

# Create-Your-Own-Scones + Creative Whipped Cream + Assorted Mashed Winter Fruit Jams + Kid-friendly Cappuccinos



## create-your-own-scones

### preheat + measure + combine + mix

Preheat oven to 400 degrees F. First, make your scone dough! To a large mixing bowl, measure and add **2 C all-purpose flour**, **3 ½ tsp baking powder**, **2 T + 1 tsp sugar**, and **1 tsp salt**. Mix together. Then add **1 ½ C heavy whipping cream** or **1 can full-fat coconut milk**. Mix with a spoon until all bits of flour disappear, but don't overmix! If dough is too sticky, add up to ¼ C more **flour**. Set aside dough.

### choose + chop + mix

*Now for the really fun part!* Have kids choose their creative add-in ingredients: **dried, frozen, or fresh chopped fruit, herbs, chocolate chips, shredded coconut, cinnamon, lemon or orange zest, candied ginger**, etc. in any combinations they like. They can chop and mix together their add-in ingredients.

### divide + fold + flatten

Divide the dough into about 12 pieces. Sprinkle some flour onto a clean, flat surface (like a cutting board or countertop) for each kid. Have kids add their creative ingredients and fold them into their dough pieces with their hands. Then they can flatten their scones with their hands.

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Family Fun Recipes

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## brush + bake

Brush each scone with whipping cream and sprinkle with sugar. Arrange scones on a parchment-lined baking sheet and bake for about 20-25 minutes until golden brown on top! Top with your **Creative Whipped Cream** and **Assorted Mashed Winter Fruit Jams**!

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### creative whipped cream

## zest + measure + seal + shake

Zest **1 lemon or orange!** Measure and add **½ C heavy whipping cream** and **a pinch of salt** to a glass or plastic jar with a tight fitting lid. Seal the jar semi-tightly and **SHAKE!** Shake for about 3 minutes until a thick cream forms. Then stir in a pinch of **cinnamon, nutmeg, sugar, honey, lemon or orange zest**, and a drop or two of **vanilla extract** (Chef's Choice!) Serve **Creative Whipped Cream** and **Assorted Winter Fruit Jams** with freshly baked **Scones**!

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### assorted mashed winter fruit jams

## chop + mix + mash

Peel **1 orange** and chop it. Chop up **1 ripe pear** and **1 apple**. Squeeze **lemon juice** over the chopped pear and apple. Mix the fruit, or keep them separate, and add a total of **3 tsp sugar**. Mix and mash the fruit until the texture resembles jam! Serve over freshly-baked **Scones** and **ENJOY!**

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### kid-friendly cappuccinos

## measure + simmer + blend + pour

Measure and add **4 C whole milk or milk alternative** to a sauce pot and bring to a simmer. Add **¼ C sugar** and **2 big pinches of cinnamon** and stir until sugar dissolves. Add to a blender and blitz until milk develops a thick foam on top! Then pour into cups and **CHEERS!**

*::continued::*

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# shopping list

## Create-Your-Own-Scones

- 2 C to 2 ¼ C **all-purpose wheat or white flour**
- 3 ½ tsp **baking powder**
- 2 T + 1 tsp **sugar**
- 1 tsp **salt**
- 1 ½ C **heavy whipping cream OR canned full-fat coconut milk**

- Creative scone add-in options: dried, frozen, or fresh chopped fruit, chocolate chips, shredded coconut, cinnamon, lemon zest, candied ginger

## Creative Whipped Cream

- ½ C **heavy whipping cream**
- pinch of **salt**
- Ingredients for kids to add: sugar, honey, lemon/orange zest, cinnamon, nutmeg, vanilla extract

## Assorted Mashed Winter Fruit Jam

- 1 **lemon**
- 1 **apple**
- 1 **ripe pear**
- 1 **orange**
- 3 tsp **sugar**

## Assorted Mashed Winter Fruit Jam

- 4 C **milk or milk alternative**
- ¼ C **sugar**
- 2 big pinches **cinnamon**

::continued::



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## Baking off the Cuff!

**Have kid chefs choose** their scone filling ingredients from a bundle of colorful options. Have them try a bunch of different combinations and then taste them at the end to see which they like best. By giving kids creative liberty in the kitchen within a boundary of ingredients, they learn to explore and trust in their own ability to create delicious food! Tools used in this recipe: Kid-friendly knives, cutting boards, hands.

## Surprise Ingredient Facts + Fun Facts about Scotland:

**Flour is made by grinding and sifting grains, especially wheat.** Some other grains that can be ground into flour are rye, buckwheat, barley, corn and rice. Other foods that are used to make flour are potatoes, acorns, mesquite, cassava, soybeans, amaranth and bananas.

**Flour is made in nearly every country in the world!**

**ONE whole grain of wheat makes over 20,000 particles of flour!**

**Flour is the main ingredient of bread, which is a staple food for many cultures,** making the availability of adequate supplies of flour a major economic and political issue at various times throughout history.

**The word "flour" is originally a variant of the word "flower".** Both derive from the Old French fleur or flour, which had the literal meaning "blossom," and a figurative meaning "the finest."

**Scotland is located in Europe,** at the northern end of Great Britain.

**Scotland is made up of over 700 islands!** These include groups called Orkney, Shetland and the Hebrides.

**The official animal of Scotland is the Unicorn,** loved for its purity and strength!

**Archaeological evidence suggests that the first toilets ever** were possibly built in Orkney, Scotland in 3,000 BC.

### Time for a laugh!

What's the fastest cake in the world? **S'cone! (it's gone)**

What did the baker give his mom for her birthday? **Flours**

**Life can be a little frosty, but really it's what you bake it!** What does corn get when you leave it in the barn too long? **COB webs**

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