

# Very Cozy Veggie Mug Pot Pie + Frozen Hot Cocoa Bombs



## very cozy veggie mug pot pie

### whisk + cut + pinch + mix

In a mixing bowl, whisk together **2 T whole wheat or unbleached all-purpose flour**, **1/8 tsp baking powder**, and **a pinch of salt**. Cut **1/2 T cold butter** into small pieces. Use hands to pinch the butter pieces into the flour mixture. You'll have tiny bits of butter mixed throughout the flour. Then add **1 T heavy whipping cream** and mix!

### form + flatten + microwave

Form the dough into a ball and flatten between the palms of your hands. Tuck the flattened dough into a microwavable mug so that it lays at the bottom. Cover the mug with a damp paper towel and microwave for 1 minute. Remove the paper towel and microwave for an additional minute. Let mug cool slightly. Upend the mug to release the dough, which should have hardened slightly into a biscuit! Set the biscuit aside. If it breaks into pieces, that's okay!

:: recipe continued ::



## snip + chop + add + microwave

Use a clean kid-safe pair of scissors to snip **1 green onion** into tiny bits. Add **½ C frozen veggies** and sliced green onion to your mug. Add **¼ tsp garlic granules**, a **pinch of poultry seasoning or dried thyme**, and **1 T unsalted butter**. Microwave for 1 minute; stir to melt the butter. Add **1 tsp whole wheat or unbleached all-purpose flour** and stir to make a paste. Add **¼ C heavy whipping cream** and (optional) **1 slice chopped deli turkey, ham, or chicken**. Stir and top with the biscuit crust mix you made earlier. Cover mug with a damp paper towel and microwave for 1 minute. Let cool slightly before digging in!



## frozen salted hot cocoa bombs

## measure + stir + microwave

Measure and stir together **2 C dark chocolate chips or chunks**, **1 C heavy whipping cream**, and **1 T sugar** in a microwave-safe bowl. Cover bowl with a damp paper towel and microwave for 1 minute. Pause to stir the chips and the cream. Microwave for another 30 seconds. Pause to stir again. Microwave for 15 seconds. Stir until all the chocolate has melted. Then carefully remove the bowl from the microwave. If chocolate seizes, stir in **1 T honey**.

## stir + cover + chill

Stir in a **pinch of salt** and **1 tsp vanilla extract**. Cover the bowl with plastic wrap and chill for 2 hours in the fridge.

## scoop + freeze + microwave + drop

After 2 hours of chill time, use an ice cream scoop to scoop balls of chocolate mixture onto a parchment-lined sheet pan or plate. Freeze for at least 8 hours! For each person: heat **1 C of milk** in a microwavable mug for 1 minute or more. Milk should be very hot, so be careful when taking mug out of the microwave (use a potholder). Carefully drop 1 frozen salted hot cocoa bomb into each mug of hot milk and stir to melt it completely!

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## equipment list

- |  |  |
|--|--|
| <input type="checkbox"/> Microwave                       | <input type="checkbox"/> Potholder                                       |
| <input type="checkbox"/> Microwave safe mugs             | <input type="checkbox"/> Rubber stirring spatula                         |
| <input type="checkbox"/> Microwave safe bowl             | <input type="checkbox"/> Whisk   |
| <input type="checkbox"/> Clean kid-safe pair of scissors | <input type="checkbox"/> Kid-friendly knife (a butter knife works great) |
| <input type="checkbox"/> Measuring spoons                | <input type="checkbox"/> Cutting board                                   |
| <input type="checkbox"/> Measuring cups                  | <input type="checkbox"/> Sheet pan or plate                              |
| <input type="checkbox"/> Spoon for mixing                | <input type="checkbox"/> Parchment paper                                 |
| <input type="checkbox"/> Paper towels                    | <input type="checkbox"/> Ice cream scoop                                 |
|  | <input type="checkbox"/> Soap for cleaning hands                         |

## shopping list

### Very Cozy Veggie Mug Pot Pie

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|--|--|
| <input type="checkbox"/> ¼ C frozen veggies (such as peas and carrots) | <input type="checkbox"/> 2 T + 1 tsp whole wheat or unbleached all purpose flour |
| <input type="checkbox"/> 1 green onion                                 | <input type="checkbox"/> ¼ C + 1 T heavy whipping cream                          |
| <input type="checkbox"/> ¼ tsp garlic granules                         | <input type="checkbox"/> Pinch salt  |
| <input type="checkbox"/> Pinch poultry seasoning or dried thyme        | <input type="checkbox"/> Optional: 1 slice deli ham, turkey, or chicken          |
| <input type="checkbox"/> 1½ T cold, unsalted butter                    |  |
| <input type="checkbox"/> ⅛ tsp baking powder                           |  |

### Frozen Hot Cocoa Bombs

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|---|--|
| <input type="checkbox"/> Heaping 2 C dark chocolate chunks or chips | <input type="checkbox"/> 1 T sugar             |
| <input type="checkbox"/> 1 C heavy whipping cream                   | <input type="checkbox"/> Pinch salt            |
| <input type="checkbox"/> 1 T honey (may or may not need)            | <input type="checkbox"/> 1 tsp vanilla extract |

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## Peas + Pot Pies!

- ★ **Peas are part of the legume family.** Legumes are plants that produce a pod with seeds inside. Other members of this family are peanuts, lentils, kidney beans, chickpeas, split peas, soybeans, black-eyed peas, and lima beans.
- ★ **The oldest pea was found in Thailand.** It was 3000 years old!
- ★ **Pot Pies may be THE ultimate comfort food.**
- ★ **Peas are green because they're picked before fully ripe! A fully ripe pea is more of a yellow color.**
- ★ **Frozen peas are very fresh. They're frozen within 2 hours of being picked. Fresher than fresh peas!**
- ★ **The infamous pot pie, as we know it today, is thought to have come from Greece.** Greeks mixed meat with other ingredients and cooked it in open pastry shells. Settlers brought the method with them when they moved West from Greece, and the recipe became so popular that companies began to create and sell pot pies in frozen form.
- ★ **Rumor has it: in Ancient Rome, pot pies would be made with live birds under the crust that would fly out as soon as the crust was cut open!** Can you imagine?!
- ★ **Meat pies were made with all sorts of meat, including pork, lamb, and wild game.**
- ★ **As settlers migrated east to west, they brought the pot pie with them, and these pot pies included flavors most commonly found throughout all different United States** in different regions. Pot pies in the Western United States were different from those on the East Coast, but the one thing they all shared were that they were comforting, cozy, and warming.
- ★ **In China, leaves of a pea plant are considered to be a delicacy** (very special, expensive, and rare).
- ★ **Peas contain Vitamin C, which is the vitamin we need to help keep us healthy.** Vitamin C is good for our gums, our eyes, and our blood especially. It helps our cuts heal faster, too!

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## **Time for a laugh!**

Knock Knock. **Who's there?** Peas. **Peas who?**  
**Peas open the door and let me in!**

**What do vegetables wish for more than anything else in the whole world?** World Peas (Peace)

**What do you call an angry pea?** Grum-pea!

**What's the difference between pea soup and roast beef?**  
Anyone can roast beef but no one can pea soup!

**What do you call an angry pea?** Grump-pea

**What does a polite chef always say?** Peas and Bake you!

**What do polite vegetables always say?** Peas to meet you!

