

Holy Cannoli Mini Mug CUPcake

+ Rich Ricotta Frosting +
Chocolate Milk Shakerato



holy cannoli mini mug CUPcake

crack + whisk + add

Crack **1 egg** into a large Pyrex glass measuring cup and whisk it. Add **1 T cocoa powder**, **1 T all-purpose flour**, **2 tsp grated/shredded coconut**, **½ tsp baking powder**, **1½ T sugar**, **2 T heavy whipping cream**, and **1 tsp mini or regular chocolate chips**. Mix with a spoon until all ingredients are well-incorporated!

cover + microwave + cool

Cover the Pyrex with a damp paper towel and microwave for 2 minutes. Let cool slightly before removing Pyrex with a potholder. Upend the CUPcake on a plate and top with **Rich Ricotta Frosting** and a sprinkle of **chocolate chips**!



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rich ricotta frosting

measure + whisk + taste + dollop

Measure and whisk together **1 T ricotta cheese**, **a pinch of powdered sugar**, and a **pinch of lemon zest**! TASTE! If you'd like your frosting a bit more lemony, add a small **squeeze of lemon juice** and whisk again. Dollop your cooled **Holy Cannoli Mini Mug CUPcake** with frosting and ENJOY!

chocolate milk shakerato

add + pour + microwave

To a 16-oz microwavable glass jar, add a **handful of mini or regular chocolate chips** and pour in enough **milk** to cover them. Cover the jar with a damp paper towel and microwave for 1 minute. Remove the jar using a potholder and stir the chocolate until it melts.

add + shake

Add **1 C of milk**, **¼ tsp vanilla extract** (make sure to measure over a bowl in case you spill), and **a few ice cubes** to the glass jar. Secure the lid, place one hand on top of the lid and one on the bottom of the jar and **SHAKE! Count to 5 in Italian as you shake!**

- **1 = uno (oo-noh)**
- **2 = due (DOO-eh)**
- **3 = tre (TREH)**
- **4 = quattro (KWAHT-troh)**
- **5 = cinque (CHEEN-kweh)**

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rainbow crudite veggie sticks + cool ranch dip

slice + mix + dip

Have kid chefs slice up their **raw vegetables of choice** into sticks or bite-sized pieces.

If using fresh parsley, tear it a pinch of leaves into tiny bits! Add the herbs to a small bowl.

Zest **1 lemon** and add a pinch of zest to the herbs. ***Save a pinch of lemon zest and half a lemon for the Rich Ricotta Frosting!*** Slice the lemon in half and add a squeeze

of juice, too! Measure and add **2 T full-fat Greek yogurt**, a **pinch of garlic powder**, **pinch of salt**, **pinch of black pepper**, (optional) **pinch of sugar**, and **1 tsp of water**.

Mix! Dip veggies into Cool Ranch Dip!



*Each Sweet Mug Recipe will also include this section of the lesson, where kids will snack on raw veggies and dip with their homemade Cool Ranch. ALL veggies are good for the brain! The purpose is to reinforce and encourage kids to eat veggies and have them learn a little about what each vegetable does for the body! Have kids show which veggie(s) they've chosen and share the benefit below. Snack on veggies and encourage kids to eat at least 3 pieces to power up their brains before making the mug cake!

GREEN: helps keep you from catching a cold!

WHITE: gives you energy!

YELLOW: helps make your bones strong!

ORANGE: good for your heart!

BLUE/PURPLE: good for your memory!

RED: good for your blood!

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equipment list

- | | |
|---|---|
| <input type="checkbox"/> Microwave | <input type="checkbox"/> Fork or whisk |
| <input type="checkbox"/> 1 2 or 4-cup glass Pyrex measuring cup | <input type="checkbox"/> Small bowl for frosting |
| <input type="checkbox"/> 1 microwave-safe glass jar (16-oz) with matching lid | <input type="checkbox"/> Plate |
| <input type="checkbox"/> Measuring spoons | <input type="checkbox"/> Cutting board + butter knife |
| <input type="checkbox"/> Measuring cups | <input type="checkbox"/> Potholder |
| <input type="checkbox"/> Metal spoon | <input type="checkbox"/> Citrus zester or box grater with small zesting holes |
| <input type="checkbox"/> Paper towels | <input type="checkbox"/> Soap for cleaning hands |

shopping list

Holy Cannoli Mini Mug CUPcake

- ☐ 1 egg
- ☐ 1 T cocoa powder
- ☐ 1 T flour
- ☐ 2 tsp grated/shredded coconut
- ☐ 1/2 tsp baking powder
- ☐ 1 1/2 T sugar
- ☐ 2 T heavy whipping cream
- ☐ 1 tsp mini or regular chocolate chips + more for topping

Rich Ricotta Frosting

- ☐ 1 T ricotta cheese
- ☐ Pinch powdered sugar
- ☐ Pinch lemon zest

Chocolate Milk Shakerato

- ☐ 1 C milk
- ☐ Handful mini or regular chocolate chips
- ☐ 1/4 tsp vanilla extract
- ☐ Ice (a few cubes)

:: shopping list continued ::

shopping list, continued

Rainbow "Crudite" Veggie Sticks

- ☐ Baby carrots or carrot chips (4-5)
- ☐ Celery stalks (1-2)
- ☐ 1 mini cucumber or ¼ large cucumber
- ☐ 3-5 Cherry tomatoes
- ☐ 1-2 red radishes
- ☐ 2-3 jicama sticks
- ☐ ½ red, orange, or yellow bell pepper
- ☐ 3-5 mini sweet peppers

Cool Ranch Dip

- ☐ Pinch fresh chopped or dried parsley or dried dill
- ☐ 1 lemon
- ☐ 2 T full-fat Greek yogurt
- ☐ Pinch garlic powder
- ☐ Pinch salt
- ☐ Pinch ground black pepper
- ☐ 1 tsp water
- ☐ Optional: pinch sugar

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Cocoa + Cannoli!

- ★ **In 1850, the first chocolate bar was invented.** Chocolate comes from cacao beans, which are a LOT older than that! Cacao (kah KOW) beans come from cacao trees and were discovered 2,000 years ago in the tropical rainforests of the Americas.
- ★ **Cacao trees produce pods containing pulp-covered seeds.** Before cacao is processed, it would be hard for most of us to recognize it as chocolate! This is because the pulp-covered seeds taste bitter and raw and look nothing like the chocolate products we see in stores.
- ★ **A cacao pod contains about 30-50 almond-sized seeds**—enough to make about seven milk chocolate candy bars!
- ★ **Cocoa is good for you!** Dark chocolate helps your heart, blood and brain.
- ★ Some traditional healers from Latin America still use chocolate for medicinal purposes.
Healers in Oaxaca, Mexico, use chocolate to treat bee and scorpion stings!
- ★ **The cannoli, the singular version being cannolo, is a dessert that food historians believe came from the Palermo and Messina regions of Sicily, Italy.**
- ★ **Cannoli means “little tube” in Sicilian.** A traditional cannoli recipe consists of a tube-shaped shell of fried pastry dough, filled with sweet and creamy ricotta, candied fruit, and chocolate filling. It's also believed that the dessert's filling originated with the Saracens, an ancient Arabic peoples, when they brought sugarcane to Sicily.
- ★ **For bakers in Sicily, the quality and standards of their bakery can be judged solely on the quality of their cannoli!**

Time for a laugh!

What is Darth Vader's favorite dessert? Only one cannoli!

My friend dropped his box of Italian pastries on the floor. /
cannoli imagine what he must be going through!

What do you get when a cat eats a lemon? A sour puss!

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