

New Zealand Upside Down Goopy Kiwi Cakes + Sweet Cream Frosting + Kai Kiwi Coolers



new zealand upside down goopy kiwi cakes

preheat + crack + whisk + cream

Preheat oven to 350 degrees F. Crack **1 egg** and add it to a mixing bowl. Whisk! Then add **1/2 C (1 stick) softened butter** and **6 T sugar** to the egg. Whisk to cream together.

peel + chop + slice

Peel **5 kiwi**. Chop 3 of them small enough so that they resemble pulp. Slice the other two.

mix + measure + add

Mix in **1/4 C of kiwi pulp** to the egg/sugar/butter mixture. Measure and add **1 tsp vanilla extract**, **3/4 C fresh orange juice OR milk OR soy milk**.

::Recipe continued::

Family Fun Recipes

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measure + add + fold

In a separate mixing bowl, measure and add **1 1/2 C flour**, **1 tsp baking powder**, **1 tsp baking soda**, and **1/4 tsp salt**. Mix, then add to the wet ingredients. Fold dry ingredients into wet ingredients until all flour is invisible.

grease + sprinkle + spoon + bake

Grease a muffin tin with **butter or oil**. Sprinkle each well with sugar, then layer a slice of kiwi on the bottom of each well. Spoon 2 Tablespoons of batter into each well. Bake for about 18-25 minutes, or until cakes have cooked through and are golden brown on top (the texture will be slightly gooey!) Serve upside down with a dollop of Sweet Cream Frosting (recipe below)!

ALLERGY SUBSTITUTIONS:

Use 1 ripe, mashed banana + 1 extra teaspoon baking powder instead of egg

sweet cream frosting

measure + add + whip

Measure and add **1/2 C powdered sugar**, **2 T softened butter**, **1/4 tsp vanilla**, and **1/2 T milk or orange juice** to a mixing bowl. Whip until combined. Dollop each Kiwi Cake with a bit of Sweet Cream Frosting!

To make a dairy-free version, whisk together the powdered sugar, vanilla, and orange juice to make a yummy glaze!

kai kiwi coolers

measure + add + blend

Measure and pour **1/4 C orange juice** into a blender. Add **1 chopped kiwi** to the blender, along with **1/2 C water**, **1/2 C ice**, and **sugar to taste**. Puree until Coolers are thick and smooth, adding more water if needed to thin them out, then divide into cups and enjoy!

::continued::



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shopping list!

Upside Down Goey Kiwi Cakes

- 1 1/2 C all-purpose flour
- 1/2 C butter (1 stick) OR olive oil + more for greasing
- 1 tsp baking powder
- 6 T sugar + more for sprinkling
- 1 tsp baking soda
- 1 tsp vanilla extract
- 1/4 teaspoon salt
- 3/4 C orange juice OR milk OR soy milk
- 4 kiwi

Sweet Cream Frosting

- 1/2 C powdered sugar
- 1/4 tsp vanilla extract
- 2 T butter
- 1/2 T orange juice OR milk

Kai Kiwi Coolers

- 2 kiwi
- 1/2 C water
- 1/4 C orange juice
- Sugar to taste
- 1/2 C - 1 C ice

::continued::



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Let's Learn about Kiwi!

People often think kiwi originated in New Zealand, but it actually came first from China. It was referred to as “Chinese Gooseberry” before being renamed “kiwi” by New Zealanders. Influencers thought the former name negatively associated the fruit with the Cold War. They renamed it ‘kiwi’ because they thought it looked like the Kiwi Bird. See the image of the bird below and judge for yourself! Notice anything different about the bird? It doesn’t have wings!

Before kiwi was eaten for pleasure in China, it was given to children to help them grow, and to women recovering from childbirth.

Kiwi is a Maori word - Maori is the Polynesian language of the Maori aboriginal group of people in New Zealand.

Kiwi is grown on vines like grapes are, and it is considered to be a berry; the edible berry of the Kiwi Vine, to be exact! A kiwi vine can grow kiwifruit for up to 30 years!

Along with avocados, kiwifruit are the most nutrient-packed fruits of all.

POTASSIUM: Kiwi has as much potassium as a banana; potassium helps our blood pump through our arteries at the right rate - not too high, not too low. It’s also good for our bones.

Let's Learn about New Zealand!

Maori are the name of indigenous people of New Zealand. Their name for their country is Aotearoa, which means “land of the long white cloud.”

The official languages of New Zealand are English, Te Reo Maori (native language), and New Zealand Sign Language.

New Zealand is about the same size as Japan, but with half as many people; New Zealand is one of the least populated places in the world.

The first person to split the atom was also from New Zealand! This was in 1919.

The Hector’s Dolphin is the world’s smallest dolphin, and is found nowhere else in the world besides New Zealand’s waters.

No snakes live in New Zealand!

Time for a laugh!

Why did the kiwi go out with the prune? **Because he couldn't find a date!**

What did the kiwi skin say to the kiwi? **I've got you covered.**

What happens if you turn kiwi upside down cake right side up? **It's just cake.**

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