



## Scrumptious Strawberry Pancake with Quickest Strawberry Syrup + Sweet Strawberry Milk

By Erin Fletter

**Prep Time 17 / Cook Time 2 / Serves 1 - 1**

### Shopping List

FRESH OR FROZEN

3 to 5 fresh or frozen medium strawberries **\*\* (see allergy subs below) \*\***

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) \*\***

1 1/8 C milk **\*\* (see allergy subs below) \*\***

2 T full-fat plain Greek yogurt **\*\* (see allergy subs below) \*\***

- PANTRY
- 2 1/2 T granulated sugar
- 3 T all-purpose flour **\*\***(see allergy subs below)**\*\***
- 1/2 tsp baking powder
- 1 tsp vegetable oil **\*\***
- 1/2 tsp pure vanilla extract **\*\***(see allergy subs below)**\*\***
- 1 pinch garlic powder
- 1 pinch of salt
- 1 pinch of ground black pepper
- HAVE ON HAND
- 1 tsp water

## Fun-Da-Mentals Kitchen Skills

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

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

**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.

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

**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.

**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.

**beat:** to vigorously mix ingredients with a whisk, spoon, fork, or mixer.

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

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

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

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

**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.

**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.

## Equipment

- 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)
- Measuring spoons
- Microwave
- Microwave-safe mug
- Microwave-safe bowl (wide is best)
- Microwave-safe plate (to cover bowl)
- Potheader
- Kid-safe knife (butter knife works great)
- Metal fork to mash + beat
- Metal spoon to stir
- Paper towel
- Medium bowl
- Liquid measuring cup
- Metal spoon

## Ingredients

Rainbow “Crudités” Veggie Sticks + Rad 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

## Scrumptious Strawberry Pancake in a Bowl with Quickest Strawberry Syrup

- Syrup:
  - 2 to 3 fresh or frozen (and thawed) strawberries **\*\*(for STRAWBERRY ALLERGY sub other berries or peach slices)\*\***
  - 2 T granulated sugar
- Pancake:
  - 1 egg **\*\*(for EGG ALLERGY sub 2 T applesauce)\*\***
  - 3 T all-purpose flour **\*\*(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)\*\***
  - 1 tsp granulated sugar
  - 1/2 tsp baking powder
  - 1 tsp vegetable oil **\*\***

1/2 tsp pure vanilla extract **\*\***(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**\*\***

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

1 to 2 fresh or frozen (and thawed) strawberries **\*\***(for STRAWBERRY ALLERGY sub other berries or peach slices)**\*\***

### Sweet Strawberry Milk for One

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

strawberry syrup remaining from Scrumptious Strawberry Pancake in a Bowl recipe—see recipe **\*\***(for STRAWBERRY ALLERGY sub syrup made from other berries or peach slices)**\*\***

## Food Allergen Substitutions

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

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

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

### Scrumptious Strawberry Pancake in a Bowl with Quickest Strawberry Syrup

**Strawberries:** Substitute other berries or peach slices.

**Egg:** For 1 egg, substitute 2 T applesauce.

**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.

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

### Sweet Strawberry Milk for One

**Strawberries:** Substitute syrup made from other berries or peach slices.

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

## Instructions

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

intro

Each of our SFC Sweet Mug Recipes will include this recipe, so kids can snack on healthy raw veggies and

dip while they cook.. 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 Rad Ranch Dip! Delightful!

## Scrumptious Strawberry Pancake in a Bowl with Quickest Strawberry Syrup

chop + mash

We will start with the syrup. Chop **2 to 3 strawberries** into very small pieces, then mash completely with a fork. Transfer the strawberries into a microwave-safe mug.

measure + mix + microwave

Measure and add **2 tablespoons of sugar** to the mug and mix thoroughly. Cover with a damp paper towel. Microwave on high for 30 seconds. Remove carefully with a potholder and set aside.

crack + beat

Next, we will make the pancake. Crack **1 egg** into a medium bowl and beat it with a fork.

measure + mix

Measure and add **3 tablespoons flour, 1 teaspoon sugar, 1/2 teaspoon baking powder, 1 teaspoon vegetable oil, 1/2 teaspoon vanilla extract,** and **1 tablespoon milk** to the bowl with the egg and mix thoroughly.

### chop + top + microwave

Chop **1 to 2 strawberries** into very small pieces and place them on top of the pancake batter. Cover the bowl with a microwave-safe plate and microwave on high for 90 seconds. The top should be firm when done. Carefully remove the plate, then the bowl with a potholder.

### drizzle + serve

Drizzle the pancake with **1 tablespoon of the strawberry syrup**. If also making **Sweet Strawberry Milk**, reserve the remaining syrup in the mug for the milk.

## Sweet Strawberry Milk for One

### measure + mix

Measure and add **1 cup of milk** to the mug with the remaining **strawberry syrup** from the **Scrumptious Strawberry Pancake in a Bowl with Quickest Strawberry Syrup** recipe (or make the syrup now and let it cool). Mix thoroughly and enjoy!

## Featured Ingredient: Strawberry!

Hi! I'm Strawberry!

"Hello! I want to introduce myself. I'm Strawberry—and I have my very own month—May! I'm great in desserts, breakfast foods, snacks, salads, and fragrances. I like to be a part of picnics and holiday celebrations. So combine me with blueberries and bananas (or whipped cream, vanilla pudding, or white cake) for a red, white, and blue dessert for Independence Day in the United States or Bastille Day in France."

### History

The garden strawberry as we know it was first bred and cultivated in France in the 1750s. It was a cross between a Virginian strawberry and a Chilean strawberry.

The ancient Romans believed strawberries had medicinal powers. So they used them to treat everything from depression to fainting to fever, kidney stones, bad breath, and sore throats.

Native Americans made cornbread with crushed strawberries and cornmeal; this is how strawberries were introduced to Colonists and served as an inspiration for the invention of strawberry shortcake.

In some parts of Europe, people once believed elves could control how much milk cows produced and that the elves loved strawberries. So farmers tied baskets of strawberries to their cows' horns as an offering to the elves.

California produces about 80 percent of the strawberries in the United States. Strawberries have been grown in California since the early 1900s.

Americans eat an average of three and one-half pounds of fresh strawberries per year. In one study, more than half of seven to nine-year-olds picked strawberries as their favorite fruit. They're nature's candy!

## Anatomy

The strawberry isn't a true berry but is called an accessory fruit. Strawberries are the only fruit with seeds outside their skin, about 200 on each berry. And, to be super technical, each seed on a strawberry is considered by botanists to be its own separate fruit!

The strawberry plant is a perennial and can last for a few years, producing fruit each year.

## How to Pick, Buy, & Eat

Some varieties of strawberries are easier to harvest than others. To pick a strawberry from its plant, grasp the stem just above the berry between your pointer finger and thumbnail and pull with a slight twisting motion.

To store fresh strawberries, place them whole and unwashed in one layer in a plastic or glass storage container and put them in the refrigerator. Wait to clean them until you are ready to eat them, as rinsing them quickens their spoiling.

Strawberries can be pickled! Especially when you pick them green or unripe. If your berries are overripe, make jam!

Strawberries can be puréed into smoothies or milkshakes and baked into tarts, pies, cakes, and tortes. Or, roast them and serve over ice cream and berries. You can also dehydrate and mix them into granola or purée raw strawberries and freeze them into yogurt pops. Dip them in chocolate or drizzle them with cream. Strawberries are incredibly versatile—the fruit we wait all year to enjoy once summer weather hits!

## Nutrition

Strawberries are a HUGE source of vitamin C, especially when eaten raw! One cup of strawberries contains 113 percent of our daily recommended value. Vitamin C is excellent for the heart, bones, and teeth. When we cut ourselves or break a bone, vitamin C comes to the rescue to help repair our tissues.

Strawberries contain natural fruit sugar, called fructose. However, fructose is better than table sugar (white sugar) because it comes packaged with other vitamins, nutrients, and fiber from the rest of the fruit. Plus, the fiber in fruit helps slow down the effects of sugar in our blood.