Salted Chamomile Honey Doughnut Holes + Raspberry Ripple Drizzle + Raspberry Chamomile Fizz!

pre-bake+grease
Grown-ups: Pre-heat your oven to 375 degrees and generously grease a mini muffin tin and set to the side.

dissolve+steep
Now start by making the Chamomile Syrup! In liquid measuring cup, children can measure 1 cup water and pour into skillet. Kids can also add 1 cup of sugar and a pinch of salt to the skillet. Bring to a simmer and let sugar dissolve! Once the sugar dissolves and thickens a bit (5 minutes), turn off skillet, add 2 chamomile tea packets, and let steep until doughnuts are baked. **Remember to Reserve 2 Tablespoons of the Syrup for the Drink!**

combine dry+whisk
WHISK DRY INGREDIENTS: In large mixing bowl, kids can combine flour, baking powder, baking soda, and salt and whisk together.

combine wet+whisk
WHISK WET INGREDIENTS: In medium mixing bowl, kids can now combine butter, oil, honey, sugar, and one egg (or mashed banana). Mix everything well to combine, then add milk.

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dry meets wet!
ADD DRY TO WET! Have kids take turns adding a bit of the dry mixture to the wet mixture, and stirring as they go, until they have the excellent doughnut hole batter!

fill+bake+cool
Use a teaspoon to add a little oil to each muffin well. Then children can use a tablespoon to divide the batter evenly among the muffin wells, filling each well about 2/3’s of the way full.

Bake for about 10 minutes, or until donuts holes begin to turn brown on the edges and spring back when touched. Remove from oven and allow to cool before applying the Chamomile Syrup.

After they have cooled, drizzle the doughnut holes generously with Chamomile Syrup as a glaze! YUM!!

chop+mix
CHOP-CHOP! Have children CHOP up all the raspberries into very tiny pieces and add them to a bowl. FUN FACT! Did you know?: The raspberry plant belongs to the rose family. Kids can then measure the water and sugar or honey and add to the chopped raspberries and MIX!. Serve Raspberry Ripple Drizzle as a dip for the delicious donut holes!

scoop+add+blend
Children can combine and pour 2 tablespoons Chamomile Syrup and sparkling water in a pitcher. Now kids can stir in more sugar, honey, or Stevia (as desired) to taste. Add the raspberries and ice, and stir again. Enjoy!
**shopping list**

### Salted Chamomile Honey Doughnut Holes

**Doughnut Holes:**
- 1½ C flour (or sub gluten-free flour)
- 1 large egg (or one very ripe banana)
- ½ C milk (or other dairy-free milk alternative)
- 2 T very soft butter (or other dairy free butter alternative)
- 2 T canola oil + more for cupcake maker
- ⅓ C honey
- ¼ C sugar
- ¾ tsp baking powder
- ⅛ tsp baking soda
- ⅛ tsp salt

### Chamomile Syrup
- 2 chamomile tea bags
- 1 C water
- 1 C sugar
- 1 pinch of salt

### Raspberry Chamomile Fizz
- 2 T Chamomile Syrup (made from doughnut recipe above)
- 2 C sparkling water
- Some sugar, honey, or Stevia to sweeten as needed
- 6 oz fresh or frozen raspberries
- 1 C ice

### Raspberry Ripple Drizzle
- 6 oz fresh or frozen raspberries
- 2 tsp water
- 2 tsp sugar, or 1 squeeze of honey

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fun food facts:

Raspberries!
The Surprise Ingredient of The Week!

history
★ Raspberries are sold, eaten and produced throughout the world, which has given rise to myths about why raspberries are red and even one myth about the magical qualities of the fruit.
★ One popular myth comes from France, which tells the story about how raspberries used to be only white in color. The myth states that one day, a nymph named Ida was taking care of an infant Zeus (also referred to as Jupiter). Zeus was crying and to help soothe him, Ida picked some white raspberries. But when she went to pick the raspberries, she scratched herself on a thorn and started to bleed. Her blood dripped on the white raspberries, instantly turning them red and they have been red ever since.
★ Another myth, which originates from Germany, talks about the magical qualities of raspberries. It states that to tame a bewitched horse, one would have to tie a wild raspberry twig around the horse’s body.
★ Finally, a modern myth tells the story of how raspberries turned a fox’s fur red. In the Tale of the Raspberry Fox, by Henning Buchhagen, there is a fox named Ferdinand. At that time, all foxes were grey in color. The tale tells how Ferdinand didn’t like to eat meat, so one day he decided to eat some raspberries and discovered that he loved eating them. He kept eating raspberries and the more he ate, the redder his fur became. Ever since then, all foxes have had red fur and like to eat fruit.
★ The 13th century English king, Edward I, is credited with encouraging the cultivation of raspberries throughout England.
★ Russia produces the most raspberries of any country in the world - 125,000 tons per year!
★ Red raspberry juice was once used to color ancient artwork

anatomy
★ There are over 200 species of raspberries!
★ The raspberry plant belongs to the rose family.
★ Raspberries are perennial: This means, they grow back every year after they’re planted once.
★ Raspberries can be red, purple, gold or black in color. Golden raspberries are the sweetest!
★ The difference between raspberries and blackberries is that raspberries have a hollow core in the middle while blackberries do not.

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★ Each raspberry contains around 100 individual tiny fruits, called drupelets, which are each filled with a single seed. When ripe raspberries are picked, the stem remains on the plant, leaving a hollow space in the middle of the raspberry where the stem once was.

★ One raspberry plant grows a few hundred raspberries each year.

★ The root of a raspberry plant can survive for up to 10 years!

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**nutrition**

★ Raspberries are quite high in fiber! They help keep our intestines clean, like a free-flowing highway. A lack of fiber can cause a traffic jam in our intestines.

★ Raspberries are high in antioxidants! Antioxidants scavenge for harmful chemicals in our body, like a vacuum cleaner sucks up dirt. Our cells REALLY LOVE antioxidants. Raspberries are candy for our cells!

★ Raspberries that are fully ripe are higher in antioxidants. So choose dark red berries from a plant or at the store.

★ Vitamin C - raspberries have a ton of it! 43% of our Daily Value is in 1 cup of raspberries. Vitamin C is good for the heart, the skin, and for fighting the cold and flu!

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**Time for a laugh!**

Knock knock! Who’s there? Doughnut! Doughnut Who? Doughnut forget to let me in!

Knock knock! Who’s there? Doughnut. Doughnut Who? Doughnut forget to close the door!

Why did the baker stop making doughnuts? She got fed up with the hole business!

What's grey and squirts jam at you? A mouse eating a doughnut!

Why did the doughnut go to the dentist? It needed a raspberry filling!

What do you call raspberries playing the guitar? A jam session!

What do you call a sad raspberry? A blueberry!

How do you make a Prince fall in love with you? Wear a Raspberry Beret!

What did one raspberry say to the other raspberry? If you weren't so sweet, we wouldn't be in this jam!

Why were the little raspberries upset? Because their parents were in a jam!

What do you call a raspberry that uses foul language? Berry Rude!

What did the raspberry say to the tart? I like you berry much!

What do you call a raspberry who got stepped on? Toe Jam!