



## Luscious Lemon Apple Yogurt Pound Cakes + Yogurt Glaze + Sweet Apple Slaw + Lemon Shakes

By Erin Fletter

**Prep Time** 30 / **Cook Time** 20 / **Serves** 4 - 6

### Shopping List

FRESH

1 lemon

3 to 5 Granny Smith apples

DAIRY AND EGGS

3 eggs **\*\*(see allergy subs below)\*\***

2 T butter, softened to room temperature **\*\*(see allergy subs below)\*\***

1 3/4 C plain yogurt **\*\*(see allergy subs below)\*\***

PANTRY

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

1/2 tsp baking powder

1/2 tsp baking soda

3/4 tsp salt

1 1/4 tsp pure vanilla extract **\*\*(see allergy subs below)\*\***

1 1/2 C granulated sugar (or 4 to 5 stevia packets)

1/4 C vegetable oil **\*\***

1/2 C powdered sugar

HAVE ON HAND

- 2 C ice
- ALTERNATE Dairy & Egg-Free Pound Cake ingredients:
- 1 or 2 lemons
- 1/2 Granny Smith apple
- 2 C all-purpose flour **\*\*(see allergy subs below)\*\***
- 1 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1/2 C dairy-free/nut-free yogurt (or use blended silken tofu or vegan sour cream)
- 3/4 C dairy-free/nut-free milk
- 3/4 C sugar (or 1/2 C sugar and 1/2 tsp of stevia for lower sugar cakes)
- 1 tsp pure vanilla extract **\*\*(see allergy subs below)\*\***
- 3 T vegetable oil **\*\***

## Fun-Da-Mentals Kitchen Skills

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

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

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

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

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

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

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

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

**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).

**wet vs dry:** to mix wet and dry ingredients separately before combining them: dry ingredients are flours,

leavening agents, salt, and spices; wet ingredients are those that dissolve or can be dissolved (sugar, eggs, butter, oils, honey, vanilla, milk, and juices).

**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).

**adjust:** to change seasonings or consistency to one's taste or to alter portion sizes.

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

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

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

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

**toss:** to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

**wet vs dry:** to mix wet and dry ingredients separately before combining them: dry ingredients are flours, leavening agents, salt, and spices; wet ingredients are those that dissolve or can be dissolved (sugar, eggs, butter, oils, honey, vanilla, milk, and juices).

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

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

## Equipment

- Small bowl
- Dry measuring cup
- Measuring spoons
- Whisk
- Blender (or pitcher + immersion blender)
- Liquid measuring cup
- Medium bowl
- Cutting board + kid-safe knife
- Oven

Zester (or grater with small zesting plate/side)

Citrus juicer (optional)

Medium mixing bowl

Dry measuring cups

Large mixing bowl

Muffin pan

Paper cupcake liners (optional)

Toothpicks

## Ingredients

### Luscious Lemon Apple Yogurt Pound Cakes

1 lemon, zested + juiced (1/3 C lemon juice)

1/2 Granny Smith apple (1/4 C chopped apple)

1 1/2 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***

1/2 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

3 eggs **\*\***(for EGG ALLERGY follow Dairy & Egg-Free recipe)**\*\***

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

2 T butter, softened to room temperature **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance, or follow Dairy & Egg-Free recipe)**\*\***

1 C sugar (or 1/2 C sugar + 1 tsp stevia for less sugar in your cakes)

1/4 C vegetable oil **\*\***

2 T plain yogurt **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt or follow Dairy & Egg-Free recipe)**\*\***

### DAIRY & EGG-FREE Luscious Lemon Apple Yogurt Pound Cakes

Dry Ingredients:

2 C all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***

- 1 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- Wet Ingredients:
- 1 to 2 lemons (3 T lemon juice)
- 1/2 Granny Smith apple (1/4 C chopped apple)
- 1/2 C dairy-free/nut-free yogurt (or use blended silken tofu or vegan sour cream)
- 3/4 C dairy-free/nut-free milk
- 3/4 C sugar (or 1/2 C sugar and 1/2 tsp of stevia for lower sugar cakes)
- 1 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***
- 3 T vegetable oil **\*\***

### Yummy Yogurt Glaze

- 1/2 C powdered sugar
- 1 tsp lemon juice
- 1 tsp plain yogurt **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt, or omit yogurt + increase lemon juice to 2 tsp)**\*\***

### Sweet Apple Slaw

- 2 to 4 Granny Smith apples
- 2 to 3 tsp sugar (or 1/2 tsp stevia)
- 1 tsp lemon juice
- 1 tiny pinch salt
- 1 drop pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***

### Lemon Shakes

- 1 1/2 C plain yogurt **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)**\*\***
- 2 T lemon juice
- 2 T sugar (or 1 to 2 stevia packets)
- 1 drop pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not

imitation vanilla flavor—check label)\*\*

☐ 2 C ice

## Food Allergen Substitutions

### Luscious Lemon Apple Yogurt Pound Cakes

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

**Dairy:** Substitute dairy-free/nut-free plain yogurt and dairy-free/nut-free butter, like Earth Balance, or follow our Dairy & Egg-Free recipe.

**Egg:** Follow Dairy & Egg-Free recipe.

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

### DAIRY & EGG-FREE Luscious Lemon Apple Yogurt Pound Cakes

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

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

### Yummy Yogurt Glaze

**Dairy:** Substitute dairy-free/nut-free plain yogurt, or omit yogurt + increase lemon juice from 1 tsp to 2 tsp.

### Sweet Apple Slaw

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

### Lemon Shakes

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

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

## Instructions

### Luscious Lemon Apple Yogurt Pound Cakes

### preheat + zest + juice

Preheat your oven to 400 F. Zest the outside of **1 lemon** (only the yellow part—it has all the flavor, and the white "pith" is bitter). Squeeze out the lemon juice and set it aside for this and other recipes.

### peel + chop

Peel and chop **1/2 Granny Smith apple** into very tiny bits, or use your grater.

### measure + whisk

In a medium bowl, measure and combine the dry ingredients: **1 1/2 cups flour, 1/2 teaspoon baking powder, 1/2 teaspoon baking soda,** and **1/2 teaspoon salt** and whisk together until combined.

### crack + add + whisk

In a large bowl, crack **3 eggs** and then add **1 teaspoon vanilla extract, 1/3 cup lemon juice, 2 tablespoons butter, 1 cup sugar, 1/4 cup vegetable oil, 2 tablespoons yogurt, 1/4 cup of the apple,** and the lemon zest. Whisk until well mixed and smooth.

### pour + combine

Pour your dry ingredients into your wet ingredients and whisk until smooth.

### bake + cool + drizzle

Fill the wells of a paper-lined or greased muffin pan 3/4 full with batter and bake for 18 to 20 minutes, or until a toothpick inserted into the cupcakes comes out clean. Remove from the oven and cool. Once cooled, drizzle Yummy Yogurt Glaze (see recipe) over cakes and enjoy!

## DAIRY & EGG-FREE Luscious Lemon Apple Yogurt Pound Cakes

### preheat + zest + juice

Preheat your oven to 400 F. Zest the outside of **1 lemon** (only the yellow part—it has all the flavor, and the white "pith" is bitter). Squeeze out the lemon juice and set it aside for this and other recipes. (You may need to juice 2 lemons to have enough for all the recipes in the meal plan.)

### peel + chop

Peel and chop **1/2 Granny Smith apple** into tiny bits, or use your grater.

### measure + whisk

In a medium bowl, measure and combine the dry ingredients: **2 cups flour, 1 1/2 teaspoon baking powder, 1/4 teaspoon baking soda,** and **1/4 teaspoon salt** and whisk together until combined.

### measure + whisk

In a large bowl, whisk together **1/2 cup dairy free yogurt, 3/4 cup dairy free milk, 3/4 cup sugar, 1**

**teaspoon vanilla extract, 3 tablespoons vegetable oil, 3 tablespoons lemon juice, 1/4 cup of the chopped apple**, and the lemon zest.

pour + combine

Pour your dry ingredients into your wet ingredients and whisk until smooth.

bake + cool + drizzle

Fill the wells of a lined or greased cupcake tray 3/4 full with batter and bake for 18 to 20 minutes or until a toothpick inserted into the cupcakes comes out clean. Remove from the oven and cool. Once cooled, drizzle Yummy Yogurt Glaze (see recipe) over pound cake cupcakes and enjoy!

## Yummy Yogurt Glaze

measure + whisk + adjust

Measure **1/2 cup powdered sugar, 1 teaspoon lemon juice**, and **1 teaspoon yogurt** together in a small bowl. Whisk everything together until smooth, creamy, and a little thick. Add more sugar if the glaze is too thin, or add more yogurt, lemon juice, or both if it's too thick.

drizzle

Drizzle over Luscious Lemon Apple Yogurt Pound Cakes (see recipe) or another lemon or vanilla cupcake once cooled!

## Sweet Apple Slaw

chop + add

Have your kids chop, chop, chop **2 to 4 apples** and add to a bowl. Add **2 to 3 teaspoons sugar, 1 teaspoon lemon juice, 1 tiny pinch of salt, and** 1 drop of vanilla extract\*\*.

toss + rest

Toss the apples and other ingredients and let rest to the side for a bit so flavors meld. This slaw goes great with Luscious Lemon Apple Yogurt Pound Cakes, Yummy Yogurt Glaze, and Lemon Shakes (see recipes)!

## Lemon Shakes

measure + blend

The preparation couldn't be simpler! Measure **1 1/2 cups plain yogurt, 2 tablespoons sugar, 2 tablespoons lemon juice, 1 drop of vanilla extract**, and **2 cups ice** into your blender. Blend until smooth, then spoon the mixture into cups and serve immediately!

## Featured Ingredient: Lemon!

Hi! I'm Lemon!



"I just love the sun, don't you? That's because I'm a lemon, and we grow so much better in sun and warmth. My skin is a lovely, sunny yellow color. I'm a citrus fruit, but I'm not sweet like an orange. So if you bite into me, your mouth might pucker! But if you squeeze out my juice, then add water and sugar to it, you'll enjoy the sweet and sour taste of lemonade! My zest and juice can bring a wonderful brightness to many dishes."

## History

Lemon trees are small evergreen trees thought to be native to Asia. Sometime in the first century, they came to Italy and the Mediterranean region. Although the trees were widely distributed throughout the Middle East and Mediterranean countries between the 8th and 11th centuries, they weren't cultivated to a great extent until the middle of the 1400s in Italy. Spanish explorers brought lemon seeds with them to the Americas later in the 15th century. By the 19th century, you could find lemon trees in Florida and California.

Today, California and Arizona produce 95 percent of the entire lemon crop in the United States.

During the European Renaissance, fashionable ladies used lemon juice as a way to redden their lips! Today you might find people with naturally blond or light brown hair using lemon juice, diluted with water, to lighten their hair. This method is subtle and requires exposure to sunlight to see results, so be sure to put sunscreen on your skin!

Lemons were once so rare that kings would give them away as gifts.

## Anatomy & Etymology

There are two different types of lemons—acidic and sweet. The most common acidic varieties include Eurekas and Lisbons. The acidic types are grown commercially, and the sweet types are grown mainly by home gardeners. Lemon trees bloom and produce fruit year-round. Each tree can produce up to 500 to 600 lemons annually.

Lemons are hybrids of bitter or sour oranges and citrons, another type of citrus fruit.

Lemons are technically berries. All citrus fruits are berries!

Lemons are protected by a rind or peel and a lining of spongy, white tissue called the "pith." When zesting lemon peel for a recipe, you want to avoid including the pith, which is bitter. Lemon flesh is plump, full of juice, and studded with seeds.

Common types of lemons include Eureka, Lisbon, and Meyer. Meyer lemons have a sweeter, more floral taste and aroma. They are a combination of a lemon and a sweet orange. Eureka lemons are the most prolifically grown lemon in the world. They have pointed, tapered ends.

The word "lemon" is from the Middle English "lymon," from the Old French "limon," which is from the Arabic "līmūn," a collective term for citrus fruits.

## How to Pick, Buy, & Eat

To choose lemons with the most juice, look for those with thin peels and are heavy for their size. There are about three tablespoons of lemon juice in one lemon and about eight seeds.

Lemon juice is sour by itself, but you can add lemon juice and zest from the rind to bring an acidic balance to a sweeter recipe, like cakes, cookies, and curds. It also brightens up vinaigrettes, marinades, and risottos. Lemons can be squeezed over grilled, fried, or roasted chicken, fish, or vegetables. You can make lemonade with the juice and tea from the lemon leaves.

Lemon juice keeps cut pears, apples, bananas, and avocados from turning brown because the acid helps keep the fruit from oxidizing.

## Nutrition

Vitamin C! The rind of the lemon has the most vitamin C. Since lemons are high in vitamin C, they have been used throughout history to prevent scurvy—a disease that causes bleeding gums, loose teeth, and aching joints. To this day, the British Navy requires ships to carry enough lemons so that every sailor can have one ounce of lemon juice a day. The demand for lemons and their scurvy-preventing properties hit a peak during the California Gold Rush of 1849. Miners were willing to pay large sums for a single lemon. As a result, lemon trees were planted in abundance throughout California.

Lemon oil, extracted from lemon peel, cannot be ingested. However, when diluted and applied to a person's skin, there is evidence that it acts as an antibacterial and antifungal. Diffused in the air or added to bath water as aromatherapy, it can ease anxiety and stress, lift mood, and sharpen brain function.

Citrus fruits, like lemons and limes, have citric acid, which can help prevent kidney stones from forming.