OR FROZEN

☐ 5 1/2 to 6 1/2 limes

☐ 1 small zucchini

☐ 1 C fresh or frozen cherries, peaches, or berries

☐ 3 frozen bananas

☐ DAIRY AND EGGS

☐ 1 egg **\*\*(see allergy subs below)\*\***

☐ 2 2/3 C milk **\*\*(see allergy subs below)\*\***

☐ PANTRY

☐ 2 to 4 graham crackers **\*\*(see allergy subs below)\*\***

☐ 1 C all-purpose flour **\*\*(see allergy subs below)\*\***

☐ 2 tsp baking powder

☐ 3 T granulated sugar (or 2 to 3 stevia packets)

☐ 3/4 tsp salt

☐ 3 T vegetable oil **\*\*** + more for baking

☐ 1/2 C powdered sugar

☐ 2 tsp baking soda

☐ sugar, honey, or stevia to taste (for Smoothies)

☐ HAVE ON HAND

☐ quart-sized resealable plastic bag

## Fun-Da-Mentals Kitchen Skills

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**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).

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

**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.

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

**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.

**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.

**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

☐ Oven

☐ Muffin pan or mini-muffin pan

☐ Large mixing bowl

☐ Zester (or grater with small zesting plate/side)

☐ Citrus juicer (optional)

☐ Quart-sized resealable plastic bag

- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Chopstick or table knife to flip doughnut holes
- ☐ Small mixing bowl
- ☐ Blender (or pitcher + immersion blender)
- ☐ Grater
- ☐ Liquid measuring cup

## Ingredients

### Key Lime Doughnut Holes

- ☐ 4 to 5 limes for 2/3 C fresh lime juice + zest
- ☐ 1/2 small zucchini
- ☐ 2 to 4 graham crackers **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free graham crackers OR omit crackers)\*\***
- ☐ 1 C all-purpose flour **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***
- ☐ 2 tsp baking powder
- ☐ 3 T sugar (or 2 to 3 stevia packs)
- ☐ 1/2 tsp salt
- ☐ 1 egg **\*\*(for EGG ALLERGY sub 1 small ripe banana)\*\***
- ☐ 2/3 C milk **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***
- ☐ 3 T vegetable oil **\*\* + more for baking**

### Lime Syrup Glaze

- ☐ 1/2 lime for 1 T lime juice
- ☐ 1/2 C powdered sugar
- ☐ 1 pinch salt

### Lime Fruit Smoothies

- ☐ 1 lime
- ☐ 1/2 small zucchini

- ☐ 1 C fresh or frozen cherries, peaches, or berries
- ☐ 2 C milk **\*\***(for DAIRY ALLERGY sub 2 C dairy-free/nut-free milk)**\*\***
- ☐ 3 frozen bananas
- ☐ sugar, honey, or stevia to taste

## Food Allergen Substitutions

### Key Lime Doughnut Holes

**Gluten/Wheat:** Substitute gluten-free/nut-free graham crackers OR omit crackers. Substitute gluten-free/nut-free all-purpose flour.

**Egg:** For 1 egg, substitute 1 small ripe banana.

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

**Soy:** Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

### Lime Syrup Glaze

### Lime Fruit Smoothies

**Dairy:** For 2 C milk, substitute 2 C dairy-free/nut-free milk.

## Instructions

### Key Lime Doughnut Holes

#### preheat + grate + squeeze

Preheat your oven to 400 F. Have kids zest the skin of **1 lime** with a fine grater or zester (only the green part). The lime zest has a ton of oils and lime flavor. Smell it. So good! Set to the side. Have your kids grate **1/2 zucchini**, squeeze out the moisture (discard liquid), and set it to the side. Have kids squeeze the juice from **4 to 5 limes** into a bowl to equal 2/3 cups and set to the side.

#### smash + measure

Place **2 to 4 graham crackers** into a resealable plastic bag and have your kids take turns smashing them into a fine powder and set to the side. Next, have kids measure and mix together **1 cup flour**, **3 tablespoons sugar**, **2 teaspoons baking powder**, and **1/2 teaspoon salt** into a large bowl. Add 1/2 cup of the smashed graham crackers and stir well into the flour mixture.

#### crack + pour

Have your children crack **1 egg** into the flour mixture and mix. Measure and pour **2/3 cup of milk** and **3 tablespoons of oil** into the flour mixture and beat well until smooth. Add the lime zest, lime juice, and zucchini and mix well. If the batter is too thick, add a bit more lime juice or milk. If the batter is too thin, add **2 tablespoons of flour** and whisk well.

#### grease + pour + bake

Grease each well of a mini-muffin pan with **vegetable oil**. Pour about 1 tablespoon of the batter into each well. Pop the muffin pan into the oven and bake for about 6 to 8 minutes. Adults, as soon as the doughnut holes get bubbly and brown around the edge, pull the **hot** muffin pan out of the oven and turn the doughnut holes quickly and carefully (a chopstick works great!). Continue baking for 3 to 4 more minutes until cooked through. Serve with a drizzle of **Lime Syrup Glaze** and extra smashed graham crackers on top!

### Lime Syrup Glaze

#### squeeze + whisk + drizzle

Have your kids squeeze the juice from **1/2 lime** (about 1 tablespoon) into a small mixing bowl. Next, whisk **1/2 cup powdered sugar** and **1 pinch of salt** into the lime juice and continue whisking until combined. Whisk in more lime juice or powdered sugar if needed to get the right consistency for drizzling. This glaze is great on our **Key Lime Doughnut Holes**. Enjoy!

### Lime Fruit Smoothies

#### zest + juice

Have your kids wash and zest the skin of **1 lime** with a fine grater (just the green part of the lime, not the bitter white pith) into your blender (or a pitcher for use with an immersion blender). Squeeze the lime juice from the same lime into the blender.

#### chop + measure

Have the kids chop **1/2 small zucchini** as finely as possible and add it to your blender. Then they can measure and add **1 cup cherries, peaches, or berries**, **2 cups milk**, and **3 frozen bananas**. Put the lid on your blender and blend on high until smooth and thick.

#### taste + blend

Taste the smoothie. Does it need any sweetener? Have your children add **sugar, honey, or stevia** to taste. Blend again and drink up!

## Featured Ingredient: Lime!

Hi! I'm Lime!

"Limes are citrus fruits just like lemons, but we're smaller, rounder, and green. And, while lemons are acidic and sour, limes are more acidic, less sweet, and have a more bitter flavor. We're often invited into the

same places as lemons, but you'll probably find us in more savory than sweet dishes, although our Key lime sibling is famous for its pie!"

## History & Etymology

Limes are the fruit of tropical citrus trees closely related to lemons. They are native to Southeast Asia. Currently, India, Mexico, and China produce the most limes globally.

In the 19th century, sailors drank their daily grog (beer or rum) with added lemon juice to prevent scurvy, a disease caused by a lack of vitamin C. Later, they changed to lime juice. British sailors were derogatorily called "limeys" because of their use of limes. Navies who prevented scurvy by their daily lemon or lime intake would have the advantage over a country's navy that did not use citrus in their diets.

There are several species of lime plants, and many are hybrids. The type of lime generally sold in grocery stores is the Persian or Tahitian lime, a hybrid of a Key lime and a lemon. The Key lime, native to Southeast Asia, is also known as the West Indian lime; however, the Key lime name comes from the Florida Keys, where it flavors their famous Key lime pie. Spanish explorers brought the lime to Florida in the 16th century. The Kaffir or Makrut lime is native to Southeast Asia and southern China. These three limes are the most widely produced worldwide, with the Persian leading the other two.

The English word "lime" comes from mid-17th century French from the Spanish "lima," from the Arabic *līma*, and the Persian "limu."

## Anatomy

Since the Persian lime is the most popular, we will focus on its anatomy. The fruit is about 2.4 inches in diameter. It has no seeds, is larger, less acidic, and has a thicker skin than a Key lime.

A citrus fruit's "zest" is the green or yellow outermost layer of the peel (skin), which contains powerful flavor compounds. The "pith" is the spongy, white layer between the skin and the flesh and is quite bitter. Avoid the pith when zesting your fruit.

## How to Pick, Buy, & Eat

Select limes that are firm and heavy (more juice!) with shiny, blemish-free, green skins.

Limes are fully ripe and juicier when they are yellow, not dark green; however, they are usually sold when they are green and have better flavor.

If you refrigerate your limes, they will last about two weeks. You can freeze lime juice to use at a later time.

The average lime contains one tablespoon of juice. Roll a room-temperature lime on the counter, adding light pressure, before cutting it open to get the maximum amount of liquid.

Limes are highly acidic, and this acid will react with different foods in different ways. For example, the acid

will denature the proteins in fish and seafood, causing the fish to become firm and opaque, almost as if you had cooked it. The acid in lime juice can also curdle milk, and while it can cause green vegetables to turn a drab olive color, it will help vegetables such as potatoes and turnips maintain their white color.

You can substitute lime for lemon in a dish, but you will want to decrease the amount due to a lime's stronger flavor and acidity. For example, if a recipe calls for one cup of lemon juice, substitute three-quarters of a cup of lime juice.

Here are some foods you can add lime to (besides Key lime pie): limeade, dressings and dips, guacamole, salsa, lime curd, lime bars, sherbet, fajitas, tacos, chicken, fish, beef, and pork.

## Nutrition

One lime has 32 percent of the daily value of vitamin C, which boosts immunity and helps your body heal. Citrus fruits, like lemons and limes, have citric acid, which can help prevent kidney stones from forming. Limes do not contain very much natural sugar. That's why they are so tart! Compared with an orange, another citrus fruit, a lime has one gram of sugar, and a small orange has nine grams.