

# Oooh-la-la Luscious Lemon Yogurt Pudding Cake + Fancy French Berry Sparklers



## oooh-la-la luscious lemon yogurt pudding cake

### melt + zest + squeeze + separate

Microwave **1 T butter** in your mug for 30-40 seconds until it melts. Wash **1 lemon** well. Then zest it! Add all of the **zest** (about 1 T) to your mug with the butter. Slice the lemon in half and squeeze the juice into a small bowl. Measure and add **1 T lemon juice** to your mug along with **3 T full-fat yogurt**. Crack **1 egg** and separate the yolk and the white. Add the yolk to the mug and MIX. Discard the white.

### measure + add + mix

Measure and add **3 T all-purpose flour** and **¼ tsp baking powder** to your mug. Add a **small pinch of salt**. Mix to combine all ingredients using a spoon. Cover the mug with a damp paper towel or dish towel and microwave on high for 1 minute. Remove your mug with a potholder and check your cake by poking it with a spoon or toothpick. If there are still runny parts, return to the microwave for another 15-30 seconds, uncovered.



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## slice + sprinkle + microwave

Slice **1 thin piece of lemon**, place it on a microwave-safe plate, and sprinkle lemon with sugar. Microwave for 1 minute. The lemon will become tender. Carefully place the cooked lemon on top of your mug cake, and eat! The lemon slice is edible, too!



## fancy french sparklers

## squeeze + measure + mash + mix

Squeeze the juice from **2-2 ½ lemons** into a drinking glass. Measure and add a **small handful of fresh or frozen, thawed berries**. Use a fork or spoon to mash the berries inside the glass. Add **1 C water** and **2 tsp sugar** to the drinking glass and mix. Then, add **¼ - ½ tsp baking soda**, stir, and watch the carbonation form! CHEERS!

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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"/> Kid-safe knife                      |
| <input type="checkbox"/> Microwave-safe mug   | <input type="checkbox"/> Box grater with small zesting plate |
| <input type="checkbox"/> Microwave-safe plate | <input type="checkbox"/> Metal fork                          |
| <input type="checkbox"/> Metal spoon          | <input type="checkbox"/> Toothpick                           |
| <input type="checkbox"/> Measuring spoons     | <input type="checkbox"/> Cutting board                       |
| <input type="checkbox"/> Drinking glass       |  |

## shopping list

### Oooh-la-la Luscious

### Lemon Yogurt Pudding Cake

- 1 T butter
- 1 lemon
- 1 T + 1 tsp sugar
- 3 T full-fat plain or Greek yogurt
- 1 egg
- 3 T all-purpose flour
- ¼ tsp baking soda
- Pinch of salt

### Fancy French Berry Sparklers

- Handful fresh or frozen, thawed berries
- 1 - 1 ½ lemons
- 2 tsp sugar
- ¼ - ½ tsp baking soda

## allergy substitutions

- BUTTER:** Sub olive oil dairy-free butter substitute, like Earth Balance
- DAIRY (yogurt):** Sub dairy-free soy or coconut cream
- EGG:** Sub ½ ripe mashed banana or 1 T applesauce
- GLUTEN (FLOUR):** Sub gluten-free flour blend with xanthan gum

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## 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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## Lemons + Pudding Cakes!

- ★ **Food historians say lemons have been cultivated in the Mediterranean region** from as early as the first century A.D. Other sources say lemons originated in Asia. The word “lemon” is said to come from the Chinese word for “sour fruit”
- ★ **The demand for lemons and their scurvy-preventing properties hit a peak during the California Gold Rush of 1849.** Miners were willing to pay huge sums for a single lemon. As a result, lemon trees were planted in abundance throughout California.
- ★ **During the European Renaissance, fashionable ladies used lemon juice as a way to redden their lips!**
- ★ **California and Arizona produce 95% of the entire U.S. lemon crop.**
- ★ **Lemons used to be so rare that kings would give them away as gifts.**
- ★ The best of both worlds: pudding cake combines the sponginess of cake with the utter decadence of pudding into one fabulous dessert.
- ★ Early settlers to the Americas combined native berries with syrup or molasses to sweeten their puddings, which they either steamed or boiled.
- ★ In a classic lemon pudding cake, the eggs are separated so that the resulting texture is light, fluffy, and custard-like. Pudding cakes were considered more rustic than elegant, and they made the perfect sweet treat to end a hearty meal.
- ★ **On the East Coast, pudding cakes are known as “lemon sponge.”** In the Midwest, it’s often called “Lemon Custard Cup.” What would YOU name your Lemon Yogurt Pudding Cake?!

### Time for a laugh!

**What fruit is square and green?** A lemon in disguise!

**What did the lemon say to the lime?** Sour (how are) you doing?

**Why did the lemon cross the road?** He wanted to play squash!