



No-Cook: Raspberry Ricotta Mousse with Ladyfingers + Lemon Raspberry French Fizz

By Erin Fletter

Prep Time 20 / Cook Time 0 / Serves 4 - 6

Shopping List

- FRESH
- 3/4 C fresh raspberries
- 2 lemons
- DAIRY
- 1 15-oz container whole milk ricotta cheese **** (see allergy subs below) ****
- 1 C whipping cream **** (see allergy subs below) ****
- PANTRY
- 1/2 C raspberry jam
- 3 T honey
- ladyfingers for dipping, 2 to 3 per child **** (see allergy subs below) ****
- 1/2 C sugar/honey/agave nectar (or 1 stevia pack)
- 3 C sparkling water
- HAVE ON HAND
- 1 C ice

Fun-Da-Mentals Kitchen Skills

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

scoop: to pick up an amount of food with a utensil to move it to a dish, pan, or container; utensils that can be used to scoop are spoons, dishers (small scoops used for cookie dough or melon balls), ice cream scoops, or large transfer scoops for bulk foods.

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.

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

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

Equipment

- Blender (or pitcher + immersion blender)
- Cutting board + kid-safe knife
- Liquid measuring cup
- Large mixing bowl
- Measuring spoons
- Dry measuring cups
- Whisk
- Plastic or glass jar with tight-fitting lid (or mixing bowl)
- Wooden spoon or rubber spatula

Ingredients

Raspberry Ricotta Mousse with Ladyfingers

- 1 15-oz container whole milk ricotta cheese **** (for DAIRY ALLERGY sub 1 16-oz pkg of silken tofu)****
- 1 C whipping cream **** (Omit for DAIRY ALLERGY)****
- 1/2 C raspberry jam
- 3 T honey
- 1/2 C fresh raspberries
- ladyfingers for dipping, 2 to 3 per child **** (for GLUTEN ALLERGY sub gluten-free/nut-free ladyfingers or vanilla cookies)****

Lemon Raspberry French Fizz

- 2 lemons
- 1/4 C fresh or frozen raspberries
- 1/2 C sugar/honey/agave nectar (or 1 stevia pack)
- 1 C ice
- 3 C sparkling water

Food Allergen Substitutions

Raspberry Ricotta Mousse with Ladyfingers

Dairy: For 1 15-oz container of whole milk ricotta cheese and 1 C whipping cream, substitute 1 16-oz pkg of silken tofu.

Gluten/Wheat: Substitute gluten-free/nut-free ladyfingers, if available, or gluten-free/nut-free vanilla cookies.

Lemon Raspberry French Fizz

Instructions

Raspberry Ricotta Mousse with Ladyfingers

measure + whisk

In a large mixing bowl, have kids whisk **1 container of ricotta cheese** until light and fluffy! Add **1/2 cup raspberry jam** and whisk until combined.

shake + shake + shake

Time to shake! Add **1 cup heavy whipping cream** and **3 tablespoons honey** to your glass or plastic jar and screw the lid on to secure it. Have kids pass around the jar and shake until soft cream forms, about 3 minutes! You can also whisk the ingredients in a mixing bowl, but shaking is more fun.

fold + spoon

Fold the whipping cream into the ricotta and jam mixture. Spoon the mousse into serving bowls and garnish with fresh raspberries and ladyfingers for dipping. Enjoy!

Lemon Raspberry French Fizz

cut + scoop + combine

Have kids cut **2 lemons** into wedges, take out the seeds, and scoop the fruit pulp (no rinds) with its juice into a blender or pitcher (for use with an immersion blender). Add **1/4 cup raspberries, 1/2 cup sugar,**

and **1 cup ice**.

blend + add

Blend everything until smooth. Right before serving, add **3 cups of sparkling water** and drink up!

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!