



Awesome Apricot Breakfast Pudding for One

By Jacy Shoener

Prep Time 5 / Cook Time 2 / Serves 1 - 2

Fun-Da-Mentals Kitchen Skills

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.

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.

sprinkle: to scatter small drops or particles of an ingredient evenly or randomly over food.

Equipment

- Microwave
- Microwave-safe mug or bowl
- Potheader
- Small bowl
- Measuring spoons
- Measuring cups
- Butter knife
- Small whisk

Ingredients

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- 1 egg white ******(for EGG ALLERGY sub 3 T aquafaba OR 1 T flaxseeds + 3 T of warm water—more info below)******
- 1 T apricot preserves
- 1 1/2 T heavy cream ******(for DAIRY ALLERGY sub dairy-free/nut-free heavy cream OR coconut cream)******
- 1/4 C milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******
- 1 tsp cornstarch
- ground cinnamon, to taste

Food Allergen Substitutions

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Egg: For 1 egg white, substitute 3 T aquafaba (juice from a can of chickpeas, if no legume allergy) OR 2 T flaxseeds + 3 T of warm water. If using flaxseeds, stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.

Dairy: Substitute dairy-free/nut-free heavy cream OR coconut cream. Substitute dairy-free/nut-free milk.

Instructions

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separate eggs

If not already separated, crack **1 egg** and separate the white from the yolk, letting the white drop into a microwave-safe mug or bowl and the yolk in a small bowl to set aside for the Delightfully Donut-y Apricot-Filled Mug Cake if making.

measure + whisk

Measure and add **1 tablespoon of apricot preserves** to the mug or bowl and whisk until the clumps of preserves are broken up and the egg whites are frothy.

measure + add

Measure and add **1 1/2 tablespoons heavy cream, 1/4 cup milk,** and **1 teaspoon cornstarch** to the mug or bowl and whisk again.

microwave + whisk

Microwave on high for 90 seconds. Carefully remove using a potholder. Whisk until the mixture is

somewhat smooth. It will remain slightly lumpy, and that's okay!

sprinkle + cool

Sprinkle with **cinnamon**, to taste, and cool in the refrigerator while you make the **Delightfully Donut-y Apricot Filled Mug Cake**.

Featured Ingredient: Apricots!

Hi! I'm Apricot!

"I'm from the same family as the peach and kind of look like one, but I'm smaller with more velvety than fuzzy skin. I'm also a little less sweet and more tart, but when you cook apricots, that's where we shine!"

History & Etymology

The most common apricot cultivar was thought to have originated in ancient Armenia, where its scientific name, *Prunus armeniaca*, came from. However, genetic studies have found it was first domesticated in Central Asia and China. It then spread to South Asia, West Asia (including Armenia), Europe, North Africa, and Japan.

Turkey is the largest producer of apricots worldwide, at over 850,000 tons per year. The United States, in comparison, produces a little over 40,000 tons, with almost 75 percent grown in California.

Apricots are the national fruit of Armenia, grown primarily in the Ararat plain, which is shared with Turkey. US astronauts ate dried apricots on the Apollo 15 and 17 moon missions.

The word "apricot" comes from the mid-16th century French "abricot," from the Spanish "albaricoque," from the Spanish Arabic "al + barquq" ("the plums").

Anatomy

Apricot trees (*Prunus armeniaca*) are from the Rosaceae family, including roses, apples, peaches, pears, plums, cherries, raspberries, and strawberries.

The trees grow from 26 to 39 feet tall. The fruit is orange and is one-half to one inch in diameter. Its appearance resembles a small peach, and its skin may be smooth or velvety.

The fruit of the apricot tree is a drupe or stone fruit, like almonds, cherries, nectarines, olives, and peaches. A drupe has an outer fleshy part with a thin skin and a stone (also called pip or shell) in the center surrounding the seed or kernel.

A positive consequence of the hard stones in apricots is to protect people from ingesting the toxic kernel inside.

How to Pick, Buy, & Eat

Depending on the variety, apricots are picked when fully ripe, between June and August. After they are harvested, they can be stored in a cool place for one to three weeks.

Commercially processed apricots are mostly canned, dried, frozen, or made into jams, jellies, and preserves.

Store ripe apricots in your refrigerator's crisper bin for one to two days. To ripen firm apricots, place them in a closed paper bag at room temperature.

Fresh apricots can be eaten as a snack or cooked and made into jams and preserves. Fresh apricots and preserves are added to cookies, pies, cakes, and other desserts.

Dried apricots retain many nutrients and are a sweet and tasty snack.

Nutrition

Raw, fresh apricots are a moderate source of vitamin A, beta-carotene, and vitamin C.

Vitamin A helps you see in the dark and makes your skin healthy. The deeper the color, the more beta-carotene apricots have and the better they are for you. Vitamin C helps boost the immune system.

Due to the concentration of nutrients, dried apricots are rich sources of vitamins A and C and potassium. However, dried apricots contain more than five times more sugar than fresh apricots.