



## **Oooh-la-la Luscious Lemon Yogurt Pudding Mug Cake + Fancy French Berry Sparklers**

By Erin Fletter

**Prep Time 25 / Cook Time 3 / Serves 1 - 2**

### **Shopping List**

- FRESH
- 4 to 4 1/2 lemons
- 1 handful fresh or frozen raspberries, blueberries, or blackberries, or a mix!
- 1/4 tsp fresh chopped parsley (or dried parsley/dried dill)
- Kid Chefs' Choice for "Crudités:"
- 4 to 5 baby carrots or carrot chips
- 1 to 2 celery stalks
- 1 mini cucumber or 1/4 large cucumber
- 3 to 5 cherry tomatoes
- 1 to 2 red radishes
- 2 to 3 jicama sticks
- 1/2 red, orange, or yellow bell pepper
- 3 to 5 mini sweet peppers
- DAIRY AND EGGS
- 5 T full-fat plain Greek yogurt **\*\*(see allergy subs below)\*\***
- 1 egg **\*\*(see allergy subs below)\*\***
- PANTRY

- 2 T sugar
- 3 T all-purpose flour **\*\* (see allergy subs below)\*\***
- 3/4 tsp baking soda
- 1/4 tsp salt
- 1/4 tsp garlic powder
- 1/4 ground black pepper
- HAVE ON HAND
- 1 1/4 C cold water

## Fun-Da-Mentals Kitchen Skills

**dip:** to briefly put a solid food, such as chips, fries, battered fried fish, hot sandwich (French dip), or veggie slices, into a liquid, like beef broth or a thicker sauce, like ketchup, dressing, or a dip to impart moisture and extra flavor to the solid food.

**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.

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

**mix:** to thoroughly combine two or more ingredients until uniform in texture.

**slice:** to cut into thin pieces using a sawing motion with your knife.

**tear:** to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

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

**microwave:** to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

**separate eggs:** to remove the egg yolk from the egg white by cracking an egg in the middle and using the shell halves, the palm of the hand, or a device to keep the egg yolk in place while the egg white falls into a separate bowl.

**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.

**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).

**mash:** to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

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

**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.

## Equipment

- Cutting board + kid-safe knife (a butter knife works great)
- Metal fork
- Liquid measuring cup
- Measuring spoons
- Drinking glass
- Microwave
- Microwave-safe mug
- Microwave-safe plate
- Potholder or oven mitt
- Box grater with small zesting plate
- Metal spoon
- Dish towel or paper towel
- Toothpick
- Soap for cleaning hands
- Cutting board
- Kid-safe knife (a butter knife works great)
- Small bowl
- Citrus zester or box grater with small zesting holes
- Citrus juicer (optional, but encouraged)

## Ingredients

## Oooh-la-la Luscious Lemon Yogurt Pudding Mug Cake

- 1 T butter **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free butter like Earth Balance, or a nut-free oil like vegetable oil)\*\***
- 1 lemon
- 1 T + 1 tsp sugar
- 3 T full-fat plain yogurt or Greek yogurt **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt or canned coconut cream)\*\***
- 1 egg **\*\* (for EGG ALLERGY 1/2 ripe mashed banana or 1 T applesauce)\*\***
- 3 T all-purpose flour **\*\* (for GLUTEN ALLERGY gluten-free/nut-free flour blend with xanthan gum)\*\***
- 1/4 tsp baking soda
- 1 pinch of salt

## Fancy French Berry Sparklers

- 1 C cold water
- 2 to 2 1/2 lemons, juiced
- 2 tsp sugar
- 1/4 to 1/2 tsp baking soda
- 1 handful fresh or frozen (thawed) raspberries, blueberries, or blackberries, or a mix!

## Rainbow “Crudités” Veggie Sticks + Cool Ranch Dip for One

- Kid chefs' choice for “Crudités”:
- 4 to 5 baby carrots or carrot chips
- 1 to 2 celery stalks
- 1 mini cucumber or 1/4 large cucumber
- 3 to 5 cherry tomatoes **\*\* (Omit for NIGHTSHADE ALLERGY)\*\***
- 1 to 2 red radishes
- 2 to 3 jicama sticks
- 1/2 red, orange, or yellow bell pepper **\*\* (Omit for NIGHTSHADE ALLERGY)\*\***
- 3 to 5 mini sweet peppers **\*\* (Omit for NIGHTSHADE ALLERGY)\*\***
- Ranch Dip:

- 1 pinch fresh chopped parsley (or dried parsley/dried dill)
- 1/2 lemon
- 2 T full-fat plain Greek yogurt **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free plain Greek yogurt)\*\***
- 1 pinch garlic powder
- 1 pinch salt
- 1 pinch ground black pepper
- 1 tsp water
- 1 pinch granulated sugar, optional

## Food Allergen Substitutions

### Oooh-la-la Luscious Lemon Yogurt Pudding Mug Cake

**Dairy:** Substitute dairy-free/nut-free butter like Earth Balance, or a nut-free oil like vegetable oil. Substitute dairy-free/nut-free plain yogurt or canned coconut cream for yogurt.

**Egg:** For 1 egg, substitute 1/2 mashed ripe banana or 1 T applesauce.

**Gluten/Wheat:** Substitute gluten-free/nut-free flour blend with xanthan gum for all-purpose flour.

### Fancy French Berry Sparklers

### Rainbow “Crudités” Veggie Sticks + Cool Ranch Dip for One

**Nightshade:** Omit optional cherry tomatoes, bell peppers, and sweet peppers.

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

## Instructions

### Oooh-la-la Luscious Lemon Yogurt Pudding Mug Cake

microwave + melt

Microwave **1 tablespoon butter** or oil in your mug for 30 to 40 seconds until it melts.

wash + zest + squeeze + measure

Wash **1 lemon** well, then zest it! Add all of the zest (about 1 tablespoon) to your mug with the butter. Slice the lemon in half and squeeze the juice into a small bowl. Measure and add **1 tablespoon of lemon juice** to your mug along with **3 tablespoons of yogurt** and mix with a metal spoon.

### crack + separate + add

Crack **1 egg** and separate the yolk and the white. Add 1 yolk to the mug and discard the white.

### measure + stir + count

Measure and add **1 tablespoon plus 1 teaspoon of sugar** to your mug. Stir thoroughly to combine all of the wet ingredients. As you stir, count to 5 in French: 1 un (uh), 2 deux (deuh), 3 trois (twa), 4 quatre (katr), 5 cinq (sank).

### measure + add + mix

Measure and add **3 tablespoons flour** and **1/4 teaspoon baking soda** to your mug. Add **1 pinch of salt**. Mix in all dry ingredients, making sure there are no visible traces of flour left.

### cover + microwave

Cover the mug with a dish towel or damp paper towel and microwave on high for 1 minute. Remove your mug with a potholder and check your cake by poking it with a spoon or toothpick. If there are still runny parts, return to the microwave for another 15 to 30 seconds, uncovered.

### slice + sprinkle + microwave

Slice **1 thin piece of lemon**, place it on a microwave-safe plate, and sprinkle the lemon slice with sugar. Microwave for 1 minute. The lemon will become tender. Carefully place the cooked lemon on top of your mug cake, and eat! The lemon slice is edible, too! "Bon appétit!" or "Enjoy your meal" in French.

## Fancy French Berry Sparklers

### squeeze + measure + mash

Squeeze the juice from **2 to 2 1/2 lemons** into a drinking glass. Measure and add **1 handful of fresh or frozen and thawed berries**. Use a metal fork or spoon to mash the berries against the side of the glass.

### add + mix + fizz

Add **1 cup cold water** and **2 teaspoons sugar** to the drinking glass and mix. Then, add **1/4 to 1/2 teaspoon baking soda**, stir, and watch the carbonation form! "Santé" or "Cheers" (literally "health") in French!

## Rainbow "Crudités" Veggie Sticks + Cool Ranch Dip for One

### intro

Each of our SFC Sweet Mug Recipes also include this section of the lesson, where kids snack on **raw veggies** and **dip**. All veggies are good for the brain! The purpose is to reinforce and encourage kids to eat veggies and have them learn a little about what each vegetable does for the body! Kids will show which veggie(s) they've chosen and share the benefit below. Snack on veggies and encourage kids to eat at least 3 pieces to power up their brains before making the mug cake! **Green** veggies help keep you from

catching a cold! **White** veggies give you energy! **Yellow** veggies help make your bones strong! **Orange** veggies are good for your heart! **Blue** and **Purple** veggies are good for your memory! **Red** veggies are good for your blood!

### tear + zest + juice

To make the dip, tear **1 pinch of parsley leaves** into tiny bits! Add the parsley to a small bowl. Zest **1 lemon** and add a pinch of zest to the parsley. Slice the lemon in half and add a squeeze of juice. Watch for seeds!

### measure + mix

Measure and add **2 tablespoons of Greek yogurt, 1 pinch of garlic powder, 1 pinch of salt, 1 pinch of black pepper**, and **1 teaspoon of water** to the bowl with the parsley and lemon. Use a spoon to mix! Taste! What does it need? Add more lemon, salt, pepper, or garlic powder a little at a time until your dip tastes great to you. Add **1 pinch of sugar** to balance flavors if you wish.

### slice + dip

Have kid chefs slice up their **raw vegetables** of choice into sticks or bite-sized pieces, and then dip their Rainbow “Crudités” Veggie Sticks in the Cool Ranch Dip! Delightful!}}

## 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 Eureka 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.