



## Perfect Pumpkin Mug Cake with Cinnamon Vanilla Whipped Cream + Cozy Cinnamon Vanilla Milk

By Erin Fletter

**Prep Time 22 / Cook Time 3 / Serves 1 - 2**

### Shopping List

- FRESH
- 1 lemon
- 1 pinch 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 **\*\*(see allergy subs below)\*\***
- 1 to 2 red radishes
- 2 to 3 jicama sticks
- 1/2 red, orange, or yellow bell pepper **\*\*(see allergy subs below)\*\***
- 3 to 5 mini sweet peppers **\*\*(see allergy subs below)\*\***
- DAIRY AND EGGS
- 1 egg **\*\*(see allergy subs below)\*\***
- 2 T full-fat plain Greek yogurt **\*\*(see allergy subs below)\*\***
- 1 1/4 C milk **\*\*(see allergy subs below)\*\***
- 1/4 C heavy cream **\*\*(see allergy subs below)\*\***

- PANTRY
- 1 pinch garlic powder
- 1/4 tsp salt
- 1 pinch ground black pepper
- 1 pinch granulated sugar
- 3 T all-purpose flour **\*\* (see allergy subs below)\*\***
- 1 T oats, optional **\*\* (see allergy subs below)\*\***
- 1 tsp baking powder
- 1 tsp pumpkin pie spice or ground cinnamon
- 1/2 tsp ground cinnamon
- 1 1/2 T honey or agave syrup
- 1 T powdered sugar
- 1 15-oz can pumpkin purée (you'll use 2 T in recipe)
- 2 1/4 tsp pure vanilla extract **\*\* (see allergy subs below)\*\***
- HAVE ON HAND
- 1 tsp 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.

**crack:** to break open or apart a food to get what's inside, like an egg or a coconut.

**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.

**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.

**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.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

## Equipment

- Microwave
- Microwave-safe mug
- Potheader
- Paper towel or dish towel
- Can opener
- Measuring spoons
- Small whisk or metal spoon
- Container or jar with tight-fitting lid
- Liquid measuring cup
- 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

## Perfect Pumpkin Mug Cake with Cinnamon Vanilla Whipped Cream

Pumpkin Mug Cake:

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

1 T oats, optional for texture and nutritional punch **\*\* (Omit for GLUTEN ALLERGY or use certified gluten-free oats)\*\***

1 tsp baking powder

1 tsp pumpkin pie spice or ground cinnamon

1 pinch salt

2 T pumpkin purée

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

1/2 T honey or agave syrup

2 T milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***

1 egg **\*\* (for EGG ALLERGY sub 1 T flaxseeds + 3 T warm water—more info below)\*\***

Cinnamon Vanilla Whipped Cream:

1/4 C heavy cream **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free heavy cream OR coconut cream from top of full-fat coconut milk can)\*\***

1 T powdered sugar

1/4 tsp pure vanilla extract **\*\* (for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)\*\***

1/4 tsp cinnamon

## Cozy Cinnamon Vanilla Milk for One

1 C milk **\*\* (for DAIRY ALLERGY sub dairy-free/nut-free milk)\*\***

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

1/2 tsp honey or agave syrup

1/8 to 1/4 tsp ground cinnamon, to taste

## 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

### Perfect Pumpkin Mug Cake with Cinnamon Vanilla Whipped Cream

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

**Egg:** For 1 egg, substitute 1 T flaxseeds + 3 T warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

**Dairy:** Substitute dairy-free/nut-free milk. Substitute dairy-free/nut-free heavy cream OR coconut cream from top of full-fat coconut milk can.

### Cozy Cinnamon Vanilla Milk for One

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

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

## 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

### Perfect Pumpkin Mug Cake with Cinnamon Vanilla Whipped Cream

#### measure + whisk

Kid chefs will start with the mug cake. In a microwave-safe mug, they can measure and whisk together **3 tablespoons flour**, **1 tablespoon oats** (if using), **1 teaspoon baking powder**, **1 teaspoon pumpkin spice**, and **1 pinch salt**.

#### measure + crack

Have kids measure and add **2 tablespoons pumpkin purée**, **1 teaspoon vanilla extract**, **1/2 tablespoon honey**, and **2 tablespoons milk** to the mug. Then, crack **1 egg** into the mug and mix thoroughly.

#### cover + microwave + rest

Cover mug with a damp paper towel or dish towel and microwave on high for 2 minutes. Don't worry if the mug cake grows above the top of the mug. It will shrink back down! Carefully remove the mug with a potholder and let the cake rest for at least 5 minutes while the kids make the whipped cream.

#### measure + add

In a container or jar with a tight-fitting lid, kids can measure and add **1/4 cup heavy cream**, **1 tablespoon powdered sugar**, **1/4 teaspoon vanilla extract**, and **1/4 teaspoon ground cinnamon**.

#### shake + serve

Have kids shake the container until the liquid stops sloshing. Ask the kid chefs what might happen if they shake it too long. (It will turn into butter!) Serve the Perfect Pumpkin Mug Cake with a dollop of Cinnamon Vanilla Whipped Cream.

### Cozy Cinnamon Vanilla Milk for One

#### measure + stir

Measure and stir together **1 cup milk**, **1 teaspoon vanilla extract**, **1/2 teaspoon honey**, and **1/8 to**

**1/4 teaspoon ground cinnamon**, to taste, in a microwave-safe mug.

#### cover + microwave + serve

Cover mug with a damp paper towel or dish towel and microwave for 60-90 seconds, just until the milk starts to foam. Carefully remove the mug with a potholder. It's good on its own or served with cake, like **Perfect Pumpkin Mug Cake with Cinnamon Vanilla Whipped Cream**. You can add a dollop of any leftover whipped cream to your warm milk if you'd like.

### 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: Pumpkin!

Hi! I'm Pumpkin!

"I'm orange, round, like to sit on your porch making faces in the Fall, and I'm good to eat! I'm a pumpkin! Of course, not all pumpkins are orange. We can be white, red, yellow, tan, blue, dark green, and even black! We're not always round, either! We might be tall and oblong or short and squat. We love it when

families come to the pumpkin patch to pick out their favorite pumpkin to take home!"

## History

The pumpkin is a winter squash that is believed to have originated in Central America. Seeds from pumpkins were found in the highlands of Oaxaca, Mexico, dating back to 7000 to 5500 BCE, about 9,000 years ago!

Now, pumpkins are grown on six continents. The only continent that can't grow pumpkins is Antarctica! Native Americans were eating pumpkins for centuries before European colonists arrived. They ate pumpkin seeds, used them as medicine, and made mats from flattened and dried strips of pumpkins.

Archaeologists have found pumpkin residue among the 800-year-old ruins of the Ancestral Pueblo people.

A pumpkin is not the same as a Jack-o-Lantern. A pumpkin is only a Jack-o-Lantern once it's carved!

Carving pumpkins into Jack-o-Lanterns is a tradition that started hundreds of years ago in Ireland. The Irish used to carve turnips, but when Irish immigrants arrived in North America and found pumpkins aplenty, they began to use those instead.

Pumpkins were once endorsed as a remedy for freckles and snake bites. As if we need a cure for freckles! According to Guinness World Records, Stefano Cutrupi of Italy harvested the heaviest pumpkin on September 26, 2021. His humongous pumpkin weighed over 2,702 pounds.

## Anatomy & Etymology

Why are pumpkins orange? Before a pumpkin matures, it's green in color due to the presence of chlorophyll, a green-pigmented nutrient required for the pumpkin to absorb and use sunlight for energy and food. However, as a pumpkin matures, it develops phytonutrients called "carotenoids," which give a pumpkin its bright orange color.

The stem of a pumpkin is often referred to as its "handle."

Thin, hairlike "tendrils" are often attached to the pumpkin's stem. As it grows, the pumpkin's tendrils cling to the vine and are green in color. These tendrils attach to and wind themselves around fences, posts, other plants, and objects on the ground to anchor the vine and protect the plant from the wind.

Leaves grow on the pumpkin's vine and absorb sunlight to provide energy for the plant and its fruit.

We collectively refer to the pumpkin's outer skin and inner fruit as the pumpkin's "shell." Ribs are the indentations around the outside of the pumpkin's shell.

The meat of the pumpkin is called the "pulp," or sometimes affectionately referred to as "pumpkin brains!" Attached to the pulp are lots of pumpkin seeds that can be cleaned, dried, and roasted with salt (delicious!). The inner part of each pumpkin seed contains a nut (technically, the "germ" of the seed), and this is what eventually develops into a new pumpkin.

The word "pumpkin" originated from the Greek word for "large melon," which is "pepon." The French called it "pompon." The English used "pumpion." And, American colonists changed "pumpion" into "pumpkin."



## How to Pick, Buy, & Eat

A pumpkin is used as a vegetable in cooking, but it's actually a fruit! It's a member of the Cucurbita family, which includes squash and cucumbers.

Pumpkin flowers and seeds are edible.

Undoubtedly the most popular recipe that uses pumpkins is pumpkin pie. But pumpkin pulp can be used for everything from baked goods to soups to ice cream, pudding, and even beer!

You can store uncut pumpkins for up to 60 days in a cool, dark place!

## Nutrition

Pumpkins contain potassium, vitamin C, soluble fiber, and beta carotene.

Vitamin C and beta carotene are two powerful antioxidants that help protect cell membranes and the immune system.

Potassium is good for circulation and healthy blood pressure, and it's great for bones. It also helps take blood pumped from hearts through arteries and veins to muscles and organs.

Beta carotene is great for the health of our eyes! The body takes beta carotene and converts it to vitamin A, which our eyes need to stay healthy. When this happens, it signals the immune system to create white blood cells, which help the body fight off infection.

Soluble fiber is so good for our digestive systems! Fiber also helps slow the absorption of blood sugar into our tissues.