

peel + mash + mix

Peel **1 super ripe banana** and mash it on a plate or in your cereal bowl with a fork or small whisk. Mash it well! Mix mashed banana and chopped strawberries into your mug.

measure + add + mix

Measure and add **¼ C all-purpose or whole wheat flour, ¼ tsp baking powder**, and a **pinch of salt** to your mug. Mix again!

cover + heat + check

Cover mug with a **damp paper towel** and microwave on high for 2 minutes. After 2 minutes, carefully check your mug cake by poking a toothpick in the center. If it doesn't come out clean, microwave for another minute!

Mug cakes are like molten lava straight out of the microwave. Carefully wait a few minutes to let them cool while you make your drink.



sweetly whipped strawberry cream

chop + sprinkle + mix

Chop **2 ripe strawberries** into tiny pieces. Add to a bowl, sprinkle a big pinch of sugar over them, and mix to coat the strawberries in sugar. Set aside.

measure + pour + shake

Measure and pour **¼ C of heavy whipping cream** to a pint-sized glass or plastic jar and seal with the lid. With one hand over the lid and the other holding the jar, start shaking the jar back and forth, up and down, round and round and side to side! Your cream will start to thicken after about 20-30 seconds of shaking. Check it! You want your cream to be thick but not as thick as butter.

peel + mash + mix

Add your chopped strawberries, their juices, and a small pinch of salt to the jar. Stir to combine. Top your Strawberry Banana Pudding Cake with Sweetly Whipped Strawberry Cream, *CHEERS with your So Bubbly Strawberry Lemon Soda, and ENJOY!*



so bubbly strawberry lemon soda

fill + add + pour + stir

Fill a drinking glass with 1 C ice. Add sugared strawberries to glass. Pour sparkling water over all of it, and stir! Cheers!

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equipment list

- | | |
|---|---|
| <input type="checkbox"/> Microwave | <input type="checkbox"/> Damp dish towel |
| <input type="checkbox"/> Microwave safe mug | <input type="checkbox"/> Paper towels |
| <input type="checkbox"/> Measuring spoons | <input type="checkbox"/> Soap for cleaning hands |
| <input type="checkbox"/> Fork | <input type="checkbox"/> Cereal bowl |
| <input type="checkbox"/> Small whisk (optional) | <input type="checkbox"/> 1 clean, pint-sized jar with tight-fitting lid |
| <input type="checkbox"/> Spoon | <input type="checkbox"/> Drinking glass |
| <input type="checkbox"/> Cutting board maker | |
| <input type="checkbox"/> Butter knife | |

shopping list

Strawberry Banana Pudding Cake

- 1 or 2 ripe strawberries
- 1 ½ T butter
- 2 T brown sugar
- 1 egg
- ¼ tsp vanilla extract
- 2 T full fat Greek yogurt
- 1 super ripe banana
- ¼ C all-purpose or whole wheat flour
- ¼ tsp baking powder
- pinch of salt

Sweetly Whipped Strawberry Cream

- 2 ripe strawberries
- ¼ C heavy whipping cream
- big pinch of sugar
- pinch of salt

Sweetly Whipped Strawberry Cream

- 1 lemon
- 2 ripe strawberries
- 1 tsp sugar
- 1 C ice
- 1 can sparkling water

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Strawberries!

- ★ **Strawberries are a HUGE source of Vitamin C**, especially when eaten raw!
- ★ **Vitamin C is wonderful for the heart, bones, and teeth.** When we cut ourselves or break a bone, Vitamin C comes to the rescue to help repair our tissues.
- ★ **Think of red fruits** as being good for the heart and the blood.
- ★ **The ancient Romans believed strawberries had medicinal powers.** They used them to treat everything from depression (kiss the blues away by eating reds!) to fainting to fever, kidney stones, bad breath and sore throats.
- ★ **Strawberries aren't true berries, like blueberries or even grapes.** Strawberries are the only fruit with seeds on the outside of their skin, about 200 on each berry. And, to be super technical, each seed on a strawberry is considered by botanists to be its own separate fruit!

Time for a laugh!

What did one strawberry say to the other strawberry?

If you weren't so sweet, we wouldn't be in this jam!

What resembles half a strawberry?

The other half.

What do you call strawberries playing the guitar?

A jam session!

