



No-Cook: Radical Raspberry Rice Cake Tiramisu + Pink Raspberry Milk

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Prep Time 25 / Cook Time 0 / Serves 4 - 6

Shopping List

- FRESH OR FROZEN
 - 3 C fresh or frozen raspberries (or raspberry jam)
- DAIRY
 - 1 C heavy whipping cream **(see allergy subs below)**
 - 3 C milk **(see allergy subs below)**
- PANTRY
 - 6 to 8 plain rice cakes
 - 1/3 C granulated, powdered, or brown sugar
 - 2 T pure unsweetened cocoa powder **(see allergy subs below)**
 - 1/4 C granulated sugar, brown sugar, honey, or 2 stevia packets

Fun-Da-Mentals Kitchen Skills

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

crush: to put pressure on a food, like a garlic clove, to break the skin and release its flavor; or to pulverize or grind a food, like a cracker, into small particles with your hands, blender, or food processor.

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.

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

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

Equipment

- 8 x 9 baking dish or similar-sized dish
- Large mixing bowl or large resealable bag
- Medium mixing bowl
- Wooden spoon
- Liquid measuring cup
- Whisk
- Dry measuring cups
- Measuring spoons
- Small bowls (2)
- Blender (or pitcher + immersion blender)

Ingredients

Radical Raspberry Rice Cake Tiramisu

- 6 to 8 plain rice cakes
- 1 C heavy whipping cream **(for DAIRY ALLERGY sub 1 C dairy-free/nut-free whipping cream)**
- 2 C fresh or frozen raspberries (or raspberry jam)
- 1/3 C granulated, powdered, or brown sugar, divided
- 2 T pure unsweetened cocoa powder **(for CHOCOLATE ALLERGY sub 2 T carob powder)**

Pink Raspberry Milk

- 3 C milk **(for DAIRY ALLERGY sub 3 C dairy-free/nut-free milk)**
- 1 C fresh or frozen raspberries (or raspberry jam)
- 1/4 C granulated sugar, brown sugar, honey, or 2 stevia packets

Food Allergen Substitutions

Radical Raspberry Rice Cake Tiramisu

Dairy: For 1 C heavy whipping cream, substitute 1 C dairy-free/nut-free whipping cream.

Chocolate: For 2 T pure unsweetened cocoa powder, substitute 2 T carob powder.

Pink Raspberry Milk

Dairy: For 3 C milk, substitute 3 C dairy-free/nut-free milk.

Instructions

Radical Raspberry Rice Cake Tiramisu

Intro

Tiramisu (Tee-rah-mee-SOO) is a creamy Italian dessert made with layers of coffee-soaked ladyfingers and mascarpone cheese. It has a rich flavor with hints of cocoa and espresso. People often enjoy it chilled as a sweet treat after meals. This Sticky Fingers Cooking® version will incorporate rice cakes instead of lady fingers and cocoa powder instead of espresso. These changes will make the classic dessert a bit healthier and kid-friendly. Let's dive in!

crumble + measure

Start off by placing **6 to 8 plain rice cakes** in a large bowl or large resealable bag. Then, have your kids crush and crumble all the rice cakes using their clean hands or a wooden spoon. Once all the rice cakes are crushed into tiny pebbles sizes, set the bowl of rice cakes aside for later.

scrumptious science

Creating the whipped cream requires friction. Friction is the resistant force that is present when two objects move across each other. In this instance, the cream will be whisked against the walls of the container. This friction causes the cream to become whipped cream. Friction can help to force air into the cream molecule, changing the fat structure of the cream. The fat, or lipid, molecule contains all sorts of fat, water, and a little air, protected by a barrier of triglycerides. When you whisk the cream, the triglyceride barrier breaks down, allowing the contained fat to clump together and appear thicker. You will notice the cream is becoming thicker but not yet whipped cream. Now that the triglyceride barrier is broken down, air can more freely integrate into the cream, and before you know it, the cream will be standing tall because it is full of air bubbles.

whisk + fold

Next, measure **1 cup of heavy whipping cream** and pour it into another mixing bowl. Start whisking until stiff(ish) peaks form. Then, fold in **1/4 cup of sugar**. Set aside the bowl with the rice cake crumbles.

wash + dry

Wash and dry **2 cups of raspberries** (unless using frozen raspberries or raspberry jam). Optionally, you can squish the washed and dried raspberries in a small bowl to make a raspberry sauce.

measure + stir

In a small bowl measure **2 tablespoons cocoa powder** with **1 tablespoon sugar**. Set aside.

layer + sprinkle

Finally, it's time to create your own tiramisu! Get out an 8 x 9-inch baking dish or a similar-sized dish. Then, assemble your tiramisu by layering some of the **rice cake crumbles**, followed by a layer of **whipped cream**, then some **raspberries** (or raspberry sauce), and finally, a light sprinkle of **sweetened cocoa powder**. Repeat the layers until all the ingredients are used up. Refrigerate your tiramisu for at least 30 minutes. Eat and enjoy! "È squisito" (EH skwee-ZEE-toh) or "It's delicious" in Italian!

Pink Raspberry Milk

measure + blend

In a blender (or pitcher for use with an immersion blender), measure **3 cups milk**, **1 cup raspberries or raspberry jam**, and **1/4 cup sugar**. Then, blend until creamy and pink! The final result should be a pretty and pink raspberry milky treat!

Featured Ingredient: Raspberry!

Hi! I'm Raspberry!

"Raspberries are a delicious and pretty summer fruit. You are probably used to seeing red raspberries, but we can also be purple or black! We're good on cereal and ice cream, and we add a tasty and appealing touch to lemonade. Of course, we're also great all by ourselves!"

History & Etymology

The raspberry is native to Europe and parts of Asia. There is also a species native to North America, although some believe it is a variation of the Eurasian species.

It is believed that the Romans took the raspberry to other parts of their empire, including Britain.

Red raspberry juice was once used to color ancient artwork.

Russia produces the most raspberries worldwide—182,000 tons per year! The United States is the 5th largest producer.

Most of the raspberries grown in the US are produced in California, Oregon, and Washington.

The word "raspberry" came from the early 17th century English dialect "rasp" (with the English word "berry"), which may have derived from the mid-15th century "raspise," a sweet rose-colored wine.

Anatomy

The raspberry plant belongs to the rose family. There are over 200 species of raspberries.

Raspberry plants are perennials, meaning they grow back every year after their initial planting.

The raspberry is related to the blackberry. One difference between the two berries is that when you pick a raspberry, the stem (or torus) stays on the plant, leaving a hollow core. However, when you pick a blackberry, the torus remains in the fruit.

Raspberries have tiny hairs called "styles," the remains of the pistil, the female part of the flower. They may help protect the berries from insects.

Raspberry varieties can be red, gold, purple, or black in color.

A raspberry is an aggregate fruit. Each berry contains around 100 tiny fruits, called drupelets, each filled with a single seed.

One raspberry plant produces a few hundred raspberries each year.

The root of a raspberry plant can survive for up to 10 years!

How to Pick, Buy, & Eat

If you grow raspberries or get them from a u-pick farm, choose berries that are full, plump, and bright in color. They should not be soft or mushy. Gently pull on the berry; if it does not come off easily, leave it on the bush, as the berry is not yet ripe.

Once raspberries have been picked, they won't ripen any further.

When selecting raspberries from a market, also make sure none of the fruit is starting to develop mold.

Do not rinse your raspberries until you are ready to eat them. Store them in the refrigerator, where you will see them, in the container they came in.

Raspberries can be made into sauces (for poultry or desserts), jams, or jellies.

You can eat fresh raspberries alone or on top of yogurt, ice cream, cereal, or salads.

You can add raspberries to pies, cakes, breads, or muffins and add them to drinks, such as smoothies or punches.

Nutrition

Raspberries are high in fiber, the highest of any fruit! They help keep our intestines clean, like a free-flowing highway, while a lack of fiber can cause a traffic jam in our intestines.

Raspberries are high in antioxidants! Antioxidants scavenge for harmful chemicals in our body, like a vacuum cleaner sucks up dirt. Cells love antioxidants!

Raspberries are rich in vitamin C! Eating one cup of raspberries will supply almost half of your daily requirement of vitamin C! That is good for your heart and skin and fighting the cold and flu!

