

Springtime Citrus Cakelette Creations + Sweet-Tart Citrus Glazes + Citrus Peel Confetti Sprinkles + Easy Breezy Citrus-ade



springtime citrus cakelette creations

preheat + crack + whisk

Preheat oven to 350 degrees F. Crack **2 eggs** and add to a mixing bowl. Whisk the eggs with **6 T melted (room-temp, not hot) butter**, **½ C sugar**, **½ C milk**, and **2 T olive oil**.

measure + sift + zest + juice

Measure and add **1½ C all-purpose or gluten-free flour** + **3 T cornstarch** to a 2nd mixing bowl. Add **¼ tsp baking powder**, **¾ tsp baking soda**, and **¼ tsp salt**. Use a whisk to mix and sift out any lumps! Then wash and zest the outer, colored peel of 3 citrus fruits. Set the zest aside. Cut each citrus fruit in half and squeeze the juice into a separate bowl.

combine + stir + bake

Combine **wet ingredients** and **dry ingredients**. Stir gently until all traces of flour disappear. Kids can add in citrus zest to the whole batch, or separate the batter and make different flavors. Have them also add about **2 T of squeezed citrus juice** to the

::continued::

Family Fun Recipes

Sticky Fingers  Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

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shopping list

Springtime Citrus Cakelette Creations

- | | |
|---|---|
| <input type="checkbox"/> 1½ C all purpose flour | Choose any (try at least 3!) |
| <input type="checkbox"/> 3 T cornstarch | kinds of winter citrus: |
| <input type="checkbox"/> 6 T butter | <input type="checkbox"/> Oranges (any kind) |
| <input type="checkbox"/> ½ C sugar | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> 2 eggs | <input type="checkbox"/> Tangelo |
| <input type="checkbox"/> ¼ tsp salt | <input type="checkbox"/> Tangerine |
| <input type="checkbox"/> ¾ tsp baking soda | <input type="checkbox"/> Limes |
| <input type="checkbox"/> ¼ tsp baking powder | <input type="checkbox"/> Lemons |
| <input type="checkbox"/> ½ C milk | |
| <input type="checkbox"/> 2 T olive oil | |

Easy Breezy Citrus-ade

- 2 oranges, 1 grapefruit,
2 oranges, or 3 limes (or a mix!)
- ¼ C-½ C sugar
- Ice

Citrus Glazes + Citrus Confetti

- 1 C Greek yogurt
- 4 tsp powdered sugar

::continued::



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Slicing, Chopping, Mincing, Mixing, Blending!

Slicing: to cut into pieces using a sawing motion with your knife!

Chopping: to cut food into rough pieces that are not usually the same size!

Mincing: to cut food into teeny tiny pieces!

What Can We Learn About CITRUS?

Citrus fruits are actually a kind of berry with a tough, leathery rind, known as a **hesperidium**. A single citrus plant can have as many as 60,000 flowers, but only 1 per cent of those flowers will turn into fruit.

- ★ **Citrus plants originated** in Southeast Asia.
- ★ **Citrus fruits that are grown in tropical climates** without a proper winter will stay green on the outside.
- ★ **There are more than 600 kinds of oranges!**
- ★ **Navel oranges get their name** because of the thing that looks like a belly button on the bottom of the orange!
- ★ **Lemons were once so rare** that they were presented to Kings as gifts.
- ★ **Tangerines are the easiest citrus fruit to peel**, and for that reason, they're nicknamed "easy peelers."
- ★ **The tangelo is a cross between** a grapefruit and a tangerine.
- ★ **Citrus fruits have many antioxidants**, which help the body stay healthy and fight off illness.

Time for a laugh!

What do you give an injured lemon? **Lemon-aid!**

Why do citrus fruits wear suntan lotion? **Because they peel.**

What do you get when you cross a cat and a grapefruit? **A Sour Puss!**



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