



Sunflower Butter and Jam Brownie in a Mug with Dazzling Drizzle + Magnificent Maple Latte

By Jacy Shoener, Erin Fletter

Prep Time 24 / Cook Time 3 / Serves 1 - 1

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 EGG
- 2 T full-fat plain Greek yogurt ****(see allergy subs below)****
- 1 1/2 T butter ****(see allergy subs below)****
- 1/2 T heavy cream ****(see allergy subs below)****
- 1 C milk ****(see allergy subs below)****

- 1 egg **** (see allergy subs below) ****
- PANTRY
- 1 pinch garlic powder
- 1 pinch salt
- 1 pinch ground black pepper
- 2 T sunflower butter
- 1 T all-purpose flour **** (see allergy subs below) ****
- 1 1/2 T cocoa powder **** (see allergy subs below) ****
- 1 T + 1 pinch granulated sugar
- 1/2 T fruit jam
- 1 T maple syrup
- 1/8 tsp pure vanilla extract **** (see allergy subs below) ****
- 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.

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!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like

measuring cups or spoons).

melt: to heat a solid food so it becomes liquid, like butter or chocolate.

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

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.

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.

dollop: to add an unspecified blob of food to the top of another food, like dolloping whipped cream on top of a piece of pie.

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.

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.

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
- Potheader
- Spoon for stirring
- Small whisk
- Liquid measuring cup

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

Sunsational Sunflower Butter and Jam Brownie in a Mug with Dazzling Drizzle

- 1 1/2 T butter ****(for DAIRY ALLERGY sub dairy-free/nut-free butter)****
- 1 T sunflower butter
- 1 egg white ****(for EGG ALLERGY sub 1 T applesauce + 1/4 tsp baking powder)****
- 1 T all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- 1 1/2 T pure unsweetened cocoa powder ****(for DAIRY ALLERGY check label for small amounts of dairy; for CHOCOLATE ALLERGY sub carob powder)****
- 1 T sugar

- 1/2 T fruit jam
- Dazzling Drizzle:
- 1 T sunflower butter
- 1 T maple syrup
- 1/2 T heavy cream **** (for DAIRY ALLERGY sub dairy-free/nut-free heavy cream)****
- 1/8 tsp pure vanilla extract **** (for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)****

Magnificent Maple and Sunflower Butter Latte for One

- 1 T Dazzling Drizzle (see recipe)
- 1 C milk **** (for DAIRY ALLERGY sub dairy-free/nut-free milk)****

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.

Sunsational Sunflower Butter and Jam Brownie in a Mug with Dazzling Drizzle

Dairy: Substitute dairy-free/nut-free butter. Check the cocoa powder label for small amounts of dairy. Substitute dairy-free/nut-free heavy cream.

Egg: For 1 egg white, substitute 1 T applesauce + 1/4 tsp baking powder.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Chocolate: Substitute carob powder for cocoa powder.

Magnificent Maple and Sunflower Butter Latte for One

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!

Sunsational Sunflower Butter and Jam Brownie in a Mug with Dazzling Drizzle

measure + melt

Measure the following into a microwave-safe mug: **1 1/2 tablespoons butter** and **1 tablespoon sunflower butter**. Microwave on high for 30 seconds, then stir until well combined.

measure + mix

Add the following to the mug: **1 tablespoon flour, 1 1/2 tablespoons cocoa powder**, and **1 tablespoon sugar**. Mix until well combined.

separate + mix

Separate **1 egg**, the white from the yolk, adding the egg white to the batter. (The yolk can be reserved for another recipe or discarded.) Mix until well combined.

dollop + microwave + cool

Dollop **1/2 tablespoon fruit jam** on top of the brownie mix. Microwave for 1 minute and 30 seconds on high. Be careful not to overbake, as the batter will continue to cook as it cools. Cool for 10 to 15 minutes, while you make the Dazzling Drizzle and put away ingredients that are no longer needed.

measure + whisk

Let's make the Dazzling Drizzle! Measure the following into a small bowl: **1 tablespoon sunflower butter, 1 tablespoon maple syrup, 1/2 tablespoon heavy cream,** and **1/8 teaspoon vanilla extract**. Whisk together until creamy.

drizzle + serve

When the Sunsational Sunflower Butter and Jam Brownie is cool, drizzle about **1 tablespoon of the Dazzling Drizzle** on top.

Magnificent Maple and Sunflower Butter Latte for One

measure + whisk + microwave

Measure and add **1 cup milk** and the remaining **Dazzling Drizzle**, from Sunsational Sunflower Butter and Jam Brownie in a Mug with Dazzling Drizzle recipe, to a microwave-safe mug and whisk. Warm in the microwave for 1 minute and serve.

Featured Ingredient: Sunflower Butter!

Hi! I'm Sunflower Butter!

"I'm a paste made from sunflower seeds and can be a great replacement for peanut butter!"

The first US commercial versions of sunflower butter were developed in the 1980s as an alternative to peanut butter for those with nut or peanut allergies. Those first versions were unsuccessful, resulting in a bitter-tasting product with an unpleasant texture.

In 2002, after researchers with Red River Commodities, a sunflower seed processor, and the Department of Agriculture came up with a sunflower butter that was more like peanut butter, a new commercial product, SunButter, from its subsidiary, SunGold Foods, Inc., was introduced.

If you grow sunflowers, the seeds are ready to harvest when the large flower head, the petals, and the leaves have turned yellow-brown. The seeds should also look loose and plump. Cut off the stalk about a foot below the flower and put it in a bucket or other container to catch any loose seeds. Hang your flower stalks in bunches for about 4 to 5 days to allow the seeds to dry. Remove the seeds by rubbing two heads together, rubbing the seeds with your hand or the top of the bucket, or using a stiff brush. Rinse the seeds, removing any petals or other flower material. Allow the seeds to dry overnight.

Sunflower butter has less saturated fat and more monounsaturated fat than peanut butter. Sunflower butter contains a little less protein than peanut butter.

An allergic reaction to sunflower seeds and butter is uncommon but possible. Check labels to ensure the sunflower butter brand you purchase was produced in a nut/peanut-free facility.