



Sticky Fingers  Cooking
 THYME to TURNIP the BEET on WHAT KIDS EAT™

Strawberry Banana Pudding Cake + Sweetly Whipped Strawberry Cream + So Bubbly Strawberry Lemon Soda

SHOPPING LIST:

***This recipe requires a microwave!**

- 1 super ripe **banana***
- 1 lemon
- 5-6 ripe **strawberries***
- 1 ½ T **butter***
- ¼ C **heavy whipping cream ***
- 2 T **full fat Greek yogurt***
- 1 **egg***
- ¼ tsp vanilla extract
- ¼ C **all-purpose or whole wheat flour***
- ¼ tsp baking powder
- 2 T brown sugar
- 2 tsp white or raw sugar
- ¼ tsp salt
- 1 C ice
- 1 can sparkling water

ALLERGY SUBSTITUTIONS (for those items in red with a *)

- Banana:** sub ½ C applesauce
- Strawberries:** sub raspberries, cherries, or blueberries (or a mix!)
- Butter:** sub olive oil, coconut oil, or vegan butter alternative (we like Earth Balance)

Please choose 1 or 2 veggies and a dip for kids to snack on before making their mug cakes:

- Baby carrots or carrot chips (3-5)
- Celery stalks (1)
- 1 mini cucumber or ¼ large cucumber
- Cherry tomatoes (3-5)
- Red radishes (3)
- Jicama sticks (3-5)
- ½ of a red, orange, or yellow bell pepper
- Kids' choice of dip(s): hummus, sour cream, nut butter, etc

- Heavy whipping cream:** sub coconut cream (not coconut milk) or omit
- Greek yogurt:** sub non-dairy yogurt alternative
- Egg:** sub ¼ C applesauce or 1 T ground flaxseed mixed with 3 T warm water
- All-purpose or whole wheat flour:** sub gluten-free flour blend (must be a blend: pure garbanzo or rice flour will not work)